

At 27 March 2025

HEALTH & WELLBEING

Health & Wellbeing Expo

The Health & Wellbeing team are in the process of organising the Health & Wellbeing Expo. This year the Expo will be held on Saturday 16 August 2025 at Rawson Hall between 10am – 1pm (there is no charge to be an exhibitor). If you are interested in exhibiting a table, please contact Maria Massey on 22687 or maria.massey@health.nlk.gov.nf.

Salsa Dancing

Salsa dancing is on each Thursday with Daniela Cristofaro. Start time is 5.30pm at the SDA Hall on New Cascade Rd. Please bring a water bottle, wear comfortable shoes that stay securely on your feet. The cost is \$5.00 per person (free for school children).

GP CLINIC

Free Flu Vaccinations at NIHRACS – Book Now!

Flu season peaks from June to September, but you should get your vaccination late April for the best protection. NIHRACS is offering FREE flu vaccinations from 22nd April to 2nd May. Vaccinations are recommended annually to stay ahead of the flu. Protect yourself and those around you – visit us for your shot! Call GP Clinic on 24134 for an appointment.

COMMUNITY

Community Representative needed

The Health & Wellbeing Advisory Sub Committee is looking for a community representative to join our committee. Meetings are held approximately once every 2 months. If you are interested, please contact Eve at the Health & Wellbeing office on 22687 for further details.

Additionally, Community Representatives are being sought for our Food Services Committee and Clinical Governance Committees. Please contact Hayley Evans on 22091 for further information.

PARTNERSHIP

Brisbane North Primary Health Network (BNPHN)

To meet the health needs of our communities now and into the future, a well-distributed and quality-trained General Practitioner workforce is essential. Consumer engagement is a critical component of the GP Workforce Planning and Prioritisation ([GP WPP](#)) program. Each PHN is actively consulting with a broad range of consumers in their regions to gather feedback and insights that reflect local needs and priorities. As part of this process, we are reaching out to consumers who live and access GP services within the Brisbane North PHN region to invite participation in this survey. Input, from a consumer perspective, will help us build a clearer understanding of the circumstances and challenges related to community needs and the general practice workforce.

The survey link is:

[HTTPS://gpwppqueensland.snapforms.com.au/form/consumer-insights-consultation-brisbane-north](https://gpwppqueensland.snapforms.com.au/form/consumer-insights-consultation-brisbane-north)

Responses are due by **11:59 PM on Sunday, 6 April**.

RESIDENTIAL AGED CARE- Male volunteers

Are there any males in the community that would like to come after work or dinner and have a cuppa, play cards or just sit and chat with our male aged care residents? If you are interested, please call the GP clinic on 24134 to find out more.

AWARENESS

Stay Safe – Wash Hands and Protect Against Flu and COVID-19

With flu and COVID-19 circulating, it's crucial to protect yourself and others. One of the simplest and most effective ways to do this is by washing your hands regularly with soap and water for at least 20 seconds. This helps prevent the spread of both viruses, especially after coughing, sneezing, or touching public surfaces.

If you're feeling unwell, it's important to stay home and seek guidance from our GPs. By staying proactive with hygiene and following health guidelines, we can help reduce the spread of illness in our community. Stay safe and healthy this season!

EMPLOYMENT - NIHRACS Casual pool

NIHRACS has casual pool positions available for an Administration Officer AO3 and Casual Support Services Team member. If you are interested, please visit NIHRACS website

<https://norfolkislandhealth.gov.nf/employment/> and click on the link for further information.

STAFF

NIHRACS "Move Challenge"

NIHRACS staff have completed a 6 week "Move Challenge" which finished on Thursday 27 March. Congratulations to those who took up the challenge and achieved amazing results. There were 5 teams of 6 staff members, the total number of steps that were achieved in 6 weeks is 8, 590, 772

- Liz Unkles will be on leave from Friday 28 March, returning on Tuesday 22 April. Please contact Dr Jodie McCoy in Liz's absence.
- Welcome Dr Zeli Sobantu, Dr Robin Leven and Dr Rhian Kenrick
- This week we farewell Dr Peter Manns

NIHRACS

Speed limit on NIHRACS grounds

A friendly reminder that the speed limit on NIHRACS grounds is 10km per hour. Please drive with caution and be mindful of others, ensuring you adhere to the speed limit for everyone's safety. Thank you for your cooperation!

WiFi for residents & patients is coming!

NIHRACS has recently received the necessary hardware to enable WiFi to be accessed at NIHRACS by residents and patients. We are currently working on establishing the connection. To maintain data security, this process will be carried out over the coming weeks.

SYDNEY BREAST SCREENING

Thank You to the Sydney Breast Clinic Team

A big thank you to the Sydney Breast Clinic team and Volunteers for their outstanding support in providing a successful mammography screening service at NIHRACS. Your professionalism, expertise, and care ensured that our community received vital breast health screenings with ease and comfort. We appreciate the dedication of the entire team in helping us deliver essential health services to our community. Your partnership is invaluable in promoting breast health awareness and early detection. Thank you for your continued collaboration and for making a positive impact on the health of those we serve.