

KENDAL MEDICAL CENTRE

Newsletter Autumn 2024



STAFF UPDATES

Welcome Dr Mark Longman

We are excited to welcome Dr Mark Longman to the practice, working permanently four days per week. Mark graduated from Otago University in 2006 and became a Fellow of the Royal New Zealand College of General Practitioners in 2015. Mark is an experienced GP, with a special interest in minor surgery. Outside of work Mark spends time with his wife Mai and dog Magic, and enjoys the outdoors. You can book online with Mark via phone or our patient portal by selecting "Provider" under the "Book With" tab.

Peter and Sharon Change of Days

Peter has reduced to three days per week on a Monday, Tuesday and Thursday. Sharon has reduced to two days per week and will be available Wednesday afternoons and Thursday mornings.

New Practice Manager Deb

Deb has many years of experience working in health as a Receptionist, Administrator and Practice Manager. Most recently she was Practice Manager for a large family medical centre of over 10,000 patients and 35 staff, so is enjoying the change of pace at Kendal Medical.

In her down time Deb enjoys making mosaic artwork, wine tasting with friends, reading and supporting her two sons play basketball, rugby and league.

Farewell to Mani

We wish Mani all the best in her new nursing role a little closer to her home. Ngā mihi mō ngā tau kei mua i te aroaro Mani.

Welcome to Practice Nurse Fang

We are delighted to have Fang join our team, who has recently moved to the Burnside Community. She has over 30 years of nursing experience, most recently with the Department of Corrections as a Senior RN at Christchurch and Rolleston Prisons. Prior to this Fang worked as a Senior RN for the Kaikoura DHB. Fang speaks English and Mandarin.

She is passionate about women's health, immunisations, and helping patients manage chronic conditions such as diabetes and asthma.

Outside of work Fang enjoys mountain biking, tramping, fishing, reading and spending time outdoors with family.

Health Coach - Christine

Christine is an experienced health and disability community worker and adult facilitator, who has previously worked as a primary teacher.

As a Health Coach, Christine works with people to make and follow through on personal goals that will improve their health and wellbeing. Consultations are FREE and up to 30 minutes, available on Mondays and Thursdays. Book online, or via reception, the nurse or your doctor.

Personal goals might be a focus on:

- Lifestyle choices to support management of health conditions.
- Linking in with community supports to meet health and / or social needs.
- Navigating the health system.
- Parenting support, healthy eating, physical activity, weight management, persistent pain, stopping smoking, anxiety, sleep and stress management.

PATIENT PORTAL

If you are not already registered for our My Indici patient portal, we highly recommend you do so for ease of booking appointments, viewing results and requesting prescriptions. My Indici is available for download via desktop, Android and IOS apps here: <https://indici.co.nz/PatientPortal.html>

NEW COVID BOOSTER

A new vaccine to combat the most prevalent strains of COVID-19 is now available. This is free for:

- Anyone aged 30 and over
- Pregnant women
- Those aged 12-29 who are at higher risk of severe illness from COVID-19.

You must be at least six months post your last COVID booster or infection to receive another booster. Book online or give us a call if you are not sure when your last dose was.

FLU VACCINATIONS

These are available from 2nd April and the cost is \$39 if you are not eligible for a funded vaccination.

The 2024 flu vaccine is free for many people at higher risk of getting very sick including:

- People aged 65 years and over.
- People aged 6 months and over who have a long term medical condition.
- Pregnant people.
- Children aged 4 years and under with a history of significant respiratory illness.
- People with significant mental health or addiction issues.

Full criteria available here: <https://www.immune.org.nz/factsheets/influenza-2024-pharmac-eligibility-criteria>

FEES INCREASE

Due to rising costs, from April our fees have increased for all non-community services card holders.

- Consult Fee 18 years and over \$63
- Consult fee 14-17 years \$53
- Nurse Fee \$35
- Prescription Fee \$27 (Urgent Same Day \$37)
- Blood Test \$18
- Community Services Cards holders remain \$19.50

We do not believe that cost should be a barrier to healthcare, so please let us know if you are having difficulty paying your account, as we may be able to help.

NEW BANK ACCOUNT

If you pay online, please note a change of our bank account number and update the details to:

02-1268-0144595-000

Noho ora mai – stay well!