

## NI Active Kids



Have you got your NI Active kids voucher for your child yet? Only a few months left to use this year's voucher which will finish on 30 June 2022.

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.

The providers where you can redeem your voucher are:

- Touch Football
- Tennis
- Yoga with Candida Langman
- Archery
- Pony Club
- Kids Boxing - Miss Fit Studio – (Kelly Quintal)
- Junior Outrigging Program
- Norfolk Island Fitness and Health
- Golf
- Norfolk Island Girl Guides and Brownies
- Norfolk Island Junior Rugby League
- Island Coaching and Training – Lou Donald
- Norfolk Island Netball Association

You will need to complete a short form which can be either printed from NIHRACS website ([www.norfolkislandhealth.gov.nf](http://www.norfolkislandhealth.gov.nf)) or call into the Health & Wellbeing office to fill in your form. Once we have received your completed form we will issue the voucher for your child to use, (please note there is 1 voucher per child for 2021-2022 financial year).

For more information, please call the Health & Wellbeing team on 22687.

## Country Line Dancing

Monday 4<sup>th</sup> April was the first Country Line Dancing held at SDA Hall with Carter Stormann. There was a great turnout with 14 dancers attending and everyone had a fun time. We will advise when the next session will be as our planned next session falls on Easter Monday. Keep an eye on Facebook and in the paper.



## 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.

## GP Clinic Hours of Operation

14.04.2022	9am – 5pm
15.04.2022	CLOSED Public Holiday
16.04.2022	CLOSED Saturday
17.04.2022	CLOSED Sunday
18.04.2022	CLOSED Public Holiday

**For all emergencies please call 000**

## 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.

## VISITING SPECIALISTS

Podiatry – 4<sup>th</sup> to 8<sup>th</sup> April  
Respiratory Physician – 19<sup>th</sup> to 22<sup>nd</sup> April

## 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.

## COVID VACCINATION WINTER DOSE

On 25 March 2022, the Australian Technical Advisory Group on Immunisation (ATAGI) provided recommendations on a winter booster dose of a COVID-19 vaccine for selected population groups, to increase vaccine protection before winter. The winter dose is recommended for people who are at greatest risk of severe illness from COVID-19, 4 months after their first booster.

At risk groups are:  
adults aged 65 years and older  
residents of aged care or disability care facilities  
people aged 16 years and older with severe immunocompromise (as defined in the [ATAGI statement on the use of a 3rd primary dose of COVID-19 vaccine in individuals who are severely immunocompromised](#))

## FLU VACCINATION

The 2022 Flu vaccination is anticipated to arrive on Island early May. 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**