


Sydney Street Health Centre

Newsletter – January/February 2026



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 reception@sydneysthealth.co.nz
www.sydneysthealth.co.nz

Opening Hours 8.30am to 5.30pm
Monday to Friday
Closed Weekends and
Public Holidays

GPs/Nurse Practitioners

Dr Geoffrey Carden
Dr Anna Eglinton
Dr Andy Williams
NP Eloise Yorke

Practice Manager

Monique

Nurses

Katie
Letitia
Sandra
Wendy
Amanda

Receptionists

Sarah
Nicki
Debbie

Hi everyone,

Hope you are well and rested after the Xmas and New Year breaks. As you may be aware there was a Manage My Health data breach which was navigated swiftly and luckily only affected a minority of our patients. Those affected should have been contacted by now. Please head to the Manage My Health website for any help and/or support needed during this time:

<https://managemyhealth.co.nz/faqs-cyber-breach/>

Manage My Health has assured us that the platform is now secure, and patients should continue to use it as normal. Everything seems to be working well again. We update our website regularly so please head there for any updates:

www.sydneysthealth.co.nz

12 Month Prescription Lengths

Most of our prescriptions will continue to be the standard 3 Months as most medications, and their associated conditions, require this degree of oversight. If a patient is requesting anything more than a 3 Month script then the patient should make an appointment to see their clinician or contact them via Manage My Health.

ADHD Assessments and Prescribing

We will continue undertake the standard consultation process to assess for ADHD however none of the clinicians in our practice are specialist trained to prescribe ADHD medications so will refer for assessment, as we always have done, to appropriately trained specialists for the foreseeable future.



Meningococcal vaccines reminder for students

A reminder that students entering their first year of living in boarding schools, hostels or tertiary education halls of residence are eligible for Bexsero and MenQuadfi vaccinations. Those adolescents who received MeNZB programme vaccines in childhood are still eligible for Bexsero vaccines and it is recommended they receive them.

Bexsero is a two-dose course separated by 8 weeks (can be reduced to 4 weeks if indicated), and MenQuadfi is a single dose.

MenQuadfi and Bexsero can be administered at the same visit, using different sites.

Funding eligibility for meningococcal vaccines

Meningococcal vaccines are funded for individuals aged between 13 and 25 years (inclusive), who are entering close living situations within the next 3 months; or are in their first year of living in boarding school hostels, tertiary education halls of residence, military barracks, youth justice residences, or prisons.

Note: International students under 18 years of age are eligible for funded meningococcal vaccines. Those aged over 18 years who are not eligible for funded healthcare in NZ will need to self-fund.

A message book for Dr Robson

A reminder that we have created a book for Dr Robson if you would like to write a message for him before he retires. This will be a nice keepsake for him. Even if you do not have an appointment, please feel free to pop down and sign the book or write a message. The book will be kept in the Waiting Room of the practice for around the next 12 months.

**Think bright thoughts,
speak kind words,
follow bold dreams,
and trust the journey.**

From The Team at Sydney Street Health Centre