

Welcome to our new Dentist Dr Nitin Gupte

Last week we welcomed our new Dentist to NIHRACS. Below is some information and a photo provided by Nitin.

I am originally from India, graduated in Mumbai (Bombay) in 1992. Met my wife Rebekah in India and migrated to Australia (Canberra) in 1995. Worked in Arnhem Land for 3 years for a mining town Gove and also catering for the dental needs of the surrounding communities of East Arnhem Land as the flying dentist. We moved to Canberra in 1999 with our boys as we bought a private dental practice and to be close to Rebekah's family. After nearly 20yrs in the private practice we both decided that it was right time to sell it and explore our options for future. I ended up coming to Norfolk as a locum dentist for 2 months with Rebekah joining me later. We both fell in love with Norfolk and the people on the island! With NIHRACS offering me a job, it just felt that this was meant for both of us and so ended up buying a house on Two Chimneys Road and moving here to live.

Our two boys are 23 and 21 years old. Niranjan is working as a paramedic for NSW ambulance near Wagga Wagga and Anand is studying finance at ANU, Canberra hoping to finish next year. Rebekah, after managing my practice as practice manager for 20 years, is keen to try her interest and passion in cultivating the land at our new home. Myself, apart from dentistry, love to do woodturning, African drumming, reading and meditation (I am hoping to conduct meditation sessions sometime in the near future).

Modern technology and advances have changed dentistry to a milestone. Myself and our great staff (Tanya, Kristina and Tariah) looking forward to delivering the best dental care to our capacity for the lovely Norfolk Community. Hoping to see and meet lot of smiling faces.



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 (Yes, it's starting on a public holiday!!)

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



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.

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 10th January – 29th 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

Cardiology 24th – 27th 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.