

SUMMER NEWSLETTER 2026

As we head into the warmer months and approach the festive season, we would like to take this opportunity to thank all the patients for their continued support throughout the year.

In this edition, we share some important summer health reminders, immunisation updates, ADHD Stimulant prescribing, our Christmas and New Year opening hours and some exciting staff news.

Slip, Slop, Slap, Seek & Slide – Summer Sun Safety

With summer approaching, it's important to remember to protect your skin from the sun. Sun protection is important all year round, but particularly during the warmer months when UV levels are higher.

Remember the five simple steps to sun safety:

- ☑ **SLIP** on sun-protective clothing that covers as much skin as possible.
- ☑ **SLOP** on SPF 50 or 50+ broad-spectrum, water-resistant sunscreen. Apply generously 20 minutes before going outside and reapply every two hours, or more frequently after swimming, sweating or towel drying.
- ☑ **SLAP** on a broad-brimmed hat to protect your face, ears and neck.
- ☑ **SEEK** shade wherever possible, particularly during the middle of the day.
- ☑ **SLIDE** on sunglasses that meet Australian standards to protect your eyes from UV damage.

Don't forget your skin checks! - It's important to keep an eye on your skin and become familiar with your spots, freckles and moles. If you notice any changes or have concerns about your skin, **make an appointment with your GP**. Early detection is important when it comes to skin cancer.



Immunisation Update

Keeping your vaccinations up to date is an important part of protecting yourself, your family and the wider community. There have been several changes to vaccination eligibility and availability - please read through the following updates.

Childhood Immunisations – Is Your Child's Immunisation Up to Date?

Childhood vaccinations play an important role in protecting children against serious and potentially life-threatening illnesses. It's important to ensure your child's immunisations are up to date in line with the National Immunisation Program (NIP) schedule. If your child is due or overdue for any vaccinations, please contact our practice on 4385 3150 to arrange an appointment.

Please note: Childhood immunisations require two appointments:

1. An appointment with your preferred GP.
2. An appointment with the practice nurse for the vaccination.

Please allow time for both appointments when arranging your child's immunisations. You can also check your child's immunisation history through your myGov account.

COVID-19 Vaccination – Eligibility Changes from 1 October 2026

From 1 October 2026, government changes were introduced to the eligibility criteria for free COVID-19 vaccinations under the National Immunisation Program. Free COVID-19 vaccinations are now focused on people at higher risk of severe illness.

The **eligible groups** include:

- Adults aged 75 years and over – recommended every 6 months.
- Adults aged 65–74 years – recommended every 12 months.
- Aboriginal and Torres Strait Islander people aged 50–74 years – recommended every 12 months.
- Adults aged 18 years and over who are severely immunocompromised – recommended every 12 months.

If you are not eligible for a free vaccination, you may still be able to access a vaccine privately through a selected pharmacy. If you are unsure whether you qualify, please speak with your GP to discuss your individual circumstances and vaccination needs.

Pneumococcal Vaccination – Capvaxive® Supply Shortage

There are currently national supply and distribution issues affecting Capvaxive®, the pneumococcal vaccine used in the adult National Immunisation Program.

Pneumococcal disease can cause serious infections, including pneumonia, bloodstream infections and meningitis. Vaccination is particularly important for older adults and people with certain medical conditions.

The vaccine is recommended and funded by the government for **eligible groups**, including:

- Adults aged 65 years and over.
- Aboriginal and Torres Strait Islander adults aged 25 years and over.
- Adults aged 18 years and over with certain medical conditions that increase their risk of severe pneumococcal disease.

Due to current supply constraints, vaccine availability is currently limited. If you believe you are eligible or would like to discuss whether you require a pneumococcal vaccination, please speak with your GP.

RSV Vaccination

Respiratory Syncytial Virus (RSV) is a common respiratory virus that can cause serious illness, particularly in babies, young children and older adults. Vaccination is an important way to reduce the risk of severe RSV infection.

Under the National Immunisation Program, **free RSV vaccination** is currently available for:

- Pregnant women: Recommended between 28 and 36 weeks of pregnancy to help protect newborn babies from RSV during their first months of life.
- Adults aged 75 years and over.
- Aboriginal and Torres Strait Islander adults aged 60 years and over.

