

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

Batta health te-gadda – Health Literacy

With health promotion and education at our core, Norfolk Island Health & Residential Aged Care Service (NIHRACS) will deliver high quality person centered care, across the lifespan, for all who live on or visit Norfolk Island.

Batta health te-gadda is a project looking at how NIHRACS can support our community to enhance health literacy through:

- Understanding your health and healthcare information
- Making healthcare decisions and making them together
- Contributing to health service planning, design and delivery
- Taking action and feeling good about your health

The Batta health te-gadda – Health Literacy Project Working Group invites you to complete a short health literacy questionnaire which will guide us on the key areas to work on in the future. The questionnaire asks about how you

find, understand and use health information and how you manage your health and interact with the health system and health providers. It does not ask for your name or personal details.

You can complete this online by using this survey link: <https://www.surveymonkey.com/r/9BDPBGN> or QR code:



If you prefer to complete a paper copy please contact the Health and Wellbeing Office on 22687.

Administration Front Reception office – change of hours

Please be advised that, effective from Tuesday 2 April 2024 until further notice, the opening hours of the Administration Front Reception Office will be:

MONDAY TO FRIDAY 8.30AM TO 4.00PM

Any queries relating to NIPTAAS Claims, Accounts Payable and Accounts Receivable will only be available during these hours.

Thank you and we apologise for any inconvenience caused.

April is IBS Awareness month

Irritable Bowel Syndrome (IBS) is a common condition, around one in five Australians experiences the unpleasant symptoms of irritable bowel syndrome (IBS) at some time. These include abdominal pain, bloating, mucus in the stools, and either diarrhea, constipation or a mixture of both.

Irritable bowel syndrome is a condition commonly referred to as a functional gastrointestinal disorder. A new description of this condition is that IBS is a disorder of brain gut interaction, highlighting the importance of the brain and its relationship with gut function. More women than men are prone to IBS, and symptoms tend to first occur in early adulthood. IBS can be successfully managed with treatments which are tailored to the individual.