

NIHRACS Strategic Planning Community Participation

Throughout 2022, NIHRACS has been progressing a strategic planning process and are looking forward to providing an opportunity to collaborate with the community to confirm the values, mission and strategic goals for the organisation.

The NIHRACS Strategic Planning Community Participation is scheduled for 5.30-7.00pm on Wednesday 13th July at Rawson Hall. For planning purposes please let Liz Unkles, Transition Project Manager, know if you will be attending via email liz.unkles@hospital.gov.nf or phone 50111

Note: In the event of that NIHRACS is at a Tier 3 of the Covid-19 Response Plan at this date, the session will be held as an online forum.

Country Line Dancing

Country Line dancing with Carter Stormann will be on again Monday 11 July from 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.

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.

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.

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



Current as at 08/07/2022

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.

VISITING SPECIALISTS

Endocrinologist –
11th – 15th July

Psychiatrist -
22nd – 25th July

Podiatry –
1st – 5th August

Paediatrician –
8th – 12th August

The GP Clinic will call all patients who have been triaged by the Specialist to confirm an appointment.

FREE FLU VACCINATION EXTENDED!

All Norfolk Island residents over the age of 6 months can receive their flu vaccination for free, until 17th July 2022

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

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.

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.

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

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 immunocompromise