

Urgent Recall ResMed Sleep Apnoea Mask

NIHRACS would like to invite any person with a ResMed sleep apnoea mask to contact the GP Clinic during clinic hours to find out what to do next. Please phone 22091.

For further information online visit: [Urgent-Product-Defect-Correction_ResMed-Masks-with-Magnets.pdf \(gov.nf\)](#)

Beyond Norfolk: Relocating & Connecting

Starting or continuing further study or work away from Norfolk Island? "**Beyond Norfolk: Relocation and Connection,**" is a unique mentoring program for recent post-school leavers who have left or plan to leave Norfolk Island. Whether you're starting a job or diving into further study, our mentors get it—they've been there and are here to help you navigate and make the most of your year ahead.

Would you like to connect with a mentor who has faced similar challenges? You can access six hours of personalised mentoring tailored to your needs free of charge.

Submit an expression of interest to be part of this program. <https://www.surveymonkey.com/r/9P6SWJF>

Tuning into Teens Parenting Course

Health & Wellbeing Coordinator, Karen Innes-Walker, in conjunction with NI Connect will be conducting a free Tuning Into Teens parenting program starting 5th Feb between 5.30pm-7.30pm. The program which was developed by Melbourne University and consists of six sessions which helps parents to establish stronger relationships with their pre-teens or teens and learn skills in emotion coaching. Some of the feedback from the workshop in 2023 are:

- *Surprising how easily it did work & how positive the responses were*
- *Emotion is always hard, but the understanding was easy with handouts*
- *Yes. I noticed my teenager seemed to be more calm/relaxed, the more felt understood/heard by me*

To register for the course please call either the Health & Wellbeing office on 22687 or NI Connect on 23380.

Condoms

The Health & Wellbeing office now has an additional outlet for the condoms for the Youth, special thanks to Drew Danaher for letting us put a bucket at the barber shop near P & R Groceries. The bucket will be outside the barber shop during business and after hours, there is an additional bucket at the Health & Wellbeing Office in the Smithy's building.

The condom vending machines are also located in the toilets behind the Commonwealth Bank and there is a machine in each of the toilets.

NIHRACS position vacant-GP Practice Receptionist

NIHRACS is seeking expressions of interest for an Administration Officer Level 3 to work in the GP Clinic. The person would need to align with our values and be focused on providing a high-quality experience for our patients. Closing date 26 January 2024.

If you are interested in finding out more please visit the NIHRACS website <https://norfolkislandhealth.gov.nf/employment/> for more information.

A Reminder that the Hospital, including car park areas, is a Smoke Free Site

