

Healthy Options program

Health & Wellbeing office are pleased to announce a new program in the Health Promotion Plan “Healthy Option Program”. We are inviting all restaurants & cafes to join the program. All you need to do is nominate one or more items from your menu to be designated as a “Healthy Option”. To participate you will need to send the recipe, including number of serves from the recipe to our Dietitian (email: karen.walker@hospital.gov.nf) who will do a nutritional analysis and either advise that the item meets the healthy options guidelines or provide suggestions on how to make the item meet the guidelines. Once the recipe is a “Healthy Option”, we can supply a sticker (or electronic version) of the logo that you can place onto your menu. We will also supply brochures about the program for your customers.

For more information or to express interest in being part of the program please contact the Health and Wellbeing Office on 22687 or email Karen Innes-Walker, Dietitian and Health and Wellbeing Coordinator on karen.walker@hospital.gov.nf.

NI Active Kids program to continue

After a very successful year of registrations, we are pleased to advise that the Health & Wellbeing office have secured funding for NI Active Kids program to continue for the period 1 July 2022 through to 30 June 2023. If you would like to obtain a voucher for your child, please call the Health & Wellbeing office on 22687 to arrange a collection time.

The local sport/activity providers where you can use a voucher are:

- Touch Football
- Tennis
- Yoga sessions with Candida
- Archery
- Pony Club
- Kids Boxing
- Junior Outrigger Program
- NI Fitness & Health (Gym)
- Golf
- Girl Guides & Brownies
- Junior Rugby League
- Island Coaching & Training (Lou Donald)
- Netball

If you are a local sport/activity provider that is not involved in the program and would like to be, please call the Health & Wellbeing office on 22687 to find out more information.



NI Active Kids



What is NI Active Kids?

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.

What do I do next?

1. Complete a short application form
 - Collect an application form from the Health & Wellbeing Office (Smithy's Building), or
 - Email maria.massey@hospital.gov.nf and a form will be emailed to you (please note working days are Wed – Fri), or
 - Download the form from the NIHRACS website (www.norfolkislandhealth.gov.nf)
2. Return the completed form to Health & Wellbeing office or email to the address above
3. You will receive a call or email when your voucher is ready to collect from Health & Wellbeing office
4. Check with your sport or activity provider if they are registered with NI Active Kids. If Yes, present the voucher to them in lieu of payment.

More information on NI Active Kids

- ✓ Vouchers are valid 01 July 2022 – 30 June 2023
- ✓ One voucher per eligible child to the value of \$100
- ✓ Providers must be registered with NI Active Kids in order for the voucher to be used
- ✓ The voucher can only be used for one provider. If the provider fees are less than \$100 the remaining balance is forfeited
- ✓ Students must be currently enrolled at Norfolk Island Central School.

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 and GP Clinic Update

Important COVID-19 Update from NIHRACS

As of Thursday 30th June, NIHRACS has moved to a Tier 1 of our Pandemic Response Plan, driven by the reduced level of community transmission rates.

This means changes to our model of health-care delivery with greater reintroduction of face to face care services for outpatients. We are still offering telephone consultations for those who prefer not to present to NIHRACS.

To book appointments please phone our GP Clinic reception on 24134 or 22091.

Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

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.

Script, Test Results and Referrals

Scripts, test results and referrals can be obtained in a **booked consultation.** If you are on regular medications please allow adequate time for your script renewal as we are not always able to offer same day appointments.

FLU VACCINATION

The 2022 Flu vaccination is still available and we are taking bookings!
Government Funded for all:

- +65yrs
- Chronic Disease
- Cardiac Disease
 - Chronic Respiratory Conditions (EXC Asthma)
 - Chronic Neurological Conditions
 - Immunocompromised
 - Diabetic
 - Renal Disease
 - Haematological disorders
 - Pregnant Women

General Public – Cost is \$20 per person payable prior to vaccination.

COVID VACCINATION WINTER DOSE

With COVID-19 circulating the community and the additional risk of influenza we are encouraging people to get their COVID-19 winter dose and flu shot to reduce the "life-threatening" risk of contracting both at the same time.

The winter dose is recommended for:

- adults aged 65 years and older
- residents of aged care or disability care facilities
- people aged 16 years and older with severe immunocompromised

Please note we have 36 available appointments left

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.