

Te Nīkau Health Centre newsletter

Autumn 2025

Practice Information

Te Nīkau Health Centre

71 Water Walk Road, Greymouth
Ph. 03 769 9300

Lake Brunner Clinic

49 Koe Street, Moana
Ph. 03 738 0003



To pay online / through internet banking:

Bank of New Zealand : 02 0848 0084432 00

Account name: Health New Zealand West Coast

Autumn Health Tips

Get ready for the cooler months ahead

Get your flu vaccine: The flu (influenza) vaccine is available from **1 April** each year, before winter starts. While some people come into contact with flu viruses all year round, the chances of catching the flu increases significantly in the colder months so get vaccinated before the start of the winter season. We recommend everyone over 6 months old gets immunised against flu every year.

Visit <https://info.health.nz/immunisations/vaccines-aotearoa/flu-vaccine> for more details and call us to make your appointment.

Stop smoking! World Smokefree Day is coming up in May. Becoming smokefree is one of the best things you can do for your health. We have a variety of free stop smoking support services we can offer that can make quitting that much easier. Call us to discuss your options.

Moisturise your skin: Change and harsh temperatures can affect you skin, making it dry, remember to moisturise. Remember you still need to apply a good sunscreen!

Be kind to yourself: Autumn means the start of shorter days, which can lead to low mood and the change of temperature can cause sickness. Listen to your body, take care of yourself and don't be hard on yourself!



Policy for phone prescription requests



Only patients enrolled with Te Nīkau Health Centre (TNHC) can get repeat prescriptions without a consultation and these must meet the clinical guidelines for that patient.

When calling the script line, please make sure to be in a quiet space with good phone/mobile cover. Leave a clear message with your name, date of birth, contact number, medication required and the pharmacy you want the script sent to. Please note if the message isn't clear or you are missing details we will be unable to process your prescription.

Please allow for up to **3 days (72 hours)** for the prescription to be processed.

Repeat prescriptions without a consultation are **not** available when:

- a medication is being prescribed for the first time
- a medication is being re-started
- a patient is requesting their first repeat prescription.

Some medications require regular consultations with your GP or Nurse Practitioner (NP), and these may need to be face-to-face. If you are due a consultation we will not process your script request, we will let you know you need to make an appointment.

Please remember



If you were asked to get a blood test prior to your next script or appointment, please get this done a couple of days before making a phone prescription request or attending your appointment.

Scheduling appointments



You can make a GP (General Practitioner) at Te Nīkau Integrated Family Health Centre for yourself or someone in your whānau up to six weeks in advance. Your GP can also arrange follow up appointments for you as needed. If you know when you need an appointment for a medical certificate, a repeat prescription, driver's licence medical or anything else you can anticipate, please contact reception on **(03) 769 9300** and we can make you an appointment. We can respond to email requests for appointments if you are not able to speak to us by phone.

Contact Information

When did we last update your contact information?

It is essential we have your current contact information, so we can keep in touch, especially with our most common form of communication being via text and/or email. You can update your contact details by calling our amazing administration team or by emailing us at admin@wcdhb.health.nz.

Please remember when you receive a text from us, do not reply!

Our text system doesn't allow us to read your texts.



Urgent Primary Care Clinic

Hours: 8am – 8pm, Monday – Friday

Te Nīkau Health Centre’s Urgent Primary Care clinic provides same-day care for minor illnesses and minor injuries.

Minor illnesses we’d expect to see, but not limited to, include:

- Sudden, unexplained aches/pain
- Urinary tract infections (UTIs)
- Allergies
- Respiratory infections
- Skin rashes
- Conjunctivitis
- Breathing difficulties
- Sexual health concerns
- Infections/fever
- Exacerbation of long term conditions (diabetes, chronic obstructive pulmonary disease (COPD), cardiovascular disease (CVD), asthma, gout, osteoarthritis (OA)).

Common minor injuries we treat include:

- Simple sprains
- Simple bruises/contusions
- Lacerations (cuts)
- Minor burns
- Foreign body removal (an object like a wood chip, piece of glass).

Te Nīkau Health Centre provides same day urgent primary care appointments for enrolled and visiting casual patients. To receive an appointment time, please present to the main reception where you will direct you to the TNHC urgent primary care clinic. You will be reviewed by a practice nurse, who will then give you an appointment time or direct you to the appropriate service.

Please note: Consults for WINZ renewals/paperwork, ACC renewals, repeat scripts, drivers licence certifications are **not** urgent illnesses, and you will be asked to make a routine appointment at reception. Your appointment may not be on the same day.

If you are enrolled with another West Coast general practice, you will be directed back to your provider in the first instance.



For West Coast Primary Care information, please visit West Coast Health <https://westcoasthealth.nz/>

Know our team and how we can help!

Vaughan Kingi – Health Coach

Welcome Te Nīkau Health Centre’s new Health Coach Vaughan!

