

Permaculture session with Nathan Taylor

On Thursday 12 Oct, Nathan Taylor facilitated the Permaculture follow up session on the topic of “More than Eggs”. There was a great turn out for this interesting topic, thank you to those that attended and to Nathan for giving a great presentation.

Our next 4 week course will be held in February 2024, if you would like to secure your spot or would like further information, please contact Maria Massey on 22687 or email maria.massey@health.nlk.gov.nf .

Emily Bay Accessibility Program

As the weather is starting to warm up, the Health & Wellbeing team are preparing to start the Emily Bay Accessibility Program. This program is about providing access to Emily Bay for people with mobility issues. If you would like to be on the contact list to be included in the program or if you would like to volunteer, please contact Maria Massey on maria.massey@health.nlk.gov.nf or call the Health & Wellbeing office on 22687

NI Active Kids

If you haven't received your child's NI Active Kids voucher for this financial year , call into the Health & Wellbeing office to fill in a very short form and collect a voucher for the value of up to \$100 which can be used at one registered NI Active Kids provider. For more information contact the Health & Wellbeing team on 22687 or Maria Massey on 57288.

The current local NI Active Kids providers 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
- Oztag
- Cadets
- Cricket

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 obtain 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

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