

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

As we move from autumn into summer, NIHRACS reminds the community to stay on top of seasonal respiratory health. Warmer months can bring an increase in allergies, chest infections and asthma flare-ups. If you've been experiencing persistent cough, shortness of breath or wheezing, book a GP review. Our team can assist with lung function checks, medication reviews and referrals to visiting specialists. This month we also welcome back Prof Paul Thomas, Respiratory Physician, who will be consulting with local patients and supporting our clinicians with complex respiratory cases. To arrange an appointment or follow-up, contact the GP Clinic reception.

TEAM SPOTLIGHT

NIHRACS is pleased to welcome back Professor Paul Thomas, a respected Visiting Respiratory Physician. Prof Thomas works closely with the NIHRACS GP team to assess patients with asthma, chronic cough, COPD and other respiratory conditions. His collaboration helps ensure that Norfolk Island residents receive specialist-level care without having to travel to the mainland. Patients already under his care will be contacted for appointments; new referrals can be arranged through your GP.

AGED CARE REFORM

The Aged Care Act 2024 commenced on 1 November 2025, and all of NIHRACS has been actively planning to ensure we are fully prepared to meet the updated legislative requirements. This new Act places the rights of older people at the forefront, reinforcing our ongoing commitment to person-centred, respectful, and high-quality care. At NIHRACS, we are proud to continue providing care and services that respects dignity, choice, and quality of life for every resident.

NIHRACS STAFF-Farewells and a Warm Welcome

Please join us in welcoming Rong Wrinkelman-Dentist and Dr. Annabelle Hughes to our team, we're excited to have their expertise and enthusiasm on board. At the same time, we bid a warm farewell to Dr. Judy Ridd, thanking her for her dedication and invaluable contributions during her time with us. Welcome home to NIHRACS Manager-Liz Unkles, thank you to Dr Jodie McCoy for filling in while Liz was away and also welcome home to Jenni Gerdes.

AWARENESS

Bowel Screening – Drop Off Your Samples at NIHRACS

NIHRACS reminds community members participating in the National Bowel Cancer Screening Program that completed test kits can be dropped off at NIHRACS on Monday mornings for secure transport off-island. There have been some recent concerns that samples sent directly through the postal system have not always arrived within the recommended timeframe for accurate processing. To ensure your test is received promptly and your results are reliable, remember – fresh is best! Bringing your sample directly to NIHRACS helps maintain its integrity and ensures timely dispatch to the mainland laboratory. Simply bring your completed kit, clearly labelled, to the NIHRACS Pathology Department before midday each Monday. Our team will arrange safe transport for testing. Please collect the sample as close as possible to delivering to the Lab. For those who need a kit, sample packs are available for collection from the NIHRACS Pathology Lab during opening hours. Early screening saves lives — if you're aged 45 to 74, complete your free bowel screening kit when it arrives and return it via NIHRACS for peace of mind.

World Pneumonia Day (12 November)

World Pneumonia Day on 12 November raises awareness of one of the world's most preventable respiratory diseases. Pneumonia can affect anyone, but young children, older adults and people with chronic illness are most at risk. NIHRACS encourages everyone to keep up to date with vaccinations, maintain good hand hygiene, and see a GP promptly if you develop a fever, cough or chest pain. Smoking also increases your risk of getting pneumonia, if you would like to quit, clinics are available to help. Early treatment saves lives and our local team also reminds eligible community members that pneumonia and influenza vaccines are available through the GP Clinic and Immunisation Nurse — protecting yourself helps protect the whole island.

PARTNER SPOTLIGHT

NIHRACS' Pathology Service plays an important role in supporting respiratory health by providing timely testing for infection and monitoring chronic conditions. The laboratory team ensures samples are processed accurately and safely before being dispatched off-island for specialised analysis. This collaboration enables clinicians to make quick, informed decisions for patient care. If your GP requests blood or sputum tests, please attend Pathology during their regular collection hours. Results are automatically returned to your doctor for review. Local access to high-quality pathology testing helps NIHRACS deliver fast, effective care — right here on Norfolk Island.

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's feature is Norfolk Island Men's Shed Inc. (NIMS) which is a community based, not-for-profit organisation that encourages its members into a welcoming and friendly environment. Any resident of Norfolk Island over the age of 18 years, male or female, can apply to join. We exist to actively engage with our members promoting wellness, inclusion, and company. Contact President, Vanessa Bate, on 55611 with any questions. To learn more about LinkWell please contact the Health and Wellbeing team on 22687 or by email on healthandwellbeing@health.nlk.gov.nf

Love country music and dancing?

Get your boots ready and join us for Boot Scooting (Country Line Dancing) every Wednesday at 6.30pm at the SDA Hall, New Cascade Road. Led by Debbie, Carter, and Michelle, these fun and energetic one-hour sessions are a great way to get moving, meet new people, and enjoy some fantastic country tunes! Cost is \$5 per person (free for school-aged kids). Wear your boots and gear, or just come in whatever you're comfortable in and dance the hour away! For more information, contact the Health & Wellbeing team on 22687.

Healthy Cooking Demo

The Health & Wellbeing team invites you to a Healthy Cooking Demonstration on Wednesday 12 November in the Supper Room. Join Karen Innes-Walker as she showcases how to prepare a range of delicious and healthy recipes using an air fryer.

Learn how to make Apple Choc Blender Cake, Rice Paper Sausage Rolls and Rice Asian Chicken. Come along, pick up some great cooking tips, and enjoy tasty samples! Please RSVP by 10 Nov to the Health & Wellbeing team on 22687 or email healthandwellbeing@health.nlk.gov.nf. Cost is \$5.00 per person and bookings are essential for catering.

White Ribbon Day walk

Everyone is invited to come along to the Norfolk Walkers Heart Foundation group on Sunday 23 November, starting at 8am near the Kingston Jetty, to support White Ribbon Day. We encourage walkers to wear something white to symbolise their support for preventing men's violence against women. After the walk we invite everyone to stay for a healthy bite to eat and a chat, this walk will also be supported by our local Police team and the Norfolk Island Rotary Club. For more information call the Health & Wellbeing team on 22687.

In support to raise awareness about domestic violence, the NI Police are seeking male volunteers to assist with running two stalls for White Ribbon Day on 25 November. In addition, the Police will be hosting a charity golf day this weekend on 9 November to raise funds for the Sunshine Club. For further information please contact the Police directly on 22222.

On White Ribbon Day, health workers stand in solidarity to end violence against women. If you or someone you know needs help, information and supportive counselling please reach out to the NIHRACS Social Worker on:

Phone: 23190 Mobile: 50593
Email: socialwork@health.nlk.gov.nf