



NEWSLETTER

Autumn 2025



www.tkhealth.co.nz



reception@tkhealth.co.nz



07 826 3499



12 Main Road, Te Kauwhata, 3710



Monday – Friday 08:30AM – 05:00PM

'WORKING WITH YOU TOWARDS A HEALTHIER COMMUNITY'

Kia ora to all our valued patients,

As the leaves start to change and the cooler weather approaches, we want to ensure that you

With the change of seasons, colds, flu, and other respiratory illnesses become more common.

Here are a few tips to stay well:

- ✓ Keep up with handwashing and good hygiene practices
- ✓ Stay active and eat well to boost your immunity
- ✓ If you're feeling unwell, rest at home and seek medical advice if you need – let us know at
- ✓ Get vaccinated!

If you have any health concerns or need advice, our friendly team is here to help.

Happy St Patricks Day! Here's a blessing from an Irish poet John O'Donoghue. 'May the nourishment of the earth be yours, may the clarity of light be yours, may the fluency of the ocean be yours, may the protection of the ancestors be yours. And so may a slow wind work these words of love around you, an invisible cloak to mind your life'.

Policy news: Did Not Attend (DNA)

To ensure fair access to healthcare for all our patients, Te Kauwhata Health Centre has introduced a policy for missed appointments (DNA). If you do not attend your appointment without providing at least one hour's notice, you may be charged the full consultation fee for that appointment.

Missed appointments prevent others from receiving timely care and put extra pressure on our team who are doing their best to get the right appointment at the right time. If you need to cancel or reschedule, please contact us as soon as possible. We appreciate your cooperation in helping us provide the best care for our

Nurse Triage Fee

Our nurses provide high-quality advice over the phone, and in some cases, they are able to fully resolve issues during their call-back from the triage list. Due to the level of expertise and time involved, we will now be introducing a charge for some of these phone consultations. We appreciate your understanding as we continue to provide the best possible care.

Flu Vaccines Available from 1 April

We're pleased to let you know that flu vaccines will be available at Te Kauwhata Health Centre from 1 April 2025. Getting vaccinated is the best way to protect yourself and those around you from the flu this season. We encourage everyone, especially those at higher risk—including young children, older adults, pregnant women, and people with chronic conditions—to book their flu shot early. **How to Book?**

Email us reception@tkhealth.co.nz

Call us on **07 826 3499**

Ask at reception next time you visit

ManageMyHealth

We appreciate that historically the message function for patients to directly contact our clinical team has been a very useful tool. However we are now finding that often this communication tool is being used for matters that a best addressed in a more timely manner.

From 1st April 2025 the option to message individual clinicians will be closed, with a generic inbox available via the "General Enquiries" message option which will be monitored by our administration team, as with our reception@tkhealth.co.nz email address. The repeat script function remains available.