People aged 60–74 years with certain medical risk factors may also be recommended to receive RSV vaccination, although it is not routinely funded for this group under the National Immunisation Program.

Speak with your GP if you require further information.



ADHD Stimulant Prescribing

Selected GPs at the Terrigal & Avoca Beach Medical Centre can provide ADHD continuation prescribing for eligible patients who have an established diagnosis and are stable on stimulant medication initiated by a specialist. There are also selected GPs with additional training that can diagnose and initiate ADHD treatment.

If you would like further information please contact the Terrigal & Avoca Beach Medical Centre on 4385 3150.

Staff News – A Few Familiar Faces & some New Faces

Some exciting staff news to share as we welcome back familiar faces and introduce some wonderful new additions to our team.

Welcome back Jessica (Receptionist) and Alex (Nurse) both returning after maternity leave.

Our nursing team is growing and we're excited to welcome two new faces: Nicole and Olivia. Both Nicole and Olivia will be conducting health assessments and supporting the patients with their healthcare needs in our nursing area.



Dr Renee Pope will be returning from maternity leave in February 2027.

Upon her return, Dr Renee Pope will be consulting on:

- Tuesday
- Wednesday
- Friday

Appointments will become available to book online closer to her return date in February 2027.

Christmas & New Year – Practice Opening Hours

The festive season is fast approaching and we would like to remind patients of our adjusted opening hours over the Christmas and New Year period.

	Terrigal Medical Centre	Avoca Beach Medical Centre
Monday 21 December	8am – 6pm	8am – 5pm
Tuesday 22 December	8am – 6pm	8am – 5pm
Wednesday 23 December	8am – 6pm	8am – 3:30pm
Thursday 24 December	8am – 1pm	CLOSED
Friday 25 December – Christmas Day	CLOSED	CLOSED
Saturday 26 December – Boxing Day	CLOSED	CLOSED
Sunday 27 December	CLOSED	CLOSED

	Terrigal Medical Centre	Avoca Beach Medical Centre
Monday 28 December – Public Holiday	8:30am – 1pm	CLOSED
Tuesday 29 December	8am – 6pm	8am – 5pm
Wednesday 30 December	8am – 6pm	8am – 5pm *
Thursday 31 December	8am – 6pm	8am – 5pm *
Friday 1 January 2027 – New Years Day	8:30am – 1pm	CLOSED
Saturday 2 January 2027	8:30am – 1pm	CLOSED
Sunday 3 January 2027	CLOSED	CLOSED

Please note:

Normal practice hours will resume on Monday 4th January 2027.

*subject to change

YOUR PHYSIO ADVANTAGE



Starting in February 2027, Your Physio Advantage will be offering Saturday morning physiotherapy appointments at the Terrigal Medical Centre.

Whether your weekdays are packed or you've been putting off addressing that nagging pain, stiffness or injury, Your Physio Advantage can help you get back to feeling your best.

For appointments call Your Physio Advantage on **4304 5990.**

A Few Reminders Before the Festive Season

As we approach the end of another busy year, here are a few things to remember:

- Book any outstanding GP appointments before the Christmas break.
- Check that your regular prescriptions have sufficient repeats.
- Make sure your vaccinations are up to date.
- Don't leave referrals or routine health checks until the last minute.

Coast Shelter Christmas Appeal



The Terrigal & Avoca Beach Medical Centre are proud to support the **Coast Shelter Christmas Appeal**, helping bring hope, comfort and support to people experiencing homelessness and hardship in our community.

Every donation, no matter how big or small, can make a real difference. Your generosity can help provide essential items, support and a little extra joy to those who need it most.

If you're able to give this Christmas, we encourage you to get behind this wonderful appeal and help spread a little kindness.

Together, we can make Christmas brighter for someone in need. ❤️‍🩹

Thank you for your generosity and support!

Thank you for continuing to support the Terrigal & Avoca Beach Medical Centre.

We appreciate the opportunity to care for you and your families.

From all of us at the practice, we wish you a wonderful Christmas, a safe and Happy New Year.