

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.

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

Diabetes Educator 28th January – 6th February

Smoking Cessation Clinic

It's hard to stop, but with help and support, you **can** quit smoking.

Quitting smoking can be one of the most difficult, yet rewarding things a person can do. Most smokers say they would like to quit and may have tried at least once. Some are successful the first time, but others try a number of times before they finally give up for good.

It might take time, it can be hard as your body has become dependent on nicotine, but many people have succeeded in giving up smoking. Become one of them by making a quit plan.

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.