

World Breastfeeding Week 2021

World Breastfeeding Week is on each year from 1 to 7 August. This week is celebrated to encourage breastfeeding and improve the health of babies around the world. This year, the theme for breastfeeding week is "Protect Breastfeeding: A Shared Responsibility". There are many different demands on busy mothers, some mothers who may want to breastfeed their babies don't always have the support to continue this. Busy working schedules, alongside the many other challenges that modern women face can mean that women don't always feel that breastfeeding their child is something that is an accessible option to them. Breastfeeding week aims to raise awareness of the health and wellbeing outcomes of breastfeeding and the importance of supporting mothers to breastfeed for as long as they wish.

The history of breastfeeding week is dated back to 1990 when the World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) created a memorandum to promote and support breastfeeding.

If you would like to read further information on this very important topic, please visit the Australian Breastfeeding Association website <https://www.breastfeeding.asn.au/world-breastfeeding-week> . Australian Breastfeeding Association is available to call from Norfolk Island for the cost of a local call, if you have any questions or would like to talk to them, please call 1800 686 268.

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 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!

Everyone is 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.

Raised Garden Beds for Seniors Update

Over the past few weeks, the Men's Shed team have installed two new raised garden beds, one for Laraine and Dianne and the other for Kevin and Trisha. Laraine sent through some lovely words..."The men from the Man's Shed completed the installation of the raised garden bed for my sister Dianne, and I, today. A very professional job, done well." Kevin and Trisha hope to grow garlic, herbs and other vegetables in their bed. They all expressed their thanks to both the Men's Shed and the NI Garden Club who provide a bag of fertilizer and voucher to purchase seedlings from the Nursery.

If you have any questions about this great initiative, please contact the Health and Wellbeing office on 22687 or email karen.walker@hospital.gov.nf.



General Practice Clinic Update

A COVID-19 vaccine is your best defence. Now's the time to arm yourself, your family, your friends, your workmates, your community, someone you love. This is a limited time opportunity.

NIHRACS is continuing the Norfolk Island COVID-19 vaccination roll-out and it is progressing well. We now have over 1,200 community members who have received their first dose of the Pfizer vaccine.

A big thank you to community members who are helping to keep our community safe.

We are working to make sure everyone on Norfolk Island has access to safe, effective and free COVID-19 vaccines and would like to invite all residents who wish to have the Pfizer COVID-19 vaccination to now book an appointment.

Please phone the GP Clinic on 22091 during business 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 John Russell 16th August – 24th September

Dr Clive Bishop 18th August – 16th September

Dr Quet Ho 16th August – 30th 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

The COVID-19 outbreak occurring across Brisbane, Greater Sydney and its surrounding areas remains a critical issue not just for QLD and NSW but for Norfolk Islanders. Given the transmissibility and contagiousness of this disease and the risk of bringing this into the NI community, it has been confirmed that any visiting specialist services originating from the affected areas will be postponed until the completion of the lockdown period. With respect to visiting specialist services provided via NIHRACS, this will impact Endocrinology (Prof Hooper), Ophthalmology and Paediatric Occupational Therapy. NIHRACS will work with the visiting clinicians to ensure patients continue to receive the right care, in the right place at right time; whilst considering the risks to NIHRACS staff and the broader NI population.

Child Health Clinic

Child Health Clinic will now be run from the GP Clinic every Friday, 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.

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