

Basketball Program to continue

After a successful first session the basketball program will continue on Saturday afternoons starting this Saturday with trained coaches helping with skill development and making it lots of fun. No previous basketball experience needed, come along and give it a try.

Where: School courts

When: Saturdays

3-4pm: Primary school aged kids

4-5pm: Secondary aged kids & adults

If you have a basketball please bring it along, bring a water bottle and remember to apply sunscreen and wear a hat.



Women's Health Week – 6-10 September

Coming up 6-10 September is Women's Health Week. Founded in 1992, Jean Hailes for Women's Health reflects the legacy that Dr Dorothy Jean Hiles AM to women's health. Jean had a vision to improve the quality of women's health, she established the first women's health clinic in Australia dedicated to midlife & menopause. This is a great week to do something for yourself & your health, the top five tips on the Jean Hailes website are:

1. Check in with your health checks, including breast and cervical screenings.
2. Take extra care of your mental health and connect with family and friends.
3. Get your body moving – just 30 minutes a day.
4. Find some 'me time' – you deserve a break.
5. Give your diet a healthy boost

To learn more about Jean Hailes and women's health, please visit the website

<https://www.jeanhailes.org.au/>

R U OK DAY- A conversation can change a life

R U OK day is on 9 September. R U OK is an Australian non-profit suicide prevention organisation. This is a national day dedicated to reminding everyone that every day is the day to ask "Are you OK". The aim is to prevent suicide by encouraging everyone to reach out to friends & family who might be experiencing personal difficulties. R U OK has developed the four conversation steps:

- 1 Ask
- 2 Listen
- 3 Encourage action
- 4 Check in

For more information visit the R U OK website <https://www.ruok.org.au/>

If you are experiencing mental health issues, Norfolk has a free call service to the following services:

- Suicide Callback Service – 1300 659 467 or www.suicidecallbackservice.org.au
- SANE Australia – mental health support 1800 187 263
- Beyond Blue - 1300 224 636

A Message from the Norfolk Island Mental Health Awareness Group

To recognize Mental Health Awareness and RUOK day, The NIMHAG will be holding an odd socks and dog walk and motorbike ride on Sunday 12 September. The odd socks walk will commence at Kingston behind Emily Bay at 3 pm and the bike ride at 12.30pm at this stage. These activities will be followed by a sausage sizzle at a small cost. If interested in the odd socks and 4 legged friends walk please contact either David McCowan on 51350 or Melinda Hassen on 24219 and all you bikies can contact Roscoe Quintal on 50200 for catering purposes. Please support Mental Health on Norfolk in these trying times.

Health & Wellbeing Expo

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 at Rawson Hall, there will be:

- A wide variety of exhibitors showcasing health & wellbeing across the island
- Healthy & tasty food options
- Informative Presentations
- Great Demonstrations on interesting topics
- Lucky door prizes

NIHRACS Social Work Service

NIHRACS employed a fulltime Social Worker in 2018. The Social Work office is found near the Physiotherapy Service and Residential Aged Care Facility. Recently several residents claimed they did not realise NIHRACS had a Social Work service, or did not understand what the role of the Social Worker was. Social Workers provide casework, counselling and clinical interventions while working with individuals, families, communities and groups. We undertake research, administration, education, training and supervision to further human wellbeing and social development.

Recently a careers day was held at NICS; however the NIHRACS Social Work service was unable to attend. To use the title of Social Worker, the Social Worker must hold a minimum, four year undergraduate Bachelor of Social Work degree. They can go on to complete extra study in a speciality field to obtain an accreditation, complete a Master's degree or gain Post Graduate qualifications. The NIHRACS Social Worker Maria McCann is an Accredited Clinical Social Worker and an Accredited Aged Care Assessor. An accredited Clinical Social Worker usually works in a hospital or health setting. They understand how the health system works providing assistance with patient travel, future planning, aged care, crisis intervention, grief and loss, mental health and addiction counselling. An accredited Social Worker must be a member of the Australian Association of Social Workers. Social Workers must comply with ethical standards, for instance we protect client confidentiality, advocate for the vulnerable and display honesty and integrity at work and privately so not to compromise our reputation in the community.

Social Work is a rewarding and interesting career path. For those who are considering becoming a Social Worker, contact Maria at NIHRACS on 50593 or 22091 or check the AASW website for further details.
www.aasw.asn.au

General Practice Clinic Update

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 over 1250 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

Lisa Wilkes (podiatry) 13th – 17th September

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