Te Awamutu Medical Centre

Latest news and updates

October 2026

Announcing… TAMC Weight Loss Clinic

Would you like some support with managing your weight? Our new Weight Loss Clinic is now available for patients who would like professional, practical support to lose weight and improve their health.

Whether your goal is better general health, improved mobility or energy, managing a health condition, or simply feeling that it is the right time to make a change, we can help you explore an approach that works for you.

Weight management can be complicated, and everyone's circumstances are different. Our specialised weight management team - Manuel Pompa, Physician Associate, and Rachel Bell, Pharmacist Prescriber - will take the time to understand your health, your goals and what you have tried before, and work with you on a realistic, individual plan. Where appropriate, this can also include discussion of medical treatment options alongside lifestyle and ongoing support.

To access the clinic, book with Manuel or Rachel on any weekday. Book a double appointment if it is your first visit to discuss weight management – note that the cost will be double your normal consult fee. For ongoing weight loss appointments – book a single slot. There is no CSC discount available.

If you have been referred to the clinic by your own TAMC GP, then you only need to book a single appointment ▪

We want to know what you think

– please take part in our TAMC patient survey

Starting in October and continuing through November and into December, we are seeking feedback from our patients.

QR codes will be displayed in the newsletter, on posters around the clinic, and our receptionists may offer you a paper copy to fill out while you wait.

Please scan with your phone to go to the online version of the survey.

We want you to give us feedback on our services, both positive and negative. Let us know what your experience is, so that we can improve our services to you.

The important thing is for us to hear from you. This is our own clinic survey – your responses will not be shared beyond our clinic, and all responses are anonymous (unless you choose to provide your details).

The QR code is in this newsletter, at the end of page 2 ▪

Welcome, Dr Paul Wilson



Paul is from the UK. He graduated from the University of Leicester in 2009 and has been a GP since 2015. About a decade ago, Paul and his wife worked in New Zealand for a year and always planned to pop back at some stage.

They finally made it back, this time with 2 young children in tow. Paul is here for a one-year locum. He enjoys all areas of general practice and will be working in support of all the Practice Teams.

Outside of work Paul enjoys sport, the outdoors and sometimes picks up the guitar. Paul is enjoying exploring New Zealand with his family, and plans to put his rugby boots on at some stage ▪

Pioneer Clinic open days

When you book an appointment, please be aware that on some days your provider may be working out of our new rooms at 4/415 Pioneer Drive (in Frontier Estate). Be sure to go there, instead of Bank Street! When you make your booking, our receptionist will let you know where you need to go.

In time as our team grows, we will be open at Pioneer Drive more often. It is our aim eventually to be open there from Monday to Friday every week ▪

Single or double appointment?

A standard GP appointment is 15 minutes, so there may not always be enough time to discuss several health concerns in one visit. Please think about the issue that is most important to you and discuss this with your GP first. Your GP will do their best to cover other concerns if time allows but may need to ask you to book another appointment for anything that cannot be properly dealt with that day.

If you know that you have several issues you would like to discuss, you are welcome to book a double appointment to allow more time. Please note that a double appointment uses two appointment slots and a double consultation fee applies ▪

Spotlight on Osteoporosis

keeping your bones healthy and strong can help prevent osteoporosis

Get enough calcium and vitamin D

Calcium gives bones strength. If you don't get enough calcium from food, your body takes calcium from your bones, which can reduce bone density over time.

The best way to get calcium is through a balanced diet rather than supplements. Good sources include low-fat dairy products, calcium-fortified soy milk, dark green leafy vegetables, almonds, sardines, salmon with bones and tofu. A 250ml glass of regular milk contains about 300mg of calcium. If you have at least 2 servings of dairy products a day, you're probably getting enough.

Vitamin D helps your body absorb calcium. The best source is sunlight. Five to 10 minutes of sun exposure to your face, arms and hands, 4 to 6 times a week, is enough.

