

## HEALTH & WELLBEING

### Health & Wellbeing Expo

What an amazing Expo this year with over 30 exhibitors. A huge thank you to all the exhibitors, representing both local and Australian services. The hall and supper room were absolutely packed! There was a steady flow of visitors throughout the day, making the most of the opportunity to connect face-to-face with a wide range of services. We would also like to extend our sincere thanks to Liz Unkles, George Plant and Craig Buffett for opening the Expo and also to Ali Miller and Sienna Menghetti for doing the MC of the opening ceremony. A special thanks to the NI Police for drawing the prize raffle, winners will be contacted directly. We are looking forward to planning the 2026 Expo!

### Heart Foundation Walk-Women's Health Week

Jean Hailes Women's Health Week (1-5 September 2025) is Australia's largest event dedicated to the health and wellbeing of all women, girls and gender-diverse people. This year, the theme is 'Say Yes To You', it's time to reclaim your health care by prioritising yourself, because when women thrive, everyone around also benefits. This year our Heart Foundation Walking Group (NI Walkers) are holding a special Women's Health Week walk at Hundred Acres Reserve on Wednesday 3 September, starting at 8am. We will meet at the main gate, opposite Homestead Restaurant. We will provide healthy and yummy muffins after the walk and will have a limited number of themed Women's Health Week bags filled with information to give away. All are invited to attend. For further information contact the Health & Wellbeing team on 22687.

## AWARENESS WEEK - Get Involved in Active August

August is Active August, a national campaign encouraging everyone to move more, connect socially, and support mental wellbeing. Staying active isn't just about exercise—it's also about joining in with your community and keeping your mind healthy. On Norfolk Island, opportunities are all around us: walking tracks, local sports, gardening, or even a simple catch-up with friends. Small steps make a big difference to energy, mood, and long-term health. This August, set yourself a goal—try something new, invite a friend, and take the first step towards better health. Let's use Active August to build habits that last.

## LINKWELL

LinkWell is a new pilot program from the NIHRACS Health & Wellbeing team and was officially launched at the Health & Wellbeing Expo. LinkWell is based on the research showing that being connected to others can help improve wellbeing. Linking in with community activities isn't always easy to do.

The LinkWell Pilot Program is a free service provided by the NIHRACS Health and Wellbeing team. We can help you to find activities you might be interested in and connect you with local activities, social groups and clubs within the community to help you reach your wellbeing goals. For more information, please contact Karen Innes-Walker on 22687 / 53969 or call into the Health & Wellbeing office in Smithy's building.

## NIHRACS STAFF

- Welcome back to Dr Martin Panter
- Welcome to Brendon Rose-Podiatry

## GP CLINIC

The GP Clinic operates on an appointment basis. Walk-ins are accepted, however there may be an unavoidable wait as priority is given to patients who have a booked appointment with their Doctor. All patients should present to reception with their current Medicare Card. At times you may experience a waiting period due to doctors tending to urgent or complex medical issues. We apologise for any inconvenience.

### 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.

### Free Flu Vaccinations Still Available at NIHRACS

Free flu vaccines are available by appointment at the NIHRACS GP Clinic until the end of September. Protect yourself and others. Call 22091 to book your appointment today. Stay safe, stay healthy — your health is our priority.

### Scripts

Does your script run out soon, ring a head of time to make a booking. If you are on regular medications, allow adequate time for your script renewal as we are not always able to offer same day appointments.

### Felicity Wiseman Psychologist

Felicity Wiseman, clinical psychologist, is available for appointments from 23 Aug–2 Sept and 1–11 Nov 2025. Supporting children, young people (up to 25), and parents experiencing mental health challenges. Sessions can be held at Life Without Barriers, your home, NIHRACS, or NI Connect. Contact Felicity on 54552 (when on island) or call the GP clinic on 24134 for an appointment, or email: [contact@felicitypsychologist.com.au](mailto:contact@felicitypsychologist.com.au). Telehealth is available between visits.

## TEAM SPOTLIGHT

This week we're celebrating the Allied Health team at NIHRACS. Allied health professionals work hand-in-hand with our doctors and nurses to keep our community healthy and thriving. Here on the island, we're lucky to have a wide range of services close to home. These include physiotherapy, allied health assistants, social work, pathology, radiology, and pharmacy. Each of these services plays a role in helping people recover from illness or injury, manage everyday health needs, and support overall wellbeing. We also welcome visiting services like psychology and podiatry, bringing extra care to our community when it's needed. And through Telehealth, our residents can access speech pathology without leaving the island, connecting directly with specialists via video. Together, our allied health team is here to support independence, recovery, and quality of life for all Norfolk Island residents. They are an important part of the NIHRACS family and the care we provide every day.

## PARTNERSHIP SPOTLIGHT

A big thank you to Metro North and Queensland Health reps who visited for the Expo. Whilst on island we had the opportunity for providers of Child, Youth & Family Health Services to reflect on the last 6 months progress and next steps.