

Practice News – October 2025

Ear Clinics

We are delighted to be offering our ear clinic again after a few months' hiatus, and now run by one of our current nurses, Orna Chalmers. Our first day will be Thursday 30th October and will be run fortnightly between 08.30am and 12.30pm. The cost per appointment is \$47.50 and a follow up appointment at \$28.00. If you would like to book in for this, please contact our admin team on admin@tpmc.co.nz or phone 07 573 95 11. You can also book through our patient portal.

Duty Clinics

We generally have good appointment availability each week, however we do run a duty walk in clinic daily between 8.00am and 5.00pm where we have a doctor available for any urgent matters on the day. We can assess urgent conditions and provide emergency care, organise x-rays and do simple casting, perform minor surgery procedures such as wound closures, as well as everything else you'd expect from your GP clinic, often with less wait times and less expense than a trip to after-hours on Second Ave. Please feel free to phone us if you have any questions or concerns about this service.

New Staff Members

We are thrilled to welcome a few new and returning faces to our practice:

- Dr Phoebe Shearman is covering some of Brooke's patients while she on maternity leave. She has been with the practice previously so you may recognise her name.
- Dr Lauren Whitworth is also returning from maternity leave in October and working Tuesday, Wednesday and Thursdays. Patients who are registered with Lauren will remain under her care.
- Tarsh Harris has recently joined our nursing team. She has been a registered nurse for the last 18 years and is a passionate nurse with a holistic approach. She is looking forward to seeing you all soon in the practice.
- Irene Forrest has also just joined our nursing team after spending 28 years in the USA as an ICU nurse and disaster relief work before heading home to NZ with her husband in 2020. She is loving being part of our team here and being able to carry on caring and advocating for our patients.

IUD/Mirena's

Dr Michelle Stewart is training to insert IUDs (Intrauterine Devices) / Mirena for our patients. As part of her training, she will be offering a free IUD clinic on Monday 10th November with supervision from experienced local trainer Kathy Le Haavre. If you have been thinking of getting an IUD inserted for contraception or heavy bleeding and



would like to discuss this option further, please phone and make a pre-consult with Michelle and then we can get you booked in to the IUD clinic.

Here is some Healthify info on IUDs : [Intrauterine devices \(IUDs\) for contraception | Healthify](#)

Understanding Gout Resource

Healthify is offering a free online course to help people manage gout. If you are keen to check it out, please go to [Gout Busters](#).

Breast Cancer Awareness Month

Did you know October is Breast cancer awareness month, a good time to remember to check regularly for any differences. Additionally, you can call Breast Screen Aotearoa on 0800 270 200 or call our nursing team here to check you are up to date with your mammograms, and book in if not. For further information check out the website: [Breast Cancer Awareness Month](#). You can also donate to support breast cancer education, research and patient support.

Patient Portal

Just a reminder we have an online patient portal available for all patients to utilise and there is no additional cost for this service. This is also available in app form on both android and apple devices. The patient portal allows you to book appointments, order repeat prescriptions, check your account details and check any blood test results. At this stage patients do not have access to notes or messaging services. If you do not have access and would like it, please contact the admin team.

Contact Details

We recently changed our main email address for the practice. If you send us questions or queries via email, please ensure you send to our updated email address, admin@tpmc.co.nz. If you have changed any of your contact details too, please let the practice know so we can update your file.

If you have any questions or concerns, please do not hesitate to contact us,

From the TPMC team