A Health Coach is part of the Te Tumu Waiora team. Vaughan works with your health and wellbeing goals. He helps you develop realistic goals and encourages good self-management of your own health and well-being. This may include addressing lifestyle factors such as nutrition, movement, sleep, and stress or linking you in with community groups/support.



Te Tumu Waiora

Te Tumu Waiora means 'to head towards wellness'. Te Tumu Waiora is a new team of health professionals – Health Improvement Practitioners (HIPS) and Health Coaches – working within your Primary Care Practice team to help you manage your health and wellbeing.

How much does it cost and tell me more about the appointment?

It is free for people enrolled in Primary Care Practices. Most people get the help they need in a single visit. You may return to learn new skills. The appointment is usually 30 minutes carried out in your general practice.

What do Te Tumu Waiora team members do?

They sit with you, listen to your story, and work with you to help manage your health, work through challenges and developing goals. You leave an appointment with a plan to make change.

Aches Headache COUGHING
fatigue Virus Fever Sore Throat
Vulnerable **FLU SEASON**
INFLUENZA Chills Don't Get it. Sneezing
Vaccination Don't Give it.

Lake Brunner Clinic news

Welcome to our new Rural Nurse Specialists Georgie and Nicky!!



Georgie

Hey Moana, I am Georgie. I have a very varied background, having started my nursing career in the UK.

I started out in acute care working across ED, acute medicine and ambulatory care then transitioned into education to feed my passion for teaching others.

After 5 years working in the NHS, I moved to New Zealand where I have worked in district nursing roles, trauma nursing, haematology and renal transplant and most recently in oncology/haematology district nursing role.

I came to the West Coast as I have a huge love for being in the outdoors - predominantly hiking but also love to get on a snowboard or go for a paddle when I can. I'm also a very creative person, always having a project on the go to keep my hands busy - be it a brush, a book or crochet hook.

I am super excited about the RNS role as it draws on my experience and each day will bring something new (and unexpected I'm sure).

I'm currently in my second year of PGDip, working towards nurse prescribing.

I am looking forward to getting to know the community and being able to work together to promote good health outcomes.

Nicky

Hello lovely Moana, I am Nicky, and I am one of the two new nurses to be fortunate enough to be based now at the gorgeous Lake Brunner Clinic.

I grew up in Amberley and Rangiora near Christchurch and graduated Nursing in 2008, so I have been around in the nursing world a little while now.

My most recent experience includes Mental Health, and prior to that I was a Rural Nurse in Haast for three years. I absolutely loved the varied and challenging nature of rural nursing, and I am no stranger to the rural lifestyle.



I also spent five years working in the Spinal Unit at Burwood Hospital. Other work experience includes Neurology and Neurosurgery, surgical care (both pre and post operative), forensic nursing based at the Christchurch Men's prison as well as youth and adolescent health and mental health. My absolute passion for nursing is within the rural sector as well as teaching and education.

I absolutely love everything the West Coast offers, especially its' rustic scenic beauty and charm. I really enjoy gardening and pottering about getting my hands dirty. Swimming, pack rafting, water sports, yoga, crafts and reading are also all much loved past times. When I can I volunteer for Land SAR (Search and Rescue).

I am very much looking forward to getting to know the Moana Community.

Healthcare on nights & weekends



After hours health services on the West Coast are provided by Ka Ora.

Ka Ora Telecare provides people living in, or visiting, the West Coast with a quick and easy solution to connect with a Doctor or a Nurse for medical advice and treatment on weekends and at night.

How it works?

The service is open 5pm to 8am (evening and overnight) on weekdays, and 24 hours on weekends and Public Holidays.

You can connect with the Ka Ora Telecare team by calling 0800 2 KA ORA (0800 252 672)

You will first be greeted by a kaiāwhina (community health worker) or a nurse. The team will assess your health needs, and you can either see a doctor or nurse directly or you may also choose to schedule an appointment for later.

Book Online kaora.co.nz

This is available from 5pm to 10pm weekdays and 8am to 10pm weekends and public holidays.

By booking an appointment, you will have a specific appointment time to connect directly with the medical team over phone or video.

If you need an urgent appointment after 10pm, please call 0800 2 KA ORA to connect with the overnight team. If the Ka Ora clinician thinks you need to see a doctor or nurse in person they will tell you how to contact one. There will always be an in-person option for those who need one.

Ka Ora Pricing

Kaiāwhina assessment and advice	FREE
Nurse assessment and advice	FREE
GP consultation Under 14s	FREE
GP consultation Over 65s	\$19.50
GP consultation Community services card	\$19.50
GP consultation adults 14 - 65 years	\$50.00



Coming up



**WORLD
SMOKEFREE
MAY**
WE'RE BACKING YOU



Protect your
pēpi from
**Whooping
Cough**

Te Kāwanatanga o Aotearoa
New Zealand Government

Health New Zealand
Te Whatu Ora



What you need to know about the flu vaccination



Don't want to take this fact sheet with you? Take a photo instead! It's important to keep this information handy.

