



Doctors: Neil Poskitt, Sally Hoskins, Andrew McMenamain, Robyn Parker, Ron Vail, Sarah Dalziel

December Newsletter

Staff News

During the Christmas and New Year period, we will be operating on limited staff numbers.

As a result between Tuesday 29th December and Wednesday 6th January we will be operating urgent clinics only as your doctor may not be available. Please follow our usual process of phoning first and booking in to see a doctor, and please contact us on 07 345 6627 if you have any concerns with this.

Christmas & New Year

Just a reminder, with the festive season fast approaching, please remember to get your prescription requests in to us with plenty of time. We do recommend requesting prescriptions at least two weeks in advance. Please email tengaenurses@raphs.org.nz with your requirements and pharmacy you would like it sent to if required.

We are closed on the following dates:

Christmas Day: Friday 25th December 2020

Boxing Day Observed: Monday 28th December 2020

New Year's Day: Friday 1st January 2021

New Year Holiday: Monday 4th January 2021

Path Lab Christmas Hours

Path Lab will be closed from Friday 25th December and re-open again on Tuesday 5th January 2021.

However Haupapa St will be open for Phlebotomy Services on:
Tues 29th, Wed 30th & Thursday 31st December from 7.00am - 5.00pm

Measles Immunisations

Measles is a serious disease that can make you very sick and very contagious. Getting immunised is the best way to protect yourself and your family from catching and spreading measles. Lots of people aged between 15 and 30 years didn't get fully immunised when they were children. This puts you at risk of catching and spreading measles.

Ask your doctor, parent or caregiver if you had two doses of the MMR vaccine as a child. If you don't know, it's best to get immunised. It's safe to have an extra dose of the MMR vaccine.

Rotorua Community Pre-Diabetes Course

Where: Diabetes NZ Rotorua Branch, 17 Marguerita Street Rotorua

Dates: Tuesday 16th, 23rd February and 2nd March 2021 1800hrs – 1930hrs

This three week series of evening workshops, will give your patient the tools to help make positive lasting lifestyle changes, to reduce their risk of developing diabetes, within a supportive group setting. The timetable below is a brief outline of what to expect.

They are welcome to bring whanau, a friend or a partner along as they can provide motivation and support to help them get the most out of the programme. The support person usually gains benefits too!

To be eligible for the group:

Have a diagnosis of pre-diabetes (HbA1c 41-49 mmol/mol) and aged 18 yrs or over

Be motivated to develop a healthy lifestyle

Be willing to attend each of the three workshops

To apply and for further information please contact: Provider.services@raphs.org.nz

On behalf of the team at Te Ngae Medical Centre, we wish you a safe and happy Christmas and look forward to seeing you soon.

From the Te Ngae Team