

## HEALTH & WELLBEING

### 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.

### LinkWell Program

The new LinkWell pilot program was launched at the recent Health and Wellbeing Expo. This is a free program aimed at supporting people to become more connected in the Community. We hope to feature some of the many activities available over the coming weeks. To get the ball rolling we would like to talk about the Heart Foundation Norfolk Walkers group. This group was started 8 years ago and is free for people to join. The group meets near the Kingston pier every Sunday morning at 8am, weather permitting, and after some stretches the group walks to Lone Pine. From there people can walk back or walk around the golf course with a few then walking up to the Flagstaff viewing platform. Distance walked is up to the individual. There is a walking distance to suit everyone. Kids and dogs are welcome. Not only is it a healthy way to start your Sunday but it is a great opportunity to meet new people and catch up with friends. For more information on LinkWell and/or the walking group please visit the NIHRACS website or call the Health and Wellbeing office on 22687.

### Health & Wellbeing office reduced hours

Due to staff leave, the Health & Wellbeing office opening will be on reduced hours. If the office is unattended and your matter is urgent, please call Maria Massey on 57288 or Karen Innes-Walker on 53969. Office hours will be displayed on the door.

## AWARENESS -National Cholesterol Education Month

September is National Cholesterol Education Month, a time to learn about the importance of healthy cholesterol levels in preventing heart disease. At NIHRACS, our medical team provides routine screenings for cholesterol and offers advice on lifestyle changes to manage cholesterol levels. Our dietetics team plays a key role in offering nutritional guidance to help lower cholesterol through heart-healthy diets. Maintaining a healthy cholesterol level is crucial for preventing cardiovascular issues, and we're here to support your heart health journey.

## PARTNER SPOTLIGHT- Orthodontic visit

The dental clinic has just completed a busy but successful orthodontic visit with Dr Shane Fryer. We have prebooked our patients for the next visit with Dr Andrew Barry, who is yet to confirm his visiting dates, but we are hopeful mid to late October 2025.

## GP CLINIC

### What's Going On at NIHRACS this week:

#### Flu & COVID Boosters

Respiratory viruses circulate through winter and early spring. Seasonal flu and COVID boosters reduce severe illness, hospital visits and time off work or school—while protecting all awas elders, young children and those with long-term conditions. NIHRACS can check your record and advise when you're due; many people can receive both vaccines at the same visit. Boosters are especially important if you're 65+, pregnant, live with a chronic condition, or work in health, aged care, education or hospitality. Most side-effects are mild (sore arm, low fever) and settle quickly. Not sure where you're up to? We can help. Call the NIHRACS GP Clinic on 22091 to arrange your immunisation and keep our island community safe.

### Celebrating Women's Health Week: Say "Yes" to Your Health

Women's Health Week is the perfect time to prioritise your wellbeing. From 1–5 September, NIHRACS encourages women and girls to book the checks that keep you healthy, GP clinic will be doing extra GP screening appointments: blood pressure, cholesterol, diabetes risk, cervical screening (as due), breast checks, contraception reviews, and mental health support. Small actions like scheduling a GP review or updating your screening can prevent bigger problems later. Our GP Clinic works alongside Allied Health, Radiology and Pathology so you can access care close to home. If it's been a while since your last check, make this the week you put yourself first. Contact the NIHRACS GP Clinic on 22091 to book.

## TEAM SPOTLIGHT- NIHRACS Dental Clinic

Good oral health underpins overall wellbeing. The NIHRACS Dental Clinic cares for all ages, offering check-ups, scale and clean, x-rays (as needed), fillings and emergency relief of pain. Regular visits help prevent tooth decay, gum disease and avoidable tooth loss—while supporting conditions like diabetes and heart disease. Between visits, brush twice daily with fluoride toothpaste, floss once a day, choose water over sugary drinks, and book children in from their first birthday or when their first tooth appears. If it's been a while, or you've noticed bleeding gums, sensitivity, or a chipped tooth, now's the time to act. Keep your smile strong on Norfolk Island. Phone the NIHRACS Dental Clinic on 22910 to book.

## NIHRACS STAFF

- Thank you and farewell to Liddy Harding
- The NIHRACS Social Work service will be closed from Thursday afternoon 28<sup>th</sup> August to 10<sup>th</sup> September 2025. During this period of leave the NIHRACS Social Work service will not be covered by a locum Social Worker. All requests for assistance with patient travel will be completed by Hayley Evans from 1<sup>st</sup> September 2025. Please call Hayley Evans on 22091. For urgent social work referrals please contact Liz Unkles or Jodie McCoy on 22091.
- Thank you and farewell to Dr John Russell
- Welcome back Dr Simon Marrable