

17th December 2024

From The Crane General Practice <TheCraneGeneralPractice@automedsystems-syd.com.au>

Date Tue 17/12/2024 14:39

To Practice Manager <pm@thecranegp.com.au>



***"This year taught us resilience; the next invites us to grow. Let's embrace it with open hearts."***

We would like to take this opportunity to sincerely thank you for your support throughout 2024. As we all take a well-deserved break (and hope you get to do the same!), please note that our next newsletter will resume in the week of 6th January 2024.

We wish you a safe and joyful festive season - we look forward to seeing you in the new year!

## Festive Season Opening Hours



**Last Day Open:**

Friday 20th Dec 2024

8.30am - 5pm

**Holidays Closure Period:**

**CLOSED**

**Saturday 21st Dec 2024**

**- Wednesday 1st Jan 2025 (inclusive)**

**First Day Open:**

Thursday 2nd Jan 2025

8:30am - 5pm

**Finding Joy and Balance:  
Looking After Your Well-Being This Festive Season**

A note from one of our GP, Dr Oliver Hughes:



The holiday season can be a time of joy and connection, but it can also bring its fair share of stress. We all feel the pressures of gift shopping, social commitments, and navigating family dynamics, and it can be easy to feel overwhelmed. For many, it's also a time when loneliness or grief may be more pronounced. That's why taking care of your mental health during this time is so important.

As someone who has made Australia my home while my family remains in the UK, I know firsthand how Christmas can bring a mix of emotions. Though I cherish the family and friends who have adopted me as part of their own community, I also feel the ache of missing my loved ones on the other side of the world. Over the years, I've learned how vital it is to find ways to stay connected and nurture my own well-being during the holidays.

Here are some tips to help you prioritise self-care this Christmas:

- **Set realistic expectations.** Focus on what truly matters to you and let go of unnecessary pressures, people will understand.
- **Make time for yourself.** We are so lucky to be surrounded by beautiful nature in Melbourne; recharge your energy by heading out for a short walk, reading a few pages of a book, or practicing mindfulness (See '[Smiling Mind](#)' for a free app that will help with guided meditation).
- **Stay connected.** Reach out to friends, family, or community groups if you're feeling isolated. I recognise that we all have time pressures so for me, lots of short video calls with my family have become a treasured tradition.
- **Practice gratitude.** Reflecting on what you're thankful for, even small things, can shift your mindset and improve overall well-being.
- **Be mindful of your health.** Stick to routines that help you feel your best, like getting enough sleep, eating balanced meals, and staying active. It's ok to overindulge, but you don't have to

wait until the new year to get back on track!

Remember, it's okay to ask for help if you need it. Whether that means confiding in someone close to you that you trust or booking in to speak to one of us at The Crane GP, reaching out can make a world of difference.

Wishing everyone a safe, peaceful, and healthy festive season!



Credit: Anastasiia Stiahailo ([istockphotos](#))

If you or anyone you know needs mental health support [click here](#)

Book in with one of our GPs now to discuss your mental health

## Stay Safe From COVID-19 This Festive Season

To protect yourself from serious complications from COVID-19 infection, we highly recommend you:

- **Wear a high-quality and well-fitted face mask in** crowded areas. See recommended face masks [here](#).
- **Ensure you are up-to-date with your COVID-19 booster.** See ATAGI recommendations [here](#). Specifically, we recommend all adults 65+ years old, and those aged 18 to 64 years old with severe immunocompromise, to receive an additional 2024 COVID-19 vaccine if 6 months have passed since your last dose. We still have Pfizer Comirnaty JN.1 vaccines available before we close for the festive season. Book [here](#).
- **Check your eligibility for COVID-19 oral anti-viral medication** [here](#). If you are eligible, please ensure you had a blood test in the last 6 months to check your kidney and liver function, and you have a copy of your health summary/results with you in case you contract COVID-19 infection while we are closed. You can request these [here](#) and it will take 3 business days to process (this will not be available while we are closed for the festive season). There is a fee of \$40 if you want these urgently on the same day because we must book you in for an appointment with the nurse.

If you test positive for COVID-19, there are some things you can do at home to manage your symptoms while being aware of when to seek urgent medical attention. More information [here](#).

If you require oral anti-viral medication while we are closed, you can access a free telehealth consult via [Victorian Virtual Emergency Department](#) or call your nearest [Priority Primary Care Centre](#) for an in-person appointment.

**For all emergencies, please call an ambulance on 000 or attend your nearest Emergency Department.**

Book an appointment with our GPs now if you  
want further advice

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