

Te Nīkau Health Centre newsletter

Winter 2025

Practice Information

Te Nīkau Health Centre

71 Water Walk Road, Greymouth
Ph. 03 769 9300

Lake Brunner Clinic

49 Koe Street, Moana
Ph. 03 738 0003



To pay online / through internet banking:

Bank of New Zealand: 02 0848 0084432 00

Account name: Health New Zealand West Coast

Winter Health Tips

Brrrrr! Fight the winter colds and bugs!

Get your flu vaccine: The flu (influenza) vaccine is available from **1 April** each year. While some people come into contact with flu viruses all year round, the chance of catching the flu increases significantly in the colder months so get vaccinated before the start of the winter season. We recommend everyone over 6 months old gets immunised against the flu every year.

Visit <https://info.health.nz/immunisations/vaccines-aotearoa/flu-vaccine> for more details and call us to make your appointment.

Stop smoking: Becoming smokefree is one of the best things you can do for your health. We offer a variety of free stop smoking support services that can make quitting that much easier. Call us to discuss your options.

Eat nutritious foods and stay hydrated: Stay well hydrated and up your intake of immune-boosting food, rich in nutrients. This will help keep your body functioning well. Bright coloured hua whenua / veges and hua rākau / fruits, as well as whole grains are great for the immune system. Try a yummy winter pumpkin soup with plenty of garlic and onion!



Keep your home warm: We all know how important keeping a warm, dry home is, keeping you comfy and making your home less hospitable to bugs. Try keeping heating cost down by focusing on the room you use rather than warming your whole house. Keep doors closed, block drafts and cover windows to prevent heat escaping. Avoid increasing moisture levels; to reduce the risk of mould avoid drying wet washing inside and open a window while you shower and cook. Your lungs will thank you!

Know your Cold info!

Colds in Adults

Colds are annoying. On average, adults suffer from 2 to 4 colds a year. Symptoms tend to peak after 2 to 3 days but the cough that comes with a cold can last for 3 to 4 weeks.

Colds are caused by viruses infecting your upper airways (nose, sinuses, mouth, throat and voice box). They are not caused by bacteria; antibiotics will not treat a cold.

If you have a cold, you will have some or all these symptoms:

- Runny or blocked nose
- Watery eyes
- Sneezing
- Itchy or sore throat, cough, often producing mucus (sputum or phlegm) and is more annoying during the night and when you wake
- Hoarse voice.



Avoiding getting colds

Unlike [influenza \(flu\)](#), there is no vaccination for colds because they are caused by many different viruses.

You can avoid colds by [washing your hands](#) before eating or preparing food. Do not share cups, drink bottles, knives and forks or anything you eat or drink with. Also, wash your hands after you have touched your face.

Cover your mouth and nose with a tissue or your arm (but not your hand) when you sneeze or cough, then wash your hands afterwards.

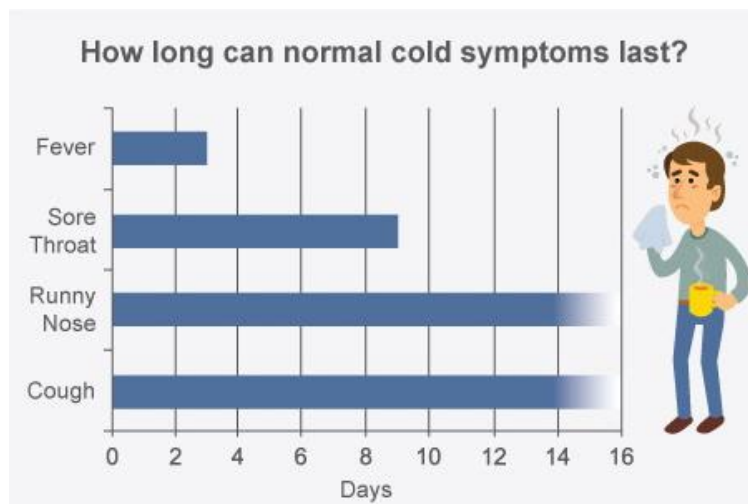
Keeping your home [warm and dry](#) and being [smokefree](#) also help to stop you and your family from getting colds. Getting [enough sleep](#) and [eating well](#) can also reduce the number of colds you get and how bad they are.

