

### **Norfolk Island Active Kids Program**

Parents of school aged kids, don't forget to get your NI Active Kids Voucher if you haven't already done so.

As part of the Norfolk Island Community Health Promotion Plan NIHRACS and NI-Connect have been working together since May 2019 to implement a Norfolk specific program aimed at helping families increase their kids' physical activity is starting. Although similar programs operate in some Australian states and territories, this program is specifically for school age children living on Norfolk Island.

The NI Active Kids program provides all school aged children with one \$100 voucher to use for one registered sport or other physical activity program within a 12 month period.

If you have not yet picked up a voucher for your kid(s) please call into NI Connect or email [niactivekids@hospital.gov.nf](mailto:niactivekids@hospital.gov.nf) or visit the NIHRACS website [www.norfolkislandhealth.gov.nf](http://www.norfolkislandhealth.gov.nf) for more information.

If you are involved in a sporting club/activity and wish to register as an NI Active Kids provider, you will need to meet the following criteria:

- Have current public liability insurance
- All coaches/others involved in contact with the children must have a current national police check clearance or equivalent
- Run a program with a minimum of 5 sessions within a 12 month period
- Includes supervision by a Level 1 coach (where relevant/possible)

If you have any questions or would like to register please contact Karen Innes-Walker, Health and Wellbeing Coordinator on 22687 or 53969 or by email [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf)



### **Cuban Salsa Dance Program to start at 6.30pm on Mondays**

The very successful Cuban Salsa dance program, with Dani is now starting at 6.30pm on Mondays at the SDA Church Hall, off Cascade Road. No experience nor partner is required and it is a great way to increase your physical activity. Cost is just \$5/person.

### **February is Ovarian Cancer Awareness Month**

Each year over 1,510 women in Australia will be diagnosed with ovarian cancer.

Ovarian Cancer Awareness Month is held each year in Australia to raise awareness of the signs and symptoms of ovarian cancer, to share the stories of real women affected by the disease, to highlight the risk factors for ovarian cancer and educate Australians on ovarian cancer diagnosis and treatment.

You can take action during Awareness Month and beyond!

- Talk to your friends, family to ensure they know ovarian cancer
- Ask your GP about your ovarian cancer risk
- Buy a \$3 teal ribbon from Ovarian Cancer Australia website (<https://ovariancancer.net.au>)
- Download an Awareness brochure from the same website
- Host a Paint the Town Teal event and raise funds to save lives and support women

## 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

Sonographer 17<sup>th</sup> -21<sup>st</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 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.**