

## Beyond Norfolk- Relocating and Connecting

### *Independent living Skills Program at NICS*



To continue 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.

Last week Students had the opportunity to interact online with two of the Beyond Norfolk Mentors, Ella Borg and Yasmin Coombes. Ella and Yasmin generously took time out of their study/work and shared some insights with students about study, work, living, transport and the importance of being connected. Ella and Yasmin encouraged students to contact them with questions and to:

*use the mentor program. It is there to make your life easier. We have been in your situation before. Do not feel embarrassed or ashamed. It is important to do things that remind you of home and to have at least one friend....between the 6 mentors you have a booklet!*

This week Vanessa Bate (former Victorian Police Officer/Youth Officer) delivered an interactive presentation about "Alcohol and Keeping Safe". She explored choices and the impact alcohol can have on health, wellbeing and lifestyle. Vanessa raised students awareness of risk and ways to keep your mates safe.

## June is Bowel Cancer Awareness month

Bowel cancer, also known as colorectal cancer, develops from the inner lining of the bowel and is usually preceded by growths called polyps, which may become invasive cancer if undetected. Depending on where the cancer begins, bowel cancer may be called colon or rectal cancer.

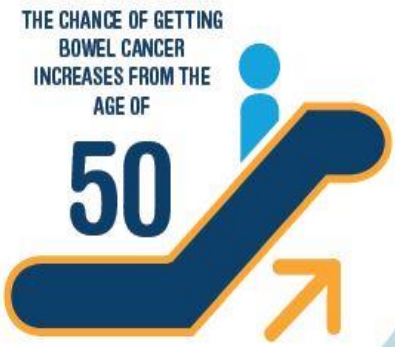
Bowel cancer is the fourth most commonly diagnosed cancer in Australia, and it is estimated that one in 20 people will be diagnosed by the time they are 85. People aged 50-74 are sent a bowel screening test every two years as part of the National Bowel Cancer screen program.

For more information please visit Cancer Council website

<https://www.cancer.org.au/cancer-information/types-of-cancer/bowel-cancer>

## National Bowel Cancer Screening Program - please do your free test

NIHRACS encourages all residents over the age of 50 years to do a test which looks for the early signs of bowel cancer.



You will get your first National Bowel Cancer Screening Program test kit in the mail around your 50<sup>th</sup> birthday. The test is free and easy to do in your own home.

Bowel cancer is one of the most common cancers in Australia, especially for people aged over 50. If found early, bowel cancer can be successfully treated 90% of the time.

We strongly recommend you do the test - even if you don't have any symptoms or family history.

You should talk to your GP before doing the test if you have:

- a significant family history of bowel cancer,
- had a bowel condition in the last year which is under treatment,
- had a colonoscopy in the last 5 years or have one scheduled.
- Symptoms of bowel cancer can include:
  - blood in your bowel motion,
  - persistent diarrhoea or constipation,
  - unexplained tiredness or weight loss, or
  - abdominal pain.



BECAUSE IT CAN  
DETECT BOWEL CANCER BEFORE  
SYMPTOMS APPEAR

Symptoms do not mean that you have bowel cancer, but if you have any please talk to your GP -don't wait to get a test in the post.

For more information call the Program Information Line on 1800 118 868 or go to [www.cancerscreening.gov.au/bowel](http://www.cancerscreening.gov.au/bowel). And of course, you can also always visit your GP to discuss.

NIHRACS acknowledges there can be delays in Norfolk's postal service and is now offering to assist in getting the samples to the laboratory in time. When you have followed all instructions, and the parcel is ready to post, just drop it off at the hospital pathology lab by Monday. The parcel will go out on Tuesday's plane with other pathology samples. This will ensure that your parcel will not be impacted by postal delays.

**Remember, the test could save your life. Please do it when you get it.**

## Salsa Dancing with Daniela

Weekly Salsa classes are back! Daniela Cristofaro in conjunction with the Health & Wellbeing office are teaming up once again to shake up your routine. Daniela is an experienced dance teacher whose classes are perfect for everyone, from complete beginners to seasoned dancers. Her lessons are inspired by her many years of experience dancing Cuban salsa, but she blends in elements of African, Brazilian and other fun Latino dance styles. All ages and skill levels are welcome for a great workout and lots of fun! You'll be dancing solo, so no partner needed.

Starting Thursday 27 June at 5.30pm in the SDA Hall on New Cascade Road. Cost is \$5 per person (school children are free). Please bring a water bottle and wear comfortable shoes that stay on your feet. For more information, please call the Health & Wellbeing team on 22687.

