

## HEALTH & WELLBEING

### LinkWell Program

LinkWell is a new free program coordinated by the Health and Wellbeing team to help people build stronger connections in our community. This week we are featuring Writing Wednesday - Norfolk Island. Writing Wednesday is a free, volunteer-led community program for writers at all levels. Providing connection, accountability, time and space to write. It assists writers to cultivate their habit of writing. Run under the guidance and assistance of Queensland Writers Centre. The group meets on Wednesdays at 1pm. The venue is currently at a member's home until numbers require a larger venue. If you are interested in finding out more please contact: Lynn Clark on 55216.

For more information on LinkWell please contact the Health and Wellbeing team on 22687 or by email on [healthandwellbeing@health.nlk.gov.nf](mailto:healthandwellbeing@health.nlk.gov.nf)

### Community Garden launch

The Rotary Government House Community Garden will be officially launched on Sunday 28 September starting at 2pm. Everyone is welcome to attend. Parking will be near the front entrance to Government House, the same area people park if attending an official function. Afternoon tea will be provided by Rotary and a demonstration of setting up a wicking garden bed will follow the official launch by Mr George Plant, Administrator. The Health & Wellbeing office is supporting the community garden by providing a prototype of the new raised garden beds for seniors.

### Boot Scooting sessions

Love country music? Love to dance? Come along to Boot Scooting aka Country Line dancing for some fun. Bring your cowboy/girl boots and gear or anything you feel comfortable in to enjoy great music and dancing. Classes are lead by Debbie, Carter and Michelle three Boot Scooting enthusiast that will bring their energy and best efforts to teaching an enjoyable fun 1 hour class. The sessions will start on Wednesday 1 Oct at 6.30pm at SDA Hall on New Cascade Rd. Cost is \$5.00 per person (free for school aged children) For more information please contact the Health & Wellbeing team on 22687.

## COMMUNITY - Health Community Network

Thank you to all who attended the Health Community Network on Wednesday 17 Sept. Special thanks to the Amateur Sports Association for providing the meeting space. We appreciated the community's participation—your questions, feedback, and engagement are invaluable in helping us improve our services.

## CONSTRUCTION WORK

NIHRACS currently has work being done on the grounds. We appreciate your patience and ask that you follow any specific directions which may be in place when you visit our service.

## GP CLINIC

Norfolk Island GP Clinic aims to provide comprehensive coordinated healthcare services promoting health and wellbeing as well as managing illness. NIHRACS recognises the value of every patient/doctor relationship. Every effort is made to enable you to see the doctor of your choice. On an occasion where you are seen by another doctor within the GP Clinic, our records support good communication and continuity of care.

### Hours of Operation

Monday – Friday 8.30am – 5pm

Saturday & Sunday Closed

*Please call 24134 for appointments only during opening hours.*

### What's Going On at NIHRACS:

#### Final Call & Reminder (Referral Required)

This week is the final call for the Podiatry Clinic (22–26 Sept). Appointments are limited and require a GP referral—please contact the NIHRACS GP Clinic today if you still need one. It is also the reminder week for Dr Luke Sammartino's clinic (26–27 Sept). Dr Sammartino is an Adolescent and Young Adult specialist focusing on neurodivergence, including ADHD and autism. Appointments for this clinic are by GP referral only, and referrals should be arranged this week to secure a place. If you or your family could benefit from either of these visiting services, book a GP appointment now to discuss your referral.

## NIHRACS STAFF - Welcomes and Farewells at NIHRACS

We are pleased to welcome Dr John McConnell to the GP team at NIHRACS. Dr McConnell joins alongside Dr Simon Marrable and Dr Andrew Irwin, helping to maintain consistent, high-quality medical services for the Norfolk Island community. We extend our thanks to all doctors—both resident and locum—whose flexibility and commitment ensure ongoing access to care. Locum placements are vital in a rural and remote setting like Norfolk Island, and the dedication of our GP team is deeply appreciated. Please join us in welcoming Dr McConnell to NIHRACS.

### Farewell to Kate Black – Child Health Nurse

The NIHRACS team wishes to acknowledge the contribution of Kate Black, who has recently resigned from her role as Child Health Nurse. Kate has been a valued member of our service, offering care, guidance, and support to children, young people, and their families. Her warmth and professionalism will be greatly missed by both the community and her colleagues. We would like to reassure families that child and adolescent health services will continue without interruption. Janine Nobbs, our Child Health Nurse, is available Monday to Friday, 9am–3pm, to provide ongoing support for growth and development, health checks, parenting advice, and referrals as needed. We thank Kate sincerely for her service to Norfolk Island and wish her every success in her future endeavours. To book an appointment with Janine, please contact NIHRACS Reception.

### NIHRACS SOCIAL WORK SERVICE

The NIHRACS Social Worker provides professional counselling, support, advocacy, and advice to the community of Norfolk Island. Residents can self-refer to the NIHRACS Social Worker, a referral from the GP clinic is not required. The Social Work service office is situated outside the main hospital, near the dental clinic. Available 8.00am to 4.30pm, Monday – Friday. Phone: 23190 Mobile: 50593

Email: [socialwork@health.nlk.gov.nf](mailto:socialwork@health.nlk.gov.nf)

### TEAM SPOTLIGHT - Allied Health – Physiotherapy

The Physiotherapy service at NIHRACS helps people of all ages stay active, recover from injury, and manage long-term conditions. Our physiotherapist works with patients to improve mobility, balance, and strength—supporting independence and preventing falls. Whether you are living with arthritis, recovering after surgery, or simply want to move with confidence, physiotherapy can help. Treatment plans may include exercises, home programs, or group activities, with referrals to other allied health services if needed. By working together, our Allied Health team ensures each person receives holistic, coordinated care. To book an appointment, please contact the NIHRACS GP Clinic for a referral.

### AWARENESS - Falls Prevention Week

Falls are one of the most common causes of injury in older adults, but many are preventable. This week, NIHRACS highlights Falls Prevention. Small steps—such as removing trip hazards, using supportive footwear, and keeping active—can make a big difference. Our physiotherapist offers balance assessments and tailored exercise programs to reduce risk, while allied health and nursing staff can provide medication reviews and home safety advice. Preventing falls helps our community stay healthier, safer, and more independent. If you or a loved one are concerned about falling, book a GP appointment now to discuss your referral.

### PARTNER SPOTLIGHT

We would like to extend our sincere thanks to Zena Zeilstra for generously volunteering to be the face of the newly developed Falls Prevention poster at NIHRACS. Zena kindly agreed to take part in this important initiative, and her support plays a valuable role in helping us raise awareness about fall prevention in our community. Keep an eye out for the poster on display throughout NIHRACS – and thank you again, Zena, for your contribution!

## Bembair yoo fall...

Prevent falls

 **Call, doo fall !** 

Call, don't fall !

**1 Stop side yoo es**  
Stay where you are



**2 Press ar bael**  
Push the nurse  
call bell 

**3 Dem moosa yah f'  
halp yoo**  
Wait for help, your nurse  
is on the way 