Treating colds

Most people get over a cold within 1 to 2 weeks, but the cough that goes with a cold can last up to 4 weeks. The image below shows how long cold symptoms can last. A cough and runny nose can continue past two weeks without being a serious problem.

While your immune system is fighting the cold, any mucus you are coughing up may go from white or clear to yellow or pale green. This is normal. As long as it is just a small amount and you do not have any other chest symptoms, you do not need antibiotics.

There are no treatments that will make a cold go away more quickly. But your immune system should fight it off within 1 or 2 weeks.



Antibiotics will not treat a cold and may cause side effects such as diarrhoea (the runs), thrush and tummy aches. Taking antibiotics when you do not need them makes it more likely you will later develop a bacterial infection that does not respond to antibiotics. It could then be very hard to find an antibiotic that works for you.

Self-care with colds

- ♥ **Get lots of rest.** You may feel pressure to be at work, but you will generally feel worse if you go in. You are also most likely to pass your cold to others during the first 2 to 3 days, so colleagues may thank you for staying away.
- ♥ **Drink plenty of fluids.** Your body may need more water if you have a fever. Being dehydrated will make you feel much worse so drinking plenty of water can help.
- ♥ **Paracetamol.** This can help to relieve fever, aches, sore throats, earache and headaches. Carefully follow the instructions on the label about how much medicine you should take and how often you should take it. It is important not to take more than the maximum dose.
- ♥ **Decongestants.** These come as tablets or nasal sprays and can help with headaches and a blocked nose. But you should not use them for more than 3 to 4 days. Decongestants can cause side effects, such as an irritated nose, a dry mouth and headaches. Speak to a pharmacist before using a decongestant, especially if you are taking any other medicine.
- ♥ **Steam inhalation.** This may make congestion better for a while and does not have the same side effects as decongestants. Having a warm shower or bath before bed may also help, as can using a humidifier in your bedroom.
- ♥ **Throat lozenges and sprays.** These can help make a sore throat feel better, but they may not be any more effective than simple pain relief medicine like paracetamol.

There are lots of cold and flu medications available over the counter. Read the labels carefully. They are often expensive versions of simple pain relievers or decongestants. Speak to a pharmacist if you are not sure what to take or if you are taking other medication. This is especially important if you have any other health condition or are pregnant, as it may be best that you do not take these medications.

Colds in children

Colds are caused by germs (viruses) infecting the nose, sinuses, mouth, throat and voice box (upper airways).

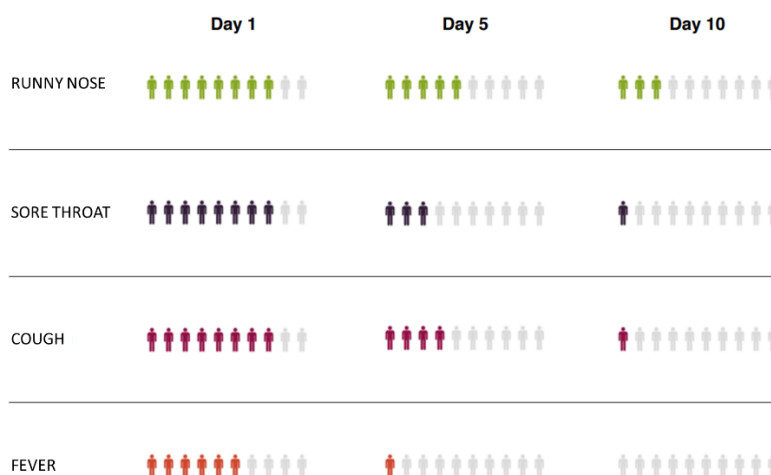
There are hundreds of different cold viruses, which spread through the air when a person sneezes or coughs. Droplets from sneezes or coughs also settle on surfaces. You may get infected by the virus if you touch those surfaces then touch your mouth, nose or eyes.



