

When booking accommodation for medical trips

Recently one of our residents travelling to Australia for a medical appointment, booked a motel using an online booking site. They agreed to provide their credit card details. The booking site was a fake website and the resident lost a considerable amount of money. It's safer not to use the booking sites, it is preferable to email or directly call the accommodation reception desk. Motels usually have a web page with their contact details provided.

The fake booking site nightly rates are advertised as less expensive than the actual nightly rate, which is how they scam people looking for a good deal when going off island to attend appointments.

See the following link from CHOICE regarding accommodation booking scams:

<https://www.choice.com.au/travel/on-holidays/advice/articles/easter-travel-scams-to-avoid>

Health & Wellbeing Expo

Only 2 weeks to this year's Health & Wellbeing Expo being held on 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 and go into the draw to win a great prize.

Some of our exhibitors this year will be:

Life Without Barriers

Life Without Barriers is a not for profit organization. Life Without Barriers currently provides NDIS funded services on Norfolk Island including a Lifestyle Community Program. Employment Pathways Program and Support Coordination.

NDIS

Representatives from the National Disability Insurance Agency (NDIA) will be available to help answer questions you may have about access and creating, using and changing your National Disability Insurance Scheme (NDIS) plan.

Anglicare

Programs include the In A Stik nature playgroup and Letl Salan Intergenerational playgroup, Bumps & Bubs Mother's Group, Pregnancy, Birth & Beyond program, online counselling, family support and Norfolk's own Toy Library.

GoPlan

GoPlan is a boutique provider of NDIS support for people living in NSW and Norfolk Island. GoPlan is committed to deliver responsive support that is unique to you.

NI Active Kids vouchers at Health & Wellbeing Expo



The Health & Wellbeing office will be having the NI Active Kids vouchers at the Health & Wellbeing Expo on Sat 3 August, if you would like to come along and get a voucher, call into the Expo between 10am -1pm, the Health & Wellbeing office will be on table 18.

We would like to welcome Teen Pilates to NI Active Kids Program, for more information please contact Kaela Shepherd on 51556

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
- Teen Pilates

Norfolk Island Patients' Travel Accommodation and Assistance Service (NIPTAAS) Reminder

When your NIHRACS GP refers you to Australia for medical treatment or investigations please remember to obtain a NIPTAAS claim form for accommodation and travel reimbursements before you leave Norfolk Island.

The claim forms can be collected from the hospital front office or are available on the NIHRACS website.

www.norfolkislandhealth.gov.nf

Please remember that it is your responsibility to collect signatures from the hospital or clinic for each appointment in order to obtain your reimbursement.