

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.

Healthy Home Preserving Demonstration

You are invited to our final healthy "cooking" demo for 2021 which will be conducted by Carter Stormann and will show us how to preserve our excess fruits and vegetables. Carter has many years experience in this area and is keen to share his knowledge and hints and tips to make it easy and tasty. Tasting will be included. Details are:

When: Thursday 9 December, 5.30pm

Where: The Local

Cost: \$5 per person

Please RSVP by Tuesday 7 December (maximum of 20 people for this session) to karen.inneswalker@hospital.gov.nf or call 22687 or 53969

SHAW-UP Ambassador Program

SHAW-UP or Student Health and Wellbeing Ambassador Program is a new leadership type program that is being coordinated by the NIHRACS Health and Wellbeing team, The NI Central School and other members of our Local Drug Action Team (LDAT). Funding for this program is being provided by the Alcohol and Drug Foundation.

This program will start in March 2022 and will offer up to 20 students from years 7 – 11 the opportunity to learn more about various areas regarding health and wellbeing for young people, with an emphasis on preventing harms from alcohol and other drugs.

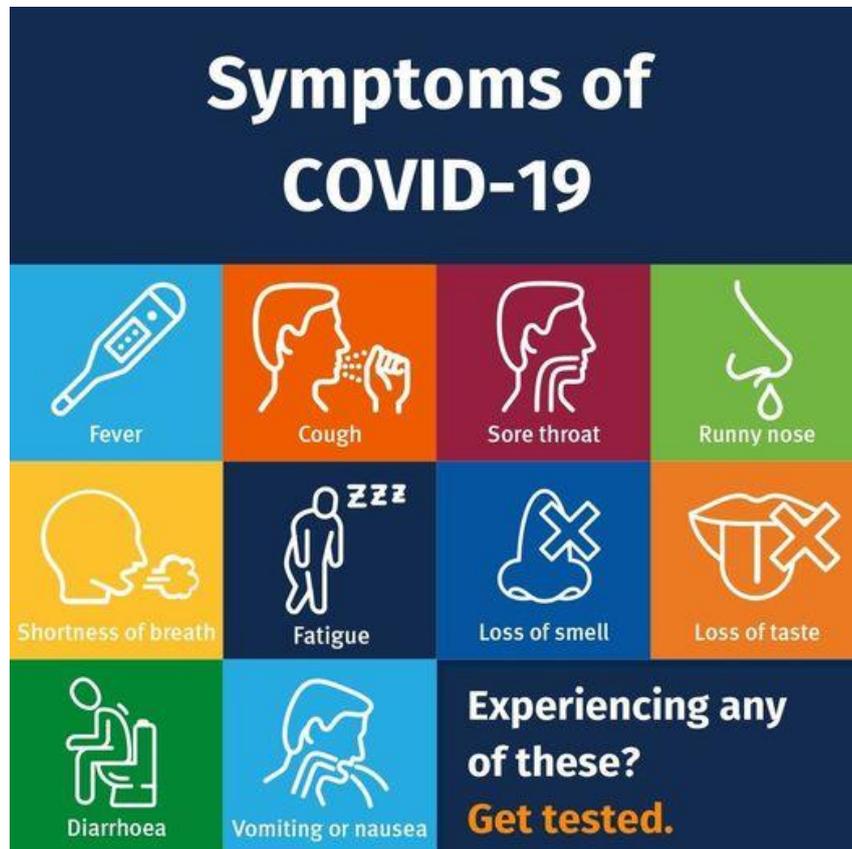
The program will consist of a launch event followed by six sessions on a range of topics of relevance to young people. These will be conducted by visiting and on-island experts. There will be a final "graduation" session where participants will present on their projects and prizes and awards will be presented.

If you are interested in finding out more either speak to your Year Advisor at School, Carly Ellis, Jess Miller or contact the Health and Wellbeing office on 22687.

Get Tested

Long gone are the days when we'd leave the home with a sore throat or sniffly 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 Clive Bishop 16th October – 26th November

Dr Melania Scrace 1st November – 1st December

Dr Frank Reed 23rd November – 10th December

Dr Christopher Lack 29th November – 9th January

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 please mention 'skin check' when making the appointment – phone 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.

Cervical Screening (formally known as Pap Smear)

The cervical screening test is a new, more accurate way of protecting women against [cervical cancer](#). It was introduced in Australia in December 2017, and is expected to protect almost one third more women from cervical cancer than the old Pap test.

The Pap test used to look for changes in the cells of the cervix, the entrance to the uterus (womb) from the vagina. Now the cervical screening test looks for evidence of the human papillomavirus (HPV), which can lead to cell changes in the cervix.

The cervical screening test looks and feels the same as the Pap test. But it is only done every 5 years instead of every 2 years, if your results are normal.

If you are a woman aged 25 to 74, you should have your first cervical screening test 2 years after your last Pap test.

All patient information is treated as confidential