



Christmas & New Years

As the holiday period is fast approaching, we would like to let all our patients know we will be closed on the following public holidays:

Wednesday 25th December 2024

Thursday 26th December 2024

Wednesday 1st January 2025

Thursday 2nd January 2025

We will be open on the following days, however we will be operating a walk-in clinic with limited staffing. **Please note no bookings will be taken for these weeks.**

Monday 23rd December 2024

Tuesday 24th December 2024

Friday 27th December 2024

Monday 30th December 2024

Tuesday 31st December 2024

Friday 3rd January 2025

If you have any repeat prescriptions due, please get these requests in prior to this time to ensure they are completed in time. We will resume normal rosters for the week beginning Monday 6th January 2025, however please note we may be running on a smaller number of staff for the first week.

Staffing News

We have recently had some staff changes and additions to our team this year which is exciting:

Dr Stephanie Buttle - After completing medical training at Otago University in 2011, I moved to the beautiful Bay of Plenty and worked at Tauranga Hospital in a variety of specialties. I decided to go into General Practice in 2015, passed my exams in 2016 and completed my GP Specialist Fellowship in 2020. I enjoy the variety and challenge of being a Generalist. I also have a passion for supporting patients to improve their overall wellbeing as I believe that this is where primary care providers can make the greatest difference. I have a particular interest in children's health and lifestyle medicine. In my spare time I enjoy being with my family in the outdoors; at the beach, on a mountain bike or hiking up a mountain. I am an avid runner and gym goer and enjoy playing social sports. Having recently joined the TPMC team, I am excited to get to know the local community and I look forward to developing quality long-standing relationships with my patients here in Te Puke.

Dr Catherine Rawcliffe – I am originally from the UK and trained at Birmingham Medical School. I worked in Perth, Western Australia in Emergency Medicine for 4 years and then moved to New Zealand with my partner 8 years ago. Since then, I have been training in General Practice and also spent a year doing Palliative Care in London and Gloucestershire. We have recently moved from the Mount area to a lifestyle block and are enjoying bringing up our two young children in a more rural setting. In my spare time I enjoy being outdoors; walking, mountain biking, skiing, swimming.



Paula Waterhouse – Kia ora! I'm Paula Waterhouse, I was born and raised in the Te Puke area. My nursing journey began in 2014, after spending many fulfilling years working as a Pharmacy Technician in both Te Puke and Papamoa. Over the years, I've had the privilege of working in a variety of different specialties at both Whakātane and Tauranga hospitals. Most recently, I worked as the Cardiac Nurse Specialist at Tauranga Hospital, which involved educating patients and staff about various cardiac conditions and interventions. I also led the Cardiac Rehabilitation Programme, supporting patients as they recovered from heart attacks and for those that underwent bypass or valve surgery. Nursing, for me, is all about providing patient-centric and holistic care. I get great satisfaction from educating patients and their whānau, empowering them with the knowledge they need to make informed decisions that will positively impact on their health outcomes. I'm incredibly excited to join the team here at Te Puke Medical Centre. It is great to be back working in my hometown, providing care to the community that means so much to me. Outside of work, I absolutely treasure spending quality time with my family and friends. As a mum of busy kids, I love finding any opportunity to be active and enjoy the outdoors. Walking and playing squash are my go-to activities for some "me time." Most weekends, you'll find us at the beach. My family are passionate about surfing and fishing, soaking up the sun and creating precious memories together.

Lauren Whitworth will be on maternity leave from Wednesday 4th December, and Michelle Stewart will be returning from maternity leave on Wednesday 12th February. Any patients currently enrolled under Lauren will be transferred to Lisa Wain and Michelle however please be aware there is a couple of months crossover so if you would like to be seen during this period, please advise us if there is a doctor you would like to see in the interim when booking appointments.

Health Improvement Practitioner & Health Coach

Kia ora! We are Margaret and Taran, Health Improvement Practitioner and Health Coach at Te Puke Medical Centre, part of the Integrated Primary Mental Health and Addiction Services at Western Bay of Plenty Primary Health Organisation.

For over a year, we have been dedicated to supporting patients on a one-on-one basis, helping them build the motivation and skills necessary to manage their physical and emotional wellbeing. Whether you're navigating long-term health conditions or seeking to enhance your everyday wellness, we're here to assist you.

Introducing Our Group Education Sessions

In our commitment to further support our community, we are thrilled to announce the launch of our group education sessions. Each month, we will host two sessions focused on different health and wellness topics, such as:

- Finding Motivation for Exercise
- Healthy Eating and Nutrition
- Managing conditions like type 2 diabetes, gout, cardiovascular disease and more.
- Mindfulness / Relaxation techniques
- Sleep Hygiene
- Stress / Anxiety / Depression

We also invite your suggestions for topics that interest you—let us know what matters to you!



How to Join

Getting involved is simple! You can call and/or text Taran on 0272697891 for more information and meeting details. We look forward to welcoming you and supporting you on your wellness journey. You can also book a one-on-one session with us via Te Puke Medical Centre reception.

Portal Update

Recently we sent a newsletter about our new patient portal. With the app, you can book, change or cancel appointments, view your test results, order repeat medications and check your account. If you haven't already signed up, please contact administration team on tepuke.admin@raphs.org.nz and while doing so it may be a good time to check if we have the correct details on file.

Travel Consults

With summer holidays approaching, you may be looking at booking an overseas holiday and require a travel consult to discuss any vaccinations required and advice. The service is provided by Dr Lisa Wain who has a certificate of Travel Medicine and is an authorised yellow fever vaccinator. The goal of our travel health service is to make sure you have all the information you need to stay safe and healthy on your trip. Travel Health appointments are 30 minutes long, please allow enough time prior to your travel when making an appointment, ideally 6 weeks prior to your trip. Some vaccinations require more than one dose and others can take some time to order into the clinic. Please contact the administration team at tepuke.admin@raphs.org.nz to book or enquire.