



VISITING PROFESSIONALS

- Plunket – Claire - 2nd Monday of every month
- Podiatrist – 1st December 2023

The Cervical Screening Self-test is back for another FREE CLINIC!!

SPECIAL FREE HPV CLINIC FOR ALL WHO ARE DUE FOR A SMEAR ON

WEDNESDAY 22nd NOVEMBER

4-6pm at the Health Centre

PLENTY OF SPACES LEFT!!!

Call to make an appointment or to talk to our nurse for further information.

COVID CLINIC – Thursday

30th November 9am – 1pm

Please Call 020 409 1074 to make an appointment.

COVID-19 booster doses can continue to be administered to those who are eligible and wish to have one, regardless of how many doses they have had previously. Eligibility criteria has NOT changed - COVID-19 boosters continue to be available for:

- people aged 16-29 who are at higher risk of severe illness from COVID-19 or are pregnant
- An additional booster dose is given at least 6 months after previous dose and recommended 6 months after COVID-19 illness or infection.

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Highest priority groups who are most likely to benefit from a further booster include

- People aged 30 to 75 with complex health needs (e.g. residential care, multiple medical conditions)
- People aged 75 years or older, especially those in residential care or with significant frailty
- Māori and Pasifika aged 65 years or older, especially those with multiple comorbidities
- People aged 16 years or older with severe immunocompromise (i.e. those who were eligible for a third primary dose)

If you call our clinic phone out of hours, your call is always answered by a registered nurse who will assess your needs, offer advice or, if required, pass the call to our on-call clinician. It can take several minutes to answer the phone so please be patient and hold, and follow the voice prompts carefully. **IN AN EMERGENCY DIAL 111**

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Deadline for material

(including Advertising)

is midday Sunday if the space is pre-booked, otherwise Friday 5pm

Opinions expressed herein are not necessarily those of the editor or publisher

HANMER SPRINGS FOODBANK



Did you know there is a "Foodbank" in Hanmer Springs that has funds available to help those that are struggling at the moment. This Foodbank money has been made available from generous donations by the Hanmer Springs community. A Four Square grocery voucher will be given to those eligible. If you, or you know someone that lives in the Hanmer Springs community that may be eligible please email:

hscommunitytrust@gmail.com

and we will send you an application form. All applicants will be held in strict confidence. Or, perhaps you may like to make a donation to help those less fortunate. A suggestion could be that you round up your next Hanmer Springs Four Square shop by making a monetary donation to the Foodbank account? Please ask the friendly checkout operator next time you are shopping.