

HEALTH & WELLBEING

LinkWell Program

Are you feeling connected within the community? LinkWell is a new free program coordinated by the Health and Wellbeing team to help people build stronger connections in our community. 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 on LinkWell please contact the Health and Wellbeing team on 22687 or by email on healthandwellbeing@health.nlk.gov.nf

Love country music and dancing?

Join us for Boot Scooting (Country Line Dancing) every Wednesday at 6:30pm at SDA Hall, New Cascade Rd. Wear your boots and gear—or whatever you're comfy in—and enjoy great music and dancing! Led by Debbie, Carter, and Michelle, these fun 1-hour sessions are just \$5 per person (free for school-aged kids). For more information call the Health & Wellbeing team on 22687.

Felicity Wiseman programs

Felicity Wiseman will be holding 2 programs while on island in November:

- **Mindfulness and self compassion:**

Many of us support others with kindness but struggle to do the same for ourselves. This mindfulness group offers practical tools to manage stress, build resilience, and foster self-compassion—no experience needed, just a willingness to explore.

- **Learn how to calm your mind & body:**

Join a small group session to explore the Inner Balance Coherence Plus device—a tool that helps you find calm by syncing heart, mind, and emotions.

In the session, you'll Learn how the device works, Practice calming techniques using breath and imagery, Gain confidence to use it on your own.

Afterward, borrow the device for a week to try it in daily life. For both programs all sessions will need to be attended. For more information or to book please contact Felicity Wiseman on contact@felicitypsychologist.com.au

NIHRACS STAFF

Dr Jodie McCoy will be Acting NIHRACS Manager while Liz is on annual leave.

Amy Whitmore will be on a 5 week project leading the implantation of the electronic medical records for Leecare.

NIHRACS is currently seeking a motivated, dynamic Education and Training Coordinator, with a clinical background to join our team, visit our website for further information <https://norfolkislandhealth.gov.nf/employment/>

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:

Preparing for Summer – Skin Checks & Sun Safety

As we move into the warmer months, it's the perfect time to book your annual skin check and refresh your sun safety habits. Norfolk Island's beautiful climate means we spend plenty of time outdoors — but even a few minutes of unprotected sun exposure can increase the risk of skin damage and skin cancer.

NIHRACS encourages everyone to schedule a skin check through the GP Clinic, especially if you've noticed any new or changing moles, freckles, or spots. Early detection saves lives. Remember the five sun-safe steps: Slip on protective clothing, Slop on sunscreen, Slap on a hat, Seek shade, and Slide on sunglasses.

Protecting your skin is protecting your health. Book your skin check today by calling NIHRACS Reception.

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

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

PLEASE
SLOW DOWN



PARTNER SPOTLIGHT

Metro North Health Service

Metro North Hospital and Health Service is proud to support the Norfolk Island community through a strong partnership with NIHRACS. We help ensure residents can access safe, high-quality specialist healthcare they need. If you think you need to see a specialist, visit NIHRACS and speak with your GP. They'll guide you to the right care, and in some cases, you can connect with our Metro North specialists via telehealth without needing to travel.

We also want to thank the community for sharing your fantastic feedback on the new Norfolk Island Health Internet Page. Your ideas have helped shape the page, and we're excited to launch it in the coming weeks—so keep an eye out!

AWARENESS

Skin Cancer Awareness – Be Sun Smart Every Day

With the warmer months approaching, NIHRACS is reminding everyone that sun safety is a year-round responsibility. Even on cloudy days, UV rays can cause lasting skin damage and increase the risk of skin cancer.

Simple daily habits make a big difference — apply sunscreen every morning, reapply every two hours when outdoors, and wear a broad-brimmed hat and sunglasses. For children, set a good example and make sun safety part of their daily routine. Most skin cancers can be prevented through consistent protection and awareness. Take a moment to check your skin regularly for any new or changing spots, moles, or freckles. If you notice anything unusual, see your GP promptly. Stay sun safe, Norfolk Island — protect your skin, every day.

TEAM SPOTLIGHT-Norfolk Island Patient Travel and Accommodation Assistance Scheme (NIPTAAS)

This week, we highlight the vital work of the Norfolk Island Patient Travel and Accommodation Assistance Scheme (NIPTAAS) Office, which supports residents who need to travel off-island for specialist medical care not available locally.

NIPTAAS is available to all Norfolk Island residents who are required to travel for eligible medical appointments at the discretion of their GP or treating specialist. The scheme helps with the cost of travel and accommodation, reducing the financial and logistical pressures associated with off-island treatment. Prepaid flights are available for patients who hold a Centrelink Low-Income Health Care or Pension Card, or for those experiencing financial hardship on a case-by-case basis.

The NIHRACS Social Worker assists with complex patient travel arrangements, including referrals and accommodation bookings at affordable venues such as Mater Hill Place, Reg Leonard House, Rotary Lodges (Brisbane), and Elizabeth Hunter Lodge (Sydney). Many of these venues fill quickly, so bookings should be made as soon as appointment dates are confirmed. The Social Worker can also refer eligible patients to accommodation for long-term or specialist treatment (e.g., Queensland Cancer Council accommodation) and advocate for those in financial hardship.

An Accommodation Booklet, listing both commercial and not-for-profit venues near major hospitals in Brisbane and Sydney, is available from the Patient Travel Office or the Social Worker upon request.

NIPTAAS claim forms can be submitted at NIHRACS Reception or at the Admin Finance Office in the Smithy's Building (Taylors Road/Ferny Lane roundabout). Once received, claims are reviewed and processed as quickly as possible.

For more information, visit the NIPTAAS page on the NIHRACS website: <https://norfolkislandhealth.gov.nf/niptaas-information/> or contact the NIPTAAS Office on 23242 for assistance.