

## Correction to information in last week's newspaper about the Pneumococcal vaccine

The NSW Health criteria for the Pneumovax vaccine are as follows:

- All adults over 65 years of age
- A second dose (a revaccination 5 years after the first) of Pneumovax is recommended only for those with any predisposing conditions that may result in an increased risk of severe or invasive pneumococcal disease

If unsure please arrange a consultation with a doctor to discuss.

Dr Michelle Bonnici, Medical Superintendent

## General Practice Clinic Update

### Keep your health on track!

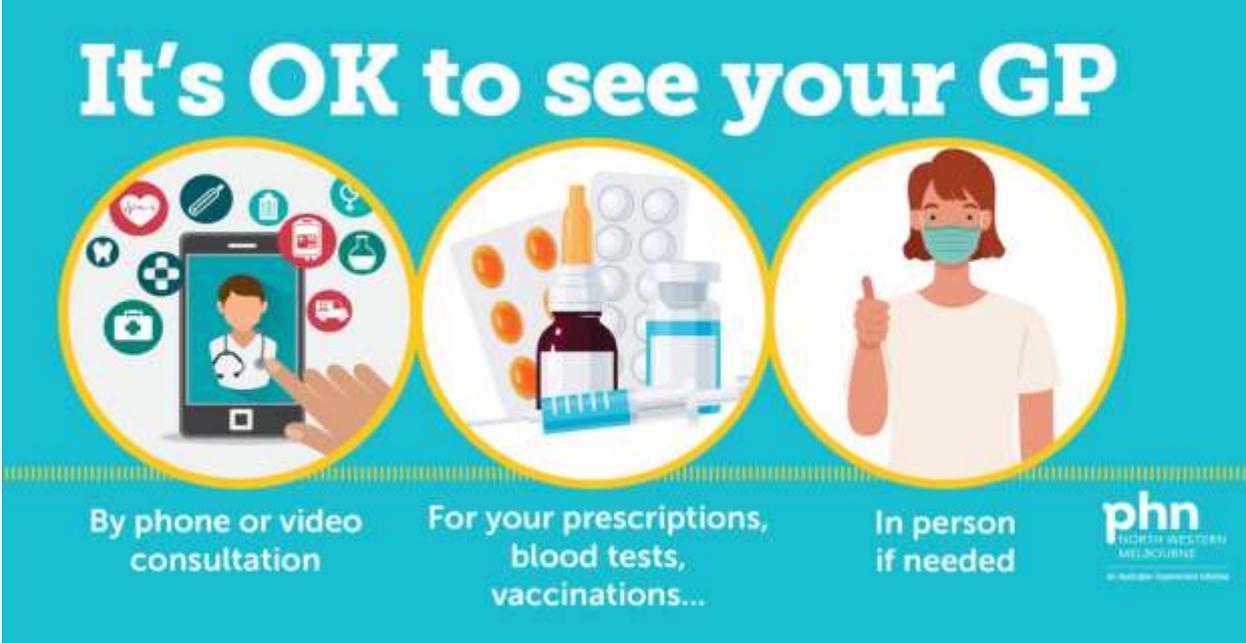
Now, more than ever, it's important to keep your health and wellbeing on track.

Norfolk Island health services are still there for you so there's no need to put off or miss medical appointments or ignore symptoms.

There are safe ways of getting all sorts of care, including phone or video appointments.

Face-to-face appointments will still be recommended in some cases and they can be done safely. There are rules about physical distancing (such as sitting a safe distance apart in the waiting room and during your consultation), and strict cleaning measures are also in place. You can do your bit by sticking to these rules, please keep your hands clean and wear a face mask if you're asked to.

**The best thing to do is to book a telephone consultation with your GP and ask their advice. It's important to phone first – don't just show up.**



**It's OK to see your GP**

By phone or video consultation

For your prescriptions, blood tests, vaccinations...

In person if needed

phn  
NORTH WESTERN  
MELBOURNE  
N. Australia Queensland VIC WA

Due to the current restrictions and the risk of COVID-19 the main entry to NIHRACS is currently locked however the General Practice clinic is still open for business for all your health care needs and our emergency department is still operating.

To book appointments please phone our reception on 24134.

### 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.

### **Child Health Clinic**

Child Health Clinic will now be run from the GP Clinic every Thursday, 8:30am to 4pm 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.

