

FIRST WEEK OF SHAW-UP PROGRAM A SUCCESS

As well as the successful launch of the SHAW UP (Student Health and Wellbeing) Program, our visiting facilitator and educator, Pete Slattery ran several other sessions at the school and in the Health and Wellbeing office for the participants and supporters. This program is designed to build understanding and confidence around health and wellbeing for the SHAW UP Ambassadors, with a focus around alcohol and other drug harm prevention.

Below is a photo of Pete and some of the participants in action. He returns in late May to run more sessions and for the graduation event. In the meantime participants, with the help of supporters, will work on their projects.

Thanks to everyone involved, it is a great example of intergenerational engagement and people coming together to work on an important area in health promotion.



Line Dancing Classes – New Physical Activity Program

The Health & Wellbeing office in conjunction with Carter Stormann will be holding Line Dancing on Mon 4th April and Mon 18th April @ 5.30pm. Put your dancing shoes on and join in the fun whilst being physically active. Cost is \$5.00 per person and all are welcome. Venue for the Line dancing will be SDA Hall on New Cascade Rd. Please bring along your own water & face mask. For further information please contact the Health & Wellbeing team on 22687 or Karen Innes Walker on 53969.

April is IBS Awareness month

Irritable Bowel Syndrome (IBS) can affect both children and adults of both genders. IBS is a disorder characterized by abdominal pain or discomfort, and altered bowel habit (chronic or recurrent diarrhea, constipation, or both – either mixed or in alternation). It is estimated that 10-15% of the worldwide population has IBS. The exact cause of IBS is not known. Symptoms may result from a disturbance in the way the gut, brain, and nervous system interact. This can cause changes in normal bowel movement and sensation. Stress does not cause IBS. However, because of the connection between the brain and the gut, stress can worsen or trigger symptoms.

If you suffer with IBS or think you may have IBS and would like to talk with a Doctor, please call the GP Clinic on 24134 for an appointment.

Updated information from Norfolk Island Health and Residential Aged Care Service (NIHRACS)

The Hospital, including our Emergency department and General Practice clinic are open.

However, due to COVID-19, entry through the main door is currently monitored by NIHRACS staff.

Where clinically appropriate you may be offered a telephone consultation with our Doctors.

If you are visiting our inpatient ward or the aged care facility you will be required to have a COVID-19 test before you enter.

You may not need a COVID-19 test if you do not have any symptoms of COVID-19 and are fully vaccinated and need to:

- See a GP for a reason that is not infectious
- Access Radiology (for an Xray etc)
- Access Pathology (for a blood test etc)
- Access Immunisation/Child Health services

For all appointments please call the GP Clinic on 24134.

Thank you for your patience and respect of our entry policy.

For medical assistance outside of business hours please call the hospital on 22091.

In cases of emergency, please call 000.

Updated: 29 March 2022.