On average, tamariki (children) catch a cold 3 to 8 times a year. Colds tend to happen more frequently in the colder months. Tamariki tend to get fewer colds as they get older because they build up immunity to some of the viruses that can cause colds.

Symptoms of colds in children

Cold symptoms usually last 1 to 2 weeks, though they are worse in the first 2 or 3 days. The cough that goes with a cold can last up to 4 weeks. This image shows how many tamariki still have symptoms after 5 or 10 days.



If your tamaiti (child) has a cold, they will have some or all of these symptoms:

- A runny or blocked nose
- Watery eyes
- Sneezing
- An itchy or sore throat
- A cough
- A hoarse voice
- A mild fever

A tamaiti with a cold might also have mild body aches, mild headaches and less energy than usual.

While their immune system is fighting the cold, you will notice some changes in their symptoms:

- The mucus from their nose may get thicker and may become yellow or green.
- Their cough may start to sound wet.
- They may cough up mucus (phlegm) that is first white or clear, but then pale green or yellow

These changes are normal. They do not mean they need [antibiotics](#).

Helping your child with a cold

Medicines cannot cure colds.

Antibiotics will not treat a cold and may cause side effects such as diarrhoea (the runs), thrush and tummy aches.

Giving antibiotics to a tamaiti when they do not need them makes it more likely they will develop a bacterial infection that is resistant to antibiotics. This could make it difficult to treat any bacterial infections they get.

The best ways to treat your tamaiti for a cold are:

- Ensure they get plenty of rest.
- Make sure they drink lots of fluids such as water.
- Give them paracetamol to help relieve pain, fever or discomfort. Carefully follow the instructions on the label about how much medicine to give them and how often. Check with your pharmacist or general practice team.
- Saline nasal drops or spray can help relieve a stuffy nose. Ask your pharmacist or general practice team about them.

Do not use traditional vapour rubs to relieve congestion in pēpi (babies) or tamariki. This is because they can cause airway irritation and breathing distress.

Always read the directions on the label on any medication. Speak to your pharmacist or general practice team if you are not sure.

Getting help for your child with a cold

Most colds get better within 1 to 2 weeks. Most tamariki do not need to see a nurse or doctor. But you should see your general practice team if they:

- are less than 3 months old and have a fever.
- are short of breath (they look puffed), are breathing noisily or their ribs show more than normal when they breathe.
- are coughing up a lot of mucus or are coughing for a long time without taking a breath.
- cannot keep food or liquid down, are drinking less than half their normal amount or are not weeing much.
- are unusually ngenge / tired or lacking energy.
- have a rash (spots on their skin).
- have pain anywhere that is getting worse even though you have given them paracetamol.
- have had a fever for 3 days and it is not getting better.
- have had a wet-sounding cough for 4 weeks or have had a cold for 4 weeks and still are not getting better.

You should also take them to a doctor if they have a sore throat and are Māori or Pacific or prone to strep throat infections. Strep throat needs to be treated with antibiotics to help prevent rheumatic fever.

Preventing colds

Unlike influenza (flu), there is no vaccination for colds because they are caused by many different viruses.

You can help your tamariki avoid colds by teaching them to avoid sharing cups, drink bottles or anything they eat or drink with. Also, to wash their hands before eating or preparing food. They should also wash their hands after they have touched their face.

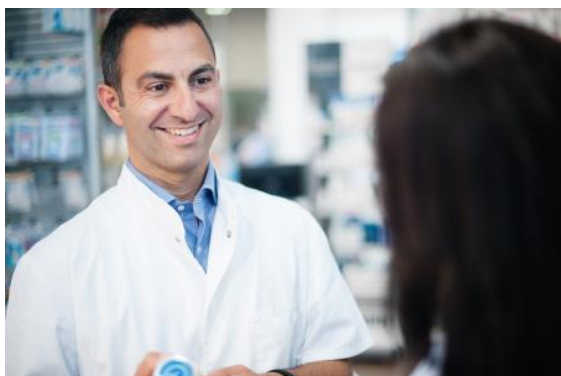
Teach them to cover their mouth and nose with a tissue or their arm (but not their hand) when they sneeze or cough and then to wash their hands afterwards.

