

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

Practice news

Dr Rachel Lynskey and husband Ben welcomed Emma, their first child earlier this month. Our best wishes to them all.



Dr Emma Laing came as our GP Registrar in June this year we are pleased to announce that Emma will return to the practice in January 2019 as a permanent member of our team.

Emma is busy with exams this month and we wish her well, we are confident that she will fly through!

Dr Andrew McMEnamin

As many of you are already aware, Dr McMEnamin is away off sick. We don't yet have a confirmed date for his return and so we ask that his patients don't wait, but arrange to see one of the other Doctors if they need an appointment.

Christmas hours



Te Ngae Medical Centre will be closed on the statutory days of Tuesday 25th December, Wednesday 26th December and Tuesday 1st and Wednesday 2nd of January.

We will have a limited service available on the days we are open during this time.

There will be no Laboratory service for the two weeks from 24th December.
Please go directly to the Haupapa Street rooms

Cheaper doctor visits coming in December

** Free Doctor visit for all children under 14 years of age.

*** Do you have a Community Services Card? As of the 1st December, CSC holders and their dependants (aged under 18 years) will be entitled to a reduced fee when visiting their GP, down to \$18.50 for adults aged 19 years plus and \$12.50 for teenagers aged 14 to 18 years.

Existing CSC Holders

Please ensure your CSC is kept up to date with Work and Income . Please update your current card details with the admin staff and ensure that the team at Te Ngae Medical have your current card details.

What if you don't have a CSC?

You can find out if you're eligible for a CSC by calling Work and Income on 0800 999 999 or visit the website <https://www.govt.nz/browse/health/financial-help/community-services-card/#who-can-get-it>

If you would like help with any of the above, we are more than happy to assist.

Students heading off to Uni? Have you thought about Meningococcal meningitis?

Meningococcal meningitis, we often read about this frightening and highly contagious disease through the media, usually when someone has been initially misdiagnosed resulting in horrible consequences. What is meningitis? Meningitis is an inflammation of the protective layer around the brain and spinal cord. This inflammation can be caused by a virus, a bacterium, or even a fungus. Unfortunately there has been a significant increase in this disease since 2017 with 112 cases and 96 cases so far this year .

In New Zealand the commonest type of Meningococcal Disease is Type B, but there has been an increase in the Type W strain.

Because meningitis disease is spread like the flu, it can pass from person to person through every day activities—because of their lifestyle, students run a higher risk of contracting meningitis. The following have been identified as activities that put young people at greater risk.

Living in close or crowded conditions i.e., student accommodation

Sharing eating and drinking utensils i.e., water bottles

Having a weakened immune system, this can be because of irregular sleep patterns, stress, smoking or from being exposed to smoke

One of the reasons why this disease is misdiagnosed is because the symptoms are very similar to the flu: fever, headache, muscle pain, nausea and vomiting, rash.

From 2004-2008 there was an immunisation programme for children against the Type B strain, however the protection was short term and those children immunised will no longer be protected.

There are now vaccinations against Type A,C, W and Y (Menactra) and this is funded for those whom have low immunity for various reasons and also available to purchase. From October this year there is also vaccination for Type B (Bexsero) available for purchase. They are recommended but not funded for all young people going to live in communal type accommodation such as boarding school or university hostels. Please speak to your GP or Practice Nurse if you would like further information or phone the free immunisation help line 0800IMMUNE.

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. Te Ngae Medical and our patients have been supporting LoveSoup for over 2 years now.

Eastside Mokoia Community Association are holding a pre Christmas food donation drive, we have a collection box in the surgery and all non-perishable food items are very much appreciated.

All the staff at Te Ngae wish you all a safe and happy Christmas

The Christmas period, especially those weeks leading up to Christmas can be very stressful. Here are some ideas from your healthcare team:

- * Be moderate, it is the season to be jolly but too much food and alcohol is unnecessary and can be harmful
- * Enjoy the day(s), but don't expect miracles
- * Keep moving, regular exercise and fresh air will help you sleep better and feel better. A walk in Redwoods with family and friends can do wonders.
- * Reach out to those around you, there are many in the community who don't have friends and family to share the day with.
- * ENJOY, and we look forward to seeing you all in 2019

