

## 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. Being connected to others can help improve wellbeing. Linking in with community activities isn't always easy to do. 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. To learn more about 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)

### 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. Please note: due to the public holiday on 26 Nov, Boot Scooting will not be held on this day.

### White Ribbon Day walk

Everyone is invited to come along to the Norfolk Walkers Heart Foundation group on Sunday 23 November, starting at 8am from 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, see you there! For more information call the Health & Wellbeing team on 22687.

## AGED CARE REFORM

The Aged Care Reform came into effect on 1 November, introducing important changes to improve the quality, accessibility, and transparency of aged care services. To help individuals and families understand what these changes mean, a new dedicated website has been launched. This website provides up-to-date information, practical guidance, and access to support resources about the reform. Whether you are receiving care or supporting a loved one, you can visit the site to learn more about the new standards, rights, and services available under the reformed system. Please visit the My Aged Care website <https://www.myagedcare.gov.au/>

## 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 is inviting community members living with diabetes, pre-diabetes, or those at increased risk, to book in for a diabetes review ahead of the summer season. Reviews may include blood sugar monitoring, medication checks, nutrition support, physical activity considerations and foot health.

We are also encouraging individuals to book an appointment with our Dietitian, who can assist with meal planning, understanding food labels, maintaining balanced nutrition and supporting healthy weight management.

If you are unsure where to start, speak with your GP or the Chronic Disease Nurse about the most suitable appointment type. Early routine management helps prevent complications and supports long-term wellbeing. To book, please contact the NIHRACS GP Clinic reception.

## TEAM SPOTLIGHT

### Chronic Disease Nurse

Our Chronic Disease Nurse plays a key role in supporting people living with diabetes. Working alongside GPs, the nurse provides education, care planning, blood glucose monitoring review, foot checks, medication support, lifestyle coaching and ongoing follow-up. This service ensures individuals feel informed, supported, and confident in managing their condition day-to-day. The Chronic Disease Nurse also coordinates referrals to podiatry, dietetics and visiting specialists when needed. If you have diabetes and haven't had a review in the past 6–12 months, now is a great time to schedule one. Phone NIHRACS reception to book an appointment.

**Speed limit on NIHRACS grounds is 10km/h.**

**Please abide by the speed limit to keep our patients, staff and the community safe.**

## PARTNER SPOTLIGHT

### Endocrinology Team at RBWH and Metro North

#### Partnership

NIHRACS works closely with the Endocrinology Team at the Royal Brisbane and Women's Hospital (RBWH)—part of Metro North Health—to support patients requiring specialist diabetes care. This partnership ensures that local patients can access advanced treatment advice, medication optimisation, and complex case support without leaving the island, through coordinated telehealth and shared care planning.

When a higher-level review is needed, NIHRACS assists with NIPTAAS travel planning to ensure continuity of care between local and tertiary services. If you are living with diabetes and feel your management could benefit from review, speak with your GP, who can refer you to the Endocrinology Team where appropriate.

As part of World Diabetes Day, Metro North highlights the importance of early detection, ongoing management, and community support for people living with diabetes and their families. Everyone is encouraged to take this opportunity to learn more about diabetes, check in on their own health, and support those affected. Staying informed and up to date with testing can make a real difference to long-term health and well-being.

Together, NIHRACS, RBWH, and Metro North are committed to improving diabetes care and outcomes—showing that small actions, shared knowledge, and coordinated care can lead to big changes.

## AWARENESS

### World Diabetes Day-14 November

World Diabetes Day, observed each year on 14 November, raises awareness of diabetes prevention, early detection, and quality care. Diabetes is common, but with the right support, people can live full and healthy lives. NIHRACS encourages everyone to know the signs — thirst, fatigue, frequent urination, blurred vision — and to seek screening if at risk. Small changes such as balanced meals, increased movement, and routine check-ups can make meaningful differences in long-term health outcomes. To discuss your risk or management plan, book a review with your GP or Chronic Disease Nurse.

## NIHRACS STAFF

NIHRACS extends sincere thanks to Dr Robin Leven, who has completed her locum rotation with us and will be returning early next year. We appreciate her commitment and excellent care provided to our community. We are also pleased to welcome back Dr Jan Anderson to the NIHRACS GP team, bringing valuable experience in rural medicine and patient-centred care. In our Dental Clinic, we warmly welcome Bradley Reid, Oral Health Therapist, who will assist in reducing the backlog of scale and clean appointments. Bradley's addition strengthens our oral health services as we head into the busy summer period.