Keeping your home warm and dry and being smokefree also help to stop your tamariki from getting colds.

Cold information from [Healthinfo.org.nz](https://www.healthinfo.org.nz).

Utilising Community Pharmacists

Community pharmacists on the West Coast are vital healthcare professionals working in pharmacies open to all members of the public. There are some things they can do that you might not be aware of.



If your medicines run out ahead of your general practice appointment, community pharmacies can sometimes provide you with an interim supply (non-controlled drugs only) until your booked appointment. You will be required to prove you have an upcoming booked appointment and there may be a small charge for this depending on local agreements between pharmacies and general practices.

If you are outside of your usual town and have forgotten your medicines, community pharmacies can sometimes provide three days of an unfunded supply of your medicines (excluding controlled drugs). It is important you know what medications you are currently within the South Island (with your agreement) pharmacists can access the names/dosages of your regularly dispensed medicines even if dispensed in a town outside of where you live.

Community pharmacies can often give vaccinations such as influenza, COVID boosters, tetanus/diphtheria/pertussis and shingles. Sometimes these may be funded so check with your local pharmacy.

Some community pharmacists have completed accredited training to offer non-funded treatments for non-complicated urinary tract infections, erectile dysfunction, oral contraception, sleep disorders (melatonin). Emergency contraception and nicotine replacement therapies can also be supplied free in some circumstances. There are criteria

in place for safe supply of these things and you will have to have a consultation with a pharmacist to ensure supply is safe and appropriate.



Rachel's Winter Injury Avoidance Advice

Rachel, our primary care physiotherapist, is an experienced physiotherapist who works as part of our health team to manage musculoskeletal conditions for people aged 8 and over. Musculoskeletal conditions are issues or injuries that you may have with bones, joints, muscles or tendons. Rachel has put together this advice to help you stay well in winter.

Sport injury

Hopefully you were able to complete pre-season training that gradually built in intensity. This is one of the most effective tools at preventing sports injury.

Complete an effective warm up and cool down. Individual sporting codes have good links to effective, sport-specific warm ups.



<https://netballsmart.co.nz/>

<https://nzrl.co.nz/leaguesmart/>

<https://www.sportsphysiotherapy.org.nz/documents/Injury%20prevention/fifa%2011.pdf>

Concussion

If you suffer a concussion the updated (in 2024) national concussion guidelines are below.

When a player suffers a concussion, they must be symptom-free for 14 days post-injury before a graduated return to play.

They must complete a minimum of 21 days away from full competition before clearance to return.

Clearance from a health practitioner experienced in concussion management is strongly recommended prior to returning to play.

For more information on concussion symptoms and management, please visit:

<https://healthify.nz/health-a-z/c/concussion>



Around the Home

Trips and Falls:

- Look for trip hazards like rugs, mats and electrical cables
- Ensure mats sit flat and are non-slip
- Pick rugs and blankets up from the floor
- Keep electrical cables away from walkways or secure to the flooring.

Lifting and carrying:

- Moving firewood and coal can be an issue during winter time.



- Know your limits and listen when your body tells you it is too much.
- Multiple, small loads are safer and easier than trying to work above your limit.

Slipping and skidding:










- Take care on wet or icy surfaces
- Clean walkways of slip hazards
- Appropriate footwear will help reduce the risk.

Caring for a minor injury

Most of us will be familiar with RICE (rest, ice, compression, elevation) after an injury. Ongoing research has found that some of this advice is no longer the best care for minor injuries. We are now encouraged to use PEACE and LOVE to guide our recovery after minor injury.

It is normal for some minor injuries to take up to six weeks to return to your pre-injury activity level.

Please seek appropriate medical attention if you feel that your injury requires more urgent assessment and treatment, or you are unsure about your recovery.

