

Welcome!

In this newsletter, we bring you the latest news and happenings from Te Awamutu Medical Centre. There is important and useful information, as well as some tips on staying healthy, happy and safe this summer and into 2016. Remember to order your repeat prescriptions and blood tests in advance this season, allowing for holidays! We wish all the best for you and your family during the upcoming festive season. Have a fantastic Summer.

– From the friendly staff at TAMC



Farewell Dr Andy von Biel

30 years at Te Awamutu Medical Centre

At the end of March 2016 after 30 years practising at TAMC, Dr Andy von Biel will be moving on from TAMC to pursue the next phase of his clinical career.

As one of Te Awamutu's longest serving GPs, Dr von Biel is widely recognised and highly respected and he will be sorely missed. We wish him all the best for his future endeavours.

Specialised skin photography now available.

Our specialised service can help you identify and evaluate any suspect moles or lesions. Book an appointment with your GP and if you need to get anything checked, we offer:

- Specialised camera
- Nurse specially trained for skin photography
- Specialist dermatologist opinion on your photos

Play it safe and book in now for your skin check!



PLAY IT SAFE,
BOOK NOW!
FOR YOUR
SKIN CHECK!

Important message for patients of Dr Andy von Biel

If you are a patient of Dr von Biel, you can choose to register with any one of our doctors who are accepting new patients (see 'The Doctor will see you now' on page three of this newsletter). Simply enquire at reception when you next visit the clinic, send us an email or phone us with your instructions.

If we do not hear from you, we still want to make sure that your quality of care is maintained. We will allocate you to Dr Paul Powers, Dr Hannah Shaw, Dr Tama Blacklock or Dr Paul Kennedy, who will provide the same quality of care as Dr von Biel.

Remember that you can request to change
doctors at anytime. Just let us know and
we will give you options.

New staff profiles

Our team is expanding! Introducing..



Dr Tama Blaiklock

Dr Blaiklock trained at Waikato Hospital and has experience in plastics and paediatrics. He worked as a Rehab and Rural Medicine Registrar at Thames Hospital and also at the Angelsea Clinic, before recently practising in Manukau. He is delighted to be moving back to the Waikato with his young family to join the TAMC team.

His professional interests are minor surgery, skin cancers and sports medicine. Outside of work you will find him doing powerlifting, cross fit, and playing music – especially jazz!



Tiffany Hodgson

Physician Associate

Tiffany is a Physician Associate (PA) from Alaska and has lived here for the past 5 years after marrying a Kiwi and also falling in love with New Zealand. She holds a Bachelors degree in Health Science and a Masters degree in Physician Assistant Sciences and is nationally certified through the NCCPA in the United States. She has been working in primary care in NZ for the past 3 years and she is excited to be a part of the team at Te Awamutu Medical Centre.



Wayne Lim

Business Manager

Wayne has been managing businesses and people in the private and public sectors in Auckland and Hamilton for more than 25 years. He was born and raised in Te Awamutu, and is loving being back here after last working here as a school leaver in the 1980s.

"It's a pleasure to be working with a great group of people here at TAMC. This clinic has such a long history in TA and I'm proud to be a part of the team. My focus is to make sure we are always improving and doing our best to serve the community."



What is a Physician Associate?

Physician Associates (PAs) are highly trained healthcare professionals who work as part of the medical team. PAs are trained under the medical model like doctors and work as an extension of a doctor under the doctor's delegation. They have existed in the U.S. since the mid 1960s and are currently working all over the world. PAs typically obtain medical histories, perform examinations and procedures, diagnose illnesses, prescribe medication, order and interpret diagnostic tests, refer patients to specialists as required, and first or second-assist in surgery.

When you come to TAMC, you may meet our PA, Tiffany. We are a leading practice in NZ in terms of establishing the PA role within our clinical team.

Registrar in training

We are a training practice for registrars from the Royal NZ College of GPs. This means that we usually have a registrar with us who is training to be a GP. Registrars can be new doctors, or they can be experienced medical specialists who are wanting to become General Practitioners.

We are very pleased to have Dr Louise Spellman in our practice for the first half of 2016. Dr Spellman is an experienced specialist in breast health and we are very fortunate to have her expertise in our team.

Our GPs:

Dr Paul Powers
Dr Alison Glover
Dr Mary Ballantyne
Dr Paul Kennedy
Dr Andy von Biel
Dr Henk Kroesbergen

Dr Ken Caldwell
Dr Tama Blaiklock
Dr Amanda Henderson
Dr Hannah Shaw
Dr Justina Powers
Dr Jo Vipond

The Doctor will see you now...

Here are the TAMC doctors who are accepting new patients.

If you are new to the clinic or re-enrolling with us, we can assist you to register with one of these friendly GPs. Talk to one of our reception staff, send us an email, or phone us for more information.

Dr Tama Blaiklock

Read about Dr Blaiklock in the New Staff Profiles.



Dr Hannah Shaw

Hannah grew up in the United Kingdom, completing her medical training in Wales. After moving to New Zealand in 2008 and working at Waikato Hospital, Hannah spent 6 months at Te Awamutu Medical Centre and stayed on.

