

# KENDAL MEDICAL CENTRE

## Newsletter Spring 2024



### STAFF UPDATES

#### Welcome Fiona – new Receptionist

We are excited to welcome Fiona, replacing Julie who has retired. Fiona will be working on Wednesday, Thursday and Friday and many of you will have met her already. Fiona has over ten years' experience as a medical secretary and receptionist in Christchurch. She is also a volunteer for Meals on Wheels and the Cancer Society.

#### Locum Doctors – Rebecca & Eric

Dr Rebecca Walker will be covering for Mark Longman for three weeks from 29 October to 13 November. Dr Eric Cho will be covering for Peter & Sharon 18-24 Nov. To book online using the My Indici patient portal, **select "Provider" instead of "My Provider"** from the dropdown list and select GP to see Rebecca & Eric's available appointments.

### CHRISTMAS & NEW YEAR

#### Kendal Medical Centre will be CLOSED from 25 Dec – 6 January

Urgent Virtual Clinics (phone & video only) will be available on these dates only:

- Fri 27<sup>th</sup> Dec
- Mon 30<sup>th</sup> & Tues 31<sup>st</sup> Dec
- Fri 3<sup>rd</sup> Jan

You will need to phone the main Kendal Medical Centre number 03 358 8266 on the day to make a booking (not available to book online).

### COVID Boosters – Am I or my Child Eligible?

#### Children under 12 years old\*

Only eligible for a booster if they have NEVER had a COVID-19 vaccination. *\*Must be ordered prior.*

#### Children aged 12 to 15 years

Eligible if never had a vaccination. Otherwise only those who have a serious medical condition causing weakened immunity; such as a heart condition, diabetes or cancer are eligible for a booster.

#### If you are 16 to 29 years of age

If you have only ever had ONE dose, you are eligible for one additional booster. Additionally, if you are pregnant, immunocompromised, have a disability or high-risk medical condition you are eligible for 6-monthly boosters.

#### If you are 30 years of age and over

You can have a booster regardless of the number of vaccines you have already had. You must wait at least six months since your last COVID-19 vaccination, or last having a COVID infection, to get a booster.

*We would really appreciate if you could plan for your prescription requirements and request your medications by Friday 20<sup>th</sup> December, to avoid running out over the holidays. Remember, we request two working days to process any prescription requests.*

*Kendal Pharmacy will also be closed between 25 Dec – 5 Jan so your request may need to be sent to an alternative pharmacy.*

## AFTER HOURS OPTIONS

Our phones turn off at 5pm and are switched back on at 8.30am. Outside of these hours there are several options for care:

### VIRTUAL APPOINTMENTS

[www.practiceplus.co.nz](http://www.practiceplus.co.nz) ♦ [www.carehq.co.nz](http://www.carehq.co.nz)

### HEALTHLINE

For nurse advice phone 0800 611 116 (24 hours)

### URGENT CARE

24 Hour Surgery 365 7777 ♦ Riccarton Clinic 343 3661  
Moorhouse Med 365 7900 ♦ After Hours GP 366 8970

### MENTAL HEALTH

Free call or text 1737 any time (24 hours)  
Anxiety NZ 24/7 0800 269 4389  
Crisis Resolution 0800 920 092  
Lifeline 0800 543 354

## FEES INCREASE

We have had to make the difficult decision to increase our fees. We have not made this decision lightly, however as you may have seen in the media, Government based funding has sadly not kept up with the costs associated with providing a general practice service. The new fees from 29<sup>th</sup> October are:

- Adult (18+) no community services card \$66
- Youth (14-17) no community services card \$54
- Children under 14 are free
- There is no increase for repeat prescriptions, blood tests, or community services card holders

## HAVE YOU TAKEN OUR ONLINE SURVEY?

Feedback from patients is important to us – to take our short 10 question survey please visit our website [www.kendal.co.nz](http://www.kendal.co.nz) and click on "Take Survey" or click the survey link here:

<https://www.surveymonkey.com/r/5BV7PGY>

## From our Health Coach & Health Improvement Practitioner

Hello Kendal Community. Spring has finally sprung! And what a great time for us all to renew our Wellbeing WOF.



If you have any worries or need some guidance to put some goals in place for the next few months, come and see Michaela and she will work with you to put a solid plan in place.

Want to make changes to your physical lifestyle? Come and see Christine. Both of us are here to support you in any way we can. Book in now and let's get you back on track for a winning wellbeing!

Nga mihi nui, Wellbeing Team  
Michaela and Christine

*Useful Information for your fridge:*



### Bishopdale Community Centre Activities and Groups:

#### **Coffee and Friendship -**

Mondays 10.30-11.30am \$2.00 Donation

**Mahjong** - Wednesdays 12.30-2.30pm \$2.00 Donation

**Scrabble** – Tuesday Mornings 9.45am-12pm. Gold coin donation

**Womens Walking Group** – Tuesday Mornings 9.30am, Meet at the Hub 94 Farrington Avenue

**Card-Making Club** – Mondays 1.00-3.00pm during school terms \$5.00 per week

**Rummikub Group** – Wednesday 10.00-12.00pm

**Community Lunch YUM!!** – 11.30-12.30pm Thursday \$2.00