



Christmas and New Year's Hours

With the festive season just around the corner, we'd like to keep you informed of our holiday hours:

Monday, 22nd December – Wednesday, 24th December

We will be operating as usual with both booked appointments and a walk-in doctor available. However, please note that staffing will be lighter than usual, so we appreciate your patience.

Thursday, 25th December – Friday, 26th December - we will be closed.

Monday, 29th December – Wednesday, 31st December

We will be running limited services with a walk-in clinic only operating.

Thursday, 1st January – Friday, 2nd January - we will be closed.

Week beginning Monday, 5th January

We will continue running on limited services with a walk-in clinic only operating.

From Monday, 12th January onward - we will return to our regular operating hours.

Important Reminder:

As the holidays approach, we encourage patients to submit any repeat prescription requests well in advance, as we will be operating with limited services during this time. If you have any questions or concerns, please feel free to contact us.

New Doctor Announcement

We are excited to welcome Dr Ashley Insley to our team! Dr Insley joined us this week and will be working three days a week at the practice. She is a Bay of Plenty local and has lived in Papamoa for the last 8 years but originally from Te Kaha. She has two little ones Freya who's 5 and Dallas who's 18mths and her partner is also called Ash and they own an electrical service company together. Her family likes to bike, boat, camp, and fish. She is looking forward to becoming part of the furniture!

Free Breast Screening Extension

Te Whatu Ora has extended free breast screening to women aged 70-74, starting 1 October 2025, with full rollout by 2029.

What this means for you:

Women turning 70 on or after 1 October 2025 can get free screening every two years until age 75. Women already aged 70-74 can have one final free screening before their 75th birthday.

How it works:

The new Te Puna online system will automatically identify eligible women and send a personalised digital invitation to book an appointment.

Please note: If you receive an invitation from Te Whatu Ora or Breast Screen Aotearoa, it's legitimate. If you have questions, feel free to contact us at Te Puke Medical.



Measles Vaccination Reminder

Measles is a highly contagious viral infection that spreads easily through coughing and sneezing. It can lead to serious complications like pneumonia, brain swelling, and long-term health issues, especially in young children and those with weakened immune systems. You're considered immune if:

- You've had measles before, or
- You've received two doses of the MMR (measles, mumps, rubella) vaccine.
- If you were born before 1969, you're likely immune. If you were born after 1969 and don't have a record of two MMR doses or confirmed measles, you are eligible for two free MMR doses, given 4 weeks apart.

How to confirm immunity:

Check your immunisation records or talk to us if you're unsure. If you're not immune, we recommend getting vaccinated.

Vaccination is the best way to protect yourself and those around you from measles. If you are immune and encounter someone who has measles, no quarantine or special precautions are necessary.