

## MEDIQUAL™ Community Health Clinics

### **Bryndwr Community Health Clinic**

TUESDAYS 10.30 am—1 pm

#### **Location**

Bryndwr Baptist Church, 309 Clyde Road,  
Bryndwr

### **City Community Health Clinic**

WEDNESDAYS 10.30 am—1 pm

#### **Location**

City Church, 336 Manchester Street, Central  
City

Plenty of parking at back of building. Please enter through  
rear door.

### **Papanui Community Health Clinic**

FRIDAYS 10.30 am—1pm

#### **Location**

Northcity Church, 95A Sawyers Arms Road,  
Papanui

Next to the level crossing

#### **Get Active**

**Exercise Group** starting 9.50am at each clinic

**Walking Groups** from 10.30 am from each clinic.

NB:Community clinics only run during school terms

Mon 16th Jul—Fri 21st Sept

Mon 8th Oct—Fri 14th Dec



### **OPEN 6 DAYS**

#### **Surgery Hours**

Monday– Friday 8.30am—6.00pm  
Tuesday Late Night -Open until 8.00pm  
Saturday 8.30am—1.00pm

Unit 3 B / 812 Main North Road  
Belfast , Christchurch  
Phone 323-6789 Fax 323-6780  
Email : care@mediqual.co.nz

**www.mediqual.co.nz**  
**For more information**

If you have any questions or feedback  
please do not hesitate to contact us. We  
appreciate your feedback.

Cornerstone Accredited by the Royal New  
Zealand College of General Practitioners

Affiliated with Pegasus Health

Members of Partnership Health Canterbury

Members of After Hours

**Best practice ..... best outcome**  
**..... talk to us ..... we care...**



## Community Health Clinics



### **Papanui - Fridays**



**www.mediqual.co.nz**  
**For more information**

## Why hold Community Health Clinics?

Your Belfast North MEDIQUAL™ Doctors health care team wish to see the best health outcomes for you our enrolled patients. We seek to provide services that are easy for you to access and an environment where we can work with you to identify and deal with barriers to achieving and maintaining wellness. One of the ways we are doing this is through Community Health Clinics held during school terms at Bryndwr, Papanui and in the Central City.

### Through Community Health Clinics we can help you:

Identify gaps in your care and provide appropriate health related services

Understand what wellness is and empower you to take responsibility and make life decisions that promote wellness

Identify other supports and services required and refer you to appropriate service providers.



## Wellness

### There are many things that can impact your health including:

- Physical illness or disease
- Physical activity levels
- Diet
- Addictions
- Lack of social networks
- Spiritual issues
- Relationship problems
- Employment status
- Emotional issues
- Access to transport
- Money problems

### The key to 'wellness' is achieving and maintaining health in every area of your life.

#### We can also help others:

All staff at clinics are volunteers. Fees and proceeds are donated to health initiatives for disadvantaged communities in developing countries.

Visit [www.mediqua.co.nz](http://www.mediqua.co.nz) for more information.

## MEDIQUAL™ Community Health Clinic Services

### There are a variety of services available through our Community Health Clinics.

#### You can:

See a doctor or nurse

Talk with a counsellor

Participate in an exercise class

Talk with our staff about anything that you think may be affecting your health

Be linked in with other programmes that MEDIQUAL™ are involved in providing, for example smoking cessation, chronic disease management

Be referred to other service providers to help with a variety of needs, for example Arthritis Society, Asthma Society.

**Remember, if you are concerned about anything that may be affecting your health please talk to us.**

