

Raised Garden Beds

Gardening offers many benefits for seniors by providing exercise, stimulation relaxation and friendship. Raised garden beds allow gardening to be more accessible.

The Rotary Club of Norfolk Island were successful in their application for a grant to construct, deliver and install cost effective raised garden beds for Seniors on Norfolk Island and are reducing waste by repurposing metal sleeves and plastic pallets to make the raised garden beds.

The Rotary Club is working with the Health and Wellbeing Team to coordinate the list of interested people wishing to participate and are also working with a number of individuals and organizations who are making this Rotary Project possible. They are: National Parks, Norfolk Island Garden Club, Norfolk Wave, Norfolk Island Building Supplies, Slick and Sons, Matt Reeves, Eric Sweeney, Michael Hatcher and Batesy's Botanicals.

If you think that a raised garden bed might be for you, please register your interest with the Health and Wellbeing Team by phoning 22687 or emailing: healthandwellbeing@health.nlk.gov.nf



Beyond Norfolk: Relocating & Connecting

Have you recently finished school? Are you about to embark on a new journey beyond Norfolk? As you navigate this new chapter would you like more knowledge to unlock your potential and live more independently?

There are subject experts living in our community and they would love to share with you some information that may help you now as you prepare to relocate or in the future and keep you connected.

In December and January information sessions will be held on a Wednesday 3-5pm. The first session is Wednesday 6th December and will be held at the Health and Wellbeing office (Smithy's). Please see the list of sessions below.

To find out more information please ring Eve Semple on 54996.

Wednesday 6/12/23	Money: navigate the Service Australia website and using the Payment Service Finder Health: bulk billing, Medicare and your own card, joining My Health Care Rights and Responsibilities: Alcohol and party safe
Wednesday 13/12/23	Daily Living Skills: car maintenance and helpful tips Health and Wellbeing: eating healthy, risks and hygiene Daily Living Skills: license transfers, public transport, cooking and meal planning and budgeting

Wednesday 20/12/23	Accommodation: understand hidden costs, tenancy agreements, how to negotiate and who can advocate, what basic household items are necessary, how to troubleshoot problems yourself. Money: how to manage it, learn to budget, read pay slips, tax, loans, bank accounts, compound interest, superannuation, HECS loans
Wednesday 10/1/24	Health and Wellbeing: where to get help, personal safety Education and Work: understanding the value of lifelong learning, where to get help with study, finding work Rights and Responsibilities: Cyber Safety and what are your rights when assaulted
Wednesday 17/1/24	Rights and Responsibilities: you are now adult and have legal rights and responsibilities, what documentation do you need to prove your identity, <i>Thinkuknow</i>

Program may change without notice

Condom Vending Machines

The condom vending machines that are in the toilets behind the Commonwealth Bank down Bun Pine Lane have now been fixed, the machines take a \$2.00 coin only.

Do You Know What A Standard Drink Is?

With the silly season not far away, do you know how much you are drinking when you pour a glass of wine, beer or spirit?

In Australia, a standard drink refers to 10 grams of alcohol (equivalent to 12.5ml of pure alcohol). On average, this is how much the human body can process in one hour.

But even with this as a guide, it can be hard to keep track of how much you've had, as alcoholic drinks come in different strengths and serving sizes and may therefore contain more than one standard drink.

You also need to consider 'human' factors such as your age, weight, gender, fitness levels, fatigue, the health of your liver and how much you've eaten – as these can affect how your body processes alcohol.

The following is a guideline from the website - DrinkWise.org.au, to find out more visit their website <https://drinkwise.org.au/drinking-and-you/how-much-have-you-had-to-drink/#>

As a guide:

- 375ml can low-strength beer (2.7% alcohol) = 0.8 standard drinks
- 375ml can mid-strength beer (3.5% alcohol) = 1 standard drink
- 375ml can full-strength beer (4.8% alcohol) = 1.4 standard drinks

- 100ml red wine (13.5% alcohol) = 1 standard drink
- 150ml red wine (13.5% alcohol) = 1.6 standard drinks (average restaurant serving)
- 100ml white wine (11.5% alcohol) = 0.9 standard drinks
- 150ml white wine (11.5% alcohol) = 1.4 standard drinks (average restaurant serving)

- 30ml spirits (40% alcohol) = 1 standard drink
- 275ml pre-mix spirits (approx. 5% alcohol) = 1.1 standard drinks

- 330ml pre-mix spirits (approx. 5% alcohol) = 1.2 standard drinks
- 375ml pre-mix spirits (approx. 5% alcohol) = 1.5 standard drinks