

HEALTH & WELLBEING

Health & Wellbeing Expo

We are only 6 weeks away from the Health & Wellbeing Expo that will be held on Saturday 16 August. Each week leading up to the Expo, we'll be spotlighting the services that will be participating. Below is our first feature, highlighting some of the services attending and what they have to offer:

- **Rotary Club of Norfolk Island Inc**

Do you want to make positive changes in your community and the world? The Norfolk Island Rotary club members are dedicated people who share a passion for community service and friendship. Becoming a Rotarian connects you with a diverse group who share your drive to give back.

- **Free Spirit MegaOmega**

Free Spirit MegaOmega Algae Oil provides a solution to Omega-3 deficiency that is prominent in the world's population – directly impacting just about every ailment, illness and health condition. An entirely natural vegan alternative to fish oil - cleaner, more potent, purer and overall, a healthier product.

Healthy Cooking Demonstration

A very big thank you to Mary Beth & David Taylor for hosting the Healthy Cooking Demonstration on Wednesday night – Healthy, Happy Hearts Date Night. The food was fantastic, and everyone had a great time. Thank you to those who attended. Watch this space for the next demonstration date and theme. For further information contact the Health & Wellbeing team on 22687 or email healthandwellbeing@health.nlk.gov.nf

GP CLINIC

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, ideally 2 weeks before your script runs out, 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.

Respiratory Illness

There has been an increase in presentations with respiratory illness. Please be mindful of practicing good hygiene—wash your hands regularly, dispose of used tissues properly and use hand sanitiser. If you have symptoms, please limit community contact, wear a mask and call or come to the hospital as needed. For more information please see:

<https://www.healthdirect.gov.au/flu>

<https://www.healthdirect.gov.au/covid-19>

TEAM SPOTLIGHT

Support Services

A very big thank you to the Support Services team. This amazing team is the silent backbone of NIHRACS, working tirelessly behind the scenes to keep everything running smoothly. Your professionalism, reliability, and commitment makes a huge difference every single day to our staff and patients.

NIHRACS STAFF

- Maria McCann will be on a well earned break, Carlina Lace will be filling in for Maria
- Welcome back to Michelle Green - Physiotherapist

Over the next few weeks, several staff members will be on leave. We appreciate the community's understanding and patience during this time.

AWARENESS WEEK

National Diabetes Awareness Month

July is National Diabetes Awareness Month, a time to highlight the growing number of people living with diabetes and the importance of managing this condition for overall health. At NIHRACS, our dedicated team, including GPs, chronic disease nurse, and dietitian, plays a crucial role in supporting individuals with diabetes.

Our GPs work closely with patients to develop comprehensive GP Management Plans, tailored to each individual's needs, ensuring regular monitoring of blood sugar levels and overall health. Additionally, our chronic disease nurse provides ongoing support to manage diabetes effectively and helps patients navigate any complications that may arise.

Our dietetics services offer personalised nutrition plans to help manage blood sugar levels, and our allied health team collaborates to design exercise and lifestyle programs that support diabetes management. Furthermore, our partnership with the Metro North endocrinology team enhances our ability to provide specialised care and support for individuals living with diabetes.

Prevention and management are key to maintaining good health, and we are here to guide you every step of the way. Whether you're newly diagnosed or managing diabetes for years, our team is here to help you achieve better health and quality of life.

The National Diabetes Services Scheme (NDSS)

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government that commenced in 1987 and is administered by Diabetes Australia. The NDSS aims to enhance the capacity of people with diabetes to understand and self-manage their life with diabetes. The NDSS provides access to support and information services, diabetes programs and subsidised products to assist people to self-manage their life with diabetes.

NDSS subsidised products are available through NDSS Access Points (pharmacies). Norfolk Island Pharmacy is an NDSS Access Point. To register with NDSS, you will need a diabetes educator, practice nurse or doctor to sign a patient registration. Once completed, register with the NDSS which can be done on NDSS website <https://www.ndss.com.au>. Registration with the NDSS is free for all eligible individuals and only needs to be done once, or if you would like to speak with the NDSS helpline, call 1800 637 700