

### 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 next session is Wednesday 20<sup>th</sup> December and will be held at the Health and Wellbeing office, Smithy's building. Please see the list of sessions below.

To find out more information please call the Health & Wellbeing office on 22687 or Eve Semple on 54996.

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

### Heart Foundation Walking group each Sunday

On Sunday 3<sup>rd</sup> December, our walking group celebrated Christmas by having a BBQ breakfast after their walk. Karen Innes-Walker & Eve Semple put on a delicious BBQ of pancakes with berry compote and yoghurt. Thanks to the walkers that came along for the walk and stayed on for breakfast, also thanks to Karen & Eve for cooking. The Health & Wellbeing office would also like to give special thanks to the Heart Foundation, the Health & Wellbeing office were successful in receiving a grant to buy the BBQ.

The group meets every Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and 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](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.