



Website: <https://reynellamedical.com.au>

Newsletter

Autumn Updates

Rather than be sad to say goodbye to summer, embrace everything that the seasonal change has to offer:

- ◇ Enjoy the longer morning sunshine - in a few weeks time when daylight saving ends, the mornings will be lighter and brighter. It's a great time of day to exercise as your natural body clock will re-set to wake earlier with the sunrise.
- ◇ A new season allows you to change your diet. Buy Seasonal Fruits and Vegetables.
- ◇ Eat your autumn colours! Autumn is the season of warm, earthy colours - think deep greens, dark yellows and brilliant oranges. Autumn foods are vibrant, colourful and nourishing. One rule of thumb is that the more colourful the fruit, the better it is for your health and your immune system.
- ◇ Start boosting your immune system in preparation for the change of weather. Natural immune-boosters are habits like drinking plenty of fresh water, getting enough sleep, regular exercise and eating plenty of fruits and vegetables.



This issue

Autumn Updates	1
Farewell Doctor Lim	2
Welcome Medical Students.	3
Important Dates	4
Important Dates	5
Information Helplines.....	6



Farewell Doctor Lim!

After 55 years of incredible dedication to General Practice it is time to wish out beloved Doctor Chin Lim a happy retirement.

Not only is 55 years in General Practice an incredible feat in itself, we all want to thank you for the unparalleled care and compassion you have shown every patient. The impact you have had on so many lives will not be forgotten and we would like to extend our deepest gratitude for all you have done for the team and your patient's at Reynella Medical Centre.

We hope retirement brings you good health, happiness and new adventures.

You will be missed!



Welcome To Our Medical Students

Welcome to our year 3 and year 5 students!

We enjoy sharing our passion for general practice with students to support growing the general practice workforce . Medical students are our future doctors and we would like to take a moment to acknowledge their hard work and welcome them to the team for the duration of their placement.

Doctor Pei Lin Wang and Reynella Medical Centre will work with the students to develop their knowledge and skills in community-based primary health care. During their placement, students experience doctor-patient interactions, participate in the team care of patients and spend time with reception, nursing and other practice staff.

Allowing a medical student to take part in your consultation today will help us shape tomorrows health professionals.





International Women's Day—8th of March

International Women's Day (IWD) has been around for over a hundred years, as have many of the issues still impacting women's advancement. Since 1911, IWD belongs to all who care about gender equality.

Celebrate women's achievement. Raise awareness about discrimination. Take action to forge gender parity.

The theme for 2026 is “Give to Gain” which emphasises the power of reciprocity and support. When people, organisations, and communities give generously, opportunities and support for women increase. Giving is not a subtraction, it's intentional multiplication.

Visit their website for more information on how you can give to gain!



International Day of Families—15th of March

May 15th is the International Day of Families; a day focused on promoting a healthy and well-balanced family, addressing challenges such as the cost of living and recognising the diverse structures of modern families. This year's theme is “Family-Oriented Policies for Sustainable Development: Towards the Second World Summit for Social Development” which will highlight key insights from national and regional initiatives, emphasising the role of families in achieving the 2030 Agenda for Sustainable Development.

WHY NATIONAL CLOSE THE GAP DAY is important?

It aims to reduce disadvantages among Aboriginal and Torres Strait Islander people in terms of life expectancy, access to education, and employment opportunities.

Indigenous Australians encounter challenging obstacles to access to affordable healthcare.

Acknowledge that a structural change is needed in how governments work with Aboriginal and Torres Strait Islander people.

Seeks to educate the public about these issues to encourage a policy change to help the indigenous people improve their health and wellness.

Source: Closing the Gap Australia



National Close the Gap Day—19th of March

The Australian government adopted the goals of the Close the Gap Campaign in 2008, in a strategy known as Closing the Gap, and in 2009 committed to making an annual progress report to Parliament on progress with the Closing the Gap strategy.

In 2020, the Closing the Gap framework and strategy was significantly overhauled, with a “greater focus on partnership between governments and Aboriginal and Torres Strait Islander people”.

Close the Gap Day is an invitation for all Australians to work together to dismantle systemic barriers and to stand in solidarity with Aboriginal and Torres Strait Islander communities who continue to seek the means to close the gaps, improve outcomes, and – together with their children – build the future that they deserve.

Reconciliation Week—27 of May to 3rd of June

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The theme for National Reconciliation Week 2026 is “All In” a call for all Australians to commit wholeheartedly to reconciliation every single day.

All In makes clear that reconciliation is not a spectator sport and that all of us must step away from the sidelines and take action to make change.

The theme also reminds us that reconciliation and advancing Aboriginal and Torres Strait Islander peoples’ rights isn’t a passive activity, and it is not solely the responsibility of First Nations people, who have carried the weight of championing, explaining and acting for far too long.

Reconciliation will not happen by itself, and it will not happen without all of us. You can get involved by using the power of social media to promote awareness and encourage learning and engagement or download and print one of their posters from their website. You can also participate in events host speakers and engage in respectful acknowledgement.

See their website for more details.



Did You Know?

- * Family farms make up about 80% of farms worldwide.
- * Women retire with roughly 40% less superannuation than men, driven by lower pay and part-time work, with women doing over 9 hours more unpaid work per week.
- * Wearing yellow during Reconciliation Week reflects the First Nation’s peoples deep connection to Country and the Earth.
- * Past World Health Day campaigns have influenced policy changes such as stricter food policies to prevent illness caused by contaminated food.

World Health Day—7th of April

World Health Day commemorates the founding of the World Health Organization in 1948 and is used by WHO to draw attention to a specific public health issue of global relevance. The observance serves as a reference point for governments, institutions, and health systems to examine shared health challenges.

This years theme is “Global Action for Universal Coverage” which focuses on ensuring that people everywhere can access essential health services, including prevention, treatment, rehabilitation, and palliative care, without experiencing financial hardship.

See their website for information on how you can help!



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

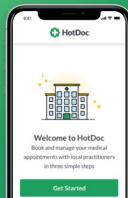
We're now using

 HotDoc

- + Book appointments after hours
- + Manage your health in one place
- + See your doctor's availability

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