

Basketball Program

The Basketball Program will be back this Saturday 2 October 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 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.

Due to the success of the **come and try basketball** sessions so far, we are looking for those interested in starting up a **mixed social competition for ages 7 and up** to run on Saturday afternoons during Term 4.

Please make sure you put your name and details down this Saturday or send a message to Ann Pataki on ann.pataki@keyassets.org.au or call 23380 to let us know you are interested in joining a team. Once we know numbers we will communicate back with team and game time details. If you would be interested in helping out by coaching or refereeing (no experience required) then please send a message too as we need your support.

Emily Bay Accessibility Program

As the weather is starting to warm up, the Health & Wellbeing team are preparing to start the Emily Bay Accessibility Program. This program is about providing access to Emily Bay for people with mobility issues. If you would like to be on the contact list to be included in the program or if you would like to volunteer, please contact Maria Massey on maria.massey@hospital.gov.nf or call the Health & Wellbeing office on 22687.

October is Mental Health month

Mental Health Month is celebrated each year in the month of October. This month is to raise awareness and promote better mental health for all. An initiative of the Mental Health Foundation Australia (MHFA), the campaign theme for this year is 'Mental Health: Post Pandemic Recovery Challenges and Resilience'. Mental health is an essential part of everyone's wellbeing and is important at every stage of life. To read further information please visit the MHFA website: www.mhfa.org.au/cms/national-mental-health-month-2021

Norfolk Island Mental Health Awareness Group would like the community to be aware of Mental Health month, if you need help, please reach out to NIMHAG by contacting David McCowan or Melinda Hassen.

General Practice Clinic Update

Due to the current restrictions due to the risk of COVID-19 the main entry to NIHRACS is currently locked however the General Practice clinic is still open for business for all your health care needs and our emergency department is still operating. To decrease the risk of COVID-19 our processes have changed and Medicare is providing funding for telephone consultations where our Doctors can provide their services without you having to present to NIHRACS.

If have any of the following symptoms please telephone the GP Clinic for a phone consultation prior to presenting at the front door:

- Fever
- Cough
- Shortness of breath
- Chills
- Body aches
- Sore or scratchy throat
- Headache
- Runny nose
- Muscle pain
- Vomiting
- Nausea
- Diarrhoea
- Loss of taste or smell

If the assessing Doctor decides you need further medical intervention they will inform you on what to do next. To book appointments please phone our reception on 24134. Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

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 Deidre McAlpine 1st October – 16th October

Dr Andrew Ruterford 11th October – 20th November

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.

Skin Check Clinic

As part of a complete early detection strategy, we recommend that you see your GP once a year, or more often if you are at a higher risk of skin cancer, for a full-body, professional skin exam. To make a booking for the skin check clinic call the GP Clinic on 24134.

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