



Flu Vaccinations 2026

As flu season approaches, we want to keep you informed about flu vaccinations and clinic availability.

Free Flu Vaccine Eligibility

The 2026 influenza vaccine is funded for people at higher risk of severe illness, including:

- People aged 65 years and over
- Pregnant people
- People aged 6 months to under 65 years with certain long-term medical conditions such as diabetes, asthma, heart disease, or reduced immunity
- Children aged 4 years and under who have been hospitalised for respiratory illness or have a history of significant respiratory illness
- People with serious mental health and addiction conditions

The funded flu vaccine available in Aotearoa New Zealand is **Influvac Tetra**.

For more information on influenza click [here](#).

Flu Clinic Information

Our flu clinic will begin on **Wednesday 1 April** and will run daily from **9:00 AM to 12:00 PM**.

To book your flu vaccination please phone our reception team on **07 573 9511**.

Flu Vaccine Costs

- If you are not eligible for the funded flu vaccine, the cost is **\$38**.
- If you are **aged 50 years or older**, we also offer **Fluad**, an adjuvanted influenza vaccine designed to provide a stronger immune response in older adults, for **\$48**.

If you are unsure about your eligibility our team will be happy to help.

Coffee Group

Looking to connect with others in a relaxed and friendly setting? The Being Well Team runs a fortnightly coffee group at The Daily Café on Thursday mornings. It's a great opportunity to meet new people, enjoy a coffee, and have a chat in a supportive and welcoming environment. Everyone is welcome, so if you are interested in attending, please contact the admin team on 07 573 95 11 or email admin@tpmc.co.nz and we will be happy to provide you with more information, including the next meeting date and time.

Practice Studies

We are continually looking at ways of improving our patient health outcomes. We are currently undertaking a project to increase awareness and understanding of our DCIP program – Diabetes Care Improvement Package. If you would like to find out more about this, or other studies we are involved in, please feel free to contact the admin team on admin@tpmc.co.nz.



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 clinician 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.

If you do require medical care outside our hours, Accident and Health Care on Second Ave offer urgent care with no appointment necessary. The contact phone number for this service is 07 577 0010 and located at 19 Second Avenue.

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.

Staffing Updates

We are hosting a doctor in training over the next few months, Dr Oriwia Naera. She will be with us from February to July this year and working Monday, Tuesday and Thursday. We are delighted to welcome her to our practice, and she is looking forward to working with the team for her placement.

We are sad to say goodbye to one of our administration team members later this month. Gill has been with us for the last 3 years and has been an amazing addition to the team. We do welcome Niki to the team who will be replacing her. She is delighted to be part of our team and is looking forward to meeting all our patients in the practice.