

## Next Healthy Cooking Demonstration

Our next Healthy Cooking demonstration will be held next week, Thursday 19 August, at 5.30pm at The Local with Judith Andersen, an accomplished cook, will show us how to make three delicious dishes with her theme being "Delicious ways to increase your Vegetable intake". Recipes and tastings will be provided. Cost is only \$5.. If you would like to come along please contact Karen Innes Walker on email [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) or phone Health & Wellbeing office on 22687 by Tuesday 17 August.

## NI Active Kids Vouchers to be available at the NICS Sports Carnival

Parents, if you haven't yet obtained an NI Active Kids voucher for your school aged child(ren), the Health and Wellbeing Coordinator will be at the school sports carnival next Wednesday 18 August between 1 – 2pm so you can fill in the form and receive your voucher(s). This is the third year of the NI Active Kids program that offers each school aged child a voucher worth \$100 to be used for registration or other costs with a range of NI Active Kids registered sporting and other activities.



## 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

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 1,250 community members who have received their first dose of the Pfizer vaccine and 900 who have received their second dose.

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.

## Key dates to remember:

- 9<sup>th</sup> September – Last COVID-19 Vaccination Clinic for receiving first dose
- 30<sup>th</sup> September – Closure of COVID-19 Vaccination Clinic

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 16<sup>th</sup> August – 24<sup>th</sup> September

Dr Clive Bishop 18<sup>th</sup> August – 16<sup>th</sup> September

Dr Quet Ho 16<sup>th</sup> August – 30<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

## 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**