### **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.

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

### **Health and Wellbeing Weekly Update**

A reminder of the key COVID-19 prevention messages:

- Physical distancing
- Stop any Spread – hygiene
- Look after yourself and others
- Know the symptoms

### **Healthy Cooking Demonstrations are back – with a side of SALSA**

Join chef James Garden as he shows how to prepare a delicious dish incorporating Latin American flavours. As a special treat there will be a demo by the Cuban Salsa dance group led by Dani.

When: Saturday 1 August starting at 5.30pm

Theme: Latin American cooking with a side of Cuban Salsa dance

Where: Rawson Hall – please bring your own tasting bowl, cutlery and drinks

Cost: \$5 per person

Limited spaces available. Physical distancing and COVID-19 friendly hygiene practices will be observed

Please RSVP to Karen Innes-Walker, Health and Wellbeing Coordinator, on 22687 mobile 53969 or email [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) by Wednesday 29 July.



## Healthy eating using long-life products

Look after your body and mind, it's the only one you have...

We all know that fresh is best, but what about when you can't get fresh vegetables and fruit? How can you eat healthy foods when you need to rely on long-life food alternatives.

Check out the hints and tips for eating well using long-life products on the Qld Health Healthier.Happier website: <https://www.healthier.qld.gov.au>

Also have a look at the healthy food Guide Weekly Meal Planner on the NIHRACS website (<https://tinyurl.com/y6dpxspf>)

## Vitamin and Mineral Supplements

There has been a lot of talk recently about the value of vitamin and mineral supplements for boosting immunity. If you ever walked the aisles of a major discount pharmacy store you will notice a huge range of supplements claiming all sorts of benefits.

If you read the labels, it's easy to believe that a simple daily pill can bolster your immunity, cure your common cold and have you bouncing brightly out of bed every morning with a spring in your step.

Is it really that simple, though?

When a closer look is taken at some of the vitamin and mineral supplements on the market, not only the question about whether they deliver what is claimed needs to be considered but also whether they're potentially harmful.

What are vitamins and minerals?

Vitamins and minerals are nutrients that our bodies need in small amounts. They play an important role in keeping us healthy.

The amount we need varies between nutrients and depends on many individual factors including our age, gender, diet, medical conditions, and even where we live.

Apart from vitamin D, which we mostly receive through sunlight contacting our skin, we get most vitamins and minerals through our diet.

Getting what you need through food

Before you head down the supplements pathway, it's wise to look at your diet. If you're eating a balanced and varied diet, you're probably getting enough of each nutrient – and importantly, you'll be getting them in the right amounts.

What's more, when we eat vitamin and mineral-rich foods, we're eating them alongside other nutrients that can support our bodies to absorb and use them. For example, calcium is better absorbed in our gut when it's consumed with lactose – both of which are naturally found in dairy products like milk and yoghurt.

Eating a balanced diet means focussing on foods from the five core food groups. As a starting point, check out the recommended food group serves for women and men. For most healthy Australians, this will give you all the nutrients you need for health – no supplements needed! (Source Healthier.Happier, Qld Government)

## Silver lining

There was an interesting post from Qld Health recently about the silver lining of all the changes that COVID-19 has forced on us. The link outlines 6 healthy habits you should hold onto post-pandemic. These are:

- Appreciate nature
- Getting physical
- Make time for "me"
- Being kind
- Connecting more
- Being adaptable

For more information visit the page... <https://tinyurl.com/y5boy4r8>

### **Complete Health Improvement Program (CHIP) is coming soon**

NIHRACS and Ken and Julie Weslake from the SDA Church are working together to deliver CHIP on Norfolk, starting Tuesday 18 August. CHIP is an evidence based lifestyle group education program focussing on "whole-person" health. It will run over 12 weeks, with 18 sessions incorporating information on nutrition, exercise, behaviours and will provide many useful tools to assist people in making changes. Each session will include a healthy food tasting. Participants will also receive a great kit of resources. The cost to participate in the whole program is \$99. For more information please contact Karen Innes-Walker, Health and Wellbeing Coordinator email: [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf); phone: 22687 or Ken or Julie Weslake, SDA Church on 22201 or [nufkason@gmail.com](mailto:nufkason@gmail.com).

