

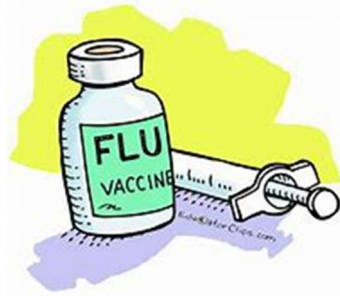


# Tasman Medical Centre



Welcome to our Winter 2026 Newsletter  
Stay up to date with important health information, service updates, and seasonal reminders from the Tasman Medical Centre team.

It's not too late to get your flu or covid vaccine, call today to book your appointment, or speak with our reception team to arrange an appointment.



## PRESCRIPTIONS

To avoid disappointment and the risk of running out of your medication, please ensure your prescriptions are requested early and allow 2–3 working days for processing.

## Need to see your doctor?



Please try to book in advance with your own doctor, as our doctors currently have a three week wait time.

## Appointment times

Standard Doctor appointments are for 15 minutes only.

If you have two separate issues to discuss, you will need to request a double appointment.

If your appointment is extended, you may incur further fees.

Thank you for your understanding and helping us to ensure GP appointments are running on time.

Remember you can book your appointments and order prescriptions online through the Patient Portal

## Pink Shirt Day 2026



The Tasman Medical Centre team supported this year by wearing our pink shirts/accessories.

## **Beating the Winter Blues**

Stay well this winter – small steps can make a big difference. Winter can be a hard time of year for some people, they may experience low moods, irritability, and lethargy. See the below link for information.

[Beating the Blues | Healthify](#)



# Whooping Cough:

Whooping cough is a highly contagious disease spread through airborne droplets. You may carry the bacteria without symptoms but still pass it on to others.

Infants under 12 months are at highest risk. This is because they have not yet been able to get fully immunised or develop protection. About half of all infants require a hospital admission, and 1-2 in 100 babies will die from the infection.

Antibiotics may be given to decrease the risk of passing on the infection but will not improve symptoms. Recovery can be notoriously difficult, giving the nickname "100-day-cough" that persists long after the infection is no longer active. Anyone who had close contacts with infants should have the vaccine to reduce the risk of infants being exposed to this disease.

## **Suspect whooping cough if:**

In the first stage (5-10 days) symptoms will appear similar to a mild cold:

- blocked or runny nose
- sneezing
- mild fever
- ongoing coughing episodes

At one-week symptoms may become more severe

- uncontrollable coughing fits that last for a few minutes
- coughing that leads to vomiting
- thick mucus that may cause vomiting or choking
- a "whoop" sound may be heard between gasping for breath when coughing.

The National Immunisation Schedule delivers this protection at 6 weeks, 3 months, 5 months, 4 years and 11 years. Your best protection is vaccination. Boostrix or "tetanus" is commonly administered in adults, and Infanrix is typically given in children.

You may be eligible for a funded booster if you are:

- 45 years old
- 65 years old
- Pregnant
- sustained a tetanus risk wound

Please see:

[www.immune.or.nz](http://www.immune.or.nz) or [www.healthnz.govt.nz](http://www.healthnz.govt.nz) and search whooping cough for more information.

We always carry this vaccine in stock, and our nurses are available to book in with to receive this vaccine.

# New Privacy Statement

By accepting health care services from us, you agree we can collect information about you from other agencies for the purpose of maintaining an up-to-date health record and providing safe and quality primary health care. This may include:

## From other health providers and shared health records:

- Receipt of laboratory, radiology or other results
- Accessing authorised national or regional health information systems to support your care by checking your medical history, laboratory or radiology results and current prescribing
- Receipt of correspondence from hospitals, emergency departments, after-hours providers, specialist services, allied health providers or other secondary and community care providers – including discharge summaries, outpatient or specialist letters
- Proactively contacting a hospital or specialist service to follow up on a referral or seek advice or an update on your care, where that contact results in information about you being shared with us
- Receipt of letters from screening programmes (such as bowel, breast or cervical screening), including results, or notifications regarding attendance or non-attendance

## From non-health agencies and organisations

Contact or correspondence from but not limited to:

- Police
- Legal representatives
- Oranga Tamariki
- Insurance companies
- Ministry of Social Development (Work and Income New Zealand)
- Accident Compensation Corporation (ACC) Information from the New Zealand Police regarding firearms licences

## Complaints

If concerns are raised about the care or services we provide, we may disclose relevant health information to our regulators, insurers, indemnity providers, or legal advisers for the purpose of managing and responding to the concerns.

