

HEALTH & WELLBEING



Coming Soon: NI Active & 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. 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 is visiting

An ounce of prevention! Being one step ahead of your health is the best way to stay fit and healthy. Thin bones, high blood pressure, too much sugar - and many more problems, are all best discovered early. Dr Adrian Sheen will be talking about health tips for both men and women to keep well, come along to the presentation on Wed 30 April from 5.30pm at the Health & Wellbeing office. Dr Sheen will also be doing checks at the Norfolk Mall on Saturday 26 April between 10.00am – 12.00noon. For more information, 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.

NIHRACS STAFF

Welcome to NIHRACS new nurse educator-Liddy Harding who will be starting on Monday.

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.

AWARENESS WEEK

World Health Day

World Health Day on April 7th celebrated global health awareness and emphasises the importance of accessible healthcare services. At NIHRACS, we strive to ensure our community has access to high-quality care, no matter the location or circumstances. With a dedicated team of general practitioners, allied health professionals, including physiotherapists, social workers, and a range of visiting specialists, we provide essential services to promote and maintain physical and mental health. Whether it's through regular health check-ups or support with chronic conditions, NIHRACS is committed to delivering the care you need for a healthier tomorrow. To make an appointment contact the GP Clinic on 22091.

GP CLINIC

Hours of Operation

Monday - Friday 8.30am – 5pm

Saturday & Sunday Closed

Please call 24134 for appointments only during opening hours.

Flu Vaccination Clinic – Available at NIHRACS for Free!

Get ready for flu season by protecting yourself with a FREE flu vaccination at NIHRACS from 22nd April to 2nd May. Vaccination is recommended from mid-April each year, as flu viruses can be unpredictable. Protect yourself, your family, and the community. Vaccines are available as long as the flu virus is circulating. For further information contact the GP Clinic on 22091.

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.

Update your details

When you're next at the GP Clinic, don't forget to update your ethnicity information, 'Norfolk Islander' is now available as an option through NIHRACS medical system.

EMPLOYMENT

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.

NOTICE OF BUILDING WORKS

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