Hannah has a special interest in child health and end of life care. She is married and has two young daughters. She enjoys travelling, cooking, reading and walking.



Dr Paul Powers

Born and trained in Poland, Paul worked as a GP in the United Kingdom for five years. He has been working as a GP in New Zealand since February 2012. Paul enjoys living in Waipa with his wife and three children.



Dr Paul Kennedy

Paul qualified in London and has been working as a GP in Te Awamutu since 1991.

Paul has an interest in sports medicine and GP training. He has completed his diploma in sports medicine and works with Te Awamutu Sports Rugby Club and Waikato ITM teams. He also trains GP registrars.

GP and ACC Consults now free for under 13s

In July this year, TAMC became one of the practices choosing to offer free doctors consults to under 13 year olds. All children up to 13 years old can now be booked to see one of our doctors or come into our casualty drop-in clinic and the consult will be free.

This is great news for families, and we hope that it will help encourage parents to bring their children to the doctor for early prevention rather than waiting until childrens' conditions have worsened. The consult and resulting prescription are covered by this scheme – note that fees may still apply for additional services.

BetaMe Pilot

Our practice is proud to be taking part in the pilot trial for a new self-management programme called BetaMe, designed to help people with pre-diabetic conditions. The 16-week programme uses a smartphone app to coordinate support from lifestyle and nutrition coaches, nurses and others with the same condition. It also provides access to lots of information about lifestyle, food and medical research.

The pilot aims to help people better self-manage their health and avoid becoming diabetic. If you are one of our pilotees, good luck!

Managing Diabetes

Our specialised Diabetes nurses, Sally Davies and Rachel Hall are here to support your diabetic lifestyle and medical needs. Do you need assistance with any aspect of your diabetes? Contact us to book an appointment today.

Access your test results from home!

Manage My Health is an online web portal, available free to all our patients. You can access your medical records, book appointments, order repeat scripts and email your doctor as well as a range of other services, online from home (or anywhere you have internet access). It is a national initiative that is secure and confidential as well as being super convenient.

It only takes a few minutes to get set up! All you need is a personal email address and some ID. Please enquire at reception.

Summer holiday opening hours

We are closed on public holidays over the Christmas-New Year period. Normal opening hours apply on all other days (8am-6pm weekdays and 9am-12pm on Saturdays).

Thursday 24 Dec	8am-6pm
Christmas Day 25 Dec	CLOSED
Boxing Day 26 Dec	CLOSED
Sunday 27 Dec	CLOSED
Monday 28 Dec	CLOSED
Tuesday 29 Dec	8am-6pm
Wednesday 30 Dec	8am-6pm
Thursday 31 Dec	8am-6pm
New Years Day 1 Jan	CLOSED
Day after NY 2 Jan	CLOSED
Sunday 3 Jan	CLOSED
Monday 4 Jan	CLOSED

When our practice is closed, you can still phone us and you will be connected to Healthline or our after hours service which is operated by Angelsea Clinic.

Visiting specialists

These specialists visit our centre regularly, so that we can provide integrated health care for you:

Orthopaedic surgeons, General surgeons, ENT (Ear Nose Throat), Ophthalmologist, Urologist, Gynaecologist, Audiologist, Podiatrist.

We also have Marshalls Pharmacy, SOAR Physiotherapy and Hamilton Radiology in the building, with Pathlab right next door.

Free services

There is no charge to our enrolled patients for these services

- B4 School checks
- Child immunisations
- Free flu vaccination for over 65s each year until June 30
- Smears for under 25s

Enrol with us today! Visit our website www.tamc.co.nz

Cornerstone Accreditation

Cornerstone accreditation is the premium quality standard for General Practice in NZ. It is awarded by the Royal NZ College of General Practitioners and endorsed by Health and Disability Auditing NZ.

As a Cornerstone accredited practice, we adhere to a stringent quality control framework, which gives you the assurance that we operate and are accountable to the highest possible standards for Primary Care.

Fracture Clinic

We are able to deal with follow ups for minor fractures in our Casualty Clinic on a drop-in basis. If required, we also have onsite access to orthopaedic surgeons on two days each week, for specialist consultant opinion.

Woman's Clinics coming in 2016!

Keep an eye out for our Women's Clinics, coming in 2016! There will be special evening or weekend events, focused on maintaining general wellbeing in mid-life. We will keep you posted on our website and via text and email!

Do we have your up to date contact details?

If you have changed your address or phone number, please make sure you let us know. Also, do we have your current email address? Please send us an email at reception@tamc.co.nz and we will update your records.

Feedback welcomed

Feedback from our patients is very valuable as it helps us improve our services. We welcome any constructive feedback at any time. If you have any comments or suggestions, we would love to hear them. These are the ways you can contact us:

- Email reception@tamc.co.nz
- Visit our website www.tamc.co.nz and submit feedback on the 'Contact Us' page
- Phone us on (07) 872 0300
- Write your comments down and leave them at Reception when you visit us

Contact us

220 Bank Street
Te Awamutu, New Zealand
www.tamc.co.nz

Phone 07 872 0300
Fax 07 871 5000
Email reception@tamc.co.nz
EDI teawamed

We are open:

Mon to Fri 8am-6pm
Saturday 9am-12pm

