



This brochure is an initiative of NIHRACS Health and Wellbeing Team, in partnership with our community and supported by Brisbane North Primary Health Network (BNPHN)



How to contact us

To register for the LinkWell Pilot Program or to find out more or to register your group or activity please contact the

Health & Wellbeing team on 22687

or email healthandwellbeing@health.nlk.gov.nf



To find the list of clubs/groups/activities look for the LinkWell page on the NIHRACS website

www.norfolkislandhealth.gov.nf



A pilot program



can help build Community Connections

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.



How We Can Help

Our Linker will meet with you at a place that is convenient to you to learn about your lifestyle and interests. They can also help you to engage with the group programs or activities that you would like to be involved in.

Together you and the Linker will be able to:

- Explore what is important for your life and wellbeing
- Identify the local activities and social groups you might enjoy



The Linker is

- Someone to talk to confidentially
- Someone who is practical, helpful and who will not judge you
- Someone who can help you move towards activities to improve your wellbeing
- Someone who can find activities and groups that you might like to try
- Someone who can give you support along the way.

