

SHAW-UP Program

Pete Slattery, trainer, facilitator and counsellor of young people arrives next week to facilitate the SHAW-UP Ambassador Program. SHAW-UP is a double meaning acronym with SHAW standing for Student Health and Wellbeing. The Health and Wellbeing Team, working closely with NICS and the Local Drug Action Team, is coordinating this program, with funding provided by the Alcohol and Drug Foundation (ADF). We would like to thank the young people who have expressed interest in being involved in the program and look for the program launch on Wednesday 23 March.



Norfolk Island Dementia Carers Support Group

Our next meeting will be held on Tuesday 22nd March 2022. Guest speaker will be the new physiotherapist Henrik Kristensen who will be presenting 'Dementia and Falls Prevention'.

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 meeting.

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. 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: 22nd March 2022 at 10:30am

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

Orthodontist Visit

The orthodontist is visiting the dental clinic from 1st-3rd April. Would like to thank the community for their patience for the unforeseen inconvenience during the last few months.

Welcome to Henrik Kristensen new Physiotherapist with NIHRACS

My name is Henrik Kristensen and I have just started a 12 weeks locum position as Physiotherapist with NIHRACS. After relocating to Australia from Denmark in 2005 I have worked in different acute and rehab hospitals in Sydney. With the COVID restrictions easing and the world opening up again, I am pleased to have this opportunity to live and work on Norfolk Island for some time.

Due to the COVID restrictions early 2022 and Lucy -the hospital Physio- being in Australia for the time being, there has been a few cancelled appointments. At the moment I am contacting people that missed out on treatments during lockdown, and I hope that I manage to reconnect with the ones that were in the middle of treatments.

March is Epilepsy Month

In Australia, there is approximately 250,000 people currently diagnosed with epilepsy.

Epilepsy is more common than Parkinson's, cerebral palsy, MS and muscular dystrophy combined, but it is still widely misunderstood. For example, the majority of people think seizures are convulsive, but epilepsy can take many forms and affect people very differently.

Epilepsy is a neurological disorder and seizures are caused by a disruption of the electrical activity in the brain.

To find out more on this very important topic, please visit Epilepsy Action Australia website <https://www.epilepsy.org.au/about-epilepsy/>

GP Clinic update

WHAT'S HAPPENING THIS MONTH!

- Monday 28.03.22 – Paediatric Covid vaccination Clinic
- Tuesday 29.03.22 - Paediatric Covid vaccination Clinic

VISITING SPECIALISTS

Paediatrics – 14th to 18th March
 Paediatric Psychiatry – 24th to 28th March
 Respiratory Physician – 19th to 22nd April

SOCIAL WORKERS DAY 2022

Social workers work across a diverse range of contexts working in community and acute settings, rural, remote and regional health services. They work in mental health and health systems across the life span providing supportive counselling, assessment and advocacy for their clients

FLU VACCINATION

The 2022 Flu vaccination is anticipated to arrive on Island late April. With flu season almost here amid the continuing COVID-19 pandemic, you can protect yourself and your family from both illnesses by physical distancing, frequent and thorough hand washing, coughing into the crook of your elbow, staying home when sick, limiting contact with people who are infected and keeping up to date with your vaccinations.

NIHRACS will advertise when clinics will be held

THE QUEENS BATON

On Wednesday of last week, NIHRACS had the privilege of the Commonwealth Games Baton visiting the residential aged care residents. The NIHRACS residents were able to have a photo with the Queen's Baton as part of its relay across the 72 nations and territories. Thank you to the Amateur Sports Association of Norfolk Island for including NIHRACS in this special opportunity.

Meet Our GP Clinic Team

Dr Sam Jones
 Dr Andrew Rutherford
 Dr Sarah Nolan
 Dr John Russell
 RN Kaye Evans
 RN Carter Stormann
 RN Lianne Jones
 Chermayne Fong
 Caroline Dunlop
 Naydene Murray

