

## Health & Wellbeing Expo Today Saturday 18<sup>th</sup> September

The major health and wellbeing event of the year is on at Rawson hall today, Saturday 18<sup>th</sup> September, between 10am – 1pm. There will be an official opening at 10am. 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. Parking is available on the rugby field parking area.



## Headache & Migraine Awareness Week 20-24 September 2021

What is a migraine? Migraine is a neurological disorder that can be very distressing & disabling. Usually on one side of your head, it is a throbbing or pulsating headache. A migraine can be associated with nausea & vomiting, as well as increased sensitivity to light, sound and possibly smell. About 20% of the population suffers from migraine at some stage in their lives.

In contrast, tension headache, another headache type, is usually felt on both sides of the head. It is a pressing or tightening sensation rather than a throbbing headache and is not made worse by activity or accompanied by nausea.

To learn more about headaches & migraine, visit Migraine & Headache Australia website <https://headacheaustralia.org.au/> or visit your GP.

## Condoms now available

As part of the sexual health strategies in the NI Community Health Promotion Plan, 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 that fit into the vending machines. We are trialing a new “outlet” at the female toilets at Norfolk Mall. We thank Norfolk Mall management for agreeing to this trial. The condoms will be in paper bags and will be housed in a bucket. There will be 4 condoms in each bag for \$1.00 with a honesty jar for the money. 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.

## 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 1,600 community members who have received their first dose of the Pfizer vaccine and over 1300 who have received their second dose.

### Key dates to remember:

- 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 – 1<sup>st</sup> October

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

Dr Deidre McAlpine 1<sup>st</sup> October – 16<sup>th</sup> October

## 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**