

**** Special Edition Newsletter ****



The Order of Australia Medal



Congratulations to Dr Karen Douglas who has been awarded a 2025 Medal of the Order of Australia (OAM) in recognition of her service to medicine as a General Practitioner and to the community.

The Order of Australia recognises Australians who have demonstrated outstanding service or exceptional achievement. Our sincere Congratulations to Dr Douglas on this fine achievement.

Registrar Update

Farewell to Dr. Marguerite Thomas and a Warm Welcome to Our New Registrars

We are saying goodbye to a valued member of our team and welcoming new faces who will be joining us for their training journey.

We would like to extend our warmest congratulations and best wishes to Dr. Marguerite Thomas, who is moving on to the next phase of her medical career as she continues her training as a General Practitioner. Dr. Marguerite Thomas has been an outstanding registrar during her time with us, and her dedication, hard work, and compassionate care have been greatly appreciated by both our patients and team. We will miss her, but we are confident that she will continue to excel and become a fantastic GP. We wish her every success in her future endeavours.

Welcoming Dr. Renée Pope and Dr. Charlotte Englund

We are excited to introduce and welcome two new registrars, Dr. Renée Pope and Dr. Charlotte Englund who have joined our team. They will be with us for the coming months, working alongside our experienced team to provide you with the best care possible. We look forward to supporting them in their training and getting to know them as they grow in their medical careers. As always, our team is here to provide you with the care you need and we appreciate your continued trust and support.



We have some exciting news to share with you!

As part of our ongoing commitment to providing the best care for you, we are thrilled to announce that **later in 2025**, the Terrigal Medical Centre will be moving to 9-13 Kurrawyba Avenue Terrigal.

Our move is still a few months away, so it's business as usual until then!

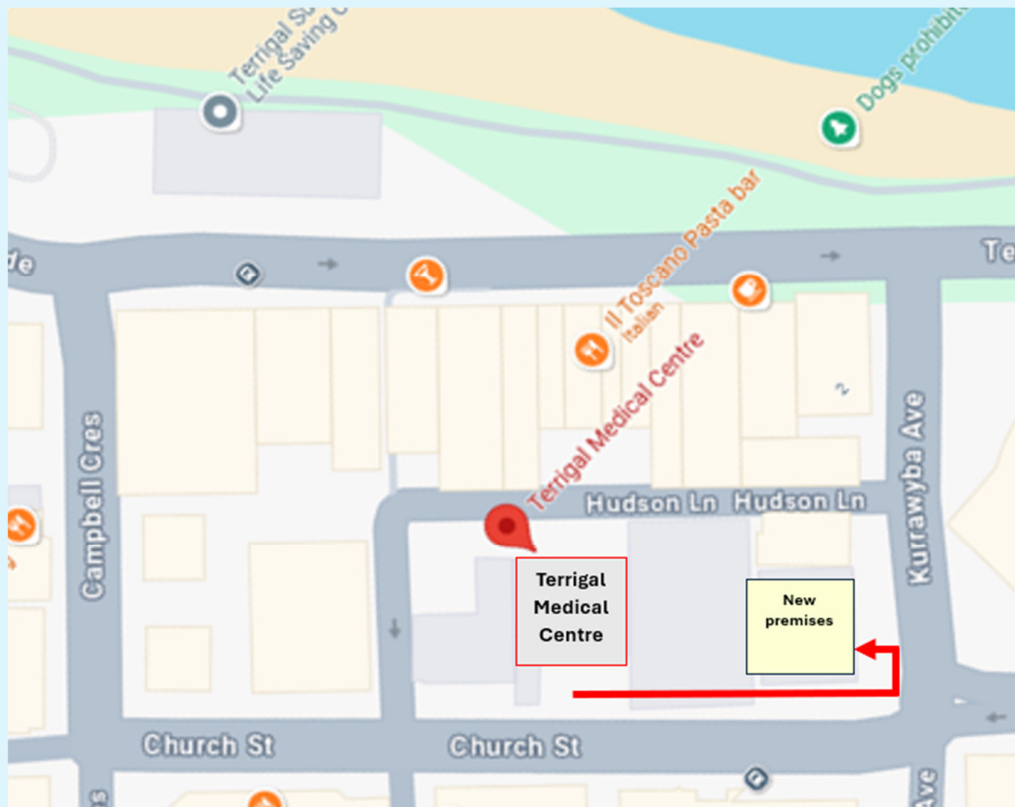
Your appointments, treatments, and services will not be affected by the move in the meantime. We'll be sure to update you with more details as the move gets closer.

The Avoca Beach Medical Centre will remain in the current location with no changes to opening hours and services.

We're genuinely excited about this new chapter and can't wait to welcome you to our new home later in the year!

As always, if you have any questions or need any information, feel free to reach out to us.

Thank you for being a valued patient and we appreciate your support as we prepare for this next step.





Flu shots are not yet available, but we will be offering them soon.

We will display information about upcoming flu clinics in our practice and on our website. Please check these resources for details, including dates and times, as well as when the flu shots become available.

We kindly ask that you **do not call the practice** to book an appointment as flu clinic information will be available through our website and in the practice.

New COVID-19 booster targets new strains of the virus

A new COVID-19 booster vaccine was released on 9 December 2024 and is now available. If you are eligible and are now due you can contact the Terrigal or Avoca Beach Medical Centres to arrange a booking with a nurse/and or your GP.



Further information about covid vaccines - <https://www.health.gov.au/our-work/covid-19-vaccines/getting-your-vaccination>



What is RSV?

RSV (Respiratory syncytial virus) is a common respiratory virus that affects the nose, throat and lungs.

A new program for immunisation against RSV to protect newborn infants starts on February 3rd 2025. Pregnant women from 28-36 weeks gestation will be eligible for the Abrysvo vaccine to protect their unborn child. This will mesh with a program for newborns to be immunised in hospital if their mothers have not been immunised or if they have certain eligible conditions. Details are available via the NSW Health website (link below) or from your GP.

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/respiratory-syncytial-virus.aspx>