

HEALTH & WELLBEING

Health & Wellbeing Expo

Today is the day, this year's Health & Wellbeing Expo is being held 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. NIHRACS and St John's will be showcasing who we are, what services we provide and how the community can work with us.

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 today, 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.

PARTNERSHIPS

Metro North Health wants your feedback!

Metro North Health is proud to be supporting the Norfolk Island community as a health support partner. It is likely that you or someone you care for has travelled to Brisbane for healthcare you have received treatment from Metro North Health. Our services are delivered from the Royal Brisbane and Women's Hospital, The Prince Charles Hospital, Redcliffe, Caboolture and Kilcoy Hospitals and the Surgical Treatment and Rehabilitation Service.

At Metro North Health, we are committed to continuously enhancing our services and it is our vision to deliver excellent healthcare by working together with the consumers and communities we serve. As we have been providing care to the Norfolk Island community since 2022, we strongly believe it is time to evaluate how we are doing and we need your help to do this. We would appreciate you taking the time to complete this quick and anonymous survey. Please scan the QR code or visit <https://forms.office.com/r/HR4RMmSs0W>.



AWARENESS WEEK

Dental Health Week 5-11th August

As we celebrate Dental health week 5-11th August it is important to remember that Dental care is essential to staying healthy. If you don't care for your mouth, teeth and gums, you can have a higher risk of chronic health problems.

Keeping your teeth and gums healthy involves good oral hygiene and regular dental check-ups.

Smoking (including vaping) is not only detrimental to our general health but affects our gums easily causing gum disease and early loss of teeth, thereby affecting the ability to chew and enjoy our meals.

To book your Dental check up please phone 22910

PRIMARY HEALTH / GP CLINIC

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.

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.

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.

