

## Health & Wellbeing Expo – Next Saturday 18 September

The major health and wellbeing event of the year is on at Rawson hall next Saturday 18 September between 10am – 1pm. Over 25 Exhibitors will be there showcasing what they do and how their services can benefit you. We also have a full program of presentations, demonstrations and some delicious and healthy food will be available. Entry is free and just by coming along you could win one of many lucky door prizes due to a generous donation by Asuria. Photo below is from our previous health and wellbeing Expo.



## World First Aid Day

World First Aid Day is Saturday 11 Sept. Would you know what to do if an emergency situation happened in front of you? Australian Red Cross is hosting a free online first aid training on 11 Sept. The training will be delivered live by professional Red Cross trainers & includes basic COVID safe first aid skills. If you would like to complete this online training please visit the Red Cross website <https://www.redcross.org.au/get-involved/learn/first-aid/world-first-aid-day-2021>

## Condoms now available

As part of the NI Community Health Promotion Plan, as part of the sexual health program, we have explored options for discreet supply of condoms. NIHRACS and NIRC worked together initially to place condom vending machines in public toilets but recently there have been issues with supply of the boxes which fit into the vending machines. We are trialing a new “outlet” at the ladies toilets at Norfolk Mall. They have kindly agreed to be the new outlet. The condoms will be in paper bags which will be housed in a bucket. There will be 4 condoms in each bag for \$1.00 with a honestly jar in the container. We also have a bucket at Paw Paw’s Pump Shed. Thank you to Paw Paw’s Pump Shed & Norfolk Mall for helping us continue to support sexual health.

## **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](http://www.aasw.asn.au)

## **Basketball Program**

The Basketball Program will not be on this Saturday but will be back on the following Saturday.

As this Saturday afternoon will be a big junior rugby league session, we will not have basketball this Saturday but will be back the following Saturday (18 September) starting at 3pm with the primary school kids and 4pm for secondary and adults at the school basketball court. NI-Connect, NI Central School, Oliver and Fin Holm and the NIHRACS' health and wellbeing team are working together on this program. We thank everyone who has come along so far and invite others to give it a try.

## **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 9<sup>th</sup> September. The last date to have your second Pfizer vaccine is the 30<sup>th</sup> 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 30<sup>th</sup> September. There will be no further supply of COVID-19 vaccinations on Island after this date.

### **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

## **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) 13<sup>th</sup> – 17<sup>th</sup> 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**