

**HEALTH & WELLBEING**

**Developing Healthy Habits – Ten Top Tips**

Habit-based approaches to making lifestyle changes is a relatively new way of helping people make changes that are more likely to “stick” or be maintained in the longer term.

Research has shown that between 45% – 85% of what we do each day is habitual and most are sub-conscious or automatic, meaning we do them without thinking about it. Examples include putting our seatbelt on after getting into a car, washing our hands after going to the toilet and driving home from work.

To read more on this very interesting topic, we have written a Habit Based Booklet which can be found on the [NIHRACS website](https://norfolkislandhealth.gov.nf/) <https://norfolkislandhealth.gov.nf/>

**AWARENESS WEEK**

**1-30<sup>th</sup> September –Gynaecological Cancer Awareness Month**

September is Gynaecological Cancer Awareness Month. The Australian Gynaecological Cancer Foundation encourages everyone (not just women!) to learn more about gynaecological cancers, the signs and symptoms, where to get support and how you can help us fund research that will save lives.

Every two hours an Australian woman is diagnosed with a gynaecological cancer. These are cancers that involve the female reproductive organs – the vulva, vagina, cervix, uterus, fallopian tubes, ovaries and placenta.

The most common gynae cancer is uterine or endometrial cancer. In 2020, the estimated number of new cases diagnosed in Australia was 3,224 women. The second most common is ovarian cancer, which is often referred to as the silent killer as there are often no symptoms of the disease until it is at an advanced stage.

**PRIMARY HEALTH / 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.*

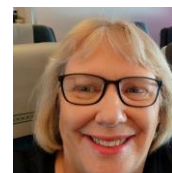
**Self-collection for the Cervical Screening Test**

All cervical screening participants now have a choice to self collect their own Cervical Screening Test sample. Most women have their cervical sample collected by their health professional. Some women who have never been screened or are not screened often enough may be more comfortable taking their own sample (called self-collection). If you are eligible and want to collect your own sample, your healthcare provider will give you a swab and instructions.

You will need to make an appointment with a Doctor to either get a test to take home or have a test with the Doctor, please call the GP Clinic on 24134.

**NIHRACS STAFF**

Ruth arrived on Norfolk Island approximately 2 weeks ago and is employed at NIHRACS as the Health Manager. This exciting role will see her working across the health service, with all staff groups over the next three months. As a nurse of many years’ experience, she has worked in a number of health services in management and clinical roles across Australia as well as the Pacific, most recently in two hospitals in Viti Levu, Fiji. Home for Ruth is Australia where she lives on the border of NSW and Victoria. She is excited for this opportunity and is looking forward, together with her husband Geoff, in spending the weekends exploring the beauty of the island as well as its many cafes and restaurants.



**HEALTH LITERACY**

NIHRACS values the contribution our community can make in improving health services. We are committed to improving our partnership with our community in planning services, designing care and in monitoring and evaluating our services. We invite members of the community to help us as we develop and implement a Community Engagement Framework that we hope will improve the care we provide as well as enhancing people’s experience of care. Your level of involvement can be short and one-off or if you prefer more extensive. We appreciate any level of involvement in this important activity. If you would like to find out more please contact Karen Innes-Walker on 53969 or email [karen.walker@health.nlk.gov.nf](mailto:karen.walker@health.nlk.gov.nf).

**NOTICE OF CONSTRUCTION WORKS**

Construction of a fire wall between the Inpatient Unit & Residential Aged Care is currently underway. The impacts of this will vary over coming weeks. Please follow signage & direction when you visit the facility.