

Welcome to Liz Unkles, new manager of NIHRACS

On Monday 24 June, we welcomed Liz Unkles into the position of Acting NIHRACS manager before formally taking up the position from the 1st of July. Having grown up on Norfolk Island, Liz and her family moved back to Norfolk Island 2 years ago where she has worked at NIHRACS as the Health Manager. We would like to thank Kath Boman for all her work at NIHRACS over the past 7 years. Kath is leaving Norfolk Island and we wish her every success in her new role in Australia.

Accreditation

NIHRACS is working towards achieving accreditation which ensures that safety and quality systems that promote safe high-quality care are in place. On Wednesday 3rd and Thursday 4th July the team from Australian Council on Healthcare Standards (ACHS) will be onsite and assess NIHRACS against the National Safety and Quality Health Service Standards.

Health & Wellbeing Expo

Save the date for this year's Health & Wellbeing Expo, Saturday 3 August at Rawson Hall between 10am and 1pm. Come along and see the wide variety of exhibitors showcasing health & wellbeing services & products, healthy & tasty food, multiple lucky door prizes.



Some of our exhibitors this year will be:

NI Connect

NI-Connect are committed to working in partnership with children, families and the Norfolk Island community to promote child and family wellbeing. Drop by our table to learn more about the services we provide and the children can play with our activities and pick up an NI-Connect goody bag.

Mantra Yoga Wellbeing venue - Drew Danaher

In Sanskrit the word Mantra means that which can deliver us from the mind which can be either our best friend or our worst enemy. By recitation of Mantra the mind becomes pacified and settled thus making us receptive to hear transcendental wisdom. This non sectarian wisdom does not have its origins in the annals of history but has existed since time immemorial. Truly sublime knowledge which we should all take an opportunity to hear.

Dementia Support Australia

DSA is a free nationwide service funded by the Australian Government and led by HammondCare. We offer free, evidence-based support nationwide, 24 hours a day, 7 days a week via our help line 1800 699 799 or our website: dementia.com.au .

We focus on getting to know the person with dementia and their individual experiences, likes and dislikes and routines. After careful assessment, we provide personalised expert advice and strategies – working with you, the

person with dementia and their wider care network to address their needs and allow for ongoing care and support. Funded by the Australian Government and led by HammondCare, we bring together industry-wide expertise, build sector capacity and create partnerships for better dementia care around the country. Our nationwide service recognises the individual experiences of people living with dementia and recommends the ideal service level for each person.

NI Active Kids Program to Continue

After a very successful year of registrations, we are pleased to advise that the Health & Wellbeing office have secured funding for NI Active Kids program to continue for the period 1 July 2024 through to 30 June 2025. If you would like to obtain a voucher for your child, please call the Health & Wellbeing office on 22687 to arrange a collection time and fill in the short form.

The local sport/activity providers where you can use a voucher are:

- Touch Football
- Tennis
- Yoga with Candida
- Archery
- Pony Club
- Kids Boxing & Active Training with Kelly
- Junior Outrigger Program
- NI Fitness and Health (The Gym)
- Golf
- Girl Guides and Brownies
- Junior Rugby League
- Island Coaching and Training with Lou
- Netball
- Oztag
- Cadets
- Cricket
- Tennis Coaching
- Gymnastics & Dance Classes

If you are a local sport/activity provider that is not involved in the program and would like to be, please call the Health & Wellbeing office on 22687 to find out more information.

GP Clinic

Norfolk Island GP Clinic aims to provide comprehensive coordinated healthcare services promoting health and wellbeing as well as managing illness.

NIHRACS recognises the value of every patient/doctor relationship. Every effort is made to enable you to see the doctor of your choice. On an occasion where you are seen by another doctor within the GP Clinic, our records support good communication and continuity of care.

Hours of Operation

Monday - Friday	8.30am – 5pm
Saturday & Sunday	Closed

Please call 24134 for appointments only during opening hours.

VISITING SPECIALISTS

Brendon Rose (Podiatry) 1st – 5th July

The GP Clinic will call all patients who have been triaged by the Specialist to confirm an appointment