

HEALTH & WELLBEING

Salsa Dancing Classes

Weekly Salsa classes are held each Thursday at the SDA Hall from 5.30pm with Daniela Cristofaro. Please bring a water bottle and wear comfortable shoes that stay on your feet. For more information, please call the Health & Wellbeing team on 22687. Cost is \$5.00 per person (school children are free). **Please note: There will be no Salsa Dancing from Thur 19 Sept, Daniela will be recommencing on Thur 10 October.**

Heart Foundation Walking group

Every Sunday at 8am near the Kingston pier, the Heart Foundation Walking group meet, you are welcome to bring your dog or children. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687

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

Mon - Fri 8.30am – 5pm /Sat & Sun Closed
Please call 24134 for appointments only during opening hours.

Dr Philip Heggarty

will be in the GP Clinic from Fri 30 August

Brendon Rose (Podiatry)

will be on island Mon 9th - Fri 13th Sept

COMMUNITY ENGAGEMENT

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.

AWARENESS WEEK

Women's Health Week 2-6 Sept 2024

This week is Women's Health Week. This year's theme is "Your Voice, Your Choice". Jean Hailes website has some fantastic information about this very important topic, please visit <https://www.jeanhailes.org.au/womens-health-week/program>.

Women's Health Checks & Cervical Screening Tests

If you would like to have a Women's health check or get a Cervical Screening Test (which can be done at home as a self-collection or with your doctor) please call the GP Clinic on 24134 to make an appointment to see a Doctor.

NIHRACS STAFF

Farewell to Valerie Urbain

Thank you to Valerie Urbain who provided significant support to the Finance Team. We wish Valerie all the best in her new endeavour.

Welcome back to Bronwyn Seehusen

NIHRACS would like to welcome back Bronwyn Seehusen, who commenced work at NIHRACS on Monday 2 September. Bronwyn's role is Clinical Nurse Educator.

COMMUNITY HEALTH

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.



NOTICE OF CONSTRUCTION WORKS

A reminder that 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.