P		PROTECTION Avoid activities & movements that increase pain during the first few days after injury.
E		ELEVATION Elevate the injured limb higher than the heart as often as possible.
A		AVOID ANTI-INFLAMMATORIES Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid Icing.
C		COMPRESSION Use elastic bandage or taping to reduce swelling.
E		EDUCATION Your body knows best. Avoid unnecessary passive treatment and medical investigations and let nature play its role.
&		
L		LOAD Let pain guide your gradual return to normal activities. Your body will tell you when it is safe to increase load.
O		OPTIMISM Condition your brain for optimal recovery by being confident and positive.
V		VASCULARISATION Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.
E		EXERCISE Restore mobility, strength and proprioception by adopting an active approach to recovery.

Policy for phone prescription requests Rx

Only patients enrolled with Te Nīkau Health Centre (TNHC) can get repeat prescriptions without a consultation and these must meet the clinical guidelines for that patient.

When calling the script line, please make sure to be in a quiet space with good phone/mobile cover. Leave a clear message with your name, date of birth, contact number, medication required and the pharmacy you want the script sent to. If the message isn't clear or you are missing details, we will be unable to process your prescription.

Please allow for up to **3 days (72 hours)** for the prescription to be processed.

Repeat prescriptions without a consultation are **not** available when:

- a medication is being prescribed for the first time
- a medication is being re-started
- a patient is requesting their first repeat prescription.

Some medications require regular consultations with your GP or Nurse Practitioner (NP), and these may need to be face-to-face. If you are due a consultation, we will not process your script request, we will let you know you need to make an appointment.

Please remember



If you were asked to get a blood test prior to your next script or appointment, please get this done a couple of days before making a phone prescription request or attending your appointment.

Scheduling appointments



You can make a GP (General Practitioner) appointment at Te Nīkau Integrated Family Health Centre for yourself or someone in your whānau up to six weeks in advance. Your GP can also arrange follow up appointments for you as needed. If you know when you need an appointment for a medical certificate, a repeat prescription, driver's licence medical or anything else you can anticipate, please contact reception on **(03) 769 9300** and we can make you an appointment. We can respond to email requests for appointments if you are not able to speak to us by phone.

Contact Information

When did we last update your contact information?

It is essential we have your current contact information, so we can keep in touch, especially with our most common form of communication being via text and/or email. You can update your contact details by calling our amazing administration team or by emailing us at admin@wcdhb.health.nz.

Please remember when you receive a text from us, do not reply!
Our text system doesn't allow us to read your texts.

Urgent Primary Care Clinic

Hours: 8am – 8pm, Monday – Friday



Te Nīkau Health Centre's Urgent Primary Care clinic provides same-day care for minor illnesses and minor injuries.

Minor illnesses we'd expect to see, but not limited to, include:

- Sudden, unexplained aches/pain
- Urinary tract infections (UTIs)
- Allergies
- Respiratory infections
- Skin rashes
- Conjunctivitis
- Breathing difficulties
- Sexual health concerns
- Infections/fever
- Exacerbation of long term conditions (diabetes, chronic obstructive pulmonary disease (COPD), cardiovascular disease (CVD), asthma, gout, osteoarthritis (OA).

Common minor injuries we treat include:

- Simple sprains
- Simple bruises/contusions
- Lacerations (cuts)
- Minor burns
- Foreign body removal (an object like a wood chip, piece of glass).

Te Nīkau Health Centre provides same day urgent primary care appointments for enrolled and visiting casual patients. To receive an appointment time, please present to the main reception where you will direct you to the TNHC urgent primary care clinic. You will be reviewed by a practice nurse, who will then give you an appointment time or direct you to the appropriate service.

Please note: Consults for WINZ renewals/paperwork, ACC renewals, repeat scripts, drivers licence certifications are **not** urgent illnesses, and you will be asked to make a routine appointment at reception. Your appointment may not be on the same day.

If you are enrolled with another West Coast general practice, you will be directed back to your provider in the first instance.



For West Coast Primary Care information, please visit West Coast Health
<https://westcoasthealth.nz/>

Know our team and how we can help!

Dr Rachel Hankins

We are pleased to announce that Dr. Rachel Hankins has joined our Te Nīkau Health Centre team, as a General Practitioner (GP), in a permanent part-time role.

Rachel brings a wealth of experience from both New Zealand and overseas.

Dr Kathleen Potter

We are pleased to announce that Dr Kathleen Potter has joined the Northern & Central primary care practices as a General Practitioner (GP), in a permanent part-time role.