Most healthy European New Zealand adults living independently don't need vitamin D supplements. Supplements may help people who rarely go outside, cover most of their skin, have conditions such as Crohn's or coeliac disease that reduce absorption, or have dark skin.

Exercise regularly

Exercise helps maintain bone strength and improves balance, reducing the risk of falls and fractures. Weight-bearing activities are best for strengthening bones. These include walking, gardening, stair climbing, tennis, weightlifting, tai chi, aerobics and dancing. Swimming and cycling are good for general health but are less effective for building bone density.

Avoid smoking and limit alcohol

Smokers tend to lose bone faster than non-smokers.

Too much alcohol can also cause bone loss and fractures. Limit alcohol to 0 to 2 drinks per day and have at least 2 alcohol-free days each week.

Read more about how to keep your bones healthy at Healthify.nz ▪

Women's Health Team - update

There is substantial expertise and experience in our Women's Health Team. We have two GP members of the Australasian Menopause Society and our Midwife Prescriber, as well as experienced Physician Associates, nurses, and other GPs in support.

On matters relating to menopause, sexual health, family planning, and long and short-term contraception, we offer a comprehensive range of high quality services.

These services are available to all – you do not need to be enrolled at TAMC to book a consult (casual patients will need to fill out a casual enrolment form, the first time they visit).

Also, many of the services are subsidised, so often there is a reduced fee, and sometimes no fee, for advice and treatments.

Contact our reception to book – 07 872 0300. Make sure to ask our receptionist to book you into the Women's Health Clinic ▪

Mid-life Health Checks for Women

…. aged 40 to 60 inclusive

TAMC's Mid-Life Health Checks for women aged 40-60 yrs include assessment of bone, cardiac, and cancer risks.

For a Mid-Life Health Check, book an appointment in the Women's Health Clinic. There will be a questionnaire to complete prior to your appointment, either emailed to you or you can fill it out in the waiting room prior. For your privacy we would recommend having it emailed to you and for you to bring the completed forms to your appointment.

Allow 30-40 minutes for these checks. The cost is double your normal consult fee ▪

TAMC Survey October, November, into December

- scan this QR code or
- scan a QR code at the Clinic or
- complete a hard copy - enquire at reception ▪



Do you know who your GP is, and who else is in their team?

Our clinicians now work in Practice Teams. These teams enable our staff to better coordinate, communicate, and work together behind the scenes to manage your care. Each Team can have a mix of GPs, Physician Associates, Nurse Practitioners and Nurse Prescribers.

Team 1

Dr Alison Glover
Dr Jane Cooper
Jenna Oppliger – Physician Associate

Team 2

Dr Ernst Buhrs
Dr Amanda Henderson
Manuel Pompa – Physician Associate

Team 3

Dr Herbie Taute
Dr Elan Jones
Dr Jo Vipond
Michaela Buhrs – Midwife Prescriber
Tricia Stuart – Physician Associate

Team 4

Dr Katie Reid
Dr Ayesha Haque
Fiona Wing – Nurse Practitioner

Supporting the Teams on any particular day needed, will be Dr Spencer Lees and Dr Paul Wilson.

Remember to get the best out of your appointment by being prepared with written questions and discussing your most important issue with your doctor first.

What does this offer to you, the patient?

GP backup:

Your GP now has help. If you are unable to book with your GP, or cannot wait until your GP is available, then you can book with another provider in your GP's Team, and they will communicate with each other about your care as necessary.

Have a regular 'backup' person:

Whenever you can't book with your GP, we suggest that you book with the same regular backup person from your GP's Team. In time, you will have more than one provider in the team who is familiar with your medical conditions and history. Remember that we have specialised clinics that you can book into as well. See our 'Specialised clinics available' also.

Continued …..

Easier follow-ups:

You may have a consultation with your GP and they may ask you to come back in a few days for a follow up. If you cannot book in to see your GP within a few days, then you will be able to book the follow up appointment with another member of the GP's Team, knowing that the two providers will communicate with each other about your care as needed.

