

November is Movember month

Movember is an annual event held every November. November challenges men to grow a moustache for the month. More than 1.4 million men per year are diagnosed with prostate cancer globally. Testicular cancer is another leading cancer that tends to strike young men. Mental Health is also a very big topic, on average, 1 man dies by committing suicide every minute of every day. To learn more about this very important event, please visit Movember website <https://au.movember.com/>

Basketball Program

With the days being longer and warmer, and taking on board feedback about the days/times of the Basketball Program, we have made some changes:

Skills clinic and games at the school basketball court:

Saturday's

4 – 5pm school years 2-8 (mixed - boys and girls).

5 – 6pm school years 9+ and adults (mixed - men and women) – back by popular demand

Tuesday's

6 – 7pm school years 9+ and adults (mixed - men and women)

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** during Term 4.

Please make sure you put your name and details down at the skills clinics 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. Thank you to those who have already offered to assist.

Successful Healthy Cooking Demonstration

Thank you to Mary Beth from Aunt Mary's Kitchen for providing the Healthy Cooking Demonstration on Thursday 28 Oct. A good crowd of interested home cooks attended the demonstration. Mary Beth demonstrated how to cook Chicken Satay, Never fail aromatic rice, Seasonal Stir-fry vegetables and Easy Peanut Sauce. Many thanks to everyone who came along and to Carli from The Local for providing the venue. Recipes are available on the NIHRACS website (www.norfolkislandhealth.gov.nf).



Get Tested

Long gone are the days when we'd leave the home with a sore throat or sniffling nose. Norfolk has done a phenomenal job of coming together and doing the right thing.

Testing is so important to finding cases of COVID-19 in the community, so if you do have a tickle in your throat or a symptom that seems mild, come and get tested even if you have been vaccinated. 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.

Symptoms of COVID-19

 Fever	 Cough	 Sore throat	 Runny nose
 Shortness of breath	 Fatigue	 Loss of smell	 Loss of taste
 Diarrhoea	 Vomiting or nausea	Experiencing any of these? Get tested.	

Source-QLD Health

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 Andrew Ruterford 11th October – 20th November

Dr Clive Bishop 16th October – 26th November

Dr Melania Scrace 1st November – 1st December

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