

HEALTH & WELLBEING

Healthy Cooking Demo-Healthy, Happy Hearts Date Night

The Health & Wellbeing team, together with Mary Beth, will be hosting a Healthy Cooking Demonstration on Wednesday 2 July at 5.30pm in the Supper Room. The theme is "Healthy, Happy Hearts Date Night," and Mary Beth will be preparing a delicious lineup of heart-friendly dishes. 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

NIHRACS is currently facing staff shortages across several areas due to illness and staff leave. We sincerely appreciate your patience and understanding during this time. Caring for our community remains our highest priority. If you need to make an appointment, please contact the GP Clinic on 22091.

NIHRACS TEAM SPOTLIGHT-Dental Clinic

The NIHRACS dental services have undergone significant improvements aimed at enhancing patient care and operational efficiency. One major advancement is the streamlining of the orthodontic weekend which has just passed, which now includes prebooking of two future orthodontic visits at this last weekend visit. This forward-thinking approach minimizes scheduling delays and helps patients and clinicians better plan their treatment journeys.

Additionally, a nearly complete overhaul of processes and procedures in the dental clinic has led to a more cohesive system, supported by newly written manuals that provide clear guidance for incoming staff, ensuring consistency and continuity in care delivery.

These structured improvements have already begun to bear fruit, most notably through a measurable reduction in the dental service waiting list. By introducing a more methodical workflow and improving staff onboarding with comprehensive documentation, NIHRACS is positioning itself to deliver timely, high-quality care to the community. The focus on proactive planning and clear procedural standards not only enhances the patient experience but also fosters a more confident and well-prepared dental team.

The current dental team have loved being a part of the future planning process of NIHRACS dental care, and although the foundational preparations have been onerous and taken quite a while, the end is now in sight! We have appreciated the patience of our patients while we have endeavoured to take our service delivery to the next level! We have begun the process of recruiting permanent fulltime staff to this amazing clinic.

ACCESS TO NIHRACS SOCIAL WORK SERVICES

The NIHRACS Social Worker provides professional counselling, support, advocacy, and advice to the community of Norfolk Island. Residents can self-refer to the NIHRACS Social Worker, a referral from the GP clinic is not required

The Social Work service office is situated outside the main hospital, near the dental clinic. Available 8.00am to 4.30pm,

Monday – Friday. Phone: 23190 Mobile: 50593

Email: socialwork@health.nlk.gov.nf

GP CLINIC

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

Respiratory Illness

There has been an increase in presentations with respiratory illness. As we are currently in flu season, please be mindful of practicing good hygiene—wash your hands regularly, dispose of used tissues properly, use hand sanitiser, and if you are feeling unwell, stay at home. These simple steps can help reduce the spread of illness in our community and protect those around you.

Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) is a type of depression linked to seasonal changes, usually starting in autumn and lasting through winter. Symptoms often improve in spring and summer, though in rare cases, SAD can occur in warmer months. Common signs and symptoms include:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping and/or concentrating
- Experiencing carbohydrate cravings, overeating and weight gain
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

If these feelings last for days and affect your daily life, consider speaking with a mental health professional. Maria McCann, NIHRACS Social Worker is available, no referral is needed Phone: 23190, Mobile: 50593 Email: socialwork@health.nlk.gov.nf

FEEDBACK

NIHRACS encourages our community to provide any feedback you may have, to support us in our delivery of patient centred high quality care. Whether it is big or small, compliment or complaint, 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.

- Email feedback@health.nlk.gov.nf
- Phone 22091 to speak to Liz Unkles, or
- While you're at NIHRACS, put a completed form in the feedback box or speak to a member of the team.