

Healthy Eating Program for Parents of 0-5 year olds

The first five years of children's lives are vital for developing positive eating habits and building strong, healthy bodies and minds. Foodbank WA have developed a program that has been shown through research to help parents in choosing and providing healthy food to their children. Karen Innes-Walker (Accredited Practicing Dietitian) will be facilitating this free program which will include 4 weekly sessions starting Wednesday 17 April at 4.30pm. This program will include:

- Healthy eating for the whole family
- Easy dinner (and snack) ideas
- How to encourage children to eat and enjoy food
- Recipe books with recipes the family will love
- Cooking demonstration and tasting of healthy and delicious dishes.

To register to attend, please call the Health & Wellbeing office on 22687 or email healthandwellbeing@health.nlk.gov.nf, spaces are limited.

Healthy Cooking Demo & Salsa Dancing

On Friday 12 April, the Health & Wellbeing office in conjunction with Daniela Cristofaro & James Garden, will be holding a Healthy Cooking Demo combined with Salsa Dancing.

Join us for an eclectic soiree where Salsa Dancing and Healthy Cooking unite in an immersive celebration of culture, movement and delicious food. No experience or partner needed for dancing with Daniela. Just come along to have a laugh, be silly, and enjoy grooving to some Afro-Latin beats! Afterward, Chef James Garden will show us how to whip up a healthy and scrumptious meal infused with the tantalizing tastes of South America. Come along to learn one or the other or both.

Start time is 5.30pm and will be held at the Supper Room. Cost is \$5.00 per person and includes recipes, tasting, Salsa dance class. You will need to register, please contact the Health & Wellbeing team on 22687 by Tuesday 9 April to reserve your spot or email Maria Massey on maria.massey@health.nlk.gov.nf

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
- Tennis Coaching
- Iwi Allstars – Gymnastics & Dancing

Accommodation for Cancer treatment off Island

If you are being treated for cancer in Brisbane and require accommodation, please call the social worker Maria McCann on 23190. The social worker can arrange Queensland Cancer Council low-cost accommodation for residents and their escorts who are travelling to Brisbane to have cancer treatment or when supporting a resident who is having treatment for cancer.

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 and a form will be sent to you to fill in and return to secure your spot.



Melanoma

Melanoma is the most deadly form of skin cancer. It develops in the skin's pigment cells, known as melanocytes, and can spread via the blood and lymphatic system to distant organs like the lungs, liver and brain. While melanoma usually begins in the skin (cutaneous melanoma), less commonly it can start in the eye (ocular melanoma) or the moist tissue that lines certain parts of the inside of your body (mucosal melanoma). It can occur anywhere you have melanocytes, even if they are not exposed to sunlight. A primary melanoma is the site of origin of a melanoma. To read more about this topic, please visit Melanoma Institute Australia <https://melanoma.org.au/about-melanoma/what-is-melanoma/>