

## *From the Practice*



### **A MESSAGE FROM DR DAVID YATES - PRACTICE PRINCIPAL**

Winter is always one of the busiest times of year in general practice. Coughs, colds, influenza and COVID are circulating in our community, and while we expect to see plenty of people who are unwell, we'd love your help to reduce the spread of illness within our practice.

If you have a cough, sore throat, runny nose, fever or other cold or flu-like symptoms, please wear a mask while you're in the practice. We also ask that you complete a Rapid Antigen Test (RAT) before your appointment. If you don't have a RAT, simply call us before you enter the practice and we'll bring one out to you. If your test is positive for COVID-19, please let our reception team know before entering so we can make appropriate arrangements for your care.

It's worth remembering that doctors, nurses and reception staff can catch these viruses too. If one of our doctors becomes unwell, it can mean cancelling an entire day of appointments, affecting dozens of patients who may have been waiting weeks to be seen.

By taking these simple precautions, you're helping to protect our team, other patients and the wider community, while ensuring we can continue providing care to those who need it most.

Thank you for your understanding, your kindness and for helping us keep The Surgery at Jerra a safe place for everyone this winter.

## *Health Message*

### **WHY AM I STILL TIRED AFTER BEING SICK?**

It's normal to feel more tired than usual after a cold, the flu or COVID-19. Your body is still recovering, and it can take a few weeks for your energy levels to return.

If your fatigue is severe, getting worse, or lasting more than four weeks, it's worth seeing your GP to make sure there's nothing else contributing to it.

If you're concerned about your recovery, we're here to help.



## *Meet The Team*

# *Welcome Dr Victor Forcadela*

We're delighted to welcome Dr Victor Forcadela to The Surgery at Jerra in early August.

Dr Victor is a first-year GP Registrar who will be working with us full-time under the supervision of Dr David Yates.

A GP Registrar is a fully qualified doctor who has chosen to specialise in general practice, undertaking additional specialist training in an accredited practice.

Throughout his training, Dr Victor has direct access to Dr Yates, with regular one-on-one teaching and supervision. He'll also benefit from our open-door culture, where all of our GPs readily share their knowledge and experience by discussing cases and supporting one another. This collaborative approach helps ensure our patients receive high-quality, well-supported care.



***Dr Victor Forcadela***  
MChD, BBiomed

# *Congratulations, Emilia!*

A big congratulations to our wonderful Reception Manager, **Emilia Heyne**, who recently became engaged to her partner, **Matt**, while travelling through Europe.

We're absolutely thrilled for them both and wish them every happiness as they begin this exciting new chapter together.

**Congratulations, Emilia and Matt!**



## *Practice Reminders*



### ***Need an appointment outside standard business hours?***

We're open **Thursday evenings until 9.00 pm** and **Saturday mornings from 8.00 am to 12.00 pm**, making it easier to fit your healthcare around work, school and family commitments.



### ***Book online anytime***

The quickest way to make an appointment is through **HotDoc**, available 24 hours a day. Of course, you're always welcome to call our friendly reception team during business hours if you'd prefer to book over the phone.



### ***Need a repeat prescription or referral?***

Eligible patients can request repeat prescriptions and referrals online. Please note that fees apply, and all requests are reviewed by your GP.

## *Contact Details*



**Address:** 1/37 Jerrabomberra Pkwy Jerrabomberra NSW 2619



**Phone:** 02 6255 8112 (all hours)



**Fax:** 02 6255 8001



**Email:** [reception@tsaj.com.au](mailto:reception@tsaj.com.au)



**Website:** [www.tsaj.com.au](http://www.tsaj.com.au)



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APPOINTMENT**