

Basketball Come and Try Session - Saturday 28 August

You are invited to come to a free basketball “come and try” session to be held at The NI Central School on Saturday 28 August. If there is enough interest we hope then to start both an informal and a more structured basket program. This session will start at 2pm for primary school aged children and their parents/carers then at 3pm older students and adults are invited. The focus will be on fun and skills development. This initiative is being organised collaboratively by NI-Connect, NI Central School, Health and Wellbeing and Oliver and Finley Holm who are both trained and experienced basketball coaches. We will be providing some free healthy food so please advise if you would like to come for catering purposes to either NI Connect on 23380 or the Health and Wellbeing Team on 22687 by Friday 27 August.

Daffodil Day Appeal is on August 27 2021

One in two Australians will be affected by cancer in their lives. Cancer Council is the only charity that works across every area of every cancer, from research to prevention and support. Every minute, every hour, every day, we're here for all people, affected by all cancers. If you would like to find out how you can support the Cancer Council more information can be found at <https://www.daffodilday.com.au/>.

Health & Wellbeing Expo-Volunteers needed

After a successful 2019 Expo, the Health & Wellbeing office is in the process of organising the 2021 Expo. The Expo aim is to promote health & wellbeing and showcase a range of services available for the community. The date is Sat 18 Sept 2021 between 10am-1pm. We are looking for volunteers to help out on the day, if you are interested in being involved please contact Maria on email maria.massey@hospital.gov.nf or call the Health & Wellbeing office on 22687.

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:

- 9th September – Last COVID-19 Vaccination Clinic for receiving first dose
- 30th 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 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

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