



# Summer Newsletter

**Welcome to our Summer Newsletter.**

**We hope you find the information in this edition both enjoyable and useful. We've gathered insights and updates that we think you will appreciate.**



## Christmas and New Year Trading Hours

As the festive season approaches, we would like to inform you of our trading hours during Christmas and New Year.

The Terrigal Medical Centre will be open except for Christmas Day, Boxing Day and Sundays.

The Avoca Beach Medical Centre will be closed from Monday 23<sup>rd</sup> December 2024 and will re-open on Monday 6<sup>th</sup> January 2025.

Christmas and New Years Trading Hours:

Monday to Friday 8am – 6pm \*

Saturdays and Public Holidays 8am – 1pm \*

*\* Please check the website for any changes/arrival times*

Out of Hours care available:

Bridges After Hours (Erina) – 4367 9699

Peninsula Urgent Care Clinic (Umina) - 4315 2600

Long Jetty Urgent Care Clinic – call Healthdirect 1800 022 222

Emergency and Urgent Care Tuggerah – 4313 0103

For emergencies Gosford Hospital or Dial 000



**Christmas**

WISH YOU A  
*Merry Christmas*  
HAPPY NEW YEAR

**Christmas Time!**  
We would like to Wish all our Patients  
a Safe and Merry Christmas.

**2024 has been another great year.  
May all your Dreams & Wishes  
for 2025 come true.**

**If you need to be on the roads over this period,  
please, make sure you drive safe.  
Stop, Revive & Survive**

**Please make sure you stay hydrated with water if  
you are drinking over the Christmas period.**

**Keep stress levels down by being prepared and  
doing things in advance.**

**Enjoy the time you spend with  
Family & Friends**

## Time to book a Heart Health Check?

Prioritising heart health through regular checks is a proactive approach to maintaining your overall health and longevity. **Early Detection will** help identify risk factors for heart disease early, allowing for timely intervention.

A check can provide a clear picture of your heart health based on your medical history, lifestyle, and family history. Knowing your risk factors can empower you to make lifestyle changes, such as improving diet, increasing physical activity, or quitting smoking.

If you have conditions like high blood pressure or diabetes, regular checks can help manage these risks effectively.

### Who needs a Heart Health Check?

- All people aged 45–79 years
- People with diabetes from 35 years
- First Nations people from 30 years



Speak to your GP about a Heart Health Check.

Further information - [www.heartfoundation.org.au/your-heart](http://www.heartfoundation.org.au/your-heart)

## Childhood Immunisations

To ensure that your child receives their immunisations at the most appropriate time, we ask that you call our receptionist to book the appointment rather than using the online system. This way, we can coordinate with both the doctor and a nurse to make sure they're available and ready to provide the best care possible.



If you have any questions or concerns about the immunisations, our team will be here to help you during the call.

Thank you for your understanding!

## RSV Vaccines Now Available in NSW: Protecting Vulnerable Populations

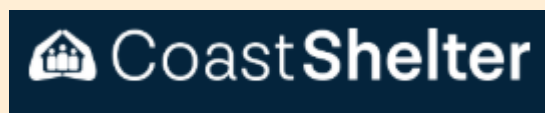
Respiratory Syncytial Virus (RSV) is a leading cause of respiratory infections in infants, young children, and older adults, particularly those with underlying health conditions. In response to growing concerns over RSV outbreaks, New South Wales (NSW) has rolled out a range of vaccines aimed at protecting the most vulnerable members of the community. These vaccines are now available through your GP.

The newly approved RSV vaccines target key at-risk groups: infants under six months, older adults aged 75 and above, those at risk over 60, First Nations people over 60, and pregnant women. For older adults, particularly those with chronic respiratory or cardiovascular conditions, the *RSVpreF* vaccine offers a preventative measure to protect against serious illness and hospitalization. Pregnant women can also benefit from the vaccine, which is administered during the third trimester, at least 2 weeks before birth, with free access likely to roll out early in 2025. This vaccine helps transfer protective antibodies to the baby, providing the newborn with immunity against RSV during the first months of life when they are most vulnerable to severe illness. For infants, a new treatment, known as *nirsevimab*, is available in hospitals to reduce the severity of infections during peak RSV seasons.



NSW Health encourages everyone in the eligible groups to take advantage of these vaccines to reduce the burden of RSV on healthcare systems and protect the most vulnerable individuals. Health officials emphasize that vaccination, along with other preventive measures such as good hand hygiene and avoiding exposure during peak RSV periods, is key to limiting the impact of the virus. For more information on RSV vaccination availability and eligibility, individuals are advised to consult their local GP or visit the NSW Health website.

Further information: <https://www.health.gov.au/news/national-immunisation-program-update-rsv-vaccine>



Each year the staff at the Terrigal and Avoca Beach Medical Centres show such kindness and community spirit by donating gifts to Coast Shelter. This generous act helps support those in need, spreading joy and warmth during the holiday season.

It's a great reminder of how acts of compassion can have a real and positive impact on the community. If you're involved with this initiative, it's a wonderful example of local collaboration and giving.



# Reminders... .. STAY UP TO DATE WITH YOUR VACCINATIONS

- Covid-19 Vaccine

It is especially important to get your 2024–2025 COVID-19 vaccine if you are ages 65 and older, are at high risk for severe COVID-19, or have never received a COVID-19 vaccine. New vaccine available mid-December 2024.

- Shingles Vaccine

The shingles vaccine is administered in a two-dose course, and unlike the previously available shingles vaccine, is safe for immunocompromised people aged 18 years old and over.

If you are eligible and want to receive a COVID-19 and/or Shingles vaccination, call to book an appointment or visit the Terrigal or Avoca Beach Medical Centres.

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*Thankyou for reading the Summer Newsletter.*

*Wishing you a joyful and safe Christmas season.*

*May 2025 bring you happiness, good health, and success!*