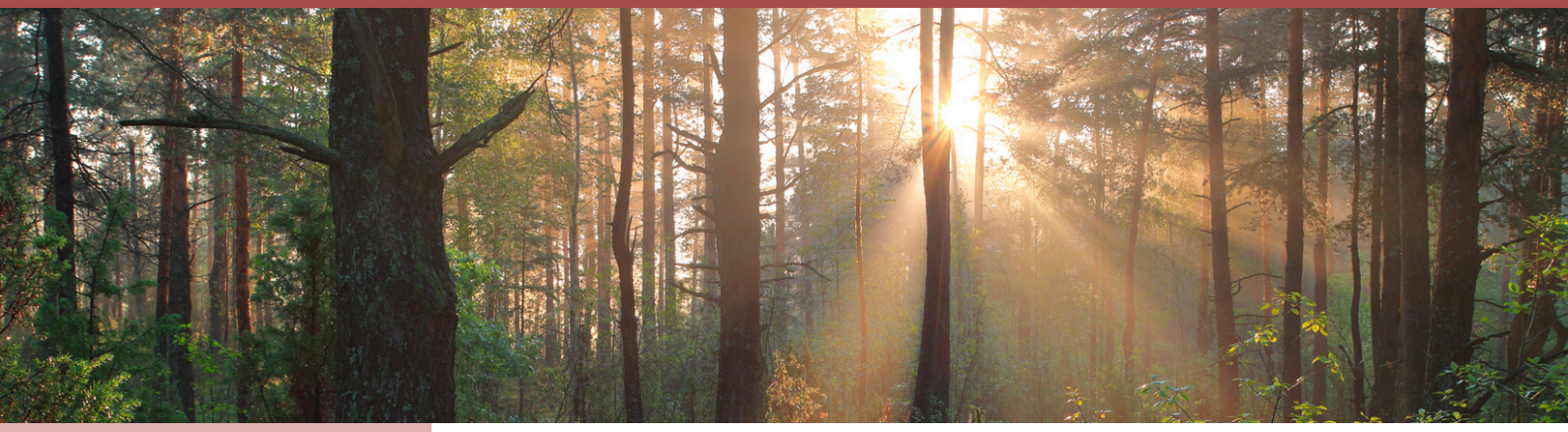
JANUARY 2025

SELBY FAMILY CLINIC

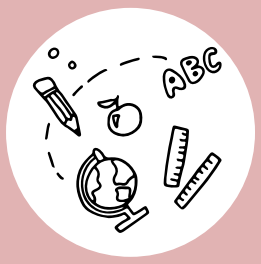
Keeping our community healthy and informed



IN THIS ISSUE

GP REGISTRARS

TRAVEL VACCINES



BACK TO SCHOOL

ENJOY THIS FREE NEWSLETTER

Please remember that all health care decisions should be discussed with your GP.

WELCOME 2025

As we emerge from the Christmas and New Year period we would like to take this opportunity to thank our community for all of their kindness and support throughout 2024. We are proud to be an important part of your health journey.

New Year, New Resolutions

Are you still setting your 2025 New Year's resolutions? Considering some health-related goals might help make 2025 your healthiest year yet. Here are some to consider:

- **Mental Health:** Focusing on positivity and taking care of your mental health through the implementation of self care practices.
- **Sleep:** Good quality sleep makes it easier to achieve your goals. Prioritising healthy sleep habits such as putting away devices before bed or reducing caffeine intake.
- **Healthy Eating & Drinking:** Eating a well balanced diet alongside giving up or cutting down on alcohol intake.

Making an appointment to discuss these goals with your GP is a great first step. They can help recommend mental health support, sleep hygiene tips, ways to improve your diet and more.

Follow us on Facebook at **Selby Family Clinic** for the most up to date practice news.

GP REGISTRARS

What are they?

We are proud to have welcomed dozens of brilliant, caring GP registrars at Selby Family Clinic over the years.

What is a Registrar?

A GP Registrar is a fully qualified medical doctor. Having already completed their medical degree they are undertaking further advanced training to specialise in General Practice. The Royal Australian College of General Practitioners requires them to complete multiple placements in medical practices over a two year training period.

Selby Family Clinic prides itself in providing a supportive educational environment with a GP supervisor to assist Registrars in their six-twelve month placements with us. Although often only with us for a short time many return multiple times throughout their training or become consulting GP's at our clinic after they have finished their specialist exams.

Monbulk Family Clinic looks forward to welcoming Dr Noah Deubel and Dr Marianne Tait as Registrars in February 2025.

TRAVEL VACCINES

If you have upcoming travel in 2025 consider your vaccine and travel medicine requirements.

Our consulting GP's can help support you and your travel plans by providing advice on regional risks, preventative treatments and travel vaccinations.

PLEASE NOTE: Some vaccines may need to be given up to two months prior to your departure so be well prepared and book an appointment with your GP in advance.

Similarly, some countries have strict rules around certain medications too - drugs of addiction and most ADHD medications may need a letter/permit before travel.

BACK TO SCHOOL

Our helpful **'Back To School Checklist'** to ensure your child is ready for the school year ahead.

1. **Immunisations:** Ensure your child is up to date with any childhood vaccinations. Your GP and our friendly nursing team can assist with any vaccine questions.
2. **Asthma Review:** Book an asthma review with your child's GP before the school year begins to obtain an up-to-date Asthma Action Plan.
3. **Medication Check:** Check that your child's scripts are up to date and that any medication such as inhalers, EPIPEN's etc. are in date for the new school year.
4. **Mental Health Support:** If your child may need extra mental health support this school year be sure to book in with your GP to discuss support options.

IMPORTANT NEWS

Selby Family Clinic will be **CLOSED** on Wed January 1st 2025 for New Years Day. We will **REOPEN** on Thur January 2nd 2025 at 8:30am.

A friendly reminder that we are **closed** on **CATASTROPHIC** fire days with possible reduced services on **EXTREME** fire days.

Throughout the New Year period some of the GP's consulting at Selby Family Clinic are enjoying some time off or are working reduced hours. Please check your scripts and referrals to ensure any requests are made within plenty of time.