

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.

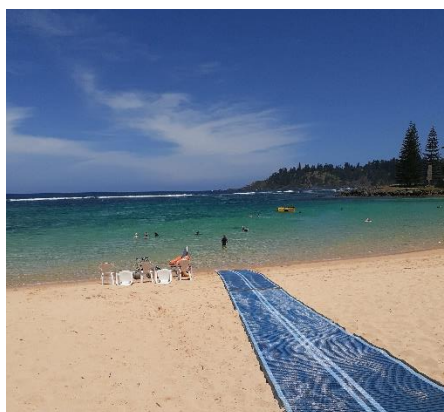
Would you like to connect with a mentor who has faced similar challenges? You can access six hours of personalised mentoring tailored to your needs free of charge.

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

Emily Bay Accessibility Program

On Tuesday 23 Jan, the Health & Wellbeing office held the first session for the Emily Bay Accessibility Program for 2024. Norfolk turned on a beautiful day at Emily Bay, we had 4 participants come along who all enjoyed getting into the water and having a bit of relief from this warm weather. Thank you to the volunteers for helping out today.

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 be a water volunteer, please contact Maria Massey on maria.massey@health.nlk.gov.nf or call the Health & Wellbeing office on 22687.



Tuning into Teens Parenting Course

Health & Wellbeing Coordinator, Karen Innes-Walker, in conjunction with Bec Carleton from 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.

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 (kids need to be enrolled at Norfolk Island Centre School). For more information please contact Maria Massey on 22687 or email maria.massey@health.nlk.gov.nf.

The current local NI Active Kids providers are:

- Touch Football
- Tennis
- Yoga sessions with Candida
- Archery
- Pony Club
- Kids Boxing & Active Training
- Junior Outrigger Program
- NI Fitness & Health (Gym)
- Golf
- Girl Guides & Brownies
- Junior Rugby League
- Island Coaching & Training (Lou Donald)
- Netball
- Oztag
- Cadets
- Cricket
- Tennis Coaching