



Spring Newsletter 2026

Welcome to Dr James Burt

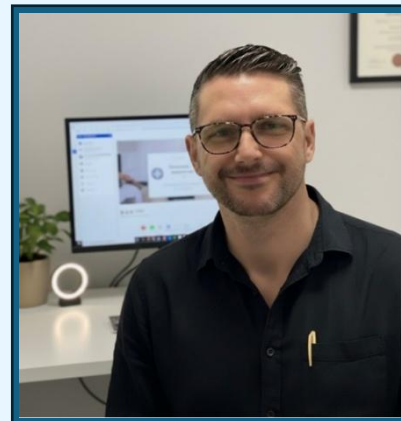
Dr James Burt has joined the Terrigal & Avoca Beach Medical Centres as a GP Registrar.

Dr Burt will be available for appointments on:

- Monday
- Tuesday
- Wednesday
- Friday

Appointments for all of the doctors are available and can be conveniently booked online via our website or through our practice App called AMSCoconnect (details are on the [website](#)).

Patients can also call the Terrigal Medical Centre on 4385 3150 or the Avoca Beach Medical Centre on 4382 1585.



One Year in Our New Home 🏠

It's hard to believe that it has already been 12 months since we moved into our new premises at 9-13 Kurrawyba Avenue Terrigal !

Over the past year, our new space has given us the opportunity to continue providing quality healthcare in a welcoming, comfortable environment for our patients and their families.



Thank you to the dedicated doctors, nurses and reception staff for everything they do each day to keep our medical centre running and the patients supported. We look forward to continuing to care for our community and supporting your health and wellbeing for many years to come.

Women's Health Week (7 – 11 September 2026)

It is easy to put your own health on the back burner while caring for family, work and community. Taking just a few minutes to check in on your wellbeing can make a lifetime of difference.

Regular health checks are your best defence against illness. Ask yourself if you are up to date with these essential screenings:

- **Cervical Screening:** Women aged 25 to 74 need a Cervical Screening Test every five years to detect HPV early.
- **Breast Health:** Perform regular self-checks. If you are aged 50 to 74, ensure you book your free mammogram through BreastScreen every two years or book an appointment with your GP.
- **Heart and Blood Pressure:** Cardiovascular disease is a leading cause of death in Australian women. A quick blood pressure check at your next visit is vital.
- **Bone Density:** As hormone levels change with age, bone health becomes a priority. Talk to your GP about your osteoporosis risk.

Women's health changes over time and the GPs are here to support you through every transition:

- **Contraception & Family Planning:** Discussing modern options that suit your current lifestyle.
- **Perimenopause & Menopause:** Navigating symptoms like hot flushes, mood changes and sleep disruptions with evidence-based medical therapies.
- **Mental Wellbeing:** Managing stress, anxiety, or postnatal symptoms in a safe, confidential space.

Book Your Health Check Today - Perimenopause & Menopause assessment appointments are available. Don't wait for symptoms to appear before booking an appointment.



R U, OK? Day is a reminder that a simple conversation can make a real difference. It's an opportunity to check in with the people around us and let them know that we're there to listen — not just when things are going well but when life feels difficult too.

This R U OK? Day on the 10th of September take a moment to ask someone, **“Are you OK?”** Make time for a genuine conversation, listen without judgement and let them know they don't have to face things alone.

Remember, checking in shouldn't be limited to one day. A small question, a kind word or simply being there can help someone feel supported and connected.

New Monday Evening Appointments now at Terrigal

The Terrigal Medical Centre is offering Monday evening appointments.

We know that weekdays can be busy, making it difficult to see a doctor during standard consulting hours. We hope these extended hours will provide greater flexibility, help with urgent healthcare needs and make it easier to plan your appointments around work and family commitments.

Appointments are available online or contact the Terrigal Medical Centre on 4385 3150.

A Special Thank You



A big thank you to Maureen Bowcock for generously donating beautiful knitted bears to the Terrigal and Avoca Beach Medical Centres.

These adorable bears are a wonderful comfort for our little patients who come in for their vaccinations, as well as for children who may be feeling unwell or simply need a little extra reassurance during their visit.

Maureen also generously knits and donates bears to the Children's Hospital in Sydney, helping to bring comfort to children when they need it most.

We are incredibly grateful for this thoughtful and caring contribution.

Thank you Maureen for spreading a little extra comfort and kindness to children in our community and beyond! 🧸💛



Staff News



Genes for Jeans – Skipping for a Cause! ❤️

This August our practice is getting active for Jeans for Genes, taking on the challenge of 100 skips a day throughout the month to help raise awareness and support for children living with genetic diseases.

Our current skipping champions are Dr Karen Douglas, Claire and Maria, who have been keeping the skipping rope moving — 100 skips a day is no small feat!

Genetic diseases can have a significant impact on children and their families, and initiatives like Jeans for Genes help raise vital funds for research and support.

We're looking forward to keeping up the momentum for the rest of August. A huge well done to Dr Karen Douglas, Claire and Maria for taking on the challenge - who knows how many skips they will have clocked up by the end of the month!



Christmas in July 🎄🎅

Who says we have to wait until December to celebrate Christmas?

Recently, we brought a little festive cheer to the practice with our very own Christmas in July celebration! It was a great opportunity for everyone to take a break from the usual routine, enjoy some good food, share a few laughs and spend some time together as a team.



There were plenty of festive touches, delicious treats and of course, lots of Christmas spirit! 🎄💡

It was lovely to have some fun together and enjoy a little mid-year celebration.



Thank You for Reading!

Thank you for taking the time to read our latest newsletter.

We hope you enjoyed catching up on what's been happening around the practice.

We look forward to sharing more news, updates and a few more highlights with you in our next newsletter.