

HEALTH & WELLBEING

Health & Wellbeing Expo

We are only 5 weeks away from the Health & Wellbeing Expo that will be held on Saturday 16 August, the Expo will be at Rawson Hall between 10.00am – 1.00pm. Come along and talk to our many services that will be attending. Each week we will be putting a spotlight on services that are participating in the Expo, this week's spotlight organisations are:

- **NI Connect**

NI-Connect are committed to working in partnership with children, families and the Norfolk Island community to promote child and family wellbeing. Drop by our table to learn more about the services we provide, and the children can play with our activities and pick up an NI-Connect goody bag.

- **Probus Club of Norfolk Island**

Probus Norfolk Island promotes friendship with other retirees. Monthly meetings include interesting guest speakers & other activities.

- **Mental Health Awareness Group**

Information on Mental Health Awareness for adults and youth and adult and youth Mental Health First Aid.

Salsa Dancing

There will be no Salsa dancing on Thursday 17 July. The regular schedule will resume the following week, on Thursday 24 July. We appreciate your understanding and look forward to seeing you back on the dance floor!

AWARENESS WEEK

Do you know what you're vaping?

Vaping, often promoted as a safer alternative to smoking, has become increasingly popular—especially among teens and young adults. However, it's not without risks. Many vapes contain nicotine, which is highly addictive and can harm brain development. Some also include chemicals like diacetyl, linked to serious lung diseases such as "popcorn lung." Vaping may also raise heart rate and blood pressure, affecting cardiovascular health. While it may be less harmful than smoking, vaping is not risk-free—especially for young people and non-smokers.

World Hepatitis Day

July 28th marks World Hepatitis Day, which is dedicated to raising awareness about hepatitis and its impact on public health. At NIHRACS, we offer screenings and support for individuals at risk of hepatitis. Our medical staff can guide patients through testing, education on prevention, and treatment options. Hepatitis can often go undiagnosed until it causes significant liver damage, so early detection is crucial. We encourage individuals to take advantage of our screening services to protect their liver health and reduce the risk of further complications.

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 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: Covid, Influenza and RSV

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, 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>

Smoking Cessation Clinic

Smoking cigarettes significantly increases the risk of serious health problems such as cancer, heart disease, and lung conditions. While quitting can be challenging, it brings immediate and long-term benefits—improved lung function, better circulation, more energy, and a longer, healthier life. Many people successfully quit with the right support, whether through counselling, medication, or lifestyle changes. You don't have to do it alone. For help to stop smoking, call the GP Clinic on 24134 to make an appointment. Support is available—take the first step today.

TEAM SPOTLIGHT

GP Clinic

Thank you to all the staff at the GP clinic for your exceptional dedication and teamwork during this period of reduced clinical staffing. Throughout this challenging time, you've shown great flexibility, adaptability, and an unwavering commitment to meeting patients needs with care and professionalism. Your support for one another and the community has been invaluable in maintaining continuity of care and supporting our doctors. A special thank you to Dr Peter Hopcroft and Dr John Cunningham for their leadership and efforts in keeping the clinic running smoothly and ensuring our patients continued to receive the high-quality care.

NIHRACS STAFF

- Welcome to Dr Abbas, Dr Robyn Leven & Dr John Cunningham
- Welcome to Carlina Lace who will be covering Social Worker role for Maria McCann
- Welcome to Chris, who will be covering Pharmacist role

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

A Reminder that the Hospital, including car park areas, is a Smoke Free Site

Please slow down when on NIHRACS grounds, speed limit is 10kpm



PLEASE
SLOW DOWN

