

Next Healthy Cooking Demonstration

The rescheduled healthy cooking demonstration with Carli Christian will now be held on Wednesday 15 June, starting at 5.30pm at The Local. Carli will show us how to make a healthy version of Tahitian fish and a chicken main dish. As usual the recipes will be provided as well as a tasting. Due to COVID-safe distancing numbers will be limited. Cost is only \$5 per person. Please RSVP by 10 June if you would like to come either by email to karen.walker@hospital.gov.nf or text to 53969.

NI Active Kids vouchers need to be used

As we are coming to the end of the financial year, if you have a NI Active Kids voucher that you haven't used yet, you will need to use this by 30 June 2022. If you haven't got a voucher yet and would like one for your child, please call into the Health & Wellbeing office for your voucher (you will need to fill in a form). To be eligible to receive the voucher, your child needs to be enrolled at Norfolk Island Central School and not received a voucher this financial year (1 July 2021 – 30 June 2022).

Dental Clinic appointments

The dental clinic team would like to request the parents of school children to call the clinic to make yearly routine dental check-up appointments for their children. Please call the clinic on 22910 between 9am and 4.30pm.

Norfolk Island Community Health Empowerment Program (NICHE)

The NICHE program is run by NIHRACS through the Health and Wellbeing office located in the Smithy's Building at the roundabout on Taylors Road.

NICHE is a free program for people living with one or more chronic (long term) health conditions and is in place to help people learn more about their condition(s) and medication therapy with an aim of improving general health. We support people on the program who may have a goal of increasing activity for fitness or weight management – by learning more about how the body works and responds to health conditions, diet and activity. People participating in the program develop skills to predict and manage events that affect their health.

NICHE supports participants in the program with referrals to allied health team members at the hospital or in the community as well as providing opportunities for walking and water exercising to increase motivation for increasing general fitness and all the benefits this provides.

Referral to the program can be done by the individual or through a GP or other staff at the hospital. We begin with an introduction to the program and follow up with a meeting to set goals and plan the best way to work towards achieving those goals. Sessions then continue at intervals to suit the individual, either weekly or fortnightly, as progress is made towards achieving the identified goals.

Phone us at the Health and Wellbeing office on 22687 to talk about what we may be able to offer you on the NICHE program. There is no obligation to join the program and participation in the program is completely voluntary.

NIHRACS COVID-19 Update

NIHRACS has moved to Tier 1 of the COVID Response Plan due to the reduction in reported COVID-19 positive cases. This means that visitors to inpatients will not need to do a Rapid Antigen Test (RAT).

Restrictions still apply for people who:

- Have travelled from overseas within the past 7 days
- Are a close household contact of a person with COVID-19
- Are awaiting COVID-19 test results
- Have been diagnosed with COVID-19 in the past 14 days

There are no changes to visitor restrictions for residential aged care. This means RATs for all visitors prior to visiting aged care residents.

All visitors and patients are still required to wear a face mask whilst in NIHRACS.