

saunders street clinic

Newsletter May-Jun 2026

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Hours: Monday-Friday 9 am-1230 pm, 2 pm-5 pm

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General Practitioners:

Registered practice nurses:

Dr Jim Berryman

Dr James Tan

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Dr Bradley Williams

Dr Brooke Stevens

Belinda Thomas BNurs. RN

Dr Nada Hasso

Dr Michaele Rawson

Dr Phoebe Djakic

Dr Ashikur Raham

Dr Stephanie Hey

Reception Staff:

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Healthy lifestyle in Winter in Tasmania

Here are top tips for a healthy winter 2026, based on current guidance:

1. Nourish Your Body

- **Seasonal Eating:** Focus on winter produce like citrus (grapefruit, mandarins), broccoli, and carrots.
- **Warmth & Nutrition:** Enjoy comforting, nutrient-dense foods like soups, stews, and casseroles filled with veggies and legumes.
- **Protein Focus:** Incorporate protein to maintain muscle and feel fuller, as high-protein diets are a top trend for 2026.
- **Hydration:** Drink plenty of water and herbal teas, as heaters can cause dehydration.

2. Boost Immune System [\[1, 2\]](#)

- **Vaccinations:** Get the annual flu shot and check eligibility for other vaccines, such as for shingles, especially if you are over 65.
- **Gut Health:** Support immunity with fermented foods or broths.
- **Supplements:** Consider vitamin D (if sunlight is low).
- **3. Move & Rest**
- **Active Indoors:** Aim for at least 30 minutes of daily activity.
- **Consistent Sleep:** Maintain a regular sleep schedule, aiming for 7-9 hours, with reduced screen time before bed.
- **Winter Walks:** Take advantage of clear, sunny days to get outdoors and boost your mood.


4. Mental Well-being


- **Mindfulness:** Use meditation, journaling, or breathing exercises to reduce seasonal stress.
- **Social Connection:** Combat winter isolation by staying connected with friends and family.
- **Cozy Environment:** Create a welcoming, warm home space to feel refreshed.

5. Preventative Health

- **Stay Safe from UV:** Remember that UV levels can still be dangerous in winter; continue using sun protection, especially if you live in a sunny, high-altitude, or coastal area.
- **Check-ups:** Don't forget regular checkups including heart health (blood pressure, cholesterol and fasting blood glucose levels) and don't put off those niggling health concerns!

RSV information

Cold vs Flu vs RSV: Know the difference				
Symptoms	COLD	FLU	RSV	
Cough	✓	✓	✓	
Blocked or runny nose	✓	✓	✓	
Fever	Sometimes	✓	✓	
Sore throat	✓	✓		
Body ache		✓		
Headache	✓	✓		
Diarrhoea or vomiting		✓		
Feeling hot or cold		✓		
Shivering		✓		
Red eyes	✓			
Fatigue		✓		
Wheezing			✓	
Seizures		Rare		
Earache		✓		
Complications	Most children will not have complications from a cold	Symptoms can be more severe than a cold	Can cause severe illness such as bronchiolitis or pneumonia	

 Symptoms may differ or overlap depending on the type of infection or virus your child has

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Maternal Vaccinations

Information about free vaccines in pregnancy to protect you and your baby.

[health.gov.au/maternalvaccinations](https://www.health.gov.au/maternalvaccinations) (https://www.health.gov.au/maternalvaccinations)

The National Immunisation Program

The National Immunisation Program (NIP) provides free vaccines against certain diseases, to increase national immunisation rates and reduce vaccine preventable disease.

Vaccinations range from birth through to adulthood, including in pregnancy.

Vaccinations in pregnancy

You can receive free vaccines under the NIP if you have a Medicare Card or are eligible for one. Pregnant women are recommended to receive influenza, whooping cough and respiratory syncytial virus (RSV) vaccines during their pregnancy.

It is safe to receive the maternal vaccines at the same time. These can also be given with COVID-19 vaccines, if these are also recommended.

How vaccination in pregnancy protects your baby

Getting vaccinated against influenza, whooping cough and RSV during pregnancy allows protective antibodies to pass through the mother's placenta to the baby. This protects the baby from birth and in their first few months of life when they are most vulnerable to serious illness and cannot yet be vaccinated themselves.

Where to get vaccinated

You can get your vaccinations from the following vaccination providers:

- your obstetrician or midwife
- local general practices
- local council immunisation clinics (in some states and territories)
- community health centres
- Aboriginal health services
- participating pharmacies.

While vaccines are free, your vaccination provider may charge a consultation or administration fee for the visit. Check when you make your appointment.

National Immunisation Program schedule

The NIP schedule (maternal) outlines the recommended vaccines that are available for free during pregnancy.

Stage of pregnancy: Recommended anytime during pregnancy, Disease: Influenza (flu)