

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 .

Community Garden

Progress is being made on the Government House Community Garden. Rotary members plus other people from the community have been working over the past months to clear and mulch plus install a wicking hard bed and a hydroponic set up. We are keen to increase our volunteers as there is still much to do, so if you have any spare time to help please contact Karen Innes-Walker on 53969.

Featured Foods

Stuck for something healthy to cook? Visit NIHRACS website and have a read of the “Featured Foods” recipes. These have been taken from the Dietitians Australia website and have been produced by an accredited practicing dietitian. If you would like a copy of any of the recipes, call into the Health & Wellbeing office for a copy.

NIHRACS Community Newsletter

NIHRACS sends out a newsletter each week, would you like to be on our mailing list to receive? For more information or to provide your email address, please contact the Health & Wellbeing office on 22687 or email Maria Massey on maria.massey@health.nlk.gov.nf

COMMUNITY

Daylight Savings ends this weekend

Remember to turn your clocks backwards by one hour from Sunday 6 April.

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.

ADULT MENTAL HEALTH FIRST AID COURSE

Next Adult Mental Health First Aid Course is on Saturday and Sunday 12th and 13th April 9.30am to 4.00pm. Venue is the Health and Wellbeing Office (Smithy's building). Cost is \$125 which covers manual, morning and afternoon tea. If interested please contact David McCowan on 51350 and Deb Sheridan 51805.

GP CLINIC

Flu Vaccination is Key – Protect Yourself with a Free Shot!

Flu can spread quickly, but with the right protection, you can stay safe. Get your FREE flu vaccination at NIHRACS from 22nd April to 2nd May. Flu vaccination is recommended for everyone to prevent the spread of the virus. Take action before flu season peaks in June. Let's protect our community together!

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:

- 11-18 April 2025
- 20-27 June 2025

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.

Smoking Cessation Clinic

Smoking cigarettes poses serious health risks. While quitting can be challenging, it brings significant health benefits, such as improved lung function and a longer life. With support and resources, many people successfully quit and lead healthier lives. If you would like help to stop smoking, call the GP Clinic on 24134 to make an appointment.

STAFF

NIHRACS is currently experiencing staff shortages in several areas. We appreciate the community's patience and understanding and endeavour to accommodate needs as best as possible during this time.

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.

RESIDENTIAL AGED CARE-Male Volunteers needed

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.

NOTICE OF CONSTRUCTION WORKS

NIHRACS currently has work being done inside and outside of the building, please be mindful when visiting NIHRACS and follow any instruction given.