

## NI Active Kids – continues for 2021/22

After a very successful year of registrations, we are happy to advise that the NI Active Kids program will continue for the period 1 July 2021 through to 30 June 2022. If you would like to obtain a voucher, please call into the Health & Wellbeing office located in the Smithy's building. Parents and NI Active Kids registered Providers will soon receive a link to a short online evaluation survey. It would be greatly appreciated if you can please take a couple of minutes to complete the evaluation survey as a good response rate helps us secure funding to continue this important program.



## 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](mailto: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](http://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 2021 – 30 June 2022
- ✓ 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.

## Latino dancing

The Health and wellbeing program welcomes people to come and try Latino dancing with Valeria "Val" Dorrego. Valeria has provided the following about the new program...Come learn a few moves, enjoy the upbeat Latin American music and share some laughs. Dance along, follow my lead or invent your own ways. The idea is to move as many muscles as we can, and have fun!

All genders and ages welcome at the weekly classes, start time is 5.30pm each Monday at SDA Hall on New Cascade Road . Remember to bring your water bottle and comfy shoes.

Cost is \$5 per person, children are free.

## 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. 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 Richard Bills 28<sup>th</sup> June – 12<sup>th</sup> July

Dr Jeff Lindenmayer 2<sup>nd</sup> July – 6<sup>th</sup> August

### **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

Dr Kerrigan (Paediatrician) 19<sup>th</sup> - 23<sup>rd</sup> July

Karen Street (Paed OT) 26<sup>th</sup> – 30<sup>th</sup> July

Prof Hooper (Endocrinologist) 9<sup>th</sup> – 13<sup>th</sup> August

### **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.

**All patient information is treated as confidential**