

## 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. Outrigging 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)

### Boot Scooting

Only 2 more sessions of Boot Scooting to go, so come along and enjoy this great activity on Wednesdays at 6.30pm at the SDA Hall on New Cascade Rd. 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). Last session will be on Wednesday 10 Dec. For more information, contact the Health & Wellbeing team on 22687.

### White Ribbon Day walk

Thank you to everyone who joined us for the White Ribbon Day walk on Sunday, 23 November. We were delighted to see such a fantastic turnout and to stand together in support of ending violence against women. A special thank-you goes to Karen Innes-Walker for preparing the delicious muffins enjoyed by all. We are also grateful to the NI Rotary Club and NI Police for their presence and support on the day.

The Heart Foundation walking group meets every Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

## PARTNER SPOTLIGHT

This week we highlight the National Disability Insurance Scheme (NDIS), which provides funding for eligible people with disability to access supports that enhance independence and daily living. While NIHRACS is not yet an NDIS provider, our team works closely with participants by preparing the medical information, clinical summaries and supporting documents needed for applications and plan reviews. As NIHRACS continues to build a stronger Allied Health workforce, we aim to expand the supports available locally in the future. For now, our Social Worker can help identify external NDIS therapists, support coordinators and specialised assessors who can provide the services required under each plan.

## 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 recognising the needs of community members living with disability as we prepare for the International Day of Persons with Disabilities. While NIHRACS is not currently able to provide NDIS-funded Allied Health services or equipment prescriptions, we are working toward building a sustainable, skilled Allied Health team that will be able to support NDIS participants in the future.

At present, our GPs can assist with medical reviews and preparing the clinical evidence required for NDIS applications or plan reviews. Our Social Worker can also help families understand available supports and pathways.

If you need guidance, please contact NIHRACS reception to arrange an appointment.

## AWARENESS WEEK

The International Day of Persons with Disabilities on 3 December promotes inclusion, accessibility and visibility for people living with disability. NIHRACS acknowledges the contributions of people with disability across Norfolk Island and remains committed to strengthening equitable access to healthcare.

We encourage community members to review their health needs heading into summer and contact NIHRACS if medical documentation, GP review or Social Work guidance is needed. While we continue building a sustainable Allied Health team for the future, our current services remain ready to assist with the medical components required for ongoing disability support.

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

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

### TEAM SPOTLIGHT

This week we spotlight the NIHRACS GPs and Social Worker who support residents navigating disability services. While we cannot yet provide NDIS therapy, assessments or equipment-related referrals, NIHRACS is actively developing a future-ready Allied Health workforce aimed at expanding local support options over time. For now, our team assists with the health components of NDIS processes—medical summaries, medication lists, and clinical evidence for functional impact. The Social Worker can also direct individuals to external NDIS providers for therapy, daily living support and assistive technology assessments. If you are preparing for an NDIS application or plan review, please contact NIHRACS to discuss what medical information may be required.

### 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.

### NIHRACS STAFF-Farewell and a warm welcome

We warmly welcome Dr Patricia as our new dentist and look forward to her joining the team. At the same time, we extend our heartfelt thanks and farewell to Dr Rong for all the dedication and care she has provided in the dental Clinic.