

HEALTH & WELLBEING

Salsa Dancing

Salsa Dancing returns with Daniela Cristofaro, starting Thursday 16th January from 5:30 pm at the SDA Hall on New Cascade Rd. Salsa dancing is a fun way to stay active and improve your fitness, coordination and overall wellbeing. Please bring a water bottle and wear comfortable shoes that stay securely on your feet. For more details, contact the Health & Wellbeing team at 22687. The cost is \$5.00 per person (free for school children).

Disease Highlight

Scromboid Poisoning - a food borne illness from the breakdown of muscle in certain fish types (Tuna, Mackerel, Mahi Mahi, Sardines, Anchovies, Amberjack and Marlin) which have been improperly stored or processed and has an increased risk of occurrence during the warmer months.

Scromboid is caused by increased histamine produced when there is a delay to chilling specific types of fish. Symptoms may include flushed skin, sweating, headache, itchiness, blurred vision, abdominal cramps and diarrhea and can mimic an allergic reaction. Onset of symptoms is typically 10 to 60 minutes after eating and can last for up to two days. Rarely, breathing problems, difficulty swallowing, redness of the mouth, or an irregular heartbeat may occur. When storing or cooking fish the above types of fish, please take the appropriate measures to keep the fish cool and cooked efficiently. If you think you have eaten poisoned fish and have the above symptoms, contact GP Clinic on 24134

PARTNERSHIP

Queensland Cancer Council Accommodation

If your GP or specialist has referred you for cancer treatment in Brisbane, the Not-for-Profit organisation, Queensland Cancer Council (QCC) can offer accommodation at their Charles Wanstall Lodge (CWL) in Herston, Brisbane. To arrange accommodation, please contact the NIHRACS social worker Maria McCann on 23190 or 50593.

The initial accommodation booking process must be completed by a social worker who can confirm the patient's diagnosis and eligibility for accommodation with QCC. This accommodation is not for past survivors of cancer or those having surveillance scopes or other monitoring, it is for those patients undergoing surgical treatment of cancer and / or radiation therapy, and courses of chemotherapy.

Your approved escort can stay at QCC lodges with you or while you are admitted to hospital. If requiring accommodation, please see the social worker once your treatment dates are known, as there is a high demand for accommodation at Charles Wanstall Lodge.

If you do have a booking for accommodation at CWL, please cancel your booking if unable to travel. Their email address and phone number can be found on the confirmation of booking email received from QCC.

NIHRACS STAFF

Welcome back to Dr John Cunningham, Dr John will be with NIHRACS for the next 6 weeks. Dr John is a GP and a Neurologist.

Thank you to the community for supporting James Garden in his studies as he develops his skills as a first responder. James will be working at NIHRACS to further enhance his hospital expertise.

EMPLOYMENT AT NIHRACS

Casual Support Services Team member

NIHRACS is currently seeking a Casual Support Services Team Member to provide coverage during periods of leave and rostered days off. Morning, afternoon and weekend shifts may be required.

AO3 Administration Officer

Are you a driven individual with administrative skills? We are seeking candidates for future AO3 roles.

For more information on either of these positions, please go to the NIHRACS website employment page

<https://norfolkislandhealth.gov.nf/employment/>

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.

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:

• **February 2025:** 1st, 2nd, 4th, 5th, 6th

Felicity specialises in working with children, young people up to 25 years of age and parents. Felicity can be contacted on 54552 (when on island), or 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.

NORFOLK LIVING- Be Water Wise

As we haven't had any significant rain on Norfolk for quite some time and the tanks are getting low, please remember to be water wise. Some great tips to help save water are:

- Turn off the tap when brushing your teeth or shaving
- Have a bucket in the shower to catch the water while it warms up and in the kitchen sink, put this on your plants, fruit trees, vegie garden
- Have short showers
- Fix any dripping taps or leaks
- Don't water your lawn
- Make sure your washing machine and dishwasher are full before putting them on

Additionally, please be mindful that as the water levels in the tanks decrease, there is a potential risk of gastroenteritis.