

## HEALTH & WELLBEING

### Health & Wellbeing Expo

Would you like to have a table at this year's Health & Wellbeing Expo? The Expo will take place on Saturday 16 August 2025, from 10.00am to 1.00pm at Rawson Hall.

This event brings together a wide range of services both on and off the island and offers a fantastic opportunity to connect with the community and showcase your business. For further information please contact Maria Massey on 22687 or [maria.massey@health.nlk.gov.nf](mailto:maria.massey@health.nlk.gov.nf).

### Heart Foundation Walking group each Sunday

Walking and staying active are some of the best things we can do for our health. Just 30 minutes of walking each day can improve your overall well-being. It helps increase cardiovascular fitness, strengthens bones, boosts lung capacity, improves the quality of your sleep and oxygen flow throughout the body, which helps you feel more energized and focused. Our friendly walking group meets every Sunday at 8.00am near the Kingston Pier. It's a relaxed and welcoming environment, perfect for all ages and fitness levels, whether you're walking solo, with your children, or bringing along your dog. We offer a range of walking distances. Be sure to bring a hat, water and wear sunscreen. Come and enjoy the fresh air and all the health benefits that come from simply putting one foot in front of the other! Contact the Health and Wellbeing office on 22687 for more information.

## 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.

**Remember speed limit on NIHRACS grounds is 10km per hour**

## NIHRACS STAFF

- Thank you and farewell to Dr Donna O'Kane
- Congratulations to Naomi Christian for being the successful candidate for the Clinical Nurse - Infection Prevention and Control position.
- Congratulations to Amy Whitmore for being appointed as the temporary successful candidate for the first Clinical Nurse Consultant position, until the role is permanently filled through permanent recruitment.

## NOTICE OF CONSTRUCTION WORKS

Construction is progressing on buildings at NIHRACS, please be mindful when visiting NIHRACS and follow any instruction given.

## 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!

### Felicity Wiseman Psychologist

Felicity Wiseman, Clinical Psychologist, is available to meet with individuals experiencing mental health issues that are impacting on their wellbeing or positive mental health. Felicity has appointments available on the following dates:

14-24 June 2025

23 Aug – 2 September 2025

1-11 Nov 2025

Felicity specialises in working with children, young people up to 25 years of age and parents. Consultations can be held at Life Without Barriers, your home, NIHRACS or NI Connect. Felicity can be contacted on 54552 (when on island), call the GP clinic for an appointment on 24134 or email Felicity directly on [contact@felicitypsychologist.com.au](mailto:contact@felicitypsychologist.com.au). Telehealth is available between on island sessions.

### 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.

## AWARENESS

### World No Tobacco Day

World No Tobacco Day on May 31st encourages individuals to quit smoking and promotes the health risks associated with tobacco use. At NIHRACS, we offer smoking cessation programs through our GP and allied health. These programs help individuals manage cravings, reduce withdrawal symptoms, and stay smoke-free. Quitting smoking can significantly reduce the risk of heart disease, cancer, and respiratory conditions. Take the first step toward a healthier life and join us in celebrating World No Tobacco Day by quitting for good.