

January 2026



We are upgrading our computer program!

From the 26th January, our practice will be powered by Best Practice, bringing you smoother visits and smarter care.

This upgrade will help deliver faster, safer and more connected care.

We appreciate your patience and understanding while we navigate these changes.

Upcoming Closure Dates

Saturday 24th Jan

Tea Tree Surgery CLOSED

St Agnes Surgery CLOSED

Sunday 25th Jan

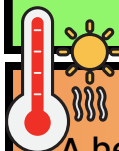
Tea Tree Surgery CLOSED

St Agnes Surgery CLOSED

Monday 26th Jan

Tea Tree Surgery CLOSED

St Agnes Surgery CLOSED



Prepare for Heatwaves

A heatwave is when there are 3 or more days above the usual daily maximum and overnight minimum temperatures.

There is an increased danger to our health if bodies don't cool down at night.

For heat health safety advice visit sahealth.sa.gov.au or the Emergency Information Line on 1800 362 361.



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.

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



Book a Skin Check appointment in the St Agnes Skin Cancer Clinic today. Visit www.stagnesskincancerclinic.com.au for more information and online bookings or call 8264 3333.



BUSHFIRE SAFETY

Fire danger season in the Adelaide Metro area runs from 1/12/25 - 30/4/26. Plan and prepare!

Create your bushfire survival plan and stay informed through the Alert SA app or cfs.sa.gov.au.



NEW YEAR RESOLUTIONS

As we welcome the New Year, many of our patients are setting resolutions to quit smoking or adopt healthier eating habits to support better long-term health.

If you need any help reaching your goals, please make an appointment with your GP.

