

UPPER HUTT HEALTH CENTRE Newsletter



MAY 2026

STAY WELL THIS WINTER

As the colder months settle in, it's a good time to take a few simple steps to protect your health and wellbeing. Winter often brings an increase in colds, flu, and other respiratory illnesses, but a few proactive habits can make a big difference.

Here are some practical tips to help you stay well this season:

- **Keep warm:** Dress in layers, heat your home if you can, and avoid getting chilled — being cold can weaken your immune response.
- **Wash your hands regularly:** Good hand hygiene is one of the most effective ways to prevent the spread of illness.
- **Stay active:** Even light exercise helps support your immune system and overall wellbeing.
- **Eat well:** A balanced diet with plenty of fruit and vegetables provides essential nutrients to keep your body strong.
- **Rest and recharge:** Getting enough sleep is key to helping your body fight off infections.
- **Stay home if you're unwell:** This helps protect others, especially vulnerable whānau and community members.



BOOK YOUR FLU VACCINE

Flu vaccines are still available and are one of the best ways to protect yourself and those around you from serious illness. If you haven't had your flu shot yet, it's not too late — please contact us to book an appointment.

This year, we are also offering the FLUAD Quad vaccine (Ages 50+), this is an advanced vaccine that provides stronger and longer-lasting protection against Influenza A strains. It's also a great time to top up your COVID-19 protection. We can check your eligibility and administer both vaccines during the same visit.

Traveling soon?

Stay healthy while you travel.
Book your travel vaccination
assessment with us today!



Woman's Health Clinic

Get personalised care across a range of women's health services including; menopause support and procedures such as pessary reviews and pipelle biopsies.

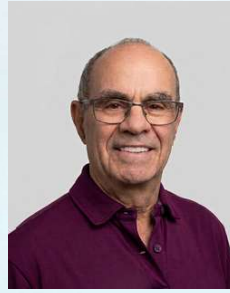
Give us a call on 04 920 1800 or email inquiries@uhhc.co.nz

WELCOMES AND FAREWELLS

We are delighted to welcome back Dr Gulshan Kaul to the practice after time spent with family overseas. We also warmly welcome Dr Bob Eidus, who joins us from the USA and brings a wealth of experience, with over 50 years as a family doctor.



Dr Gulshan Kaul



Dr Bob Eidus

We will be saying a fond farewell to Nurse Practitioner Jo Donovan and GP Dr Àngels Santacana, who will shortly be leaving us for new opportunities. We thank them both for their valuable contributions and wish them all the very best for the future.

NURSE PRESCRIBER CLINICS

Need an appointment sooner? Our Nurse Prescribers are here to help.

Our experienced Nurse Prescribers can assess, prescribe, and support you with a range of common health concerns and ongoing care needs.

Talk to our reception team about booking a Nurse Prescriber appointment.

EXTENDED HOURS

We now offer more flexible appointment options, with in-person appointments available until 7.30pm on Mondays and Tuesdays, and phone appointments available until 7.30pm on Mondays and Wednesdays.

We will continue working to expand our availability over the coming months, with the aim of offering extended hours on additional weekdays. Please note appointments after 5pm do incur a surcharge.

CLINICAL TRIALS AT UHHC

Did you know you can play a role in advancing new treatments, potentially even for your own condition, by participating in a clinical trial at Upper Hutt Health Centre?

We currently have studies available for:

- Adolescents with asthma (ages 12–17) who are using a regular preventer inhaler and have had symptoms flare in the past year
- Adults with COPD (ages 40–80) who are on inhaler therapy and have experienced recent flare-ups

We also have other open trials, so if you're interested in learning more or would like to see if you might be eligible, visit the website (filter for Hutt Valley) or contact us directly:

www.momentumclinicalresearch.co.nz

clinicaltrials@uhhc.co.nz

Vensa Patient Portal

Manage your health online including - booking appointments, requesting scripts and viewing results.

Contact our team or visit our website and we can help get you started.



Minor Procedures

We offer a range of procedures from; removal of skin lesions, in-grown toenails, contraceptive devices and steroid joint injections.

Give us a call on 04 920 1800 or email inquiries@uhhc.co.nz