Kathleen brings a wealth of experience from both New Zealand and Australia. We know her knowledge and skills will be a valuable addition to the teams and communities we serve.

An Introduction to our leaders

Huan Chien Chan, Clinical Lead – Te Nīkau Health Centre

Huan moved to New Zealand from the UK in late 2016 and has been a valued member of our hospital and health centre team since 2017. He began his journey with Health NZ West Coast as a Resident Medical Officer (RMO) before starting his GP training at Te Nīkau Health Centre in 2020. In August 2023, Huan was awarded Fellowship with the Royal New Zealand College of General Practitioners. He finds it deeply rewarding to care for and give back to the West Coast community..

Sarah Falvey, Clinical Nurse Manager - Te Nīkau Health Centre, Outpatients and Infusion Services
After completing her nursing training in Christchurch, Sarah began her career in the Gynaecology Ward at Christchurch Women's Hospital. She returned to her West Coast roots in mid-2012, initially working in Parfitt Ward (Paediatrics) at the old Grey Base Hospital before transitioning to the Emergency Department. In 2021, Sarah joined Te Nīkau Health Centre as a practice nurse following a six-month break from the Coast, during which she worked as an agency ED nurse in rural Australia. She has held her current role since September 2022.

Tash Webb-Collis, Associate Clinical Nurse Manager - Te Nīkau Health Centre, Outpatients and Infusion Services

Natasha completed her nursing degree in 2009 at the Whangārei NorthTec campus and has since gained experience across a wide range of healthcare settings, including emergency nursing, aged care, district nursing, and primary care. In 2017, she moved to the West Coast seeking a quieter lifestyle for herself and her family and has thoroughly enjoyed caring for the local community ever since. Natasha has held her current role since April 2024.

Nicole Ford, Business and Administration Manager – Integrated Health Services Central
Nicole moved to New Zealand from Canada in 2007 and began her journey with Health NZ in 2008, starting as a receptionist in the old Grey Base Hospital's Emergency Department and Outpatients. Over the past 17 years, she has held a range of reception and coordination roles, building a strong foundation that has supported her professional growth into her current position. Nicole has a deep love for the West Coast and is passionate about supporting her colleagues in delivering world-class healthcare to our communities.

Andrea Thompson, Primary Care Coordinator – Te Nīkau Health Centre
Andrea began her career in healthcare administration in 2014 at Christchurch Hospital after moving to New Zealand from the UK. With over 30 years of experience in administrative roles, she enjoys using her skills to make a positive impact on the health and wellbeing of the community she's proud to be part of. In her current role, Andrea coordinates the administrative functions supporting both patients and staff in the primary care practice.

Paying your account

You can pay for planned appointments at the Te Nīkau Health Centre online, using EFTPOS or cash at the main reception during business hours or on-line anytime. If you're paying online please use your chart number as a reference. Your chart number is shown on your invoice or account.

You're very welcome to pay when you arrive for your appointment so that when your appointment is over, you don't need to queue up again.

Our account number is 02 0848 0084432 00 – it is a **Bank of New Zealand** account. When paying online, use the account name: Health New Zealand West Coast

1. **Access your online banking:** Log in to your bank's website or mobile app.
2. **Find the 'pay someone' or 'transfer money' option:** This is usually under a payments or transfer section.
3. **Enter the recipient details:**
 - **Account Name:** Health New Zealand West Coast
 - **Account Number:** 02 0848 0084432 00
4. **Enter the payment amount:** This will be the amount specified on your Te Nīkau Health Centre statement – you can make a part payment.
5. **Add a reference:** Include your chart number or any other relevant reference provided by Te Nīkau Health Centre to help them identify your payment.
6. **Review and confirm:** Double-check all the details before confirming the payment.
7. **Keep a record:** Save a copy of the transaction confirmation for your records.

Please pay any outstanding amounts as soon as possible. We depend on people paying their accounts to enable us to continue to provide our services.

If you're worried about your account, please call our practice team on 03 7699300 so we can help.

