



SILVERSTREAM MEDICAL CENTRE

SUMMER UPDATE

NEW PATIENTS WELCOME TO REQUEST TO ENROL - (SUBJECT TO CAPACITY A WAITLIST MAY APPLY)



We are delighted to welcome Dr Catherine Forshaw to our team. Catherine is a British-trained GP, who now resides in Christchurch and works as a General Practitioner. She earned her Medical Degree in 2008 (MBBS) from the University College London (UCL). Catherine completed her GP training and became a Member of the Royal College of GPs (MRCGP) in 2015 after spending several years in NHS.

She has a postgraduate diploma in Sexual Health and Reproductive Health and is a qualified Menopause Society Certified Practitioner and member with the Menopause Society.

She is a keen runner and also understands what it is like to manage a busy work life whilst raising children.

She is very motivated to help women navigate through mid-life challenges.

Our Team

Dr Roger Dehn

Tuesday, Wednesday, Thursday

Dr George Dehn

Monday

Dr Don Ponnampereuma

Monday, Tuesday, Friday

Dr Emily Bridson

Tuesday, Wednesday, Thursday, Friday

Dr Catherine Forshaw

Monday, Wednesday, Thursday

Dr Angela Stewart

Locum

Nurses

Sarah (Lead Nurse)

Lucie

Lindy

Jackie

Staff profiles can be viewed on our website

Appointments:

We encourage our patients to book routine appointments at least 2 weeks in advance where possible. A number of on the day appointments are available for acute care or advice.

Afterhours providers may be offered. A reminder to plan your Christmas holiday scripts before you are due to run out in case you need an appointment.



FULL BODY SKIN CHECKS

Living in New Zealand, it is essential to consider the health of your skin. A full skin check offers the best chance to detect skin cancers early.

Dr Roger Dehn and Dr Emily Bridson offer comprehensive 30-minute full body skin examinations, diagnosis and treatments.

Call the practice to book an appointment. Skin check appointments are \$230 for a 30 min consultation.



MSK CONSULTATIONS/TREATMENTS

George Dehn and Dr Don Ponnampuruma have completed additional training in MSK conditions and treatments.

If you have a musculoskeletal issue such as chronic pain, sporting or work injuries, work injury, persistent pain following surgery, shoulder/hip pain you may wish to book an appointment.

A 30-minute appointment is \$150 or \$80 if ACC related.

NON SCALPAL VASECTOMY

The most reliable form of permanent contraception for men - quick and simple with fast recovery time.

Initial consultation required prior to procedure.

CHANGES TO CERVICAL SCREENING

The primary test for cervical screening (previously called a “smear” test) will change to a human papillomavirus (HPV) test, with the option of self-testing. Free screening is available from 12 September 2023 for:

- Women with a cervix 30 years and over who are unscreened (have never had a screening test) or under-screened (haven't had a test in the past 5 years)
- Anyone requiring follow up
- Māori and Pacific people
- Community service card holders



PARACETAMOL AVAILABLE ON SCRIPT FOR CHILDREN UNDER 14

If you require paracetamol on prescription for your child who is enrolled with us, you can contact Silverstream Pharmacy for this.

CONTACT DETAILS

Have you moved or changed your phone number or email? It is important that we have your correct contact details. Please call or email reception if you need to update your or your next of kin/emergency contacts.

NURSE APPOINTMENTS

Did you know that our nurses are able to assist with several conditions and you may not need a GP appointment*;

- Conjunctivitis in Children
- Sore throats
- Urinary Tract Infections in Women
- Off work certificates (non-ACC)

*Charges may apply.

WELL APP AND PATIENT WEB PORTAL

Have you registered on the practice app?

Access online booking/viewing your lab results and order repeat prescriptions... Visit the app store on your smartphone, download the well app and enter code SMSILV.....

You can also access the patient portal from our website as well as through the APP.

As well as accessing the patient portal from the Well app on your mobile device, you can also access the portal from your computer's web browser.

All the same functionalities will be available on both the app and web, including:

- Book and manage appointments
- Request repeat prescriptions
- Check laboratory results

How to get started

If you are not currently using the Well app, you can now either register on your computer or you can download and register on the app.

1. On your computer, visit: <https://silverstreammedical.centrik.co.nz/portal/#/>
OR
On your mobile, download 'Well NZ' on the [App Store](#) or [Google Play](#)
2. Select 'Create Account' and enter the invite code: *SMSILV*
3. Enter your details - these must match what we hold on file ie. same email and password you use for the app.



CHRISTMAS HOURS 2024/2025

Tuesday 24th December 9am-3.30pm

Wednesday 25th December CLOSED

Thursday 26th December CLOSED

Friday 27th December 9am-5pm

Monday 30th December 9am-5pm

Tuesday 31st December 9am-3.30pm

Wednesday 1st January CLOSED

Thursday 2nd January CLOSED

Friday 3rd January 9am-5pm

Monday 6th January NORMAL HOURS RESUME

Wishing you a safe and healthy summer season.

