

# January 2025



## Tips to staying safe in extreme weather conditions

- Stay hydrated/drink plenty of water
- Stay indoors during the hottest part of the day
- Take a cool shower
- Use fans & air conditioning
- Look out for neighbours and vulnerable people

## Public Holiday Hours

Sunday 26th Jan		
Tea Tree Surgery		CLOSED
St Agnes Surgery		CLOSED
Monday 27th Jan		
Tea Tree Surgery		CLOSED
St Agnes Surgery		CLOSED

## Dr Emily Harty

We would like to welcome the newest Partner to our Practice, Dr Harty. Dr Harty has been with us as an associate Doctor for 5 years now and we look forward to her valuable contributions to our team of Partners.

## The Telecross Redi Service

This service supports vulnerable and isolated people by calling them daily during declared heatwaves.

If you know someone or believe you would benefit from this service, register by phoning 1800 188 071.

## Be diligent this summer

Over 2000 Australians die from skin cancer yearly. Ways to reduce your risk...

SLIP on clothing with high coverage

SLOP on SPF 50+ sunscreen 20mins before going into the sun - reapply every 2hrs

SLAP on a hat that protects your face, neck and ears

SEEK shade when outdoors

SLIDE on sunglasses that cover as much of the eye area as possible

For more information: [www.cancersa.org.au](http://www.cancersa.org.au)



## Visit our Skin Cancer Clinic

In the new year, the St Agnes Skin Cancer Clinic will run every Tuesday and Thursday morning.

Book a Skin Check Appointment today.

Visit [www.stagnesskincancerclinic.com.au](http://www.stagnesskincancerclinic.com.au) for more information and online bookings or call 8264 3333.

Online bookings: Click on 'St Agnes Skin Cancer Clinic'

