

# saunders street clinic

## Newsletter July-Aug 2025

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**Hours: Monday-Friday 9 am-1230 pm, 2 pm-5 pm except Friday from 2.30 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](#)

## 7 tips for staying healthy in winter

Whether you're seeking winter sun in the north, or trying to stay warm in the south; it's important to keep up your healthy eating habits and get your 30 minutes of physical activity a day.

### 1. Enjoy winter seasonal vegetables and fruit

Grapefruit, kiwifruit, mandarins and oranges are all delicious and in season over winter. Try involving fruit in your breakfast if you're not already, and add an extra serve of vegetables to each main meal. Broccoli, carrots and cauliflower are great winter vegetables, particularly for soups.

While fresh is best, don't be afraid to stock the freezer up with cheap and easy additions to any meal.

### 2. Take time for tea

Drinking tea dates back to ancient China, and in recent years the spotlight has been on its health benefits. Black and green tea are rich in plant chemicals, some of which are called flavonoids, which have antioxidant effects. In studies of people who drink tea regularly, their blood vessels were healthier and their risk of heart disease lower. Of course, many people who drink tea do other healthy things too, like eating more vegetables and doing more exercise so it can be hard to pinpoint the effect to tea-drinking alone. But why

not take on all of these healthy things this winter: more vegetables, taking time to enjoy tea, and going for a walk every day.

### 3. Stews, casseroles and leftovers

A great winter warmer! Make your casseroles and stews with lots of vegetables to boost your meals with heart healthy foods. When cooking stews and casseroles remember to trim fat off meat before cooking and add kidney beans, chickpeas, soy beans or lentils for fibre, and use reduced salt stock. Making extra means lunch is sorted too. For winters desserts, stew some fruit and save some for breakfast for the next day.

### 4. Choose the right amount

Winter is a great time to re-think the size of your meal, especially with foods such as rice, pasta and potatoes which, while delicious, can be easy to over-serve. Choosing a healthy amount for you can help to manage your weight, and free up space on your plate for more vegetables! Try using smaller plates when dishing up and waiting 20 minutes before heading back for seconds.

### 5. Get active indoors

Join a team or a physical activity program. There's lots of indoor activities to embrace over winter, such as yoga, bowling, dancing, soccer and so on. The key is making your winter activity enjoyable and social. Try out your local indoor swimming pool; if you're not a great swimmer try some simple aerobics moves in the shallow end.

### 6. Sit less

Get active around the house. Don't want to miss your favourite show? Try jogging or skipping on the spot or even just stretching while you watch. Try getting active gardening, cleaning, washing the dog or dancing. Have fun getting physical in the comfort of your warm home. Use an activity tracker to make sure you're still getting your steps up. Set a target to achieve the same amount of steps you would complete over the warmer months.

### 7. Rug up

Keep an eye on the weather and if it's not raining, get out outside and go for it. Once you get moving you'll warm up. When you're out and about look for incidental ways to exercise walk or cycle to the local shops instead of driving the car. Use the stairs instead of the lift or escalator. Join a Heart Foundation Walking group, or download our Walking app and get active with friends to keep you motivated.

<https://www.heartfoundation.org.au/blog/7-tips-for-staying-healthy-over-winter>

## Keeping healthy in winter

In winter as the days get shorter and the temperature starts to drop there is a greater tendency to stay indoors, be less active and eat comfort foods.

Winter can also bring increased risks of illness, so here are our top tips for keeping healthy this winter:

### Winter safety

It is important to stay warm over winter and to be aware of your safety when using wheat packs, hot water bottles, electric blankets, fires, and heaters. It is also important to store cough and cold medicine away from children to avoid poisoning. For more information, visit the [Winter safety](#) page.

## Wash, Wipe, Cover

In winter, colds, flu and gastro can cause disruption to your home, social and work life. Many of these common infectious diseases are spread by germs on our hands. You can reduce the risk of getting sick or passing infections on to others by washing your hands, wiping down frequently touched surfaces, and covering your coughs and sneezes with a tissue. See [Wash, Wipe, Cover](#) for more information.

## Staying home when sick

When you're sick, staying home reduces the spread of illnesses and protects your family, friends and the community – particularly those who are at a higher risk if they get sick.

If you're not feeling well and you're unsure what to do, call [healthdirect](#) on [1800 022 222](#) to speak to a registered nurse.

## Vaccinations

Influenza, commonly known as the flu, is a highly contagious infection that is more serious than the common cold. [Annual vaccination](#) against seasonal flu can reduce your chances of getting the flu and can also reduce the severity of flu symptoms if you do catch the flu.

COVID-19 vaccines help protect people most at risk of severe disease from COVID-19 infection. Make sure you are up to date with your [COVID-19 vaccination](#).

## Healthy eating

[Eating nutritious foods](#) can help keep your immune system strong. It is also important to keep hydrated in winter, so ensure you drink plenty of water.

## Be active

[Being active](#) every day can help you feel more energetic, healthier and can even make your world look better and brighter.

## Sleep well

A [good night's sleep](#) is essential for your health and wellbeing. Lack of sleep can have a serious effect on your immune system, making you more vulnerable to getting sick.

## Get a health check

It's a good idea to see your doctor for a [regular health check](#) even if you are currently feeling fit and healthy. Regular health checks and screening tests can help you to stay healthy by finding health problems at an early stage and help to prevent and detect serious illness.

## Get a plan

The cold weather in winter can worsen pre-existing chronic illnesses such as asthma and diabetes. People with [asthma](#) and [diabetes](#) should review their health action plans, or speak to their GPs if they do not have one in place.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/top+tips+for+healthy+living/keeping+healthy+in+winter>

