

HEALTH & WELLBEING

Community Garden volunteers needed

Gardening provides numerous health benefits by promoting physical activity, reducing stress, improving mood and supporting mental clarity and relaxation, making it a powerful tool for overall well-being. Do you enjoy gardening and have some time to spare? The Government House Community Garden is looking for volunteers to lend a hand. Rotary members and local community members have been working hard on the gardens, but there's still plenty to do — and we'd love your help! If you're interested in getting involved, please contact Karen Innes-Walker on 53969.

Are You a Business or Organisation Offering Creative Activities for School-Aged Children?

If your business or organisation offers creative activities, you may be eligible to become a registered provider for the NI Active and Creative Kids Voucher Program!

This program offers students residing on Norfolk Island and enrolled in School Prep to Yr 12 the opportunity to access two \$50 vouchers per financial year (July-June). These vouchers can be used for any Active or Creative activity provided by registered and approved providers.

For more details on how to become a registered provider or to learn more about the program, please reach out to the Health and Wellbeing team at healthandwellbeing@health.nlk.gov.nf or call 22687. Don't miss out—help inspire the next generation of creators!

WAGNI Wednesday—"Let's talk about money"

WAGNI will be holding their WAGNI Wednesday on 28 May at the Knowledge & Learning Centre on Taylors Rd (near Commonwealth Bank), come along and listen to this great presentation on "Let's talk about money". For more information, please contact 51960 or 56025 or email wagni2899@gmail.com.

NIHRACS STAFF

- Welcome back to Dr Ebonney Van Der Meer
- Welcome to new Dental Assistant Marina

COMMUNITY

Health Community Network

Liz Unkles, Manager of Norfolk Island Health and Residential Aged Care Service (NIHRACS), invites all members of our community to participate in the Health Community Network. NIHRACS has developed a Community Engagement Framework with goals to listen, partner with, and support our community in achieving better health outcomes for everyone. Liz will share valuable updates on the key developments and future plans for our health services. Following the update, Liz will ask community members to share their thoughts, ideas, and suggestions, fostering a collaborative approach to improving health services together. This Health Community Network meeting will be held on Wednesday 4 June, 5-6pm at the Knowledge & Learning Centre. No need to RSVP, just come along.

NOTICE OF CONSTRUCTION WORKS

Construction is progressing on buildings at NIHRACS, please be mindful when visiting NIHRACS and follow any instruction given. **Please remember** speed limit on NIHRACS grounds is 10km per hour

GP CLINIC

Hours of Operation

Monday - Friday 8.30am – 5pm

Saturday & Sunday Closed

Please call 24134 for appointments only during opening hours.

Free Flu Vaccinations Still Available at NIHRACS

While our flu vaccination clinic has concluded, free flu vaccinations are still available by appointment at the NIHRACS GP Clinic. Flu season is just beginning, and getting vaccinated is the best way to protect yourself from the flu and its complications. Annual flu vaccination is recommended to stay protected during peak flu season, which typically runs from June to September. Don't miss out on this important health service – we're here to help you stay safe and healthy.

Call 22091 today to book your appointment!

Your health is our priority at NIHRACS. Protect yourself and those around you with a quick and easy flu shot!

AWARENESS

National Stroke Awareness Month

May is National Stroke Awareness Month, a critical time to educate the public about the signs and symptoms of stroke and the importance of seeking immediate medical attention. Recognizing a stroke early can significantly impact recovery outcomes, so it's important to remember the acronym FAST:

F – Face: Check if the person's face is drooping or uneven.

A – Arms: Ask the person to raise both arms; one arm may drift downward.

S – Speech: Listen for slurred or strange speech.

T – Time: If any of these symptoms are present, call an ambulance immediately.

Timely intervention and rehabilitation are crucial for recovery, and we are here to support you every step of the way. If you or someone you know shows any signs of a stroke, remember that every second counts—call for an ambulance right away.

By raising awareness about the signs of stroke, we can save lives and improve recovery outcomes. Don't hesitate—seek help immediately.

PARTNERSHIP

Metro North Survey

Metro North Health Service, who provide specialist, tertiary care and support services to NIHRACs and the Norfolk Island Community are seeking feedback from the community for their Consumer/Patient & Community Engagement Strategy. Please complete the short survey via the following QR code, type in the URL code into the internet or call into the Health & Wellbeing office for a hard copy. Survey closes on 15 June 2025.

If you'd like to talk to a member of the Metro North Consumer and Community Partnerships team, please email

MN_consumerpartnerships@health.qld.gov.au

or call 07 3646 2179.

URL code:

<https://forms.office.com/r/8jS0t17p9>

