

saunders street clinic

Newsletter Nov-Dec 2025

PO Box 780, Wynyard, Tasmania 7325

37 Jackson Street, Wynyard, Tasmania

Phone: 03 6442 1700 Fax: 03 6442 1711

Lunch break mobile if urgent-0457 303 312

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

Manager; Mrs Rebecca Berryman

Principal: Dr Jim Berryman

General Practitioners:

Registered practice nurses:

[Dr Jim Berryman](#)

[Dr James Tan](#)

[Fiona Munday RN](#)

[Dr Bradley Williams](#)

[Dr Kathrina Del Rosario-Yap](#)

[Belinda Thomas RN](#)

[Dr Noora Albakkaa](#)

[Dr Michaele Rawson](#)

[Dr Allison Johnson](#)

[Dr Ashikur Raham](#)

[Dr Stephanie Hey](#)

Reception Staff:

[Scott Parkin](#)

[Andrea lee](#)

[Karinda Brunsen](#)

[Jo Calder](#)

[Julie Shepperd](#)

Patient Feedback

We appreciate feedback from patients and where we can will make changes. Our biggest challenge is never having enough appointments which is an issue all over Australia.

-our phone system was unreliable and we had plenty of complaints. This was beyond our control so we have changed our phone system to a digital one. At the moment you will notice a Burnie phone number appear on your phones which is a temporary measure only. The phone number to call the surgery remains unchanged – 6442 1700.

-we strive to be able to see patients in emergencies despite always being fully booked-if we give phone advice to call an ambulance or go to the Emergency Department then this is because we have made a decision that this is the best option. We know how awful attending ED can be but sometimes that is the only option so please follow our advice.

-we also attempt to get patients to see or discuss results with their usual GP. This is not always possible but we will attempt to have patients see or speak to their usual GP. Most of our GPs work part time so this is not always possible but the clinical notes are comprehensive and other

GPs can deputise if needed. Often it is a good thing when another GP is involved as they can look at issues from a different perspective.

SUMMER HEALTH TIPS:

<https://www.abc.net.au/health/specials/summer/>

Summer health involves

staying hydrated, being active while mindful of the heat, protecting yourself from the sun, prioritizing food safety, and ensuring you get adequate sleep. Key tips include drinking plenty of water, eating water-rich foods, and seeking shade during the hottest parts of the day to prevent dehydration and heat-related illnesses like heat stroke.

Hydration

- Drink water regularly throughout the day, even if you don't feel thirsty.
- Aim for at least 8 cups (2 litres) of water daily, and increase your intake if you are exercising or sweating a lot.
- Eat water-rich foods like watermelon, cucumbers, and strawberries.
- Limit or avoid alcohol and caffeine, as they can contribute to dehydration.

Sun and heat safety

- Wear protective clothing, a hat, and sunglasses when you go outside.
- Use broad-spectrum sunscreen with a minimum SPF of SP 30+
- Seek shade or stay indoors during the hottest parts of the day.
- Take frequent breaks, especially if you are physically active.
- Use fans or air conditioning to keep your home cool and close blinds and curtains during the day.

Activity and rest

- Incorporate both cardio and strength-building exercises into your routine.
- Adapt your physical activities to the weather and avoid strenuous exercise in the heat.
- Ensure you are getting enough restful sleep in a cool, comfortable environment.

Food safety

- Wash and cook food thoroughly, especially meat.
- Store leftovers properly in the refrigerator to prevent bacterial growth.
- If you experience symptoms like nausea or vomiting after eating, consult a healthcare professional.

Special considerations

- **Chronic conditions:** Talk to your doctor about managing your health in the heat, especially if you have a chronic illness.
- **At-risk groups:** Babies, young children, and older people need extra precautions against the heat.
- **Medical emergencies:** Seek immediate medical attention if someone shows signs of heat stroke. For general advice, you can contact a health advice service like [healthdirect](https://www.healthdirect.gov.au) (1800 022 222).