

Blog: 14th June 2026

Its been a busy time at the surgery and there have been a few changes and time off for holidays for staff too. Everyone has had big updates and refreshes at the conference in Rotorua from 7am Friday through to 1pm Sunday even if Saturdays, plane cancellation of the Auckland to Rotorua flight disrupted a lot of speakers. I stuck mainly to gut medical and surgical stuff along with updating some of the really nasties in neurology, head and neck, but other doctors and nurses were full of praise for the updates in managing thrombosis, dietary modifications and cardiac. The GP CME conference at the Events centre had about 500 attendees, mainly GPS but an increasing practice nurse cohort, and it covers a very wide assortment of topics delivered, by specialists in the area- often in very compressed 20 minute lectures. It is really full on, and after a 8am start finishing 6.30pm on Friday I was back to the hotel to lie on the bed and stare at the ceiling for quite a while before ordering dinner, too exhausted to join the others that night. It was good to catch up with old colleagues and know I'm not the only one still in practice too, though some were working part time, and in other roles like telehealth and specialised areas like aviation medicine only. Workforce shortages meant less GPs there than pre-covid times when a peak of 700+ GPs attended. Next year the conference is moving to Claudelands, Hamilton. Our staff will miss the spas in the base of the hotel which help with the unwind after such full-on days.

New staff: Many of you will have already met Charlton on the desk. He is our Practice Manager's son, who has just finished a degree at Otago University in criminology and Sociology. No-one is hiring in many suitable government departments with the across the board savage cuts implemented by this government which also have led to much greater competition for jobs in the private sector, also as many of our patients job seekers are finding. It is very tough out there in the job market especially for those looking for their first permanent jobs out of school or tertiary studies. It is really sad to see our young people not having the opportunities of employment and

being able to grow into independence. It isn't right. Charlton will be with us until at least the end of the year when his partner finishes her degree at Auckland, and they can sort job prospects together. It is good to have him.

Dr Navarone Hindmarsh-Rogers , known to us all as Dr Nav, sadly leaves us at the end of his registrar attachment end of July but returns to us the following February permanently. He is really keen to know everything, [impossible task I say as I'm still learning heaps after 45 years as a doctor], and he lives locally [first house!] with his wife and 9 year old son. I am very pleased he is coming to join the team permanently. We have met his replacement, Dr Roshan, and I am impressed, with him too. Another mature Registrar, rather than one straight out of the hospital [though for the last two years has been working in Middlemore doing the sorts of runs suitable for GP Practice so he understands the local medical environment].Roshan lives here in Papakura with his wife and brings to the practice fluency in English [he does sound local, I noticed a couple of good South Auckland idioms in his speech which really amused me] his native Nepalese, plus Hindi and Mandarin. He has been working out at Tuakau for the previous 6/12.

September 26th 1986 this surgery was opened, with a dawn ceremony by Sir Monita Delamare the Head of the Ringatu Church, The Right Rev Manuhuia Bennet Bishop of Aotearoa, and Rua Cooper Spokesman for the Maori Queen, Arikinui Dame Te Atarangiakaahu Paki representing Tainui. Then we went to Papakura Marae for breakfast and mihimihi. I am just giving brief notice now that on 26th September 2026 Papakura Marae have graciously allowed use to return to celebrate 40 years of service to the community. I will give more details later but at present we are planning to gather at the marae for a 11am walk on, and some mihimihi [speeches in both Maori and English] and then a lunch in the Whare kai. I'm hoping as many of our patients will come, especially ones from the early days. For those who have never formally been on a Marae, it is a great opportunity to do so, and will be

made very welcome and comfortable there by the locals. It will be a good occasion to catch up with old staff and many of our old registrars too { we are all going grey and white!] Details of registration later: I do need to have an idea of how many to cater for. {It is every Maori cook's nightmare that they may run out of food for visitors}

Drs Jacqueline, Taua, Dom, Amy, Ranche and Nav, plus nurses Jan and Paula, administration staff Meriana , Jamie and Charlton and Claire.