

Health & Wellbeing Expo-Volunteers needed

After two previous successful Expos, the Health & Wellbeing office and a small team of others 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.

September is International Prostate Cancer Awareness Month

Prostate Cancer is one of the most common types of cancer in men, there are approximately 19,000 new cases in Australia each year. The prostate is a small gland about the size of a walnut and it forms part of the male reproductive system. The causes of prostate cancer are unknown, but there are factors that can increase the risk. These include older age as the condition is most commonly diagnosed in people between 60-79 years of age and a family history of prostate cancer.

For more information, visit Cancer Council website <https://www.cancercouncil.com.au/prostate-cancer/>

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 today, Saturday 28 August. If there is enough interest we hope then to start both an informal and a more structured basketball 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.

Alcohol and Drug Information Service (ADIS) NSW

ADIS has recently been added to the list of helplines available to people living on Norfolk. It can be accessed either as a freecall (1800250015) or as a web chat. Information from the ADIS website indicates that the service is available for people who may be experiencing issues with alcohol or other drugs and for those concerned about someone else’s alcohol or other drug use. It is there for general questions about these topics and can be called anytime of the day or week for support, information, counselling and referral. The web chat option is available Monday – Friday 8.30am – 5pm (NSW time). For more information check out <https://yourroom.health.nsw.gov.au/getting-help/Pages/adis.aspx> .

This is one of many helplines now available on Norfolk as a freecall or for the cost of a local call. Refer to the Community Services page of this paper for a full listing or visit the NIHRACS website (www.norfolkislandhealth.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.

The Norfolk Island Covid-19 vaccination program is coming to an end. NIHRACS would like to thank the community members who have helped to keep our community safe. We now have over 1,500 community members who have received their first dose of the Pfizer vaccine and 1240 who have received their second dose.

The last date to book in for your first Pfizer vaccine is 9th September. The last date to have your second Pfizer vaccine is the 30th September. If wish to have the Pfizer COVID-19 vaccination please phone 22091 to book an appointment.

The COVID-19 vaccination is in limited supply and will only be available until 30th September. There will be no further supply of COVID-19 vaccinations on Island after this date.

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

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