

Condoms available

The Health & Wellbeing office would like to advise that there are Condom machines installed in the toilets behind the Commonwealth Bank/ CafeTempo, down Bun Pine Alley. The cost is \$2.00 for a box of 2 condoms, the machines will take a \$2.00 coin only.

Speak & Share Sessions

Speak & Share's founding directors are three best mates who have shared the loudest of laughs and have lent each other a shoulder through the hardest of times. Like a lot of us, Ben, Nathan & Mason have experienced the pain of losing a best mate to suicide, a family member to a workplace accident, and enduring the separation of our parents. With each others support, we have been able to stand tall through these hard times.

Speak & Share is a Not For Profit Mental Health Organisation who encourages the tough conversations and challenges the stigma associated with mental health. Through our preventative proactive approach, we facilitate school, corporate and sporting club programs, as well as local events to connect community and raise awareness to positively impact mental health awareness.

Ben, Nathan & Mason will be on island 5-10 November, sessions are free of charge but bookings are required, to register please email Kelly Schmitz at Youth Mental Health Awareness Group on niyouthwellbeing@outlook.com or text Kelly on 50990, please see below for more information.



**'SPEAK & SHARE' SESSIONS –
BOOK NOW!**

COMING TO NORFOLK!
'SPEAK & SHARE' IS A NOT-FOR-PROFIT MENTAL HEALTH ORGANISATION WHO ENCOURAGES THE TOUGH CONVERSATIONS & CHALLENGES STIGMA SURROUNDING MENTAL HEALTH.

LOCAL SPORTS CLUB SESSION
5.30pm MONDAY 6th NOV
VENUE: NI LEAGUES CLUB

LOCAL COMMUNITY SESSION
5.30pm THURSDAY 9th NOV
VENUE: TBA

Sessions are free of charge but bookings are required.
To register for either of the above sessions, please email name, contact number and session to the Youth Mental Health Awareness Group at niyouthwellbeing@outlook.com OR text or call 50990.



Movember 2022

November is Movember month. Movember Foundation was started to raise awareness of men's health issues, in particular prostate cancer, testicular cancer & mental health. So grow a mov and support this very important month. To read more, visit <https://au.movember.com/>

Accommodation for Cancer treatment off Island

If you are being treated for cancer in Brisbane and require accommodation, please call the social worker Maria McCann on 23190. The social worker can arrange Queensland Cancer Council low-cost accommodation for residents and their escorts who are travelling to Brisbane to have cancer treatment or when supporting a resident who is having treatment for cancer.

Cervical Cancer week 13-19 November

Cervical cancer begins when abnormal cells in the lining of the cervix grow uncontrollably. It may then spread to other parts of the reproductive system or to other parts of the body. Cervical cancer does not usually carry any external symptoms until it is in advanced stages, and so the best way to prevent cervical cancer is through Cervical Screening Tests. If you would like to have a Cervical Screening test, contact the GP Clinic on 24134 for an appointment. If you would like to read more about Cervical Cancer please visit Australian Cervical Cancer Foundation website <https://accf.org.au/>