

## 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 the NI Wa'a Outrigger Club. Outridding is an inclusive sport for all ages and abilities offering an all body workout as you paddle in unison as a team. Feel the rhythm of the ocean as you glide across crystal clear waters of Emily Bay in a traditional V6 outrigger canoe. Norfolk Island Wa'a Outrigger Club holds a social paddle 4pm Sunday afternoons, all are welcome. Meet at the boat ramp, Emily Bay. For more information email: [niwoc2899@gmail.com](mailto:niwoc2899@gmail.com)

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.

## NIHRACS STAFF

We are pleased to welcome Dr Annabelle Hughes to the NIHRACS medical team. Dr Hughes will be providing GP services to the Norfolk Island community and supporting ongoing access to timely, patient-centred care across our clinic services.

NIHRACS also extends our appreciation to Dr Paul Thomas, Respiratory Specialist, for visiting and providing specialist respiratory reviews and support to both patients and clinicians during his recent trip. His expertise greatly assists in delivering high-quality care close to home.

## 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 supporting World Antimicrobial Awareness Week (18–24 November) by encouraging safe and responsible use of antibiotics and medicines. If you take five or more medications, we recommend booking an appointment with your GP for a comprehensive review to ensure your treatments remain safe, effective, and up to date.

Good medication management reduces the risk of side effects and interactions—especially for those managing chronic conditions. While our Pharmacist focuses on essential medication reviews within the hospital ward and aged care settings, our GPs can provide community medication reviews tailored to your needs. To make a booking, please contact the NIHRACS GP Clinic reception.

## AWARENESS

### World Antimicrobial Awareness Week-18–24 November

World Antimicrobial Awareness Week reminds us all that antibiotics are powerful tools—but must be used wisely. Overuse or misuse can lead to antimicrobial resistance, making infections harder to treat in the future. NIHRACS encourages everyone to take antibiotics only when prescribed, follow instructions carefully, and never share or reuse leftover medications.

Prevention also matters—washing hands, staying up to date with vaccinations, and keeping wounds clean can all reduce infection risk. If you're unsure whether you need antibiotics, your GP can help determine the safest approach. Together, we can protect the effectiveness of antibiotics for future generations.

## COMMUNITY

Thank you to the Lion's Club of Norfolk Island for their generous donation of six portable radios and also to Kiernan's Agencies for eight adaptors for our patients. Your kindness will make a meaningful difference in the comfort and wellbeing of those in our care. We are truly grateful for your thoughtful contribution.

## PARTNER SPOTLIGHT

### Burnt Pine Pharmacy

NIHRACS is proud to partner with Burnt Pine Pharmacy, which supports our community through medication supply, advice, and education. The pharmacy team ensures patients have timely access to prescribed medicines and provides over-the-counter guidance on symptom management. As a local NDSS (National Diabetes Services Scheme) access point, Burnt Pine Pharmacy also assists with diabetes products, blood-glucose monitoring supplies, and education resources. Their collaboration with NIHRACS helps bridge care between the clinic, hospital, and community. If you have questions about prescriptions, medication safety, or diabetes supplies, visit the friendly Burnt Pine Pharmacy team for support.

## TEAM SPOTLIGHT

### NIHRACS Pharmacist

Our Pharmacist plays a crucial role in ensuring safe and effective use of medicines across the NIHRACS hospital and aged care facility. This includes reviewing inpatient and residential prescriptions, monitoring for interactions, supporting infection control, and advising clinical teams on best-practice antibiotic use. The Pharmacist also contributes to medication safety audits and education for staff to improve prescribing and storage processes. Although community-based medication reviews are coordinated through GPs, our Pharmacist's work behind the scenes ensures every patient receives the highest standard of care. During Antimicrobial Awareness Week, we acknowledge the vital role pharmacy services play in keeping our patients safe and supported.