

COMMUNITY NEWSLETTER

WWW.KAIKOURAHEALTHCARE.CO.NZ

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Kaikōura Health

May 2024



IN SHORT

FLU CLINICS; Held in-clinic on a Saturday. Funded and non-funded flu vaccinations available. Contact reception on 03 319 3501 to make a booking.

COVID BOOSTER CLINIC; held in-clinic on a Friday. Bookings essential, contact reception to make a booking. Eligible for a booster if its 6 months since your last booster or 6 months since you have had covid.

LIQUID NITROGEN CLINIC; once a week from 2 May. Contact reception to make a booking.

JUNE ISSUE:

- Renewing your drivers licence when you are over 80 years
- Introducing our two new doctors
- MyIndici Patient Portal

HEALTH PROMOTION THIS MONTH

Check out what is happening in May:

- **World SmokeFree Month**
<https://www.smokefree.org.nz/smokefree-in-action/world-smokefree-may>
- **12 May - International Nurses Day**
<https://www.icn.ch/how-we-do-it/campaigns/international-nurses-day>
- **15 May - Youth Week**
<https://arataiohi.org.nz/youthweek/>
- **17 May - Pink Shirt Day (Stop Bullying)**
<https://pinkshirtday.org.nz/>
- **May - Pink Ribbon Month / Breakfast**
<https://fundraise.bcf.org.nz/event/pinkribbon-breakfast>
- **31 May - World SmokeFree Day**
- **National Bowel Screening Promotion** for people aged 60-74 years.
<https://www.timetoscreen.nz/bowel-screening/>

01/02

He taonga rongonui te aroha ki te tangata; Goodwill towards others is a precious treasure

Community Services Card

On 1 July, fees return for all prescriptions. However, if you have a Community Services Card there will continue to be no prescription charges except where a part charge would have applied already.

A Community Services Card also helps to reduce the cost of the following;

1. Your visits to a Doctor or Nurse if you are enrolled at a practice
2. It also reduces the costs to you for ACC visits to a General Practice
3. Public transport
4. Glasses for children under the age of 16
5. Emergency dental care provided by approved dental contractors
6. Support with the costs of travel / accommodation to a public hospital that is at least 80km away.

If you don't already have one and you are not sure if you would be entitled to one, have a look at the Work and Income website - "Community Services Card" for the details of who can get one and what the income limits are.

Community Services Card cont...

If you need help applying for a Community Services Card, our local Whānau Ora Navigators and support workers can support you with the process. Below are their contact details:

Te Tai o Marokura

Courtney Halliday; mobile: 0277280174

Email: courtney.halliday@tetaiomarokura.co.nz

Te Runanga o Nga Maata Waka Inc.

Ari Boyd; mobile: 0272500708

Email: ari.boyd@maatawaka.org.nz

Te Ahi Wairua

Celeste Tai Rakena; mobile 0272222901

Email: celeste@tehiwairua.co.nz

Koha Hawke; mobile 0272654418

Email: koha@tehiwairua.co.nz

Kaikoura Healthcare

Mariana Manawatu-Harris; mobile: 0275036935

Email: merianacsw@kaikourahc.co.nz



STAFF SPOTLIGHT

Meet Madi our Health Improvement Practitioner (HIP)

What do you do?

I'm a Health Improvement Practitioner or HIP. I can work with anyone who is registered with the practice, from children right through the lifespan. HIPs can help with a range of issues related to mental health, wellbeing & behaviour change. I spend 30 minutes with people, putting our heads together to come up with a plan around something that's giving you difficulty. HIPs always have same day appointments, so you can often come to see me straight from your GP or nurse appointment. **Best of all, it's free!**

Why did you get into this role?

I love being a HIP as I believe all people should be able to access support, learn skills and tools that can help make life easier and more fulfilling.

If you could be anywhere in the world right now, where would you be & why?

I would be curled up on a beanbag here in Kaikōura, reading my book in the sunshine, I love being able to relax while enjoying my favourite view in the world.

What is your top health tip?

Do something fun! It's easy to get caught up in routine and forget about fun, whether it is going on an adventure, having a laugh with friends, or trying something new, I think we could all use some fun in our lives.