

At 8 May 2025

HEALTH & WELLBEING

Tuning into Teens

Tuning in to Teens™ is a parenting program that focuses on emotions and is designed to assist parents to establish stronger relationships with their pre-teen and teenage young people. The program includes learning the science behind teenage brain and emotional development and you will receive support from the facilitators and other parents going through similar challenges. Trained and experienced staff from NI Connect and NIHRACS Health and Wellbeing team will facilitate the free 6-week program starting on Tuesday 13 May from 5.30-7.30pm at the Health & Wellbeing office in the Smithy's building. Please call Karen Innes-Walker on 53969 or Rebecca Carleton on 23380 to register for the program.

HELMET HEROES: Keeping Kids Safe – Round 2

Hi Norfolk Island Community – let's talk bike safety! Wearing a bike helmet can reduce head injuries by up to 60%, serious head injuries by 53%, and fatal head injuries significantly. It's crucial for kids to wear helmets, and it's the law under Section 38(3) of the Traffic Act 2010 (NI).

We're excited to announce the continuation of the HELMET HEROES program with more vouchers available for families to purchase bike helmets for their kids, thanks to a second round of funding from the Norfolk Island Police Force. Please call the Health & Wellbeing team on 22687 or call in to fill in a form. Vouchers are limited and for a short time only! For more information, contact the Health and Wellbeing Office at 22687 or email healthandwellbeing@health.nlk.gov.nf.

GP CLINIC

Hours of Operation

Monday - Friday 8.30am – 5pm / Saturday & Sunday Closed
Please call 24134 for appointments only during opening hours.

Scripts

Please check your medication to see if you need a new script. If you need a new script please ring a head of time to make a booking. If you are on regular medications, please allow adequate time for your script renewal as we are not always able to offer same day appointments.

Test Results & Referrals

Test results can only be obtained in a booked consultation. Referrals to specialists must be made during a consultation.

Unable to Attend

Please notify us as soon as you can if you are unable to make your appointment time. This allows us to offer the time to another patient. A quick phone call if you are running late also allows for better management of our patient times.

NIHRACS STAFF

NIHRACS is excited to be moving forward with the continued development of our nursing workforce and the expansion of opportunities for our staff. We are pleased to announce the addition of the following nursing roles to our team: Registered Nurse, Clinical Nurse, and Clinical Nurse Consultant. For further information on these roles, please visit the NIHRACS website and click on the employment tab.

AWARENESS

Mental Health Awareness Month

May is Mental Health Awareness Month, highlighting the importance of supporting mental health and well-being. At NIHRACS, mental health services are at the forefront of our care approach. Our visiting adult psychiatrist and child psychologist offer professional mental health support for individuals of all ages. Our social worker also provides counselling and resources to help manage mental health challenges. It's important to take care of your mental health, and at NIHRACS, we provide a supportive environment to promote emotional and psychological well-being. To make an appointment or for further information, please contact GP Clinic on 22091.

Outbreaks in Queensland (QLD)

QLD Health have advised of a Measles & Japanese Encephalitis Outbreak in QLD. Please be aware when travelling to QLD. For further information, please call the GP Clinic on 22091.

Measles

Measles is a viral illness, it is an airborne disease which can spread when an infected person breathes, coughs, sneezes or talks. Measles usually starts with flu-like symptoms which may include fever, fatigue, severe cough, conjunctivitis, runny nose, white spots in the mouth (Koplik spots). There has been a recent increase in confirmed cases across Australia, most commonly in unvaccinated and under-vaccinated adults aged 20 to 49 years. It is important to remember that measles is a vaccine-preventable disease. The combination measles vaccine is recommended for:

Children aged 12 and 18 months, adolescents and adults born since 1966 who have not received two doses of a measles-containing vaccine and infants aged 6 months to less than 12 months who may be travelling overseas or to high-risk areas.

Vaccination is important for adults with higher risk of exposure, particularly people travelling, or returning from overseas, healthcare workers, childhood educators and carers, people who work in long-term care and correctional facilities.

If you or your child develop any of these symptoms, please seek medical advice. If you would like to get a vaccination, a booster vaccination please call the GP Clinic on 22091.

Japanese Encephalitis

Japanese encephalitis is a rare but serious illness caused by the Japanese encephalitis virus, which is spread to humans by infected mosquitoes. Most people who get Japanese encephalitis do not have any symptoms. If you get symptoms, they can appear 5 to 15 days after getting bitten by infected mosquitoes. Some people may get symptoms such as fever, headache, vomiting. People with a severe infection (1 in every 250 people) may get symptoms such as neck stiffness, disorientation, tremors, coma, seizures, paralysis. The virus has been detected in areas like Brisbane, North Burnett, and Central Queensland. If travelling to these areas, reduce mosquito bite risks by using insect repellent, wearing long sleeves, and removing standing water. NIHRACS offers the vaccine for free to eligible individuals, especially for those living or working in at-risk areas. The vaccine requires two doses 28 days apart, with immunity developing one week after the second dose.

NOTICE OF CONSTRUCTION WORKS

There will be construction projects at NIHRACS over the coming weeks. We appreciate your patience and ask that you follow any specific directions which may be in place when you visit our service.