

## **Multicultural Access: Mapping and Analysis**

NIHRACS have partnered with the World Wellness Group and Pasifika Families to gain an understanding of multicultural health inequity and to provide this information to Brisbane North Primary Health Network to improve access. We thank those that took time to complete a survey and who participated in focus groups.

## **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 centred 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.

## **headspace Work & Study Online Support**

The **headspace Work & Study Online support** is tailored to your needs and can support you in developing the skills and confidence to reach your work or study goals. It's all online and it's totally free! Specialists can help you with:

- Looking for & applying for jobs
- Writing a resume and cover letter
- Preparing for a job interview
- Exploring your study options
- Enrolling in study
- Understanding your workplace rights
- Balancing your mental health and wellbeing with work or study.

headspace have been liaising with agencies on Norfolk Island discuss their **Work and Study Online support** and to ensure that their website is able to be accessed by young people (15-25years old) living on Norfolk Island.

Webchat works.

However, headspace is still working on overcoming the barrier of our phone number and us being able to consistently contact headspace. Our phone number, due to its format, is not accepted on the referral form, so in the interim there is a pdf registration form that can be completed and emailed to headspace. Should you require a copy please do not hesitate to request this from the Health and Wellbeing team, NI-Connect or the Youth Mental Health Awareness Group.



### **Habit based booklet**

Habit-based approaches to making lifestyle changes is a relatively new way of helping people make changes that are more likely to “stick” or be maintained in the longer term.

Research has shown that between 45% – 85% of what we do each day is habitual and most are sub-conscious or automatic, meaning we do them without thinking about it. Examples include putting our seatbelt on after getting into a car, washing our hands after going to the toilet and driving home from work.

To read more on this very interesting topic, we have written a Habit Based Booklet which can be found on the NIHRACS website <https://norfolkislandhealth.gov.nf/> please click on Health & Wellbeing tab, then “What’s New” and scroll down to the link.