

At 1 May 2025

## HEALTH & WELLBEING

### Thank you and farewell to Dr Adrian Sheen

Thank you to Dr Adrian Sheen for the Norfolk Mall health checks, radio spot & presentation on health tips. Thank you to those that took the opportunity to get a health check on Saturday morning and come along to the presentation on Wednesday night. We look forward to seeing Dr Sheen on his next visit.

### NI Active & Creative Kids

Exciting news! From 1 July 2025, the Health & Wellbeing team will be expanding the NI Active Kids program to include a *Creative* category. This means vouchers can be used with registered Norfolk Island providers offering creative sessions, such as painting, crafts, music, cultural activities, and more. If you're interested in becoming a provider and hosting creative sessions, we'd love to hear from you! Please get in touch with the Health & Wellbeing team by calling 22687 or emailing [healthandwellbeing@health.nlk.gov.nf](mailto:healthandwellbeing@health.nlk.gov.nf). To become a registered provider, you'll need to meet the eligibility criteria and complete a registration form.

### Heart Foundation Walking group each Sunday

Walking and moving more is very good for us. It helps to improve sleep & lung capacity, by walking for just 30 minutes every day can increase cardiovascular fitness & strengthen bones. Walking also increases oxygen flow through the body.

The Heart Foundation walking group meets every Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

## FEEDBACK

NIHRACS encourages our community to provide any feedback you may have! Whether it be a compliment or complaint, recommendation or recognition, big or little, please use one of the following means to let us know:

- NIHRACS Website: <https://norfolkislandhealth.gov.nf/compliments-and-complaints/> and complete a web form or download a brochure.
- Email [feedback@health.nlk.gov.nf](mailto:feedback@health.nlk.gov.nf)
- Phone 22091 to speak to Liz Unkles, or
- While you're at NIHRACS, complete feedback from and put it in one of the available boxes or speak to a member of the team.

## NIHRACS STAFF

- Thank you to Dr Ebonney Vandermeer who has been a locum for the last week, we look forward to welcoming Dr Vandermeer back in the future.
- Welcome back to Physiotherapist Michelle Green who will be back for 3 weeks
- Welcome to Dr Donna O'Kane
- Welcome back to Dr Kevin Gattey

## NOTICE OF CONSTRUCTION WORKS

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

## AWARENESS

### 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.

## 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!



## GP CLINIC

### 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.

### 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.

### Physical Fitness Month

May is Physical Fitness Month, and it's the perfect time to focus on the importance of physical activity. Regular exercise improves heart health, boosts mood, and supports overall wellness. At NIHRACS, our physiotherapy services can help you with strength training, mobility exercises, and rehabilitation after injury. We also work with patients to prevent falls and improve balance, especially in our aged care service. Whether you're recovering from surgery or looking to improve your physical fitness, our team is here to guide you. Please call the GP Clinic on 22091 for an appointment or further information.

### Specialist Visits

NIHRACS will be welcoming Specialist visits from Metro North Health Service for scoping visits – Cardiology, Geriatric, Renal teams on Wednesday 14 May.