

Important COVID-19 Update from NIHRACS

NIHRACS continues to use the COVID-19 Response Plan to guide our services in response to different levels of community transmission of the COVID-19 virus, in line with other Health Services across Australia.

Within the plan there are 5 tiers of response and these are driven by one or more of the following factors:

- Staffing levels at NIHRACS
- Community transmission levels
- Hospitalisation levels
- Capacity of various areas within NIHRACS to function safely

As of the 7th of June, NIHRACS have moved to Tier 3, driven by the reduced levels of available essential staff groups and a rise in transmission rates.

This means changes to our model of health-care delivery with a greater use of non-face to face care services for outpatients.

It's very important to understand that we are still open for business. NIHRACS is not in lock down, however, we are delivering services where appropriate via telephone. Urgent cases will still receive face to face services but we ask that you understand if we offer a different way of providing your health care services during this period. We will provide regular updates on the situation as it is reviewed.

Country Line Dancing

Country Line dancing with Carter Stormann will be on again Monday 13 June at 5.30pm at the SDA Hall on New Cascade Road. It is a great, fun way to get some physical activity and learn something new. Only \$5 each (school aged children are free). Bring your water bottle, face mask and wear comfortable shoes.

Men's Health Week 13-19 June

This year's theme is "Building Healthy Environments for Men and Boys". International Men's Health Week is celebrated every year in the middle of June. It is an important opportunity to highlight the importance of men's health, and to promote and support the health and wellbeing of men and boys in our communities. Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing.

For more information on this important week, please visit <https://www.westernsydney.edu.au/mens-health-week>

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).