

Dr Sarah Dalziel Dr Neil Poskitt Dr Andrew McMenamin Dr Sally Hoskins Dr Robyn Parker Dr Ron Vail

## Practice News

### Introducing our new registrar

This month we have welcomed our new registrar, Dr Ashley (Ash) Ellis, and it is a pleasure to have a young(er) male Doctor in the practice. Ash will be with us until early December.

*'Ko Tarawera te Maunga, Ko Tarawera te Awa, Ko Te Arawa te waka, Ko Ngāti Rangitahi tōku hapū, Ko Ashley Ellis tōku ingoa, Nō Tauranga ahau.*

*My name is Ash, I am a graduate of the University of Auckland Medical School and have recently begun further training in General Practice. I grew up in Whakatane and Tauranga and is a delight to return home and practice in the wider Bay of Plenty. In my spare time I can be found in the surf, on the ski fields or cycling in the forests.'*

### Text2remind

Our text2remind appears to be working well. If you receive a text and the time is different to what you thought, please contact the administration staff. It is also important that you check that we have your correct mobile number on our system, each time you attend the clinic.

### Urgent Clinic

We are seeing a high increase in patients attending our urgent clinics, lots of sick children and adults with respiratory problems. We have additional staff rostered to help with the increase, but please be aware that some patients are experiencing long waits.

**Just a reminder that the urgent clinic is for one urgent problem only, otherwise please make an appointment to see your Doctor.**

### We welcome back Dr Rosalie Evans back

Over the following months, some of the Doctors are taking leave and we welcome Dr Evans back as our locum Doctor. Rosalie has worked here at the practice many times over the last 3 years and many of you will already know her.

## Influenza Vaccinations

If you haven't already done so, please book in with one of our nurses to have your influenza vaccination.

Influenza –like illnesses tend to increase in the months of May/June. You are eligible for a free vaccine if you are over the age of 65 or have;

- cardiovascular disease
- chronic respiratory disease if on preventer inhalers
- are pregnant
- Type 1 or Type 11 diabetes
- Some cancers

Below is an email that I received from one of our patients, Judith asked me if she could contribute to our Newsletter, with a story of her experiences of giving up smoking. Thank you Judith, it was a pleasure 😊.

### Accolade for TeNgae Medical Staff

Being new to the TeNgae Medical and transferring from Auckland, I must admit when people ask why I like Rotorua, I say "it is because I am not a number" and Te Ngae Medical have proved this, and I really want to recognise all the staff. I really felt comfortable from day one. On my first visit I mentioned that I would like to stop smoking and my partner and my grandson have been on my back about it. This giving Up Smoking has been the biggest hurdle I have ever made and am glad that I enrolled with Te Ngae Medical. Their support outside of my family has been outstanding. Ron Vale, the first doctor I have had that I feel comfortable about asking anything, and re-assured no question is a dumb question.

Frances, who has been a big part outside my family and deserves more credit than I. She ran me thru how my health was suffering, and in a language I could understand. I had a weekly appointment with her and not only did she have to listen to me complain about how I was feeling, her support to help me thru was touching.

Ladies at Reception, Maureen, Sue and lovely Henri, who all at some stage had to listen to my morning moans about being over-weight. Then OMG ladies, you all contained yourself and smiled like it was funny, while I am sure you secretly wanted to vomit, as I described my body functions. I do commend you for that morning ear, especially when my brain wouldn't engage but the mouth was in gear and in overdrive.

I started smoking when I was 15 years old, I have worked my whole life and in fairly high stress jobs with some after work activities lol let's be honest I went out a lot. That aside I would think to get pass the stress I would turn to, drinking and or smoking, which until I gave up I realised those were a greater problem than stress itself. Now I take myself out into the fresh air breathe and count, and I can proudly say I am smoke free, it has not been an easy journey but at the moment all I see is the future with my grandson, who I can now exercise with, and together with my partner who now enjoys holding me close without the fear of holding his breathe every hug.

The first time we went out for dinner, a couple of ladies opposite us went out for a cigarette, when they came back, I could smell the cigarette, I turned to my partner and whispered "is that what I smelt like, he pulled me close and nodded his head, I couldn't believe it was that bad. I am so grateful for all the support TeNgae Medical have given me. Judith Yvonne Howe

### Community Spirit

**LoveSoup:** Thank you to those who have placed donations in our receptions donation box. It is lovely to be able to catch up with Elmer and Gina each month and pass in your donations in the form of petrol vouchers.

**Eastside Mokoia Community Association** are holding a food donation drive, we will have a collection box in the surgery

### Changes to the Immunisation Schedule

#### Human papillomavirus vaccine—HPV

Funded access was widened to include males and females aged 9 to 26 years.

A two-dose regimen was funded for those children aged 14 years and under.

A three-dose regimen was funded for people aged 15 to 26 years.

#### Varicella for chickenpox—Funded access for Varicella vaccine (VV).

To be given to all children at the time of their 15 months vaccinations. Varicella vaccine is funded for children born on or after 1 April 2016, at their 15 month immunisation event. It is also funded for children who turn age 11 years on or after 1 July 2017 if they have not previously been infected with chickenpox or vaccinated.

## Urgent Clinic

Walk-in clinic every morning for urgent medical conditions or accidents only

Monday to Friday 8.30 — 11.00am