

Felicity Wiseman Psychologist

Felicity Wiseman, clinical psychologist, is available to meet with individuals experiencing mental health issues that are impacting on their wellbeing or positive mental health. Felicity has appointments available on the following dates:

- **September 2024:** 14th, 15th, 17th, 18th, 19th
- **November 2024:** 23rd, 24th, 26th, 27th, 28th
- **February 2025:** 1st, 2nd, 4th, 5th, 6th

Felicity specialises in working with children, young people up to 25 years of age and parents. Consultations can be held at Life Without Barriers, your home, NIHRACS or NI Connect. Felicity can be contacted on 54552 (when on island), call the GP clinic for an appointment on 24134 or email Felicity directly on contact@felicitypsychologist.com.au . Telehealth is available between on island sessions.



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 1 week 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:

Lions club of Arthurs Vale

We are a service organisation, serving the community. We support with the following projects - hunger & food vouchers, helping people who have Breast cancer plus other community projects. We will be selling Chicken & Salad, Fried Rice with vegies plus tea, coffee, water & cold drinks, come and see us. Where there's a need there's a lion.

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 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 Norfolk Island Boxing Association to NI Active Kids Program, for more information please contact Kelly Quintal on 50610.

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 Boxing Association

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 CP 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.

COVID Booster Vaccinations

We are currently seeing a spike in the number of Covid cases in the community, so just a reminder to be vigilant with hand hygiene, social distancing, wearing a mask and staying at home if you have symptoms. NIHRACS have masks and RATS freely available for members of the community. They can be collected from the first reception desk inside the main entry.

ATAGI **recommends** a Covid-19 vaccination booster for those patients who have not had covid in the past 6 months and have not had a covid vaccination in the past 6 months. If you would like a booster please contact the GP Clinic on 22091.

	Primary dose	Additional doses	
		With severe immunocompromise	Without severe immunocompromise
≥75 years		Recommended every 6 months	
65–74 years	✓*	Recommended every 12 months and can consider a dose every 6 months	
18–64 years		Recommended every 12 months and can consider a dose every 6 months	Can consider a dose every 12 months
5–17 years	✓†	Can consider every 12 months	Not recommended
6 months–<5 years		Not recommended	

*Dosing varies for patients with/without severe immunocompromise.³

†Primary-course vaccination is recommended for children aged 6 months–<18 years with medical conditions that may increase their risk of severe disease or death from COVID-19.³



Flu Vaccination

Free Flu vaccines are still available for everyone. Please call NIHRACS to secure an appointment with a Doctor and Outpatients for this vaccination.

Child Health Clinic

NIHRACS Child Health Clinic Monday, Wednesday and Friday 9am to 3pm. This clinic is for 0 – 5 year olds and includes: Developmental Assessment, Baby Growth Checks, Emotional and Social Development, Breastfeeding Support, Settling/Sleep Support and Introducing solids.

The Child Health Clinic nurse is available for home visits for all new Mums and Dads until baby is 6 weeks old, (or longer where needed). This is great service and assists new parents and babies with the transition back to home.

Awareness Day

The International Day of Friendship is celebrated on the 30th July. The power of friendship is an international one that reaches out to all corners and cultures of the globe. International Day of Friendship is all about promoting togetherness and kindness, bringing people together. There are no set rules on how to celebrate International Friendship Day. The beauty of all friendships, whether tried and tested or new and burgeoning, is that each one is unique from the last. Why not consider some ways to celebrate International Day of Friendship with your friends.