



Our Official Opening Celebration

We're proud to share that we recently held the official opening of the Terrigal Medical Centre - a significant milestone for our team and the local community. The event was made even more memorable with the presence of some well-known special guests. It was a fantastic opportunity to showcase our space and celebrate the beginning of this new chapter.

Thank you to everyone who attended and helped make the evening so special.



Sun Safety

We all know the basics — sunscreen, hats and avoiding peak sun hours — but being sun smart means taking the next step: regularly checking your skin.

Skin cancer is one of the most common and most treatable cancers when caught early. Taking a few minutes to look over your skin, especially spots that are new, changing, or just don't seem right, can make all the difference.

Protect your future self. Book an appointment with your GP now.





Staff News

HAPPY RETIREMENT JANELLE FOSTER

Since joining the Terrigal Medical Centre in 2003 as a Clinical Nurse, Janelle has been a valued and dedicated member of our team. Recognising the growing need for Health Assessments, she stepped into this role with commitment and excellence, shaping it into a key part of our service.

Over the years, she visited countless patients in their homes to perform assessments, always welcomed and often sharing stories, a cup of tea and a biscuit or two. Janelle's care, compassion and professionalism have touched the lives of so many in our community.

We wish to thank Janelle for her dedication and for providing our patients with exceptional and professional service in Health Assessments. We will miss her infectious laughter, her wonderful sense of humour and the warmth she brought to our team.

Wishing you all the very best for a happy and fulfilling retirement, Janelle - you will be greatly missed by us all.



Our Health Assessment Team Expands

Our Health Assessment team has recently expanded. With Janelle retiring, we now have three dedicated nurses—Jenni, Ella, and Kelsey—who are excited to provide patients with a comprehensive and supportive health assessment experience. Alongside this role, they also work in the casualty area of the practice, supporting our doctors with day-to-day clinical duties and patient care. We are grateful for their skills, compassion and ongoing commitment to our patients and community.



Exciting News!

We are delighted to announce that Dr Marguerite Thomas will be returning to the Terrigal and Avoca Beach Medical Centres in February 2026.

Dr Marguerite Thomas, MD is a fellow of the RACGP with particular interests in women's health, children's health, sexual and reproductive health.

She also holds a BA-Psych (Hons Class 1) and a Masters of Public Health and previously worked in public health policy and research. She undertook her hospital training years at Gosford and Wyong Hospitals.

Marguerite is passionate about the social determinants of health and the way that social, environmental and political contexts shape health. She has published research in the areas of maternal mental health, tobacco control and food policy.



Dr Thomas will be consulting on Monday, Tuesday, Thursday and Friday at the Terrigal and Avoca Beach Medical Centres.



Also joining the team in February is Dr Matthew Knapman. Dr Knapman is a UK trained GP who has worked on the Central Coast since 2013.

His interests include care of the older person, sports medicine and skin cancer medicine. He has undertaken further advanced training in the detection and surgical management of skin cancer achieving accreditation with the Skin Cancer College of Australasia.

Dr Knapman will be consulting on a Tuesday and Wednesday at the Terrigal Medical Centre.

We are thrilled to welcome Dr Marguerite Thomas and Dr Matthew Knapman to the team and look forward to the valuable experience and care they will bring to our patients and community.

Bookings for Dr Thomas and Dr Knapman will be made available through the website once they are open.

Your care, our priority.

From 1 November 2025, the Australian Government will change Medicare's bulk billing incentives to improve access to care. While we support efforts to prioritise patient health, the new funding is limited and does not cover the rising costs of running a quality medical practice. Providing high-standard care requires ongoing investment in staff, equipment and facilities, but Medicare rebates still fall short of these real costs.

We pride ourselves in maintaining long term patient relationships and offer high quality, continuing healthcare. We will therefore continue to be a private billing Practice after 1st November. Most consultations will still include an out-of-pocket fee, and we will keep processing your Medicare rebate for you. We appreciate your understanding.

Update on Online Bookings

Patients are now able to request a repeat prescription or referral online (located via Online Bookings under the "Repeat Scripts" tab).

These services are available through your regular GP only, who will review your request. If your GP feels that the repeat script can be done without further review, it will be sent via e-Scripts. The referral will be sent via email to the specialist with a copy to your email (if on file). Your GP may deny either request if further clinical review is required, in which case you will be notified.

The cost is \$30, for which there is no Medicare rebate. You will not be charged if the script or referral cannot be done.

Please note, this service does not apply to:

- Antibiotic prescriptions
- Opiate (pain) or benzodiazepine (muscle relaxers/sleep medication) prescriptions
- Pathology referrals
- Radiology referrals

The following doctors are currently available for Repeat Scripts and Referrals:

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|--------------------------|--------------------|
| · Dr Christopher Bennett | · Dr Karen Douglas |
| · Dr Geoffrey Smyth | · Dr Andrew Conroy |
| · Dr Roisin Nicholson | · Dr Sally Rawlins |

Wishing you all a very Merry Christmas.
from the Terrigal and Avoca Beach Medical Centres

