



NI Active Kids

What is NI Active Kids?

NI Active Kids is a program designed to encourage and support school aged children living on Norfolk Island to be physically active.

All children currently enrolled at the Norfolk Island Central School are eligible to apply for a \$100 NI Active Kids Voucher. This \$100 voucher can be used for their choice of one sport or other activity provided by registered local providers on Norfolk Island within a 12 month period.



What do I do next?

1. Complete a short application form
 - Collect an application form from the Health & Wellbeing Office (Smithy's Building), or
 - Email maria.massey@hospital.gov.nf and a form will be emailed to you (please note working days are Wed – Fri), or
 - Download the form from the NIHRACS website (www.norfolkislandhealth.gov.nf)
2. Return the completed form to Health & Wellbeing office or email to the address above
3. You will receive a call or email when your voucher is ready to collect from Health & Wellbeing office
4. Check with your sport or activity provider if they are registered with NI Active Kids. If Yes, present the voucher to them in lieu of payment.

More information on NI Active Kids

- ✓ Vouchers are valid 01 July 2020 – 30 June 2021
- ✓ One voucher per eligible child to the value of \$100
- ✓ Providers must be registered with NI Active Kids in order for the voucher to be used
- ✓ The voucher can only be used for one provider. If the provider fees are less than \$100 the remaining balance is forfeited
- ✓ Students must be currently enrolled at Norfolk Island Central School.

NICHE Program Started

The Free Norfolk Island Community Health Empowerment (NICHE) Program has commenced. Registered Nurse Vanessa Bakker is the temporary NICHE Program Coordinator and can be contacted Monday – Wednesday at the Health and Wellbeing office on 22687. The NICHE Program is a free program designed for people who are living with one or more chronic (longer term) health conditions. The program will help participants to learn more about their health and condition(s). The Coordinator will assist people to gain more confidence in managing their own health and in making positive lifestyle changes. The program will work closely with the GP Clinic, especially the Chronic Disease Nurse and GPs as well as other health professionals to ensure that everyone is up to date on participants' health, keeping them at the centre of care.

For more information please call Vanessa or Karen on 22687.



Norfolk Walkers – Heart Foundation Walking Group

The Heart Foundation walking program has been running successfully for nearly 2.5 years. We are keen to welcome new members to this free program. All new members receive a free Heart Foundation T-shirt or cap and new stock of T-shirts have arrived. Come along, you are welcome to bring your dog or children and there are different walking distances to choose from. The group meets every Sunday at 8am near the Kingston pier. For more information contact the Health and Wellbeing office on 22687.



Free Raised Garden Bed For Seniors Program

The first raised garden bed for 2021 was installed at Hazel Cocking's place on Wednesday. This is a joint program involving Norfolk Island Men's Shed, Norfolk Island Garden Club and The Health and Wellbeing team. Hazel's garden bed is the ninth one that has been installed since June 2020. Many thanks to those involved and to those who have donated the crates and soil to be recycled into these garden beds. If you would like to register for the program please contact the Health and Wellbeing office on 22687.



Get Healthy Free Information and Coaching Service Now Available

As a part of the Norfolk Island Community Health Promotion Plan, our community (those aged 16 years and over) now has access to this free and confidential phone based health coaching service. The service provides you with your own university qualified health coach who can provide 10 confidential calls over six months to help you make healthy lifestyle changes. If you are interested check out the website: www.gethealthynsw.com.au, call 1300806258 (freecall from Norfolk Island) or talk to your GP or chronic disease nurse (call 24134 for an appointment) or call the health and wellbeing office on 22687.



FREE TELEPHONE-BASED HEALTH COACHING

Your **free** NSW Health service can help provide you with the support and motivation you need to reach your own healthy lifestyle goals.

NIHRACS welcomes new staff member Bernadette McDonald



Welcome to Bernadette McDonald, below is a message from Bernie.

I'm a radiographer/sonographer from Melbourne enjoying a change of scenery for a year. I'm glad to be able to provide a regular ultrasound service for the island. I worked in the Northern Territory for 18 years, living in Darwin and Alice Springs but with some experience in the remote communities. More recently, I've been working in a huge private hospital in Melbourne so Norfolk Island's size and isolation will definitely present a change of pace and routine. So far, of course, I've been made to feel very welcome and we are loving the stunning environment.

