

We're on the move!



We are really excited to let you know about our upcoming change in 2020. We are going to be shifting into a new building on Tancred Street, (next to the St John shop). Our current premises have served the practice extremely well over the past 25-plus years but more recently, growth has been limited by lack of space. We will be going from three consulting rooms to eight consulting rooms and a procedure room. This means that we will be able to grow the team, allowing us to make more clinician time available to our patients. We will also have more opportunities to expand the services we provide - we will

keep you informed about these.

We expect to be shifting into the new building in April 2020 but we will keep you updated on the opening date, as we all understand that building schedules can vary. We will be taking the opportunity to change our name to Eastfield Health and our brand will have a fresh look.

There will be ample parking at the rear of the building, accessible from Cass Street.

You will see all the same people you currently do at Sealy Street. We aim for you to see the same doctor to maintain continuity of care and the nursing and administrative teams are unchanged. You are likely to



see some new faces as we take on extra staff.

We will keep you up to date on the shift and the progress of the building but we are looking forward to seeing you at Eastfield Health.



Immunisation Against Meningitis

From 1 December 2019, Menactra will be **free** for individuals aged 13 – 25 years who will be going into their first year of boarding school hostel living, tertiary education hall of residence, military barracks or prison. Menactra covers meningitis strains A, C, Y and W135.

Also available is a vaccine called Bexsero which is given to protect against Meningococcal B. Two doses are required 4 weeks apart at a cost of \$199.00 each, or \$180.00 for a Community Services Card holder.

Farewell Dr Jones

We are sad about saying farewell to our colleague, Dr Lewis Jones. Lewis is returning to the UK with his young family where he intends to build an environmentally sustainable home. His last day with us is Tuesday 24 December. We wish Lewis all the very best for his future endeavours.



Talking to a Nurse or GP when you need to be seen urgently

People who request a same day appointment are assessed by a GP or nurse over the telephone first. If the decision is made that you need a face-to-face appointment it may not be with your usual GP.

For routine appointments with your usual GP, such as medication reviews or drivers licence renewals, organisation and forward thinking is the key. We suggest booking 1 – 2 weeks in advance.

Would you like to be able to make GP appointments, request repeat prescriptions, check for test results and view your medical notes on-line - at home, at work, or from your mobile? Connectmed, our patient portal allows you to do all of these things and it is very simple to use.

You can register for Connectmed via the website www.connectmed.co.nz or we can register you at the practice. All you need to do is complete a brief form and provide us with a passport or drivers licence to confirm your identity.

Measles Update and Advice

The measles situation in Samoa reminds us all how vital it is for children to be immunised on time and in line with the National Immunisation Schedule. Please note:

1. Measles vaccinations should be given at 15 months and four years of age.
2. Children under the age of 18 are eligible for vaccination in New Zealand regardless of immigration status.
3. Un-immunised eligible people under the age of 50 travelling from New Zealand to Samoa, Tonga, Philippines and Fiji should get vaccinated at least two weeks prior to travel.
4. If you are travelling with a baby aged 6 months to 11 months to Auckland or a country that has an active outbreak of measles, please contact the surgery for information on measles vaccination.

Christmas Holiday Opening Hours

December

Mon 23	OPEN	8:30 – 6:00
Tue 24	OPEN	8.30 – 5.30
Wed 25	CLOSED	
Thu 26	Duty GP	Phone for appt
Fri 27	OPEN	8:30 – 5:30
Mon 30	OPEN	8:30 – 6:00
Tue 31	OPEN	8:30 – 5:30

January

Wed 1	CLOSED	
Thu 2	CLOSED	
Fri 3	OPEN	8:30 – 5:30

After Hours In an emergency call 111.

- For all other health advice, phone us on (03) 308 1212 to speak to the after hours service.

Repeat Prescriptions

If you need a renewal of your medications over the holiday break please have your request in to us by Friday 20 December.

If you find you have accidentally run out of medications and the surgery is closed we suggest you contact Wises pharmacy and ask for an emergency supply to tide you over until we reopen.

In urgent circumstances where you have found something missing we can fax another prescription to a pharmacy located in the area you are staying. The fee for this would be \$25.00.

We are going to be phasing out our repeat prescription telephone messaging service over the next few months. We encourage you to request your medications via ConnectMed. The fee for this is \$18.00 compared to \$20.00 if requested via phone.