

## Money Matters

The Health & Wellbeing office in conjunction with Tina Loader have a new program starting in November. Studies have shown that financial challenges and mental health challenges are common and frequently experienced alongside each other. The program “Money Matters” will explore the ins and outs of money in a casual setting, talk about all those money related questions, learn some financial tips and tricks and have a laugh or two along the way.

The sessions will be held every Thursday in November with a different topic each week, starting on 2 November from 5.00-6.30pm, there will be no charge to attend the sessions, to register to attend or for more information please email Maria Massey on [maria.massey@health.nlk.gov.nf](mailto:maria.massey@health.nlk.gov.nf) or phone 22687. Booking are essential as spaces are limited.



## 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](mailto:maria.massey@health.nlk.gov.nf) or call the Health & Wellbeing office on 22687

## 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. People participating in the program develop skills to predict and manage events that affect their health.

Referral to the program can be done by the individual or through a Doctor 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.

### **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](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. Your claim form needs to be presented to NIHRACS prior to 12 month deadline.