

HEALTH & WELLBEING

Find Your Perfect Fit

Have you booked your free bra fitting appointment yet?

To celebrate International Women's Day in March, the Health & Wellbeing team and Women's Advocacy Group are partnering with Philippa Mitchell from The Fitting Studio to offer professional bra fittings from 13-19 March 2025 for those residing on Norfolk Island.

Philippa will also give a free presentation on Wednesday 12 March at 5pm, covering bra fittings, care, styles, and the benefits of wearing the right size. To reserve your spot for the presentation or book a fitting, contact the Health & Wellbeing team at 22687 or healthandwellbeing@health.nlk.gov.nf.

Heart Foundation Walking group

Walking and moving more is very good for us. It helps to improve sleep & lung capacity, by walking for just 30 minutes every day can increase cardiovascular fitness & strengthen bones. The group meets every Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. 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.

Hooked on Healthy Eating session

On Tuesday 4th February, Karen Innes-Walker and Felicity Wiseman delivered a "Hooked on Healthy Eating" presentation. The event saw a great turnout and those who attended enjoyed a delicious snack made by Karen. Many thanks to Karen and Felicity for sharing their knowledge and providing valuable insights into this important topic, also to the participants who attended.

FEEDBACK

NIHRACS encourages our community to provide any feedback you may have! Whether it be a compliment or complaint, recommendation or recognition, big or little, please use one of the following means to let us know:

- NIHRACS Website:
<https://norfolkislandhealth.gov.nf/compliments-and-complaints/> and complete a web form or download a brochure.
- Email feedback@health.nlk.gov.nf
- Phone 22091 to speak to Liz Unkles, or
- While you're at NIHRACS, complete feedback form and put it in one of the available boxes or speak to a member of the team.

COMMUNITY

NIHRACS would like to wish all the kids at NICS the best of luck for the upcoming Swimming Carnival on Wednesday 12th February! Remember to stay "sun safe" on the day by following the "Slip, Slop, Slap, Seek & Slide" routine to protect yourself from the sun. Good luck and have a fantastic time!

AWARENESS WEEK

World Cancer Day

According to the World Health Organisation (WHO), cancer is a leading cause of death worldwide. World Cancer Day was celebrated on February 4th, this day is an international day to spread awareness of this life-threatening disease and emphasises the importance of early detection and screening.

Skin Cancer

The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. The good news is you can prevent damage and skin cancer by being SunSmart. Sun protection is recommended whenever UV levels reach 3 or higher. **Did you know that Norfolk's UV index level is between 6-13 most days.**

Australia has one of the highest rates of skin cancer in the world, almost 2000 people die from this disease each year. Remember the 5 S's of sun safety:

- ◆ **Slip** on covering clothing ◆ **Slop** on SPF 50 or SPF50+
- ◆ **Slap** on a hat ◆ **Seek** shade ◆ **Slide** on some sunglasses

Dr Sharwan Narayan has a special interest in skin medicine, book in for a skin check by contacting the GP Clinic on 24134 or 22091.

Thank you to Cancer Council for part of the above information. Please visit <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety> for more information.

NIHRACS STAFF

Dentist Sue Fletcher will be back on Monday 10 February, thank you to Nitin Gupte for filling in while Sue was away.

GP CLINIC

Hours of Operation

Monday - Friday 8.30am – 5pm / Saturday & Sunday Closed
Please call 24134 for appointments only during opening hours.

Volunteers needed for Breast Screening program

NIHRACS is currently seeking volunteers to assist with the Breast Screening program in March. If you are interested in volunteering and supporting this important health initiative, please call the GP Clinic on 24134 for further information and to express your interest in volunteering.

PARTNERSHIP

NIHRACS was pleased to host representatives from Queensland Health and Brisbane North Primary Health Network from February 4th to 6th. During their visit, the team worked closely with local service partners to explore and evaluate the delivery of Child and Youth Mental Health services. The meetings and discussions with island-based services were incredibly productive. Thank you to the representatives for making the trip and contributing to these valuable conversations.

Happy Valentine's Day! A time to celebrate the love and unity that makes our community strong.