

## Thank you to Lions Club of Arthurs Vale

The Health & Wellbeing team would like to thank the Lions Club of Arthurs Vale for the donation of a microwave, this is a welcomed asset and will enable the Health & Wellbeing team to provide programs to the community including Healthy Cooking Demonstration and Food Literacy.



## 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. The Rotary Club are reducing waste by repurposing metal sleeves and plastic pallets to make the raised garden beds.

They are working with the Health and Wellbeing Team to coordinate the list of interested people wishing to participate. The Rotary Club 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, 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, contact the Health and Wellbeing Team by phoning 22687 or emailing: [healthandwellbeing@health.nlk.gov.nf](mailto:healthandwellbeing@health.nlk.gov.nf) . As there are limited garden beds available please register your interest so you don't miss out, a small contribution is required.



## Health & Wellbeing Expo 2024

The Health & Wellbeing team are in the process of organising the Health & Wellbeing Expo for this year. The Expo will be held on Saturday 3 August at Rawson Hall between 10am – 1pm. If you would like to be an Exhibitor or be a healthy food provider at the Expo this year, please contact Maria Massey on 22687 or email [maria.massey@health.nlk.gov.nf](mailto:maria.massey@health.nlk.gov.nf) and a form will be sent to you to fill in and return to secure your spot.



## **March is Epilepsy month**

In Australia, around 1 in every 150 people are currently diagnosed with epilepsy.

Epilepsy is more common than Parkinson's, cerebral palsy, MS and muscular dystrophy combined, but it is still widely misunderstood. For example, many people think seizures are convulsive, but epilepsy can take many forms and affect people very differently.

Epilepsy is a neurological disorder and seizures are caused by a disruption of the electrical activity in the brain. Epilepsy is more likely to be diagnosed in childhood or senior years but can be diagnosed at any age. It can affect anyone.

To find out more on this very important topic, please visit Epilepsy Action Australia website  
<https://www.epilepsy.org.au/about-epilepsy/>