

### **Staying Healthy and Living Well Program for Seniors**

Staying Healthy Living Well (SHLW) is a FREE 12-week program that has been running on Norfolk since July 2019. So far the program has helped 20 people to understand more about their health and has shared ideas, tips and approaches to increase confidence in managing their own health and general wellbeing. Coordinated locally by Carter Stormann with support provided by Feros Care and funded by Central and Eastern Sydney PHN, participants are provided with a senior friendly, easy to use touch-screen computer and measuring devices so they can record their your vital signs (like your blood pressure, oxygen levels and blood sugars) each day at home. The results are transmitted securely and privately to a Telehealth Nurse who will monitor and speak regularly with participants. Feros Care also provides print outs of results to share with the GP. If you have any questions or would like to join the program, either talk to your GP or contact Carter on 53026 or 22687. Carter works on Wednesdays and Fridays.



### **Successful Healthy Cooking Demonstration Program with Chef Lorenzo**

The first healthy cooking demonstration program for 2020 was held on Wednesday. Many thanks to Lorenzo for sharing his knowledge and recipes for simple, tasty and healthy summer dishes. If you would like to access the recipes, please visit the NIHRACS website ([www.norfolkislandhealth.gov.nf](http://www.norfolkislandhealth.gov.nf)) and go to the News tab. Thanks to Carli and Deb from The Local and to all those who came along. Details of the next healthy cooking demo session will be advised soon.



### **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

Diabetes Educator 28<sup>th</sup> January – 6<sup>th</sup> 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 runs 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.**