

### **Inaugural Running on the SHAW Fun Run a success**

The first of the SHAW-UP Projects to be implemented happened on Sunday 28 August where around 40 runners and walkers completed the 5Km or the mini-course. Congratulations to SHAW-UP participants, Koszta, Natalie and Fletcher for organising the event and all those who assisted in making the event a success. We look forward to many more fun runs.



### **Successful SHAW-UP Program**

Last week saw the final week for this year of the SHAW-UP (Student Health and Wellbeing) Program. Congratulations to all the participants who presented their SHAW-UP Projects at the graduation event on Wednesday. Thanks also to the dedicated team at NICS, the supporters of the program, The Alcohol and Drug Foundation for funding and Pete Slattery, visiting SHAW-UP facilitator.



### **Hearing Australia visit**

Hearing Australia will be visiting Norfolk Island from 5 Sept (afternoon) to 9 Sept (midday). Hearing Australia provides a free service to all clients who are on an Australian pension, Australian Department of Veteran Affairs card holders as well as Aboriginal and Torres Strait Islander clients over the age of 50 yrs and children with diagnosed permanent hearing loss from 0-26 yrs.

All other clients who want to engage with hearing Australia services can see them as fee for service clients with the initial test cost being \$99.

If you wish to arrange an appointment, please contact them on [sydney@hearing.com.au](mailto:sydney@hearing.com.au)

### **Health & Wellbeing Expo - Saturday 10 September, 10am – 1pm - Rawson Hall**

Next weekend is the Health & Wellbeing Expo. Come along to Rawson hall on Saturday 10 Sept between 10am – 1pm and see what is on offer, enjoy the food and listen to the great presentations. Look for the program of presentations in this week's paper. For more information please contact the Health & Wellbeing office on 22687, Karen Innes-Walker on 53969 or Maria Massey on 57288.

### **Norfolk Island Patients' Travel Accommodation and Assistance Service (NIPTAAS) Reminder**

When your NIHRACS GP refers you to Australia for medical treatment or investigations please remember to collect a NIPTAAS claim form for accommodation and travel reimbursements before you leave Norfolk Island.

The claim forms can be collected from the hospital front office or are available on the NIHRACS website. [www.norfolkislandhealth.gov.nf](http://www.norfolkislandhealth.gov.nf)

Please remember that it is your responsibility to collect signatures from the hospital or clinic for each appointment in order to obtain your reimbursement.

# NIHRACS COVID-19 and GP Clinic Update

Current as at 02/09/2022

## Important COVID-19 Update from NIHRACS

As of Wednesday 31<sup>st</sup> August, 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

Ophthalmology – 16<sup>th</sup> – 19<sup>th</sup>  
September

Psychiatrist (Peads) -  
13<sup>th</sup> – 18<sup>th</sup> October

Endocrinology – 31<sup>st</sup>  
October – 11<sup>th</sup> November

Respiratory – 14<sup>th</sup>-18<sup>th</sup>  
November

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

## REPORT YOUR RAT

If you test positive on a rapid antigen test (RAT) it is very likely that you have COVID-19.

Report your positive test result by calling NIHRACS on 22091.

Note: if you took a PCR test at our testing clinic and received a positive result, you do **not** need to report it. The testing clinic will report it to our COVID Nurse directly.



## FEELING SICK? STAY HOME AND GET TESTED

If you are feeling sick please do not attend work, school or shops. Book in with a GP for a phone consult and Covid-19 Rapid Antigen Test.

Help stop the spread!

## COMMUNITY COVID-19 TESTING

RAT testing is still available Monday to Friday via the drive-through clinic. These are booked appointments after a phone consultation with a GP.

## FLU VACCINATION

Free Flu vaccines are now available for people who are:

- Over the age of 65 years, Pregnant or have a chronic disease (e.g. Diabetes, Coronary heart disease, renal failure, immunocompromised)
- Children under 18 years please call NIHRACS to secure an appointment with a Doctor and Outpatients for this vaccination.

**NOTE:** If you are not over the age of 65 years or do not have a chronic disease, flu vaccines are available at a cost of \$20.00.

## COVID VACCINATION

NIHRACS Covid vaccination clinic will be held:

**Where:** St Johns  
Ambulance Shed

**When:** 21<sup>st</sup> September

**Booked appointments only**

Please contact the GP Clinic on 22091 to secure a booking.

NIHRACS encourage all residents over the age of 30 years to get their COVID-19 vaccination including 4<sup>th</sup> Dose.