

New Dental Chair and Equipment

Dr Nitin Gupte and his team from the Dental Clinic are excited to welcome their brand new state of the art dental chair, with a new x-ray unit. The whole dental surgery is now computerised for dental records as they move to a paperless environment. See the photo below of the new chair and the Dental Clinic team.

The surgeries have been revamped with newly painted walls and cabinetry.

Both the rooms are fully functional for the necessary dental service needed on Norfolk.

Dr Nitin wishes to thank Kath Boman, Manager of NIHRACS for her support and helping with the needs of the dental clinic.

The timing is also great as next week, 3 – 9 August, is National Dental Health Week. A series of dental health promoting posts will be going out next week on the Health and Wellbeing Facebook page, with a summary provided below in the Health and Wellbeing Update.



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.



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

Raised Garden Beds for Seniors Update

At time of writing four happy people have had their raised garden beds installed, with more planned over the next few weeks. Some photos of the finished products are below. Many thanks to The NI Men's Shed and The NI Garden Club for working with the Health and Wellbeing Coordinator to make this project come to life. We look forward to seeing the beds delivering vegetables and flowers for their owners.

For more information please contact Karen Innes-Walker, Health and Wellbeing Coordinator on 22687 or email: karen.walker@hospital.gov.nf.



Dental Health Week 3 – 9 August Key messages

Dental Health Week (DHW) is the Australian Dental Association's (ADA)'s major annual oral health campaign. The four key messages are:

- Brush twice a day with fluoride toothpaste.
- Clean between your teeth daily using floss or interdental brushes.
- Eat a healthy, balanced diet and limit sugar intake.
- Visit the dentist regularly for check-ups and preventive care.

The focus of this year's campaign is on the harm sugar does to oral health, aiming to help Australians to 'get sugar savvy'. The three main sugar messages are:

- Consume no more than 6 teaspoons (24 grams) of sugar per day

- Choose foods with less than 10 grams of sugar per 100 grams.
- Look out for hidden sugars when purchasing foods and drinks.

Reading food labels can help identify the hidden sugars in foods.

Call the Dental Clinic on 22910 for an appointment or check out the Dental Health Week website:

<https://www.ada.org.au/Dental-Health-Week/Home>



Celebrate You – from the Alcohol and Other Drug Foundation

This campaign acknowledges that Australians are trying hard to make it through part, or all, of the COVID-19 lockdown and encourages people to reduce their drink count and realise a host of achievable benefits that come from a few less drinks. These benefits include weight loss, better sleep, more money in your pocket, a healthier immune system and a reduced risk of breast cancer. For more information go to <https://adf.org.au/celebrateyou/>

Advice for parents about kid’s sleep

The Raising Children Australian Parenting website provides some information on helping to get kids to sleep. They have 10 sleep tips to help parents of kids aged 1 - 15 years of age. These tips, in summary, are:

- Set up a bedtime routine
- Relax before bedtime
- Keep regular sleep and wake times
- Keep older children’s naps early and short
- Make sure your child feels safe at night
- Check noise and light in your child’s bedroom
- Avoid the clock – don’t have it close to the bed
- Eat the right amount at the right time
- Get plenty of natural light in the day
- Avoid caffeine from energy drinks, chocolate and cola drinks.

More information can be found at <https://raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-better-tips> .

Complete Health Improvement Program (CHIP) starting 18 August

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; phone: 22687 or Ken or Julie Weslake, SDA Church on 22201 or nufkason@gmail.com.

