

Beyond Norfolk- Relocating and Connecting

Independent living Skills Program at NICS



Leaving Norfolk can be difficult for some young people, and they may struggle to adapt to a new environment, make friends and feel homesick. Leaving familiar networks can be difficult and some may find it difficult to adjust. The intention of the Beyond Norfolk Program is to provide support and resources to young people and help them thrive. This program was codesigned with young people and was in response to members of the Youth Mental Health Support Group identifying the need to support post school leavers.

To assist senior school students to gain additional information and skills for when they leave school and pursue options off island, the Health and Wellbeing Team are working with subject experts and delivering a series of information sessions on a Wednesday afternoon at school.

Topics will include understanding money and how to save, tips for buying a car, how to party safe, healthy living and what it means to be a renter.

Students will also have the opportunity to interact online with some of the Beyond Norfolk Mentors. The Mentors are young people who are currently living off island and are either studying or working.

Photos show students interacting with Tina Loader in our first session and Nerissa Nicolai last week. Tina provided some practical information about money- how to earn it, how to save it, what is superannuation, HECS debt, credit vs debit cards and interest. Nerissa provided a comprehensive list and overview for students to refer to when they buy a car. Information included where to buy from, what to be aware of when test driving, how to get checks, how to transfer a vehicle, where to find a trusty mechanic, who to ring if your break down and much more.



Health & Wellbeing Expo 2024

Not long till the Health & Wellbeing team are holding the 6th Health & Wellbeing Expo. 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.



New ramp at Health & Wellbeing office

The Health & Wellbeing office in the Smithy's building has a new ramp. Thank you to the landlord and all involved in building the ramp that has enhanced accessibility for individuals with mobility constraints to be able to access our office safely.



A Reminder that the Hospital, including car park areas, is a Smoke Free Site

