

KENDAL MEDICAL CENTRE

Newsletter Autumn 2026



Kia ora everyone 🌿

We're sharing a few important updates about how we manage appointments and prescriptions at Kendal Medical. These changes help improve access to care and ensure safe prescribing for everyone.



12-Month Prescriptions

Recent national changes allow some medicines to be prescribed for up to 12 months. This does not mean everyone will receive a year-long script automatically.

All prescribing decisions at Kendal Medical are based on safety and individual clinical need.

If you're interested in a longer prescription, you'll need to book a GP consultation for a medication review and planning before your next script. Any other concerns should be booked separately.

✔ More likely to be suitable if you

- take a single medicine for a stable long-term condition
- have had no recent dose or medication changes
- do not need routine blood tests or close monitoring

✘ Not suitable for controlled drugs

The new legislation does not allow year-long prescriptions for controlled medicines such as opioids, benzodiazepines, codeine, tramadol, zopiclone, medicinal cannabis or ADHD medicines.

Declined Script Requests

If a prescription request can't be approved, we'll contact you by text, email, or portal. In most cases you'll need an appointment.

If you're at risk of running out, contact reception about a short bridging script. Standard fees apply.

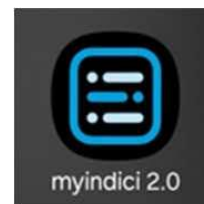
Adult ADHD Assessments

Dr Longman is now providing ADHD assessments for our registered patients aged 18 years and over. These assessments are not government subsidized and the charge is \$1,490. ADHD assessment includes initial 30-minute appointment, review of 3 ADHD questionnaires, making phone contact with the people who completed them, doctors time documenting these discussions, then a 30-minute face to face appointment for discussion of results and next steps. There may be extra charges if our team need to do further assessment. For further information please see our website.

MyIndici Patient Portal

Are you registered for this but unable to log in?

If you have registered for the portal, all clinic communication will be made via the app. If you are unable to login, you may miss important updates such as messages from the doctors, staff updates, reminders and upcoming specialist clinics such as Flu vaccinations. **If you need help resetting your password or logging in please**



talk to Deb or Fiona.

FLU VACCINES AVAILABLE FROM 1ST APRIL



DRIVE-THROUGH CLINICS

Wed 1st April 10am – 1pm

Thurs 2nd April 10am – 1pm

Saturday 11th April 9am – 1pm

Drive around the rear of the clinic from the pharmacy side – no need to get out of your car.

Flu vaccines are free for:

- People aged 65+
- Pregnant people
- Children aged 4 years of age and under who have been hospitalized for or have a history of significant respiratory illness
- If you have a long-term health condition such as asthma, diabetes, heart disease, cancer or immunosuppression.
- Serious mental health conditions such as schizophrenia, bipolar disorder or major depression.

Otherwise, the cost is \$39 (including children).

COVID BOOSTERS

You can have this at the same time as your Flu vaccine – providing you have not had a booster or a Covid infection in the last 6 months.

These are recommended 6–12 monthly for people over 65 and those with chronic health conditions. However, if you are aged 30 or over, you can have a free booster regardless of the number of vaccines you have already had. You can check if you are due for a booster by giving us a call, or checking on your MyIndici app under “immunisations”.

Who Can Get A COVID Vaccine?

Generally, children aged 0–15 years are only eligible for a single initial dose but not additional doses – unless severely immunocompromised or have complex or multiple health issues.

Young people aged 16 – 29 years are eligible for a single initial dose and one booster.

If you are aged 30 and over, you can have a booster every 6–12 months.

If you are pregnant, breastfeeding or planning to become pregnant you are eligible for a booster.

We encourage you to get a booster if you have a medical condition that increases the risk of severe illness from COVID-19.

There is no charge for having a COVID booster.

New Enrolments

Dr Longman is currently enrolling new patients who live in the Burnside, Bishopdale, Harewood, Avonhead and Ilam areas.



From Peter & Sharon – THANK YOU to everyone who came along to our recent farewell. We were incredibly honoured and grateful to receive so many lovely gifts, cards, flowers and well wishes.

A reminder that Sharon's final day of work will be Friday 17th April.



UPCOMING LOCUMS

Dr Rebecca Walker: 20 Apr–15 May; 21 Jul–28 Aug

Dr Sandra Fountain: 9–12 June; 31 Aug–11 Sept