

## NIHRACS Weekly Update

**Thank you to our Community for your support and kind words of appreciation. We would really like to especially thank all the cafes and other businesses plus those who contributed so our staff could access drinks and food during the very busy time recently. We are all very grateful, Thanks f'us.**

## NIHRACS COVID-19 Update

### Booster Shots

The COVID-19 Vaccine Booster Clinics are progressing well and the clinics will continue until January 28. If you are due for your booster a NIHRACS team member will contact you with your appointment time. If you missed the call or would like a Booster Pfizer vaccine next week, then give us a call at the GP clinic on 22091. Future clinics will be held once more vaccines arrive.

The paediatric vaccines have arrived and we will advise you on dates and location as well as ages as soon as we can.

### NIHRACS COVID-19 Protocols

The following table outlines the key points relating to testing, isolation or quarantine for people with confirmed COVID-19 infection as well as their close household and other close contacts. This document can also be found on the NIHRACS website under the COVID-19 tab ([www.norfolkislandhealth.gov.nf](http://www.norfolkislandhealth.gov.nf)). Also in this section you will find some information guides, one on Isolation/Quarantine and one on Getting Supplies, Healthcare and Rubbish. We recommend anyone who has been asked to isolate or quarantine read these documents.

As people who have recovered from COVID-19 are released from isolation it is important to note they no longer pose an infectious risk to other people. Like everyone else they should follow the public health guidelines around mask wearing, physical distancing and hand washing/sanitising.

## At Home Virtual Ward and Infectious Diseases Clinical Support

If you test positive to COVID-19 you may be referred to the Metro North Health COVID Care at Home Virtual Ward for ongoing monitoring and virtual care. The Metro North Health (MNH) COVID-19 Virtual Ward service provides ongoing monitoring and support services that ensure patients have access to health care professionals for the duration of their isolation and, if needed, to an acute deterioration pathway 24/7.

The guiding principle of the MNH COVID-19 Virtual Ward is to provide care to COVID-19 positive patients who are assessed as clinically suitable to stay in a non-hospital setting or other designated accommodation for the duration of their isolation requirements.

Virtual ward patients are assessed and monitored through telehealth platforms (telephone and/or video consultation).

All High Risk or very unwell patients are being discussed daily between the Infectious Disease team of Consultants at RBWH and NIHRACS Medical Superintendent, Dr Sam Jones.

## Welcome to New Staff

We would like to welcome some new staff to the NIHRACS team, please see below for some information on Lisa Christian, Jo-Anne Gibbons and Liz Unkles.

### Lisa Christian

Hey All Yorlye

After a few decades off Norfolk with just visits now and again the pull to come back last year had me back and forth plenty. My roots here always with Fletchie myes Dad plus to keep an eye orn hem nort.

The last 25 years on the Sunny coast pulled me into the disability sector and the last recent 8 years rehabilitation and support for brain injury and non-verbal high support needs clients. My passion is to assist those to reach their potential and achieve their goals.

I am looking forward to re-connecting with the community and with the NIHRACS allied health team.



### **Jo-Anne Gibbons**

Hi my name is Jo-Anne Gibbons, but everyone just calls me Jo Jo.

I have spent the last 10 years working as Business Manager for Dysart Hospital and Middlemount Community Health. Dysart is a small remote mining town in Central Queensland.

My husband (Scooby, also in photo below) and I travelled to the island for a holiday in October last year. It was very odd flying in for the first time to Norfolk Island. I was taking in the beautiful views as the plane was descending; all of a sudden I had tears welling in my eyes. I have flown to many places in the world however I have never been overcome with the emotion that I felt as we were landing at Norfolk Island. During our week long holiday we met some wonderful locals and absolutely feel in love with the island and the lifestyle. We left our holiday “dreaming” of moving over here.

The “dream” became a reality. After returning to our jobs in Central Queensland, the position of Manager Business Corporate and Finance at NIHRACS was advertised. I couldn't believe my eyes when I saw the ad. I immediately rang Scooby, who was working in the mines 7 days on and 7 days off and told him about the position. I think I actually said to Scooby, “I have found a job, we are moving”. At that stage, I hadn't even applied for the position, let alone been the successful applicant. There is a lot to be said about using positive affirmations.

We arrived on this beautiful island paradise 3 weeks ago and absolutely love every minute of our lifestyle change. I am excited to get my teeth into my position of Manager Business Corporate and Finance with NIHRACS. It is early days yet so I am still feeling my way. The team at NIHRACS is amazing and their dedication has blown me away.

I am keen to get involved in community events and help make a difference. Scooby and I are keen to meet the locals, so if you see us in the community, please feel free to come and have a chat. After all, friends are strangers you haven't met yet.



### **Liz Unkles**

Hey & Wutaway!

I am Liz Unkles, and some of you may remember me as Liz Adams.

After 28 years since "leaving home", I have the privilege of moving back to Norfolk to take up the role as Transition Project Manager at NIHRACS.

During those 28 years I have been blessed with a wonderful family - husband Errol (also in photo) and three children, Isabella 17 , AJ 14 and Mitch 12. I have also had the opportunity to work in a number of roles across Queensland.

Whilst initially working as a nurse, I completed further study in the areas of human services administration and strategic planning and for a number of years worked in the areas of health emergency management and business continuity. More recently I have led a number of projects developing risk based governance systems.

I am so pleased that I have the opportunity to use these skills to support the transition of NIHRACS to Queensland as the State partner and with it, the opportunity for my family to experience life on myse Island hoem.



### **Farewell to Lucy Stewart**

We are sad to advise that Lucy, our Physiotherapist, has decided to move on to begin a new chapter in her life and career. We would like to thank Lucy for her great contribution to NIHRACS and our community during the 2 years here at NIHRACS. We will advise when a new Physio will be commencing.

A short note below from Lucy to her many patients, colleagues and friends.

I can't believe that it is time to say goodbye. Thank you orl yorlye for having me as your Physiotherapist for the last 2 years, putting all the pain that goes along with having Physio aside, I am so grateful for the

friendships I have made along the way. Norfolk is a magical place and will always be with me. This year I am off to explore the seas and hopefully learn to sail, maybe one day I will end up back on these beautiful shores. Thanks fe me yorli!



### **Health and Wellbeing Update**

Due to COVID-19 now being on Norfolk Island, below is a program update from the Health & Wellbeing office:

**Emily Bay Accessibility** program will be cancelled till further notice

**Healthy Cooking Demonstration** will be cancelled till further notice

**Heart Foundation Walking Program** will be cancelled till further notice, however, please stay mobile and go for daily walks, please remember to physically distance if you come into contact with other walkers

**Emily Bay Water Walking** will be cancelled till further notice

If you would like any further information on our programs, please contact the Health & Wellbeing team on 22687.