Healthcare on nights & weekends

KA ORA
TELE CARE
Healthcare from home

After hours health services on the West Coast are provided by Ka Ora.

Ka Ora Telecare provides people living in, or visiting, the West Coast with a quick and easy solution to connect with a Doctor or a Nurse for medical advice and treatment on weekends and at night.

How it works?

The service is open 5pm to 8am (evening and overnight) on weekdays, and 24 hours on weekends and Public Holidays.

You can connect with the Ka Ora Telecare team by calling 0800 2 KA ORA (0800 252 672)

You will first be greeted by a kaiāwhina (community health worker) or a nurse. The team will assess your health needs, and you can either see a doctor or nurse directly or you may also choose to schedule an appointment for later.

Book Online kaora.co.nz

This is available from 5pm to 10pm weekdays and 8am to 10pm weekends and public holidays.

By booking an appointment, you will have a specific appointment time to connect directly with the medical team over phone or video.

If you need an urgent appointment after 10pm, please call 0800 2 KA ORA to connect with the overnight team. If the Ka Ora clinician thinks you need to see a doctor or nurse in person they will tell you how to contact one. There will always be an in-person option for those who need one.

Ka Ora Pricing

Kaiāwhina assessment and advice	FREE
Nurse assessment and advice	FREE
GP consultation Under 14s	FREE
GP consultation Over 65s	\$19.50
GP consultation Community services card	\$19.50
GP consultation adults 14 - 65 years	\$50.00



What you need to know about the flu vaccination



Don't want to take this fact sheet with you? Take a photo instead! It's important to keep this information handy.

Your best defence against the flu is to get a yearly flu vaccine. Although having the flu vaccine doesn't guarantee you won't catch the flu, it will give you more protection and mean you are less likely to experience complications from a flu infection.

Protection against the flu reduces over time. Each year the flu is caused by different strains, which may not be included in the previous year's vaccine. This is why it is important to have the flu vaccine every year.

Who can have the flu vaccine?

Flu vaccines are available for anyone aged 6+ months. The new flu vaccine is available in autumn each year and is free for those most likely to have complications from a flu infection. The flu vaccine is strongly recommended by health care professionals for those who have medical conditions as well as those who are pregnant.

If your child is under 9 years old and receiving the flu vaccine for the first time, they will need two vaccinations at least 4 weeks apart. Your vaccinator will let you know when the second dose is due.

Consent and recording your vaccination event

Before having your vaccine, the vaccinator will ask if you give consent. You have the right to make an informed choice about your healthcare including immunisations.

As part of the consent process, the vaccinator will explain how the vaccine works and why it is recommended as well as the potential risks.

They will explain what to expect after your vaccine and how and where to seek help if needed. You will receive this information verbally and should take this fact sheet home (or a photo of it). You will have time to have your questions answered and you can request an interpreter if you need one.

The vaccination event will be recorded by Health New Zealand on the Aotearoa Immunisation Register (AIR) and can be accessed by authorised health care staff e.g your GP.

For more information about your privacy when recording vaccinations, visit [tewhatauora.govt.nz/airprivacy](https://www.tewhatauora.govt.nz/airprivacy) or ask your vaccinator for a copy of the policy.

Are you pregnant?

If you catch the flu when you are pregnant, you could develop serious complications that can affect you and your pēpi (baby). Complications include:

- premature birth
- low birthweight
- miscarriage or stillbirth.

You can get a free flu vaccine at any stage of your pregnancy. If you are pregnant across two flu seasons, it is recommended that you get a vaccination in both seasons.

Whooping cough (pertussis) protection.

A whooping cough epidemic was declared throughout Aotearoa in November 2024. All pregnant people are encouraged to have their free whooping cough booster from 16 weeks of pregnancy in **every** pregnancy to protect **each** baby.

The protective antibodies made by the mother from having the flu and pertussis vaccines will pass through the placenta to pēpi. This will provide them with good protection against serious illness before they can start their infant vaccines at 6 weeks of age. The flu and pertussis vaccine are safe to receive during pregnancy and is highly recommended by healthcare professionals to protect pēpi.

