

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.

RESIDENTIAL AGED CARE

Male volunteers needed for Aged Care area

NIHRACS is currently seeking male volunteers to support the male Resident Aged Care area as an ongoing basis. If you are interested in volunteering and supporting, please call the GP Clinic on 24134 for further information and to express your interest in volunteering.

NIHRACS STAFF

There have been some temporary staff adjustments until end of June. We appreciate everyone's flexibility and teamwork during this period. If you have any questions or need any support please reach out.

AWARENESS WEEK

Endometriosis Awareness Month

NIHRACS draws attention to the challenges faced by women with endometriosis and adenomyosis. Women experiencing pelvic pain, irregular menstruation, or fatigue are encouraged to seek evaluation. Our GP's and allied health team work collaboratively to provide tailored support and referrals for specialist care. Early recognition and intervention can significantly improve quality of life.

National Diabetes Services Scheme (NDSS)

The NDSS aims to enhance the capacity of people with diabetes to understand and self-manage their life with diabetes. NDSS subsidised products are available through NDSS Access Points (pharmacies). Norfolk Island Pharmacy is an NDSS Access Point.

Registration with the NDSS is free for all eligible individuals and only needs to be done once by a diabetes educator, practice nurse or GP. If you would like to speak with the NDSS helpline, call 1800 637 700 or review the NDSS website <https://www.ndss.com.au>.

GP CLINIC

NIHRACS 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.

Medicare forms

GP Clinic has an obligation to have all Medicare claim forms signed by the patient/guardian. Please make every effort to sign this form at the time of your appointment or come back to the GP Clinic within office hours to sign. If we are unable to have the form signed, an invoice will be issued.

Ongoing appointments

If you require ongoing appointments, please speak with the GP Clinic receptionists to schedule and book your appointments to ensure your appointments are booked in advance.

Scripts

To ensure your prescriptions remain up to date, please make sure to book your appointments with the GP Clinic in advance. Call 24134 to schedule your appointment.

GP Management Plans for Diabetes

Managing diabetes effectively requires a structured approach, and at NIHRACS, our Chronic Disease Nurse – Carter Stormann can provide tailored support for individuals living with diabetes. A GP Management Plan (GPMP) is a personalised healthcare plan developed to help monitor and manage your condition. This plan includes regular check-ups, referrals to allied health professionals such as our dietitian, podiatrist, and physiotherapist, and assistance with medication management. If you have diabetes, contact NIHRACS today to book in for a **GPMP**.

PARTNERSHIP

Metro North Health

Representatives from Metro North Health NI Support Program and Paediatric Team will be on island next week. They are visiting to scope paediatric services on conjunction with on island service providers.