

# Newsletter

June 2025

*Goodbye*

We are reluctantly saying goodbye to two staff members in July.

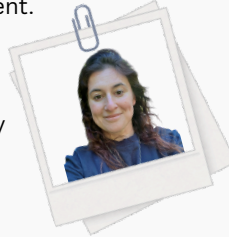


*Welcome*

Welcome to Rina who is our new Health Coach. Rina is here Tuesday and Wednesdays.

Joy in reception is retiring. We wish her all the best with her retirement. You may still see her helping us out every now and then :)

Dr Giulia Ottaviano is heading back to her hometown in Italy. We have loved having Dr Giulia with us and wish her and her family all the best with her move.



Our health coach is here to support you and discuss your well-being.

Topics covered (but not limited to) include cholesterol, diabetes, sleep hygiene, IBS, stress, self-care, gout, and weight management.

Book now to see our Health Coach for free of charge.

## Prescriptions

Please do not call reception to order your prescriptions. Our reception team are non-clinical. You need to speak to a nurse or leave a message on the nurses answer machine to order prescriptions. Please make sure you include your Name, DOB, Medications needed and what Pharmacy. This is checked regularly.

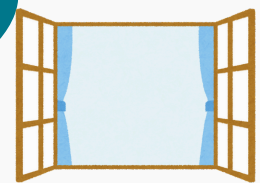


Knock, knock! – Who's there?  
– Atch. – Atch who? – Bless you! You should see a doctor!

*Annual Flu Vaccine*  
**NOW AVAILABLE**

The annual flu vaccine is a safe and effective way to protect yourself and others from influenza. It's recommended for everyone aged six months and older, and is especially important for vulnerable groups like older adults, pregnant women, and people with chronic health conditions. By getting vaccinated, you can reduce your risk of catching the flu, decrease the severity of illness if you do get infected, and help prevent the spread of the virus to those most at risk.

**Did you know?**



It is recommended to open your windows for 5-20 mins daily

Opening windows in a house has several benefits, including improving air quality, reducing odors, and even potentially saving on energy costs (A dry house is easier to heat than a wet one) Fresh air circulation can also help clear out allergens and pollutants, promoting overall health and well-being.

**SORRY WE ARE CLOSED**

On these public holidays:  
**MATARIKI**  
Friday the 20<sup>th</sup> June



### Accounts

Please note a admin/statement fee of \$10 will be added to all overdue accounts and accounts not paid within 7 days of the invoice.



### A note from the NURSES



Nurses are unable to give medical certificates over the phone. You must be seen by the Nurses or have a phone consultation with a Doctor.