

HEALTH & WELLBEING

Coming Soon: NI Active AND Creative Kids Program

The Health & Wellbeing team at NIHRACS is excited to announce we will be adding "Creative Kids" to our NI Active Kids program from 1 July 2025. This initiative, developed in response to community feedback, aims to:

- Assist families in covering some of the costs of sport, recreational, and creative/cultural activities.
- Encourage school-aged children to participate in these activities.
- Support the wellbeing of school-aged children on Norfolk Island.

For the financial year July 2025 to June 2026 program we will be trialling two \$50.00 vouchers (total of \$100 per child) for parents, guardians, or carers of children residing on Norfolk Island who are engaged in school-based education.

If you would like to become a registered provider with the program, please contact the Health & Wellbeing team to see if you meet the program criteria.

For more information, please contact the Health and Wellbeing team at healthandwellbeing@health.nlk.gov.nf or call 22687.

Dr Adrian Sheen

Dr Adrian Sheen is returning to Norfolk Island and will be doing checks in the Norfolk Mall on Saturday 26 April 10am-12noon. Come along and have a chat to Dr Sheen about men's health and the prostate.

Dr Sheen will also be having a presentation on topics such as sugar, cholesterol, blood pressure at the Health & Wellbeing office (Smithy's building) on Wednesday 30 April 5.30pm-6.30pm. For more information, please contact the Health & Wellbeing team on 22687.

Healthy cooking demo-Diabetes Date night Dinner

The Health & Wellbeing team in conjunction with Mary Beth will be doing a Healthy Cooking Demo on Wednesday 23 April from 5.30pm at the Supper Room. Mary Beth's theme is "Diabetes Date Night Dinner". Mary Beth will be cooking up a storm with Greek chicken with tomatoes, cucumber & tzatziki followed by Cherry Chocolate Dessert pot. The cost is \$5.00 per person and bookings are essential for catering (taster and recipes provided). Please call the Health & Wellbeing team on 22687 or email healthandwellbeing@health.nlk.gov.nf to reserve your spot.

PHONE SYSTEM

NIHRACS is currently facing issues with our phone system due to complications with our PABX system, which is causing occasional call dropouts. If you experience a disconnection during a call, please call back. We are actively working with Telecom to resolve this matter and appreciate your patience as we work towards a solution.

GP CLINIC

Free Flu Vaccination at NIHRACS – Be Ready for Flu Season!

The flu vaccine is your best defence against seasonal flu. NIHRACS is offering FREE flu vaccinations from 22nd April to 2nd May. The vaccine is recommended annually to help protect you during the peak flu season from June to September. Stop by and get your vaccination– it's free and easy!

National Nutrition Month

April marks National Nutrition Month, a time to reflect on the importance of healthy eating and its impact on overall health. At Norfolk Island Health and Residential Aged Care Service (NIHRACS), our dietetics services are available to provide personalised advice on meal planning, healthy food choices, and nutrition education. Our team can support your individual needs and help manage chronic conditions such as diabetes, heart disease or weight loss. With the guidance of our dietitian, you can take charge of your health and make better choices for a balanced life. Please call the GP Clinic on 22091 for 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. Please call GP Clinic if you need to make an appointment or need help on 22091.

- Welcome to Dr Ebonney Vandermeer
- Thank you to Nigel Warwick who has been filling in as acting Nursing Unit Manager, welcome back to Phyllis Evans

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.

Please remember: speed limit on NIHRACS grounds is 10 km per hour