

# NEWSLETTER Autumn 2026



www.tkhealth.co.nz  
reception@tkhealth.co.nz  
07 826 3499  
12 Main Road, Te Kauwhata, 3710  
Monday – Friday 08:30AM – 05:00

## Welcome to Our New Clinical Team Member

We are excited to welcome Beheshta Ali, our first Pharmacist Prescriber, to the team. Beheshta brings valuable expertise in medication management and long-term condition support, and we are looking forward to the positive impact she will have for our patients.

## Right Care, Right Time

Our reception team are trained to ask a few questions when you call. This helps us ensure you are booked with the right clinician, at the right time, for the right care.

You may sometimes be offered an appointment with a different team member than you are used to. Please be assured that our team works closely together to maintain strong continuity of care across all providers.

## Understanding Our Clinical Team

Our general practice team includes a range of highly trained professionals working together to support your health:

### GPs / Nurse Practitioners (NPs)

GPs and Nurse Practitioners can assess, diagnose, treat, and prescribe medications. They provide comprehensive care for most health concerns, including urgent issues and long-term conditions.

### Registered Nurses (RNs)

Our nurses provide care such as assessments, vaccinations, wound care, health education, and support for long-term conditions. Some also have, or are training towards, community prescribing rights.

### Pharmacist Prescriber

Pharmacist Prescribers are medication experts who help ensure your medicines are safe and effective. They can assess patients and prescribe within their scope, support long-term conditions, and assist with medication changes.

At our practice, our Pharmacist Prescriber has a special interest in women's health and long-term conditions, including menopause, PCOS, endometriosis, type 2 diabetes, and cardiovascular health.

They also play a key role in medication reconciliation and in supporting safe and effective medication changes and adjustments. You may be offered an appointment with a Pharmacist Prescriber for medication-related care or ongoing condition management.

## Working Together for You

By matching you with the most appropriate clinician, we can improve access to care, reduce waiting times, and ensure you receive the best possible support.

Thank you for your continued support. We are proud to care for you and your whaanau.

## Practice Leadership Update

We are pleased to confirm that Natasha Steel and Dr Robin Baird are now joint owners of Te Kauwhata Health Centre.

### Natasha Steel – Clinical Director, Practice Owner & Nurse Practitioner

Natasha provides expert, comprehensive care while leading the clinical direction of the practice. She is passionate about delivering accessible, high-quality healthcare and improving outcomes for our community.

### Dr Robin Baird – Managing Director, Practice Owner & GP

Dr Baird combines extensive clinical experience with strong leadership to support the delivery of high-quality, patient-centred care. He is committed to ensuring the practice continues to meet the needs of our community.

## Flu Vaccines Now Available

Flu season is approaching, and vaccinations are now available. Please call or email the practice to book your appointment.

## Winter Health Reminder

As we head into the colder months, it's important to take simple steps to stay well:

- Keep up to date with vaccinations
- Wash and sanitise hands regularly
- Stay home if you are unwell
- Seek advice early if symptoms worsen
- Call us if you have cold or flu symptoms on the day of your prebooked appointment so we can arrange to see you in our "red stream" instead – we continue to keep our waiting room free from those with respiratory illness to protect our vulnerable community members

## Appointments & Fees Update

To help us make the best use of available appointments, a fee may be charged for missed appointments (DNA – Did Not Attend) where adequate notice is not given. We will also be introducing a prepayment process prior to your appointment. This change is aimed at improving access to care and reducing missed appointments, ensuring more patients can be seen in a timely manner. Thank you for your understanding and support.

## Repeat Prescriptions

To ensure safe and timely processing, we require at least 48-72 hours notice for repeat prescription requests. Please plan ahead and submit your request early to avoid delays, especially over weekends and public holidays. Thank you for your understanding as we work to provide safe and efficient care.