

TEAM SPOTLIGHT

Visiting Child and Adolescent Psychologist & Social Worker

NIHRACS is proud to welcome a visiting Child and Adolescent Psychologist offering confidential support for young people experiencing anxiety, low mood, grief or school stress. Working alongside our Social Worker, this service helps families strengthen resilience and navigate life's challenges. The Social Worker also supports adults with practical advice, counselling referrals and advocacy for social or financial wellbeing. Together they provide wrap-around care for the whole family. To access support, start with a GP appointment to discuss a referral. Early intervention makes a lasting difference—help is available right here on the Island.

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

This week, NIHRACS encourages community members to prioritise their wellbeing by booking GP and allied health appointments. Regular reviews help detect issues early and maintain continuity of care. Our visiting mental health professionals are also available to support children, adolescents and families. The NIHRACS team can assist with referrals for imaging, pathology, physiotherapy, psychology and other visiting specialists. Whether you're managing a chronic condition or simply due for a check-up, now is the time to book. Phone the GP Clinic reception or visit NIHRACS during business hours for assistance. For urgent concerns, please attend the Emergency Department.

Felicity Wiseman Psychologist

Felicity Wiseman, clinical psychologist, is available to meet with individuals experiencing mental health issues that are impacting on their wellbeing or positive mental health. Felicity has appointments available between 1-11 Nov 2025. Felicity specialises in working with children, young people up to 25 years of age and parents. Consultations can be held at Life Without Barriers, your home, NIHRACS or NI Connect. Felicity can be contacted on 54552 (when on island), call the GP clinic for an appointment on 24134 or email Felicity@felicitypsychologist.com.au directly on contact@felicitypsychologist.com.au. Telehealth is available between on island sessions.

AWARENESS

International Pregnancy and Infant Loss Awareness Month

October is a time to acknowledge families who have experienced miscarriage, stillbirth or infant loss. NIHRACS extends heartfelt support to anyone affected. Our GPs, nursing and allied health teams can provide compassionate care, medical review, and links to counselling or bereavement resources. You are not alone—local services and visiting professionals can help you through each stage of healing. We encourage anyone needing a quiet conversation to book a GP appointment or speak with our reception team about available supports. Together, we honour the lives of babies gone too soon and the strength of the families who remember them.

Occupational Therapy week-27 Oct – 2 Nov

Occupational therapy is a healthcare profession that helps people across the lifespan to do the activities they find meaningful, including the things they want or need to do in their daily life. OTs play an important part in supporting independence, dignity, and participation across all stages of life. A few areas where an occupational therapist might help you or someone you know:

-Older people: Occupational therapists work with the older person, their family or carers and other health professionals to address the physical, emotional, cognitive, and environmental factors impacting wellbeing, quality of life and participation in meaningful daily activities.

-Mental Health: An occupational therapist may be able to help you to: Feel better about life, Handle difficulties more confidently, Have healthy, supportive relationships, Spend more time doing the things that matter to you.

-Children's Education: Occupational therapists play a vital role in helping students engage in the everyday routines and learning experiences that make up school life. Occupational therapists (OTs) support students to engage in all aspects of school life. From the classroom to the playground, from mealtimes to managing emotions, OTs work to ensure every student can participate meaningfully and successfully in the everyday activities that make up school life.

Talk to your GP today to find out whether an occupational therapist can help you.

PARTNER SPOTLIGHT - NI Connect & Anglicare NI

Two of our valued community partners—NI-Connect and Anglicare Norfolk Island—provide essential social and emotional support for individuals and families. NI-Connect assists children, young people, and families to support the safety and wellbeing of children and young people, while Anglicare offers counselling, emergency relief, and wellbeing programs. NIHRACS works closely with both organisations to ensure coordinated care for those facing hardship or life changes. If you or someone you know could benefit from extra support, you can speak with your GP or Social Worker about referral options—or contact NI-Connect or Anglicare directly to self-refer. Strong community partnerships like these help our island remain connected, supported, and compassionate.

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. Our feature this week is Pickleball. Have you heard that Pickleball is the world's fastest growing sport? It is now available on Norfolk and is played on the Cheryl Tennis Club's top court, starting at 4pm on Wednesdays and Sundays. All are welcome to come along to try it out. For further information on Pickleball contact Anne on 50743 or Sharon on 51960. 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

CONSTRUCTION

NIHRACS currently has increased building activity 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. Please remember, when on NIHRACS grounds the speed limit is 10km/h