

# HealthNews

NELSON MARLBOROUGH HEALTH WWW.NMDHB.GOV.T.NZ NELSON (03) 546 1800 MARLBOROUGH (03) 520 9999 DECEMBER 2016

## Making the right choice for after hours healthcare

The Emergency Departments at both Nelson and Wairau Hospitals are encouraging people to think about which health professional they need to see - the ED if it's an emergency or a GP or pharmacy for other conditions.

For difficult, complicated and emergency conditions, people should definitely be in the Emergency Department. However, strains, sprains, coughs and colds and minor workplace accidents can be seen by an after hours GP or pharmacy.

For after hours healthcare visit our website [nmdhb.govt.nz/where-should-I-be](http://nmdhb.govt.nz/where-should-I-be)

### SAVE THE ED FOR EMERGENCIES

Free health advice  
when you need it



# Healthline

# 0800 611 116

[www.healthline.govt.nz](http://www.healthline.govt.nz)

We've got you covered...

### Nelson & Tasman

#### Medical and Injury Centre

98 Waimea Road, Nelson

Hours: 8am-10pm daily

Phone: (03) 546 8881

#### Motueka

Phone: Greenwood Health (03) 528 8866 or

The Doctors Motueka (03) 528 8358

#### Golden Bay

Contact Golden Bay Community Health

10 Central Takaka Road, Takaka

Phone: (03) 525 0060

#### Murchison

Murchison Hospital and Health Centre

58 Hotham St, Murchison

Phone: (03) 523 1120

#### Dentist:

Phone 027 448 2424 and leave a message

for after hours urgent dental advice.

### Marlborough

#### Urgent After-Hours GP

In hospital grounds off Hospital Road, Blenheim.

Phone (03) 520 6377

#### Picton

Picton Medical Centre.

114 High Street, Picton.

Phone (03) 573 6092

#### Dentist:

For the urgent dentist at weekends

phone (03) 520 9999



Find a pharmacy [www.nmdhb.govt.nz/pharmacy](http://www.nmdhb.govt.nz/pharmacy)

## See you on Facebook over summer

Make sure you like us on Facebook and keep an eye out for our summer promotion. Visit our pages at [Facebook.com/nelsonhospital](https://www.facebook.com/nelsonhospital), [Facebook.com/wairauhospital](https://www.facebook.com/wairauhospital), [Facebook.com/nmdhb](https://www.facebook.com/nmdhb).



## Consumer voices wanted

Nelson Marlborough Health is looking for people to join the new Consumer Council. The members will work alongside the Board and management teams to influence the health system to be more consumer-centred.

If you are interested in applying for a role on the council, the application form and Terms of Reference are available on our website ([www.nmdhb.govt.nz/consumer-council](http://www.nmdhb.govt.nz/consumer-council)).



## Stay safe over the holiday season

## BOARD TALK



It's December and with that comes thoughts of Christmas parties, holidays and summer activity. At Nelson Marlborough Health we are pleased to have 12 junior doctors, fresh out of university, joining us. The doctors will be putting their five years of knowledge into practise during their time with us over the next year or two. We also welcome the nursing graduates from Nelson Marlborough Institute of Technology. We hope you all enjoy your time in the Top of the South and thank you for choosing Nelson Marlborough Health.

With holidays and summer activity, we experience an increase in the number of people enjoying all our area has to offer. Sadly, this also

means we see an increase in visits to our Emergency Departments. So a gentle reminder to please, 'save the ED for emergencies'.

If you do have to visit ED, then please be a patient patient and you will be seen in order of greatest need.

May you have a peaceful, happy, incident free summer and we will see you in 2017 with more Health News.

*Jenny Black*

Jenny Black, Chairman  
Nelson Marlborough Health