

Norfolk Island Dementia Support Carers Group

A dementia support carers group is being formed on Norfolk Island. If you are a carer, friend or family member of a person diagnosed with dementia and would like to meet other carers, come along to our first meeting. At this meeting we will discuss suitable times and days for future meetings according to the needs of carers. Our plan is to have refreshments and a guest speaker at every meeting in an informal setting so let's get together to talk about dementia care!

The physical and emotional demands of caring for someone with dementia can be high. If you are caring for a person with dementia, you may also need support so you can look after yourself. It is easier to continue your care role if you take time out to recharge and gain reassurance by catching up with others who share similar experiences.

Where: St Barnabas Parish Centre

Date & Time: 30th November 2021 at 10:30am

Please call the NIHRACS Social Worker Maria on 50593 or Glynn on 57566 for further information.


1300 806 258
Mon – Fri / 8am – 8pm

ABOUT THE SERVICE

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.

You will get your own university qualified health coach to help you make healthy lifestyle changes. Your health coach can help you to:


Eat healthily


Get active


Drink less alcohol


Reach a healthy weight


Achieve a healthy weight gain in pregnancy

WHAT THE SERVICE OFFERS

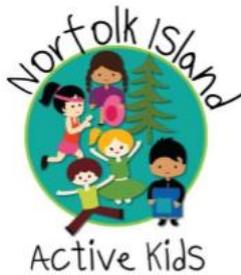
- Your own personal health coach
- 10 confidential coaching calls over six months
- Motivation and support to set your own healthy lifestyle goals
- Information and a journal to help you track your goal and actions
- Help to overcome any problem areas
- Option to re-enrol for coaching or get six months of SMS based coaching for FREE

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.



FREE TELEPHONE-BASED HEALTH COACHING

Your **free** NSW Health service can help provide you with the support and motivation you need to reach your own healthy lifestyle goals.



NI Active Kids



What is NI Active Kids?

NI Active Kids is a program designed to encourage and support school aged children living on Norfolk Island to be physically active.

All children currently enrolled at the Norfolk Island Central School are eligible to apply for a \$100 NI Active Kids Voucher. This \$100 voucher can be used for their choice of one sport or other activity provided by registered local providers on Norfolk Island within a 12 month period.

What do I do next?

1. Complete a short application form
 - Collect an application form from the Health & Wellbeing Office (Smithy's Building), or
 - Email maria.massey@hospital.gov.nf and a form will be emailed to you (please note working days are Wed – Fri), or
 - Download the form from the NIHRACS website (www.norfolkislandhealth.gov.nf)
2. Return the completed form to Health & Wellbeing office or email to the address above
3. You will receive a call or email when your voucher is ready to collect from Health & Wellbeing office
4. Check with your sport or activity provider if they are registered with NI Active Kids. If Yes, present the voucher to them in lieu of payment.

More information on NI Active Kids

- ✓ Vouchers are valid 01 July 2021 – 30 June 2022
- ✓ One voucher per eligible child to the value of \$100
- ✓ Providers must be registered with NI Active Kids in order for the voucher to be used
- ✓ The voucher can only be used for one provider. If the provider fees are less than \$100 the remaining balance is forfeited
- ✓ Students must be currently enrolled at Norfolk Island Central School.

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:

Saturdays

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

Tuesdays

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.

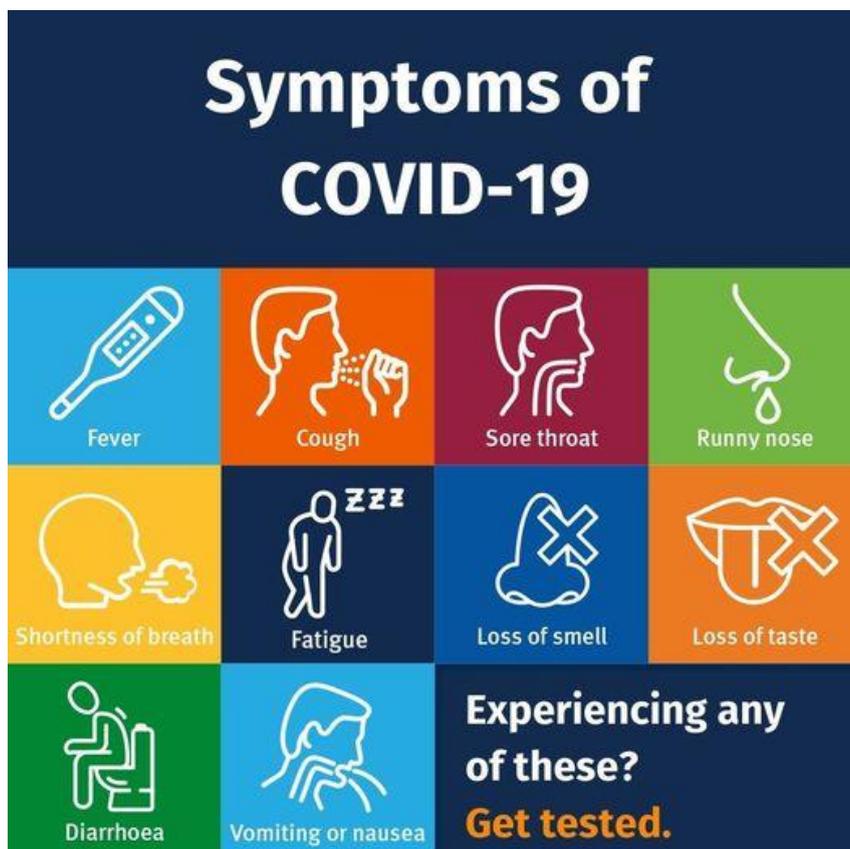
Please make sure you put your name and details down at the skills clinics or send a message to Ann Pataki on ann.pataki@keyassets.org.au or call 23380 to let us know you are interested in joining a team. Once we know numbers we will communicate back with team and game time details.

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.

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.



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 Rutherford 11th October – 22th 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