## Your rights of access and correction

Under rules 6 and 7 of the Health Information Privacy Code, you have the right to request access to the health information this practice holds about you, and request correction of that information, if you believe it to be inaccurate.

## Registrars:

Tasman Medical Centre is proud to be a teaching practice, supporting qualified doctors who are undertaking advanced training in general practice. These doctors, known as registrars, join our team for a six-month placement as they continue developing their skills.

Some of you may have already met our current registrar, **Dr Gemma Martin**, who joined us earlier this year, and Gemma has taken over from **Dr Jordan Power**, who was with us from mid-last year. She will be with us until July 2026.

From August, we look forward to welcoming **Dr Jennifer Feng** to the team as our next registrar.

## Female GP Requests:

We understand that many of our patients prefer to see a female GP, especially for certain appointments, and we always aim to accommodate this where possible. However, due to the high demand for our female GPs, they may not always be available.

We would like to reassure you that our male GPs are fully qualified to provide the same comprehensive care, including all aspects of women's health and sensitive concerns.

All of our doctors are committed to providing respectful, professional care in a supportive environment. If you have any concerns, please feel free to discuss further with our reception. Your health remains our priority.

## Re-enrolments – What You Need to Know:

From time to time, we are required to update our patient register as per the Ministry of Health Guidelines to ensure it remains current. Patients who have not seen a GP at our practice for three years are due to be removed from our enrolment list.

To make this process as easy as possible and prevent your enrolment from expiring, we will send an email with a secure link to complete your re-enrolment.

If you receive this communication, please follow the link provided. If we don't hear from you, the system will remove you as a patient.

## Skin Specialist:

We're pleased to welcome Dr Mark Hatfull to the Tasman Medical team. Dr Hatfull brings extensive experience in **skin cancer checks** and dermatology and is available for appointments every Wednesday. If you're due for a skin check, talk to your GP or contact our reception team to book a 30-minute appointment.

## Staff Update:

You may have also seen some new faces within the practice. We are delighted to welcome Kathy and Sue to our reception team, who are here to support you and ensure your visit runs smoothly.

Last year, we bid farewell to Health Coach Jess. She left us to study a health degree, and we know she will continue amazing work. We wish her the best of luck.

However, we do get to welcome Liz to the team! Some of you may have worked with her before, as she also works locally as a Healthy Lifestyle Facilitator for the Green Prescription service at the PHO.

## Health Coach- Liz:

The Health Coach support, adults 18+ in their practice and community. Liz will work with you to identify the things you need assistance with and provide support to make positive changes in a free 30-minute session. Liz is also a friendly face to check in with.

Liz can support you with:

- Goal setting
- Emotional well-being
- Healthy lifestyle
- Exercise & being active
- Healthy eating
- Money matters
- Whānau/family & relationship support
- Quitting smoking or vaping
- Living well with long term conditions including diabetes, high cholesterol, gout and blood pressure
- Connecting to other services who can help you with things like quitting smoking, house, food supports or social connection.



## Health Improvement Practitioner- Rudo:

Health Improvement Practitioners are behavioural health clinicians who work alongside other health professionals in general practice. Rudo will help you with any issues impacting on your health and wellbeing, in a free 30-minute session.

Rudo can help you with:

- Managing thoughts, feelings & behaviours
- Stress, anxiety, depression or feeling down
- Coping with loss and grief
- Sleep
- Alcohol and drugs
- Family or relationship issues
- Coping with illness & chronic pain
- Accessing other services

