



NEWSLETTER

SPRING 2024



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12 Main Road, Te Kauwhata, 3710



Monday – Friday 08:30AM – 05:00PM

'WORKING WITH YOU TOWARDS A HEALTHIER COMMUNITY'

Welcome to Spring!

As the warmer weather begins to brighten our days, we hope this season brings a sense of renewal, energy, and good health to all of our Te Kauwhata community. At Te Kauwhata Health Centre, we're here to support you through all the seasonal changes with a variety of health services and updates

If you are acutely unwell, please ring or email as early as possible to be put onto the daily triage list and we will endeavour to fit you in with a same day appointment.

For your routine non-acute appointments, we are often booked several weeks in advance. Keeping this in mind, please contact us early to book in for appointments such as ACC/WINZ extensions, Driver's License Medicals, Repeat Prescriptions and routine follow ups.

It seems early to mention – but early preparation is best! Please help us make sure you have all that you need for the Holiday Season this year but getting your prescription and/or appointment requests in nice and early as we approach the end of the year.

As we embrace the season of growth and new beginnings, remember that your health is the foundation of everything. The team at Te Kauwhata Health Centre is here to support you and your family, whether you're dealing with seasonal concerns or need help managing your overall well-being.

If you have any questions or need to make an appointment, please don't hesitate to contact us.

Wishing you a healthy and joyful spring!
The Team at Te Kauwhata Health Centre

Flu Vaccine and COVID-19 Booster

If you haven't yet received your flu vaccine or COVID-19 booster, it's not too late! These are especially important for older adults, pregnant women, and anyone with underlying health conditions. Protect yourself and those around you.

Seasonal Health Tips:

Allergy Awareness

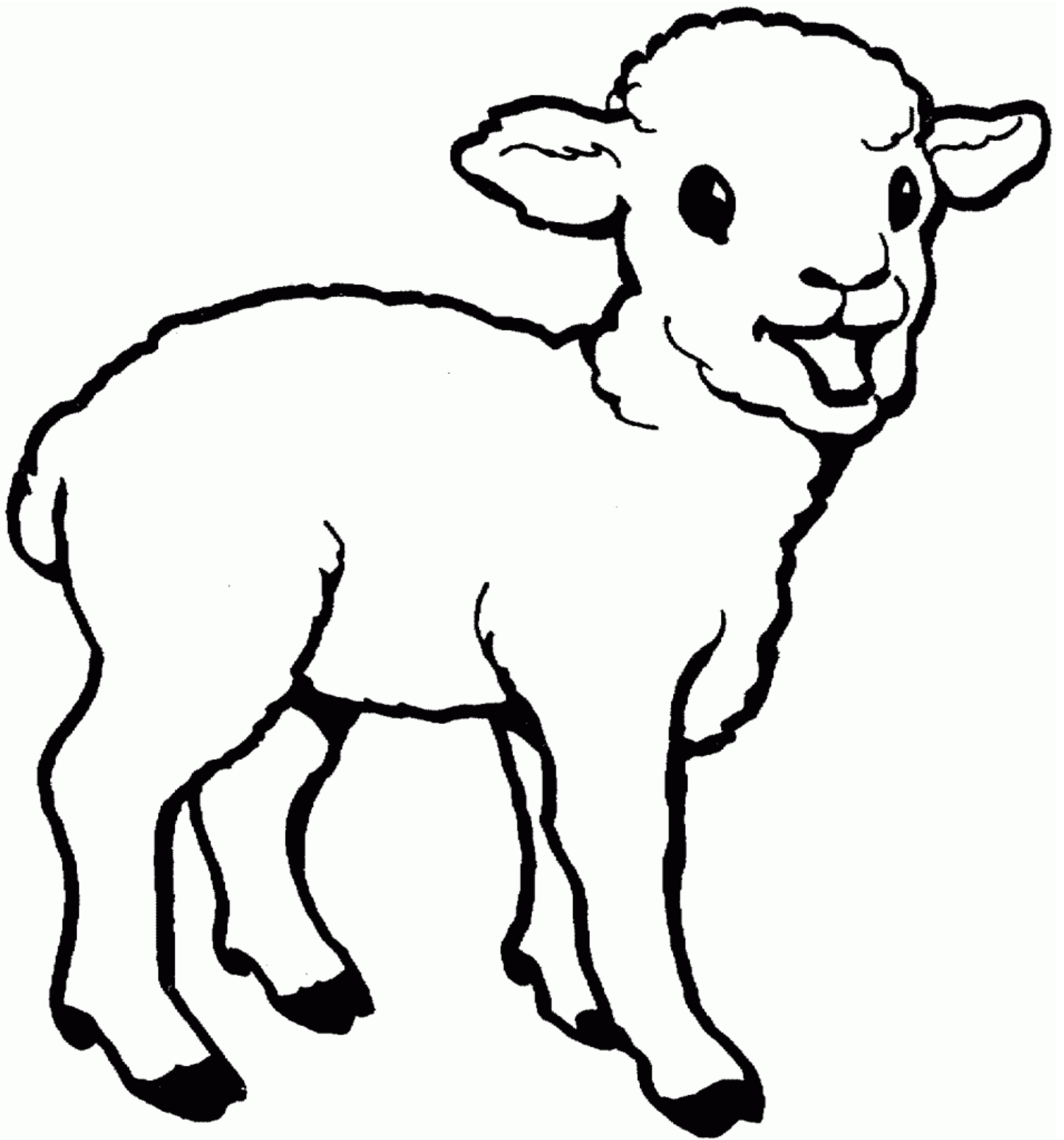
Spring often brings an increase in pollen, which can trigger hay fever and other allergies. If you're struggling with itchy eyes, a runny nose, or sneezing, come and talk to us about managing your symptoms. We offer advice and treatment options, including antihistamines and nasal sprays, to help you breathe easier.

Stay Active Outdoors

With the sun shining, it's a great time to enjoy outdoor activities like walking, gardening, or biking. Regular exercise not only boosts your physical health but also improves your mood. If you need any advice on starting a new fitness routine or managing any injuries, our team is here to help.

We have noticed an unfortunate increase in patients who DNA their booked appointments. We ask please that you give us a minimum of 2 hours notice or you may be charged our \$20 DNA fee.

Our health centre offers a range of chronic disease management services, including support for diabetes, asthma, and heart disease. If you need help managing a long-term condition, book in with our nurse or GP/NP for tailored advice and care plans.



For the young....or young at heart! Feel free to colour this cute spring lamb in and return to us by 20th October and be in to receive a prize for our favourite entries.

Name:

Age Group: Pre-school / Primary School / High School / Adult