

Heart Foundation Walking group each Sunday

October is Walktober month. Walking and moving more is very good for us. It helps to improve sleep & lung capacity, by walking for just 30 minutes every day can increase cardiovascular fitness & strengthen bones. Walking also increases oxygen flow through the body.

The group meets every Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

Get Healthy Free Information and Coaching Service


1300 806 258
Mon – Fri / 8am – 8pm

<div style="background-color: #0072bc; color: white; padding: 5px; font-weight: bold; margin-bottom: 10px;">ABOUT THE SERVICE</div> <p>The Get Healthy Information and Coaching Service® is a FREE and confidential phone based service. It is open to anyone aged 16 years and over.</p> <p>You will get your own university qualified health coach to help you make healthy lifestyle changes. Your health coach can help you to:</p> <div style="display: flex; flex-wrap: wrap; gap: 10px; margin-top: 10px;"> <div style="text-align: center; width: 45%;">  <p>Eat healthily</p> </div> <div style="text-align: center; width: 45%;">  <p>Get active</p> </div> <div style="text-align: center; width: 45%;">  <p>Drink less alcohol</p> </div> <div style="text-align: center; width: 45%;">  <p>Reach a healthy weight</p> </div> <div style="text-align: center; width: 45%;">  <p>Achieve a healthy weight gain in pregnancy</p> </div> </div>	<div style="background-color: #0072bc; color: white; padding: 5px; font-weight: bold; margin-bottom: 10px;">WHAT THE SERVICE OFFERS</div> <ul style="list-style-type: none"> • Your own personal health coach • 10 confidential coaching calls over six months • Motivation and support to set your own healthy lifestyle goals • Information and a journal to help you track your goal and actions • Help to overcome any problem areas • Option to re-enrol for coaching or get six months of SMS based coaching for FREE.
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If you are interested in taking part of this free service, check out the website:

www.gethealthynsw.com.au, call 1300806258 (freecall from Norfolk Island) or talk to your GP or chronic disease nurse (call 24134 for an appointment) or call the Health and Wellbeing office on 22687.

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 (boys and girls),

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

4-5 pm: school years 9 and up plus adults (men and women)

Please bring hats, sunscreen and water bottles.

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.

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.

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