Please let the vaccinator know if you/ the person being vaccinated:

- is currently unwell with a high fever
- is taking blood thinning medication or have a bleeding disorder
- have had a severe allergic reaction (anaphylaxis) to any vaccine, medicine, or anything else
- have had any other vaccines in the last week.



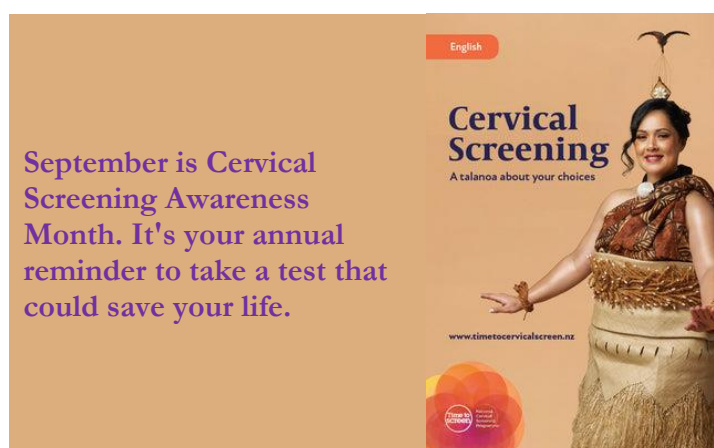
Clinical Nurse Manager Associate Clinical Nurse Manager Business & Administration Manager Primary Care Admin Coordinator 24/7 Coordinator Coordinator - Reception & Secondary Services		Sarah Falvey Tash Webb-Collis Nicole Ford Andrea Thompson Mahara Doig Sheree French
Doctors <ul style="list-style-type: none"> Jenny Spring Matt Bell Huan Chan Feng-Wei Soh Cat McWhirter Tom Noonan Tom Barry Jonathan Penno Ceri Hutchinson Rachel Hankins Mustafa Al-Shaar Krish Giri Brendan Marshall Phil Morris Rachel Hankins Nurse Practitioners <ul style="list-style-type: none"> Sara Mason Nola Rochford Sarah-Jane Lawson Lake Brunner Rural Nurse Specialists <ul style="list-style-type: none"> Georgina Ilyes Nicky Crowe 	Nurses <ul style="list-style-type: none"> Jim Butzbach Rae Woolhouse Hannah Law Iona O'Connor Katelyn Lindsay Nyoli Waghorn-Rogatski Phil Knowles Sarah Brenmuhl Harrison McKay Jo Spargo Health Care Assistant <ul style="list-style-type: none"> Sue Hurrell Prescribing Pharmacist <ul style="list-style-type: none"> Julie Kilkelly Kerri Miedema Physio Consultant <ul style="list-style-type: none"> Rachel Fenemor 	Reception/Admin Staff <ul style="list-style-type: none"> Amanda Anwar Dani Debbie Janette Janine Jess JJ Kathy Kaz Leanne Lynn Michelle Miriam Sachin Siobhan Sue Health Improvement Practitioner <ul style="list-style-type: none"> Laurence Bell Health Coach <ul style="list-style-type: none"> Vaughan Kingi

Coming Up



asthmafoundation.org.nz/our-work/breathe-better-september

Successful event last year, the Foundation are bringing back Laps for Lungs, for 2024. Last year's event saw Better Breathing Hero Nick Ashill running laps around Boyd-Wilson Field at Victoria University - for 48 HOURS STRAIGHT! This year, we want you to set yourself a time goal and get active by doing laps. Whether you run, bike, walk, cycle, swim or scoot...Every lap counts. <https://www.lapsforlungs.org.nz/>



Alzheimers New Zealand

September is World Alzheimer's month.

September 21st is Alzheimer's Awareness Day.



Blue September is an annual campaign held throughout September which raises awareness about prostate cancer and encourages men to get checked. It is organised by [Prostate Cancer Foundation NZ](https://www.prostatecancerfoundation.org.nz/) to highlight the importance of early detection and regular prostate checks. The campaign also raises vital funds to support men and their families affected by prostate cancer.

Information/Images in this newsletter are from: <https://www.healthinfo.org.nz/WestCoast>