

## Better way to see your GP

The Kaipara Medical Centre has added an easy to use online booking system to their website allowing patients to see when their GP has appointments available.

Patients are encouraged to use the new system for non-urgent bookings, but are reminded that the GPs all work differing

hours and dates so it may take some time to see a particular GP.

Urgent appointments are best made by phoning reception on (09) 420 8400 and talking to the Triage Nurse who will assess your need and make a time to see the Duty Doctor.



Helensville Primary Students at last year's cooking classes at Te Whare Oranga o Parakai.

## Cooking up inspiration

The joys of cooking are being installed in a group of 10-13 year olds from Helensville Primary School with weekly lessons at Te Whare Oranga o Parakai.

The Term One classes, which introduce students to foods from different countries, have been made possible thanks to the sponsorship of Superb Herb. It's hoped other schools will be able to take part in the classes later in the year if funding is secured.

## Accessing cheaper healthcare

The Kaipara Medical Centre wants to ensure affordable healthcare is available to everyone so it's encouraging people to check whether they're entitled to the Community Services Card.

Changes introduced at the end of last year mean more people now qualify for a Community Services Card which can help reduce the cost of healthcare including after-hours GP visits, prescriptions, glasses for children and emergency dental care.

Those living in public housing or who receive an accommodation supplement are now also eligible for the card.

To check your eligibility visit [workandincome.govt.nz](http://workandincome.govt.nz).