




AMICUS MEDICAL CHAMBERS
Newsletter

<https://amicusmedical.com.au>



Welcome to the Holiday issue of the Amicus Medical Chambers Newsletter. In this issue we welcome our newest addition to our team, Dr Fiona Fairbrother. We also discuss the holiday period and ways to cope with challenges that arise during this time.

If you're looking to find when the Amicus Team goes on holiday this year, all the information you need can be found on page 2.

If you have any questions about the included information you can contact us at the details below;

Phone: 07 3832 3332

Email: reception@amicusmedical.com.au

Address: Level 2, Wickham House, 155 Wickham Tce, Spring Hill, Qld 4000

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Welcome Dr Fiona Fairbrother

It is with great pleasure that we introduce the newest member of our psychiatry team, Dr. Fiona Fairbrother. Dr. Fairbrother completed her medical education at the University of Queensland in 2010 and has since established herself as a Consultant Psychiatrist and a Fellow of the Australian and New Zealand College of Psychiatrists (FRANZCP) since 2018.

As a dedicated general adult psychiatrist, Dr. Fairbrother places a strong emphasis on patient recovery within a holistic and trauma-informed framework. Her expertise extends to a diverse range of mental health conditions, including mood and anxiety disorders, PTSD, and psychosis. Notably, she holds a particular interest in women's mental health, the impact of trauma on mental well-being, and the evolving field of sports psychiatry.

Dr. Fairbrother's commitment to staying at the forefront of her field is evident through her membership in the International Society for the Study of Trauma and Dissociation (ISSTD) and the International Society of Sports Psychiatry (ISSP). Her comprehensive approach to psychiatry, coupled with her compassion for patients, makes her a valuable addition to our practice.

Please join us in extending a warm welcome to Dr. Fiona Fairbrother, who is eager to contribute her expertise to the well-being of our community.




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Resources to Help these Holidays

Salvation Army

<https://www.salvationarmy.org.au/christmas/need-help-this-christmas/>

Headspace

<https://headspace.org.au/headspace-centres/fremantle/tips-for-getting-through-the-holidays/>

Lifeline

<https://www.lifeline.org.au/>

Mensline Australia

<https://mensline.org.au/>

Beyond Blue

<https://www.beyondblue.org.au/>

R U OK?

<https://www.ruok.org.au/findhelp>

This Year at Amicus Medical Chambers

The world has come out the other side of the pandemic with much more anxiety than ever before. We are seeing this in even our youngest family members and in school communities, and workplaces. Some of this is the spread of information and news that promotes a bleak outlook on situations. When we look at statistics it can be overwhelming to view the burden of mental health in our nation.* Here at Amicus, we continue to do what we can to help our patients and referrers get the best options for therapy whether this involves medications or talking therapies or self-help options.

Our doctors maintain their professional qualifications and are continually seeking to update on new research in treatment options. If you have any questions about new and emerging treatment please contact us about what we are currently doing particularly in the field of treatment resistant depression.

May you have a safe and blessed Christmas and Holiday season and discover new joys in 2024.

Drs Scott and Maarit Harden

*<https://www.aihw.gov.au/mental-health/topic-areas/mental-illness>



Amazing Online Healthcare for Kids

After-hours - Expert doctors for kids - Australia-wide

Services

Urgent Care Clinic
PAEDIATRIC EMERGENCY DOCTOR
 ED alternative with all-evening virtual ward for fevers, vomiting, rashes, wheezing, etc.
 Video Telehealth consults with a Paediatric Emergency Doctor
 Ongoing support throughout the evening in our virtual ward
 Scripts and Prescriptions to a pharmacy of your choice
 Medical certificates, pathology and X-ray requests including COVID-19 testing forms
 Next day check-in from the Cub Care support team to make sure everything is going OK!

Services Continued

Baby & Toddler Clinic
PAEDIATRIC DOCTOR
 Easy access to high quality paediatric care during the early years.
 Reflux, allergy, growth & milestones, unsettled baby, GP referrals, jaundice and more
 Crying or Unsettled Baby
MIDWIFE/NURSE & PAEDIATRICIAN
 Help with feeding, sleeping, settling and medical issues for crying and unsettled babies. Holistic care with a midwife/nurse and then a paediatrician

Open after hours until 10pm, 7 days a week. Please check the website for the latest details.
www.cubcare.com.au

Doctors Holidays 2023-2024

Dr Maarit Harden:

16th December 23 - 18th January 24

Dr Scott Harden:

21st December 23 - 2nd January 24

Dr Amin Vakili:

22nd December 23 - 14th January 24

Dr Hanne Gudiksen:

16th December 23 - 9th January 24

Dr Andrew Lee-Lovick:

9th December 23 - 18th January 24

Dr Curtis Gray:

22nd December 23 - 22nd January 24

Dr Fionabrother:

19th December 23 - 2nd January 24

Whole Practice Closure:

22nd December 23 - 2nd January 24

Health Professionals Near Us!

Paedix Paediatric Specialists

We are a Paediatric Specialist Practice conveniently located in Spring Hill looking after:

- Services: Approx Wait Time*
- General Paediatrics (including Behavioural & Developmental) 12 - 16 weeks
- Allergy & Immunology (with regular in-house food/drug challenge clinics) 4 - 6 weeks
- *Additional capacity may be added in future. Please call the practice for urgent cases or for the latest timings.

A little bit about our specialist:

Dr. Ashisha Kallukaran (Provider: 423214EX)

MSc, MEd, DCh, FRACP

General Paediatrician and Allergy & Immunology Specialist
 Dr. Ashisha Kallukaran (Dr. Ash) was awarded her fellowship in 2021 by the Royal Australasian College of Physicians in General Paediatrics as well as Paediatric Allergy & Immunology after completing her specialist training through the Sydney Children's and Queensland Children's hospital networks. Dr. Ash uses a holistic and tailored approach that allows patients to get the benefit of both her specialties.

