

KENDAL MEDICAL CENTRE

Newsletter Winter 2026



Kia ora everyone. Winter has arrived and we hope you all keep well. Remember we are still providing Flu and Covid vaccinations if you haven't already had your booster – book with our nurse or request it next time you are visiting the GP.

Saturday Morning Clinics

We are open on Saturday mornings from 9am-12pm for winter. Our weekend prices compare well with other weekend medical services such as the Riccarton Clinic or the 24 Hour Surgery. This is mainly for our enrolled patients, though if a friend or relative wants an urgent one-off check please ask (casual rates apply).

Weekend Fees	
Aged <14 years	FREE
Aged 14-17 years	\$80 (\$60 with CSC, \$13.50 ACC*)
Aged 18 and over	\$100 (\$80 with CSC, \$20 ACC*)
*Weekend consultations do not attract a Community Services Card subsidy unless it relates to an accident.	

MyIndici Portal

If you haven't set this up please consider it. It is very useful for booking appointments, to check the test results your GP ordered, and is a secure way for our team to message you when we need to. Talk to reception to set this up.

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. If you need help resetting your password or logging in please talk to Deb or Fiona.

Medical Certificates

Medical certificates are a statement to a third party, be that an employer, ACC, WINZ, the Courts or somebody else. The issuing doctor needs to be confident enough to defend the medical grounds for the certificate if called on. Almost all medical certificates require a face to face consultation, the

main exceptions being a very short term extension when you have seen the doctor face to face very recently, or if you realise just a day or two after a doctors appointment that you do need a medical certificate for time off work. If we haven't seen you face to face we can issue an "off work reported" medical certificate which has different wording than a standard off work certificate.

Many work related and most WINZ and ACC medical certificates require comment on fitness for partial duties or limited hours. In the rare event of a patient declining to engage with medical assessment our options are to not issue a medical certificate or to issue a certificate saying that we have been unable to form an opinion.



Medicals

Many "medicals" have no government funding. Examples include driver's licenses, insurance medicals, reports for your lawyer or court, visa related medicals whether for NZ immigration or overseas travel, and pre-employment medicals. Our price for a 15-minute medical (eg. most driver's license medicals) is \$100 including GST. Prolonged medicals are charged in 15-minute blocks, this includes both time the patient is in the room and time taken reviewing old files before or afterwards to allow completion of the form. If booking for such a medical be aware of the potential costs and check whether the (eg.) insurance company or you are paying for the report to avoid a shock.

Flu and Covid Vaccines

We've had an excellent uptake already this year and these are still available. Flu vaccine is fully funded if you are aged over 65, pregnant, or have one of various long-term medical conditions. Covid is still around and a booster vaccine is particularly recommended for those 50 years old and above, also for anyone over 30, and for under 30's with specific long term health issues that put them at high risk. If you aren't sure if you need one, or have questions, ask us.



Other Vaccines

We have incredibly high rates of childhood vaccination at Kendal Medical Centre. Thank you to Fang and Hannah for their hard work, and to our families for protecting their young ones.

Beyond childhood, HPV vaccines in teens, tetanus boosters at age 45 and 65, and shingles vaccination at age 65 are funded and highly recommended. Pertussis (whooping cough) booster vaccine is funded for pregnant women, and not funded but highly recommended for dads to be and others who will be close to a newborn baby like grandparents (cost \$89). We can also arrange travel related vaccinations for certain destinations, RSV (Respiratory Syncytial Virus, cost \$450), and others such as meningitis and chicken pox.

New Enrolments

We happily have several more doctor hours per week now than we did last year so are accepting new enrolments. We are currently enrolling new patients from the Burnside, Bishopdale, Bryndwr, Harewood, Avonhead, Russley and Ilam suburbs. We are keeping the same balance between patient numbers and doctor hours that Doctors Peter and Sharon did to ensure we keep the same easy availability of doctor appointments. If you have family or friends who would like to enrol we suggest they do so soon in case we return to a waiting list system later in the year.

Enduring Power of Attorney

There are two types of Enduring Power of Attorney (EPA or EPOA) – Personal Care and Welfare; and Property. EPA gives someone you trust the power to make important decisions for you if you're unable to.

A lawyer needs to create your EPA, but it is important to note that an EPA has no effect and your attorney has no power to make decisions until your EPA is activated. Your EPA can only be activated by a suitably qualified medical practitioner (ie. GP) and only if they assess you cannot make decisions about your personal care and welfare due to mental incapacity. They'll provide a medical certificate for mental incapacity.

If you or a family member has EPA that requires activating, a face to face appointment is needed so the doctor can assess mental capacity.

Upcoming Locums

Dr Rebecca Walker: 22 Jul–28 Aug

Dr Sandra Fountain: 31 Aug–11 Sept

Peter and Sharon

We hear regularly from Peter and Sharon, and they will be joining our staff mid-winter Christmas function shortly. We're all happy to pass on any messages to them – they seem to be busy and enjoying their retirement.