Your best defence against the flu is to get a yearly flu vaccine. Although having the flu vaccine doesn't guarantee you won't catch the flu, it will give you more protection and mean you are less likely to experience complications from a flu infection.

Protection against the flu reduces over time. Each year the flu is caused by different strains, which may not be included in the previous year's vaccine. This is why it is important to have the flu vaccine every year.

Who can have the flu vaccine?

Flu vaccines are available for anyone aged 6+ months. The new flu vaccine is available in autumn each year and is free for those most likely to have complications from a flu infection. The flu vaccine is strongly recommended by health care professionals for those who have medical conditions as well as those who are pregnant.

If your child is under 9 years old and receiving the flu vaccine for the first time, they will need two vaccinations at least 4 weeks apart. Your vaccinator will let you know when the second dose is due.

Consent and recording your vaccination event

Before having your vaccine, the vaccinator will ask if you give consent. You have the right to make an informed choice about your healthcare including immunisations.

As part of the consent process, the vaccinator will explain how the vaccine works and why it is recommended as well as the potential risks.

They will explain what to expect after your vaccine and how and where to seek help if needed. You will receive this information verbally and should take this fact sheet home (or a photo of it). You will have time to have your questions answered and you can request an interpreter if you need one.

The vaccination event will be recorded by Health New Zealand on the Aotearoa Immunisation Register (AIR) and can be accessed by authorised health care staff e.g your GP.

For more information about your privacy when recording vaccinations, visit tewhatuora.govt.nz/airprivacy or ask your vaccinator for a copy of the policy.

Are you pregnant?

If you catch the flu when you are pregnant, you could develop serious complications that can affect you and your pēpi (baby). Complications include:

- premature birth
- low birthweight
- miscarriage or stillbirth.

You can get a free flu vaccine at any stage of your pregnancy. If you are pregnant across two flu seasons, it is recommended that you get a vaccination in both seasons.

Whooping cough (pertussis) protection.

A whooping cough epidemic was declared throughout Aotearoa in November 2024. All pregnant people are encouraged to have their free whooping cough booster from 16 weeks of pregnancy in **every** pregnancy to protect **each** baby.

The protective antibodies made by the mother from having the flu and pertussis vaccines will pass through the placenta to pēpi. This will provide them with good protection against serious illness before they can start their infant vaccines at 6 weeks of age. The flu and pertussis vaccine are safe to receive during pregnancy and is highly recommended by healthcare professionals to protect pēpi.

Please let the vaccinator know if you/ the person being vaccinated:

- is currently unwell with a high fever
- is taking blood thinning medication or have a bleeding disorder
- have had a severe allergic reaction (anaphylaxis) to any vaccine, medicine, or anything else
- have had any other vaccines in the last week.



<p>Clinical Nurse Manager Associate Clinical Nurse Manager Business & Administration Manager Primary Care Admin Coordinator 24/7 Coordinator</p>		<p>Sarah Falvey Tash Webb-Collis Nicole Ford Andrea Thompson Mahara Doig</p>
<p>Doctors</p> <ul style="list-style-type: none"> Jenny Spring Matt Bell Huan Chan Feng-Wei Soh Cat McWhirter Tom Noonan Tom Barry Jonathan Penno Ceri Hutchinson Rachel Hankins Mustafa Al-Shaar Krish Giri Brendan Marshall Phil Morris <p>Nurse Practitioners</p> <ul style="list-style-type: none"> Sara Mason Nola Rochford Sarah-Jane Lawson <p>Lake Brunner Rural Nurse Specialists</p> <ul style="list-style-type: none"> Georgina Ilyes Nicky Crowe 	<p>Nurses</p> <ul style="list-style-type: none"> Jim Butzbach Rae Woolhouse Hannah Law Iona O'Connor Katelyn Lindsay Nyoli Waghorn-Rogatski Phil Knowles Sarah Brenmuhl Harrison McKay Jo Spargo <p>Health Care Assistant</p> <ul style="list-style-type: none"> Sue Hurrel <p>Prescribing Pharmacist</p> <ul style="list-style-type: none"> Julie Kilkelly Kerri Miedema <p>Physio Consultant</p> <ul style="list-style-type: none"> Rachel Fenemor 	<p>Reception/Admin Staff</p> <ul style="list-style-type: none"> Janine Kathy Leanne Kaz Dani Debbie JJ Janette Jess Lynn Miriam Sheree Sue Anwar Sachin Siobhan <p>Health Improvement Practitioner</p> <ul style="list-style-type: none"> Laurence Bell <p>Health Coach</p> <ul style="list-style-type: none"> Vaughan Kingi