

## 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 our feature is the Rotary Government House Community Garden. The garden was launched on Sunday 28 September. It offers members of the Community an opportunity to learn about and experience different ways to grow fruit, veges and flowers. They are always looking for volunteers to help out with different aspects of the garden and even as little as 30 minutes once a fortnight is appreciated, plus you might get to take home some of the produce from the garden. If you are interested in volunteering or just learning more about the garden please contact Karen Innes-Walker on 53969 or by email on [kareninneswalker@gmail.com](mailto:kareninneswalker@gmail.com). 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)

### 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 led 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 are on each Wednesday 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.

### Heathy Cooking Demo with Marybeth

The Health & Wellbeing team in conjunction with Marybeth will be holding a Healthy Cooking Demo on 8 October at Supper room from 5.30-7.30pm. This time Marybeth is going to show how to cook Provencal baked Fish with roasted potatoes & mushrooms and for dessert, Peach crumble with whipped yoghurt. Please RSVP by 6 Oct to the Health & Wellbeing team on 22687 or email [healthandwellbeing@health.nlk.gov.nf](mailto:healthandwellbeing@health.nlk.gov.nf). Cost is \$5.00 per person and bookings are essential for catering.

## COMMUNITY

### Community Health Network

Save the date! We're planning ahead for next year's Community Health Network meetings. Please see the scheduled dates below. Venue details will be shared closer to the time. We look forward to your continued participation and engagement.

- Wed 28<sup>th</sup> January
- Wed 29<sup>th</sup> April
- Wed 29<sup>th</sup> July
- Wed 28<sup>th</sup> October

## 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

### Upcoming Specialist Clinics

NIHRACS is preparing for visiting specialist clinics in late October and early November. Community members who may benefit from specialist care are encouraged to arrange GP referrals at least two weeks in advance to secure appointments. This helps ensure coordinated care and timely access to services while specialists are on island. Referral-based clinics allow for more targeted appointments and better outcomes for patients. If you think you may need a specialist appointment, speak with your GP now.

### Oral Health: Update on Dental Services

The NIHRACS Dental Clinic is currently working through a backlog of acute dental triage appointments to ensure that patients with urgent needs are seen as quickly as possible. As a result, some scheduled routine dental cleans may need to be rescheduled over the coming weeks. We understand this may cause some inconvenience and sincerely apologise for any disruption to your planned appointments. Our team is committed to providing safe, timely, and high-quality dental care to the Norfolk Island community, and we appreciate your patience and understanding as we work through this period of high demand. Patients with urgent dental issues will continue to be prioritised. If you have concerns about your appointment or experience new symptoms, please contact NIHRACS Dental Reception for advice on 22910.

## NIHRACS GROUNDS



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

**Please slow down when on  
NIHRACS grounds, speed limit  
is 10km/h**



## NIHRACS STAFF-Welcomes and Farewells at NIHRACS

This week, NIHRACS extends a warm welcome back to Dr John Russell, who has returned to the GP Clinic team. Dr Russell is well known to many in the community, and his return will support continuity of care and service delivery at NIHRACS. At the same time, we say a sincere farewell and thank you to Dr Simon Marrable and Dr John McConnell, who have both completed their placements with us. Their clinical expertise, commitment, and compassionate care have been greatly valued by colleagues and the community alike.

We thank Dr Marrable and Dr McConnell for their significant contributions during their time on Norfolk Island and wish them all the very best in their future endeavours. Welcome back, Dr Russell, and thank you to our departing GPs for your service.

## PARTNER SPOTLIGHT-Metro North Health Service

Metro North Health Service plays a vital role in supporting our dietitian by providing the resources and collaborative environment needed to deliver quality nutritional care. Through its commitment to community health, Metro North enables access to up-to-date tools, training, and multidisciplinary support, allowing our dietitian to offer personalised guidance that meets the diverse needs of patients. This partnership strengthens our shared goal of improving health outcomes through better nutrition and education.

## AWARENESS

National Nutrition Week encourages everyone to make healthier food choices and enjoy more vegetables, whole foods, and home-cooked meals. Good nutrition supports healthy growth, helps prevent chronic disease, and boosts energy levels. Small, practical changes—such as adding an extra serve of vegetables, choosing water over sugary drinks, or swapping refined snacks for fresh options—can make a big difference. NIHRACS GPs and allied health professionals, including dietitian, are available to provide tailored advice to support your health goals. To discuss your nutrition or arrange a dietitian referral, contact NIHRACS Reception.

## TEAM SPOTLIGHT-Dietitian

Maintaining a balanced diet is essential for overall health and well-being, and dietetics plays a key role in guiding individuals toward healthier eating habits. Dietitians help people make informed food choices based on their unique needs, whether managing chronic conditions like diabetes, supporting healthy growth in children, or simply promoting better energy and mood. Karen Innes-Walker is available for appointments, please call the GP Clinic on 22091 for further information.