General Practice Clinic Update

Due to the current restrictions due to 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 decrease the risk of COVID-19 our processes have changed and Medicare is providing funding for telephone consultations where our Doctors can provide their services without you having to present to NIHRACS. It is a legislative requirement that GPs and Other Medical Practitioners (OMPs) working in general practice can only perform a telehealth or telephone service where they have an established clinical relationship with the patient. There are limited exemptions to this requirement. If the assessing Doctor decides you need further medical intervention they will inform you on what to do next. To book appointments please phone our reception on 24134. Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

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.

GP Staffing Update

The following locum GP's will be joining our team:

Dr Clive Bishop 21st April – 1st June

Dr Geoffrey Cox 19th May – 2nd July

Dr Frank Reed 20th May – 10th June

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 Second Tuesday afternoon (no referral required)

Nutrition and Dietetics Clinic Every Thursday afternoon

Prof Gonski (Geriatrician) Every Friday afternoon

Laura Lengel (Speech Pathologist - Adult) 31st May – 4th June

Karen Vogel (Occupational Therapist – Adult) 31st May – 4th June

Lisa Wilkes (Podiatry) 11th June – 18th June

How long should you book your appointment for?

Most appointments with your GP only require 15 minutes. If you have multiple issues or you think they are complex and will require extensive discussion, please let our receptionist know that you would like a **long appointment**. This will ensure you have the time needed with your GP and will assist us in managing the GPs time and patient flow.

Updating Your Details

When you next visit the GP Clinic you will be asked to update your details. This is to maintain accurate information on your medical record and therefore assist with your consultation. Please arrive for your appointment 5 minutes prior to your appointment to allow time to complete. We thank you for your assistance in this important task.

Test Results and Referrals

Test results can be obtained in a booked consultation. Referrals to specialists must be made during a consultation.

Walk-ins

The GP Clinic operates on an appointment basis. Walk-ins are accepted, however there may be an unavoidable wait as priority is given to patients who have a booked appointment with their Doctor. All patients should present to reception with their current Medicare Card. At times you may experience a waiting period due to doctors tending to urgent or complex medical issues. We apologise for any inconvenience.

Skin Check Clinic

As part of a complete early detection strategy, we recommend that you see your GP once a year, or more often if you are at a higher risk of skin cancer, for a full-body, professional skin exam. To make a booking please mention 'skin check' when making the appointment – phone 24134.

Child Health Clinic

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

Heart Health Check

Do you know what your risk of having a heart attack or stroke is? Having a regular Heart Health Check with your GP will help you better understand your risk of a heart attack or stroke.

Most importantly, your GP and nurse can support you to lower this risk. A Heart Health Check is a 20-minute check-up with your GP to assess your risk of having a heart attack or stroke.

Anyone 45 years and over or 30 years and over for Aboriginal and Torres Strait Islander peoples should have a regular Heart Health Check with their doctor.

To make a booking for a heart health check please call the GP Clinic on 24134.

Flu Vaccines have arrived!!! Bookings are essential.

In light of the current health climate, NIHRACS will be conducting a social distancing flu clinic at the SDA Hall **Bookings are essential.**

Our Clinic days are:

Monday 24.05.21 9am – 1pm (Government funded)

Tuesday 25.05.21 9am – 1pm (Government funded)

Wednesday 26.05.2021 9am – 1pm (Private vaccines)

Government funded Flu vaccines are for people who are:

- Over the age of 65 years
- Pregnant
- Or have a chronic disease diagnosed by a GP (e.g. Diabetes, Coronary heart disease, renal failure, immunocompromised)(*Asthma – must have been hospitalised within the last 12months with asthma)

NOTE: If you are not over the age of 65 years or do not meet the criteria, flu vaccines are available at a cost of \$20.00each on Wednesday 26.05.2021 9am – 1pm

We are conducting these via appointments only, please phone the GP Clinic on 22091 to book your appointment.

Please wait until we are open (8:30am) on Monday to make your booking.



All patient information is treated as confidential