How we make it easy for patients:

- Convenient Location (5 mins from Central Station)
- Free validated patient parking (3hrs)
- Paperless office with e-forms & e-scripts
- Telehealth available for follow ups and rural patients



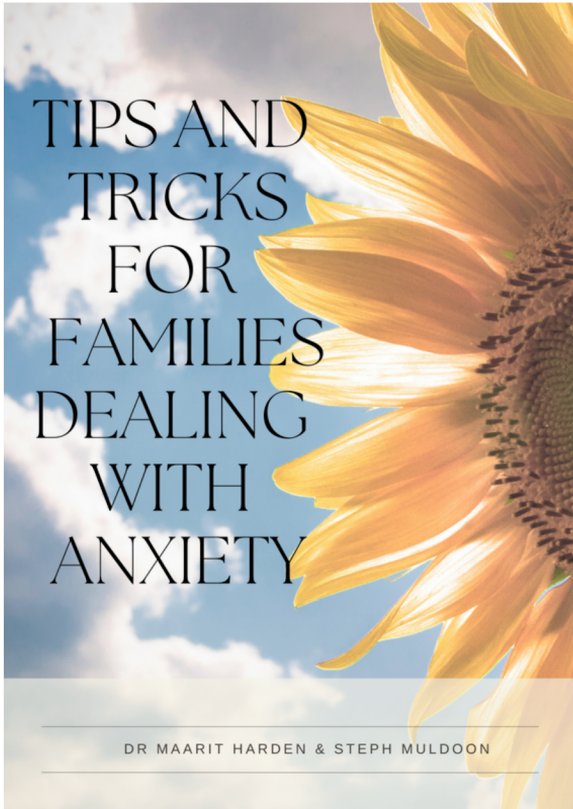
Location: Suite 7, Level 5, 149 Wickham Terrace,
 Spring Hill QLD 4000
 Phone: (07) 2111 4100
 Email: reception@paedix.au





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Child Psychiatry Brisbane



Child Psychiatry Brisbane is dedicated to making sure families have all the necessary resources to cope over the Christmas Holidays.

Helping Families Cope Together.

Dreaming of a less stressful Christmas filled with warmth and joy? Our workbook is here to help make your family's holiday merry and bright!

Tips and Tricks for Families Dealing with Anxiety is packed with heartwarming activities designed to unite your family and turn stressful moments into cherished memories.

Dive into engaging exercises that promote understanding and empathy. Guide your family through a season of calm, unlocking strategies to manage anxiety and ensure everyone feels supported and understood.

Order your copy now from childpsychiatrybrisbane.com.au. Here's to a Christmas filled with love, laughter, and lasting connections!

Social Media

Child Psychiatry Brisbane

Facebook
 @childpsychiatrybrisbane
 Instagram
 @childpsychiatrybne

Follow us at the above links to find information about us, common myths about children busted and the adventures of George and Fifi!



Fifi's Favourite Place to Play!



Explore Roma Street Parkland, a sprawling 16-hectare oasis in the heart of Brisbane. With lush lawns, flower gardens, forests, and playgrounds, it's the perfect spot for family fun.

Spend a full day enjoying the greenery, taking leisurely walks or joining free guided tours. Don't miss the Xpress Fun Train, a unique and enjoyable way to explore the grounds loved by both kids and adults.

Conveniently located, Roma Street Parkland is an urban escape offering a diverse range of activities for families of all ages. Plan your visit now for a day of natural beauty and adventure.

GEORGES WORD SEARCH

George loves solving puzzles. Can you help him solve this one?

H	K	O	G	J	D	K	V	R	U	S	Q
G	E	O	R	G	E	P	E	X	Y	M	Q
Q	U	C	V	S	L	W	U	B	Q	A	W
W	E	T	R	T	U	I	O	P	M	A	S
D	F	O	G	H	J	K	L	E	Z	X	C
V	F	R	I	E	N	D	S	N	B	M	Q
W	L	U	F	R	U	O	L	O	C	E	R
T	B	R	I	S	B	A	N	E	Y	V	I
O	P	D	N	U	O	R	G	A	L	P	

- GEORGE
- FIFI
- PLAYGROUND
- COLOURFUL
- DOCTOR
- FRIENDS
- BRISBANE
- GAMES



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Are you Anxious about the Upcoming School Holidays?

The holiday season can bring joy, but it can also be a source of stress and anxiety for many families. Don't let anxiety overshadow your celebrations. Our "Tips and Tricks for Families Dealing with Anxiety" course is here to help your family navigate this period.

What You'll Learn

- **Stress Management:** Discover techniques to manage stress and anxiety effectively.
- **Family Support:** Learn how to support each other through the holiday challenges.
- **Coping Strategies:** Gain practical tips and tricks to handle anxiety-inducing situations.
- **Communication:** Improve family communication to share feelings and reduce tension.
- **Self-Care:** Explore self-care practices that will boost your emotional well-being.



Scan for more information

Benefits of Utilising this Course

- Reduced anxiety and stress during the holiday period.
- Stronger family support and communication.
- Improved well-being and self-care practices.
- Confidence to face holiday challenges.



Make this holiday season truly joyful with less anxiety and more strategies during challenging times. Enroll in "Tips and Tricks for Families Dealing with Anxiety" and ensure your family's well-being comes first!



Want your Practice to be featured in our next issue?

Email reception@amicusmedical.com.au



The Artful Pivot

Using Creativity to Navigate Life's Crossroads

IG: @artfulpivotartworkshop
 FB: @theartfulpivotbrisbane