December 1st 2025
Volume 2, Issue 4

REYNELLA MEDICAL CENTRE

Website: https://reynellamedical.com.au

Newsletter

This issue

Merry Christmas from all the staff at Reynella Medical Centre








Monday 22 December 8.30am—5.00pm
Tuesday 23 December 8.30am—5.00pm
Wednesday 24 December 8.30am—1.00pm
Thursday 25 December CLOSED
Friday 26 December CLOSED
Saturday 27 December CLOSED
Sunday 28 December CLOSED
Monday 29 December CLOSED
Tuesday 30 December CLOSED
Wednesday 31 December CLOSED
Thursday 1 January CLOSED
Friday 2 January CLOSED
Saturday 3 January CLOSED
Sunday 4 January CLOSED
Standard opening hours will resume Monday 5th January

Farewell Jane!

After an amazing 35 years of working at Reynella Medical Centre, our amazing Jane is now retired. The staff and community would like to thank Jane for her incredible service, dedication, helpful and warm disposition and many laughs over the years.

Jane has touched the lives of many people throughout this time with her gentle presence and calm nature and although we are deeply sad to say goodbye, we are very excited for her next chapter (a well earnt rest in retirement!).

Thank you Jane!

Stay Well This Christmas

Here are some ways to support your mental health this Christmas:

Connect with the people around you. A huge amount of research has shown the positive effects of relationships on our physical health, like blood pressure, cardiac illness, cancer, as well as our mental health, including reduced levels of stress and depression.

Be Active by engaging with any physical activity that you enjoy. It could be running, cycling, yoga or gardening. As little as 10 minutes a day can make a huge difference!

Take Notice Stop, pause and take a moment to look around you. What can you see, smell or hear? Look for the beautiful things in every moment, cultivate presence and enjoy every second.

Keep Learning Variety is the spice of life, keep learning new things, it will make you feel confident, boost your self-esteem and improve your overall wellbeing. Whether it's a new language, a new recipe or that guitar that has been sitting there for a while, pastimes you find enjoyable has long been reported to improve a persons overall wellbeing.

Give Look outwards as well as inwards. Giving can be using social media in a positive way to send messages of love and support. It could be giving a friend or relative a call or text when they do not expect it or even giving yourself a hug because you are doing the best you can. Linking yourself with others and the wider community can be incredibly rewarding and create new connections.

World Cancer Day
4 February

World Cancer Day

The theme for 2025-2027 is

"United By Unique"

Aiming to place the people at the centre of care and their individual stories at the heart of the conversation for World Cancer Day. The campaign will explore different dimensions of people-centred cancer care and new ways of making a difference. It will offer a three- year journey from raising awareness to taking action.

Visit their website to share your story, engage with others and learn how you can make a difference, after all, cancer is more than a medical diagnosis -it's a deeply personal matter.

World Braille Day

Sunday January 4th 2026 is World Braille Day, dedicated to raise awareness of the importance of braille as a means of communication and to advocate for the right of individuals with vision impairment to access information, education and culture on an equal basis with others. There are many ways to get involved such as donations, hosting awareness campaigns and learning how to read braille.

See the Awareness Calendar website for more information.

International Day of People with Disability

In Australia, International Day of People with Disability is a joint effort between government, schools, organisations, community groups, businesses and individuals.

The Australian Government through the Department of Health, Disability and Ageing funds a national program and their website to help promote and raise awareness of this day.

The program aligns with Australia's Disability Strategy 2021-31 and aims to increase public awareness, understanding and acceptance of people with disability.

Keep informed and up to date by visiting their website.

International Day of People with Disability

Did You Know?

* Disability prevalence is much higher in older adults
* Braille was inspired by a military code.
* World Cancer Day was founded in 2000 at the World Summit Against Cancer in Paris.
* Braille is not its own language but rather a "code" for letters, numbers and symbols that is available in many languages.

Want To Make An Appointment?

- Book via the HotDoc app
- Book online via our website: https://reynellamedical.com.au
- Call reception on 08 8382 3900

Information Help Lines and Useful Numbers

Health Direct: 1800 022 222

Parent Helpline: 1300 364 100

Mental Health Emergency Triage Service: 13 14 65

Quit Smoking: 13 78 48

1800ELDERHelp: 1800 353 374

Translating and Interpreting Service: 13 14 50

Victim Support Services: 1800 842 846

Road Trauma and Support Team SA: 0400 705 066

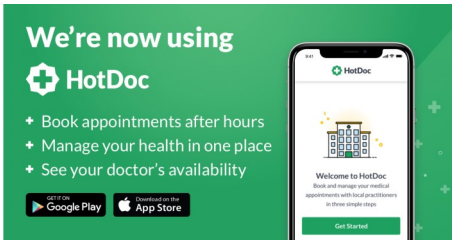
National Disability Abuse and Neglect Line: 1800 880 052

Veterans and Families Counselling: 1800 011 046

Carers Gateway and Carers SA: 1800 422 737

1800RESPECT: 1800 737 732

Kids Helpline: 1300 364 100



Reynella Medical Centre

44 Hillier Road
Morphett Vale, SA
5162

Phone: (08) 8382 3900

Fax: (08) 8326 3058

E-mail:
contact@reynellamedical.com.au

Website:
http://reynellamedical.com.au

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