

## New Year Health Resolutions

After the excesses of the festive period, often our minds turn to making resolutions to improve our health in the New Year. If this sounds like you, remember that NIHRACS provides a range of health promoting activities including:

- Heart Foundation Free Walking Program
- Healthy Cooking Demonstration Program
- Cuban Salsa Dance Program
- Smoking Cessation Clinic
- Healthy Eating and Lifestyle Programs
- Emily Bay Accessibility Program

If you would like to find out more, please call Karen Innes-Walker, Health and Wellbeing Coordinator on 22687 or email [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf).

## Healthy Living: Cuban Salsa Dance Program is back

After a very successful three week trial period late last year, NIHRACS is once again partnering with Daniela Cristofaro, a very experienced Cuban Salsa teacher, to provide more sessions. Cuban Salsa is great fun and is suitable for men and women of all ages and abilities (no need to bring a partner).

When: Starting again on Monday 27 January, from 6 - 7pm

Where: SDA Hall, New Cascade Road

Cost: \$5 per session

For more information please contact Karen Innes-Walker, Health and Wellbeing Coordinator on phone: 22687; mobile: 53969; email: [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf)



## Healthy Cooking Demonstration Program starting again with Chef Lorenzo

The first healthy cooking demonstration program for 2020 is starting soon. Details are as follows:

When: Wednesday 29 January, 5.30pm

Where: The Local, Burnt Pine

Who: Lorenzo Cyster, Chef

What: Healthy Summer Cooking – recipes and tasting provided

Cost: \$5

Please RSVP by Monday 27 January to Karen Innes-Walker, Health and Wellbeing Coordinator on 22687 or email [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf).

## Emily Bay Accessibility Program

NIHRACS and our wonderful trained volunteers will be back at Emily Bay for the first session for 2020. Details are as follows:

When: Thursday 16 January, 4pm

Where: Emily Bay where the glass bottom boats and outrigger canoes access the beach

Cost: Free

Volunteers are available to assist anyone with mobility issues to access the water and enjoy a safe swim or paddle. We are keen to hear from anyone who would like to give it a go or just see how it works. If you are interested in finding out more or in participating, please contact Karen Innes-Walker, Health and Wellbeing Coordinator on 22687 or mobile 53969 or by email on [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf).



## New Locum Physiotherapist

We welcome Michelle Green, our locum Physiotherapist who commenced this week and will be here until the end of March. Michelle completed her Physiotherapy training in New Zealand and has worked around the world, including the UK, Germany, New Zealand and Australia. She has broad physiotherapy experience having worked across all areas of Physio. Michelle has a passion for watersports and highland dancing, having achieved the level of International Judge, Teacher and Trainer for the Royal Scottish Official Board of Highland Dancing. To make an appointment to see Michelle call the Hospital on 22091. For more information on the Physiotherapy role check out the NIHRACS website: [www.norfolkislandhealth.gov.nf](http://www.norfolkislandhealth.gov.nf) and click on Services.

## GP Clinic

Norfolk Island GP Clinic aims to provide comprehensive coordinated healthcare services promoting health and wellbeing as well as managing illness.

## Hours of Operation

Monday- Friday 8.30am – 5pm

Saturday & Sunday Closed

Please note the clinic is closed for lunch from 12.30 – 1.30pm.

Please call 24134 for appointments only during opening hours.

If you require medical assistance outside business hours please phone the hospital on 22091. In cases of emergency please dial 000.

## How long should you book your appointment for?

Our appointment system caters for urgent, non-urgent, complex, planned chronic care and preventative healthcare.

If you need more time with your doctor, please arrange an extended consultation when booking your appointment.

Please advise reception staff if you have more than one issue to discuss so the appropriate consultation time can be booked.

### **Walk-ins**

The GP Clinic operates on an appointment basis. Walk-ins are accepted, however there may be an unavoidable wait as priority is given to patients who have a booked appointment with their Doctor. All patients should present to reception with their current Medicare Card. At times you may experience a waiting period due to doctors tending to urgent or complex medical issues. We apologise for any inconvenience

### **Updating Your Details**

When you next visit the GP Clinic you will be asked to update your details. This is to maintain accurate information on your medical record and therefore assist with your consultation. Please arrive for your appointment 5 minutes prior to your appointment to allow time to complete. We thank you for your assistance in this important task.

### **Unable to Attend**

Please notify us as soon as you can if you are unable to make your appointment time. This allows us to offer the time to another patient. A quick phone call if you are running late also allows for better management of our patient times.

### **Test Results and Referrals**

Test results can be obtained in a booked consultation. Referrals to specialists must be made during a consultation and will not be provided from a phone request.

### **GP Staffing Update**

The following locum GPs will be joining the GP team:

Dr Clive Bishop will be here from 10<sup>th</sup> January – 29<sup>th</sup> February

### **Upcoming Clinic/Specialist Appointments**

Please note that all specialist appointments will require a referral letter from your GP prior to booking an appointment.

Smoking Cessation Clinic Every Monday afternoon (no referral required)

Nutrition and Dietetics Clinic Every Friday afternoon

Prof Gonski (Geriatrician) Every Friday afternoon

Orthopaedic Surgeon 10<sup>th</sup> – 13<sup>th</sup> January

### **Smoking Cessation Clinic**

The GP Clinic and Health and Wellbeing Coordinator are working together to provide a weekly Smoking Cessation Clinic. The clinic will provide a proven approach to assisting people who wish to either quit smoking or cut down. Every cigarette not smoked is doing good for smokers' health. The clinic uses a multidisciplinary approach to match individual needs.

To make a booking for the smoking cessation clinic call the GP Clinic on 24134.

### **Child Health Clinic (Drop in Clinic)**

Child health Clinic will now be run from the GP Clinic every Wednesday 8:30am to 4pm every Wednesday by Janine. This clinic is for 0 – 5 year olds and includes: Developmental Assessment, Baby Growth Checks, Emotional and Social Development, Breastfeeding Support, Settling/Sleep Support and Introducing solids.

The Child Health Clinic nurse (Janine), is now doing home visits for all new Mums and Dads until baby is 6 weeks old, or longer where needed. This great new service will assist new parents and babies with the transition back to home.

### **Antenatal Clinic**

The antenatal clinic is bi-monthly. At this appointment a midwife will take your full health history, provide pregnancy information and ensures your pregnancy is progressing well and your baby is healthy. You can also discuss any concerns you may have.

Please mention 'Antenatal' when making the appointment – phone 24134.

**All patient information is treated as confidential.**