

“HEALTHY COMMUNITIES INITIATIVE”

The aim of this program is to help reduce the prevalence of obesity within the target population of participating communities by maximizing the number of adults engaged in healthy lifestyle programs.

The ASTC has received government funding to provide the following programs:

- Heartmoves—comprises exercises to improve fitness, balance, strength, flexibility, coordination, social interaction and functional ability. Each session takes about 1 hour and up to 30 participants can be involved in any one session.

(<http://heartmoves.heartfoundation.org.au/>)

- Lift for Life—is a resistance training program conducted in small groups over 6 months with 3 distinct 8 week phases. Each session involves up to 12 participants and you will require a GP's referral to access this program

(<http://www.liftforlife.com.au/>)

- Heart Foundation walking—meet at the ASTC Civic Centre car park at 0650hrs for a 7am start. There are 3 groups depending on fitness and other co-morbidities and you receive a free hat, T-shirt and drink bottle plus a free healthy breakfast at the conclusion of your walk. See you there!!!

(<http://www.heartfoundation.org.au>)

- Women's Football Fitness—focusing on football skills and overall fitness by using a combination of football training drills and draft camp style fitness sessions. Sessions are run on Tuesday evenings at 6pm and Friday mornings at 6.30am using Traeger Park and the YMCA

- Aquatic programs—these are run at the Alice Springs Aquatic and Leisure Centre (town pool) and the timetable at the moment includes classes on a Monday, Tuesday and Thursday during the day, Tuesday and Wednesday after hours and also lunchtime on a Saturday. The classes are subject to staff availability and participant numbers. If demand increases ASFMC has been told more classes will be put on.

Who do you contact?

Alice Springs Aquatic and Leisure Centre

5 Speed St PO Box 2458

Alice Springs NT 0870

Email: pool.ca@ymca.org.au

Ph 088953 4633

Lucinda Coobs

Healthy Communities Coordinator

Alice Springs Town Council

Email: lcoobs@astc.nt.gov.au

Ph 088950 0533



Heart Foundation
Heartmoves

17 Stuart Highway (cnr Kekwick Ave)

PO Box 8574

Alice Springs NT 0871

Entry via Kekwick Ave

For more information about our medical centre visit

www.alicefamilymedical.com.au



**ALICE SPRINGS
FAMILY MEDICAL**

NEWSLETTER

**EDITION 22
FEBRUARY 2012**

DOCTORS

Dr Deb Mitchell + Dr Kim Lee

PRACTICE NURSE

Susie Leister RN

ADMINISTRATIVE TEAM

Practice Manager—Susie Leister
Receptionists—Bianca O'Donohoe

Kim Taylor-McInnes

PRACTICE HOURS

Monday to Friday 8:15am—5:30pm

Saturday 9:00am—12:00pm

(will close earlier if demand is low)



**Accredited
General Practice**

Proud to be working with the
community to improve Central

TEL: 08 8952 7774



AFTER HOURS COVERAGE

We do provide after hours assistance to existing patients. This is a fee paying service starting at \$200 for a call out. Please be mindful that the fee is a lot higher after 11pm at night and currently is \$400.

The After Hours GP Helpline is a new Government Initiative that can give you reassurance and practical medical advice.

1800 022 222 from 6pm to 8am MON—FRI

6pm—8am SAT 12noon—8am MON & 24 HRS PH

FLU CLINICS

We are in the process of confirming our public and private supply of fluvax for 2012. Like every year in the past we are planning to run 3—4 specific flu clinics. The dates for these are as follows:

Tuesday mornings between 9—12 pm on the 6th, 13th, 20th, 27th March.



Depending on supply we are looking at the first 2 clinics being for private fluvax as the government supply is delayed until later in the month. Who is eligible for the funded fluvax? Anyone over age 65 yrs, or 15 yrs if ATSI; anyone who has a chronic medical condition such as asthma, diabetes, heart problems, COPD, renal issues. If you are unsure about your eligibility please ask at reception when booking. **Our private fluvax will cost \$25** and the visit is funded through Medicare when seen in flu clinic and only when appointments are made, it is not a drop in clinic. At other times we would suggest either a fit-in appointment which is <5 minutes and therefore a lot cheaper or if seeing the GP for an unrelated matter don't forget to ask about your eligibility. The fluvax may be considered a tax deductible expense depending on the advice of your accountant and the work you do.

RECALL

ASFMC prides itself on thorough holistic healthcare so Dr Mitchell is trawling through the recall system again which is majorly overdue for many reasons. Please do not ignore the pathology recalls as we are trying to save patients time and money. With the recent use of many locums in the past year our recall system has suffered and we are trying to tidy it up. This may mean you have only recently seen a locum yet your overdue blood tests from 2010 were not mentioned.

ASFMC is also trying hard to update patient details. If you have changed your contact details please let our reception staff know; many recalls are “return to sender” as old addresses are still in our system. It then becomes a waste of time and money for us. We are still keen to utilise email when possible to inform patients of upcoming events so please register your details.

HEALTHY RECIPES

Mums know it's not enough for a meal to be healthy, it has to be tasty too. So why not start with one new deliciously good for you, easy to prepare recipe each week?

Visit

www.heartfoundation.org.au/mumsunited for a range of free recipes to get your family on the right track

“What you think, you become” Buddha

Due to constant vandalism we have had to move our post box—**new number PO Box 8574**