Do I need the GP for that?

Depending on what your ailment is at the time, you may not need to see your GP at all. For example, if you have simple cold or flu symptoms, an appointment with one of our Nurse Practitioners or Prescribers may be sufficient to get you a check-up and symptom relief with a much shorter wait time.

Appointments available sooner:

For more urgent illness, the Physician Associate in your GP's Team is likely to have appointments available sooner than your GP. We always recommend booking an appointment rather than waiting in our Casualty queue, where the most urgent patients get priority, and wait times can be long.

Specialised clinics available:

While your GP's Team is available for general medical appointments, you can still book with any provider at our clinic for specific things, such as

- Dermatography with the nurse (skin check photos)
- GASP respiratory clinics provided by nurses and our Pharmacist Prescriber Rachel Bell (breathing related consults and changes to prescriptions, including inhalers)
- Women's Health (menopause, family planning, sexual health and more) provided by our Women's Health GPs, nurses and Midwife Prescriber
- Skin checks with specialised GP, Dr Hemisha Patel
- follow-ups and dressing changes - Dr Krishna Chatterjee, Friday mornings.

We trust that our new Practice Team structure will enable us to provide improved levels of care for you.

We welcome your feedback as we get our Practice Teams up and running through 2026 and 2027▪

Tips and Reminders

Skin checks available with specialised GP Dr Hemisha Patel

The summer season is coming – book now for your skin check to keep an eye on your skin health.

WELL patient portal

A reminder that our patients can have access to test results, clinical records, appointment bookings, and ways to communicate with their GP, by using the WELL patient portal.

The WELL patient portal is available on Android and iOS for mobile, and on your computer.

You must be enrolled at Te Awamutu Medical Centre to register for WELL

• you must be over 16 years old to register

• you must have an email address and mobile phone number

• your details must match what we have on file for you to connect successfully. If they don't, you will be directed to us to update your details and once they match, you will be connected.

To sign up, visit www.well.co.nz

Use our code to register: TEAMED ▪

Mums and Bubs – a reminder

FREE Post-partum GP checkup - a reminder that all new Mums are eligible for a free post-partum checkup with a doctor at the same time baby has their free 6-week-old checkup.

Book a double appointment soon after baby's birth to ensure an appointment with your doctor before baby is **5.5 weeks old**. Mum's check-up is only funded if completed and recorded before your wee one turns 6 weeks old.

Phone 07 872 0300 to make an appointment and be sure to mention this service ▪

Not available in Casualty

Casualty is for urgent medical treatments, accidents and injuries. The following is a list of what you cannot have done in Casualty:

- consults for WINZ forms
- employment medicals
- driving medicals
- regular check-ups and other issues that are not medically urgent.

These activities are available by booking with your GP or their support team.

We suggest that you book well in advance for a driving medical (double appointment), an employment medical or consults for WINZ forms, to ensure these are completed on time ▪

Account reminders

We have changed how our scripts are invoiced. When the GP completes a script, the invoice is done automatically as part of this process now. You will receive a link, via email or text, to pay – if you have Southern Cross insurance, please email us at accounts@tamc.co.nz so we can claim this for you.

A reminder that we do not run accounts any longer. Payment is expected on the day of your appointment. We do understand that things are tough financially for a lot of our patients at the moment – please do reach out to us if you need assistance with payment or managing your account. We want to work with you ▪

Te Awamutu Medical Centre will be closed Monday 26th of October for Labour Day

Emergency medical care - 111
Anglesea Clinic - 07 858 0800
Healthline - 0800 611 116

Te Awamutu Medical Centre

Ph: (07) 872 0300
Email: reception@tamc.co.nz
Website: www.tamc.co.nz
Clinics:
220 Bank Street, Te Awamutu 3800
4/415 Pioneer Drive, Frontier Estate
P O Box 378, Te Awamutu 3840
Hours: Monday – Friday 8am to 6pm

NEXT NEWSLETTER

December 2026