

Health & Wellbeing Expo – A Success

Thanks so much to everyone for supporting this year's Health and Wellbeing Expo, held last Saturday at Rawson Hall. With over 25 exhibitors, 5 presentations and 4 demonstrations plus two excellent food providers, there was plenty to see, enjoy and experience. The list of people to thank is too long to publish but sincere thanks to everyone involved. The feedback received so far has been very positive. Hopefully the Expo provided an opportunity for our Community to come together to learn, share and enjoy all things related to health and wellbeing on our beautiful Island. Some photos from the Expo below. Planning will commence soon for next year's Expo.





Basketball Program

The Basketball Program will be back this Saturday 25 September at the school basketball court. Times are...

2-3 pm: kids in school years 2-5

3-4pm: school years 6-8 (boys and girls),

4-5 pm: school years 9 and up plus adults

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.

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.

A Reminder that the Hospital, including car park areas, is a Smoke Free Site



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 1,650 community members who have received their first dose of the Pfizer vaccine and over 1600 who have received their second dose.

Key dates to remember:

- 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 – 1st October

Dr Deidre McAlpine 1st October – 16th 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