

## HEALTH & WELLBEING

### Don't drink and drive

Catching up with friends and family increases in the lead-up to Christmas, so always plan ahead. Road tragedies are devastating at any time, but they feel especially heavy during the Christmas season. The best gift you can give is arriving home safely. Don't drink and drive, have a plan B to get home.

### Boot Scooting's last week

Boot Scooting has now come to an end. We'd like to extend a big thank you to Michelle, Deb, and Carter for the fun and energetic classes they've delivered since October. We also appreciate everyone who came along, we hope you enjoyed dancing the hour away! A special thank you to the SDA Hall for providing the space.

### Health & Wellbeing office hours

Due to staff leave, the Health & Wellbeing office will be opened limited hours. The office hours will be on the door and will be opened Monday, Wednesday, Thursday. The office will be closed all public holidays.

### Local Facilitators Trained to Strengthen Youth Mentoring Program

Over the past two years, the NIHRACS Health and Wellbeing team has partnered with Susie Edmonds of Inner Directions to develop *Beyond Norfolk*, a mentoring program designed to support young adults as they transition from school into life on the mainland. What began as a small initiative has grown into a structured, well-resourced program guided by trained mentors and fuelled by ongoing demand from local youth seeking support.

To secure the program's long-term sustainability, a two-day training workshop was held on-island this week. The intensive session brought together a group of local facilitators, including a staff member from Norfolk Island Central School, the incoming Manager and Learning Support Officer of the Country Universities Centre, Youth Support Worker from NI-Connect and the Health & Wellbeing Coordinator.

These facilitators will now lead ongoing workshops aimed at equipping young people with the practical skills, confidence and knowledge needed for life beyond the island. The training marks a significant step in ensuring *Beyond Norfolk* remains a locally driven, community-supported program for years to come. Thank you to Susie Edmonds and all the participants who attended.

## 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

With Christmas approaching, NIHRACS is finalising holiday opening hours and preparing residents for changes in service availability. We remind community members to arrange medication repeats, book annual reviews, and discuss any health concerns early to avoid delays during the festive period. For urgent matters throughout December and January, the NIHRACS Emergency Department remains open 24/7. If you are unsure whether your condition requires emergency care, please phone ahead for guidance. We thank the community for supporting our staff during a busy time of year.

## FELICITY WISEMAN PROGRAM

Felicity Wiseman will be holding the Mindfulness & self-compassion program while on island in January. 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.

Dates of the programs are:

- Saturday 10 January 10-12 and 1-3 / Sunday 11 January 10-12 and 1-3
- Saturday 17 January 10-12 and 1-3 / Sunday 18 January 10-12 and 1-3

Please note: attendance is required for all sessions to complete the program.

For more information or to book please contact Felicity Wiseman on [contact@felicitypsychologist.com.au](mailto:contact@felicitypsychologist.com.au)

## NIHRACS STAFF

- We would like to say thank you and farewell to Ruth Greene, NIHRACS Health Manager, who will be taking some time off island. We look forward to welcoming Ruth back next year.
- Thank you and farewell to Liddy Harding, who has been in the educator's role. Liddy has done an amazing job, bringing dedication, warmth, and professionalism to everything she has done. She will be greatly missed.
- Farewell and thank you to Kelly Gow. We have been very fortunate to have Kelly as part of the NIHRACS team and we wish her all the very best in her next adventure.
- We welcome Lisa Wilkes-Podiatrist who will be on island 15-19 Dec.

## TEAM SPOTLIGHT

The NIHRACS Emergency Department and On-Call GP team work tirelessly during the holiday season, ensuring residents and visitors have access to safe, timely care when unexpected health issues arise. From injuries to sudden illness, the team provides assessment, stabilisation, and follow-up care, working across long shifts and after-hours rosters. Their commitment ensures our remote community receives vital emergency services year-round. We thank our ED clinicians, nurses, and on-call doctors for their dedication during the festive period.

## NIHRACS CLOSURES

Please find the following closures of NIHRACS departments over the Christmas/New Years break:

**GP Clinic:** Closed all public holidays including Wed 31 Dec.

**Reception:** From 25/12/25 to 1/1/26

**Dental:** From 24/12/25 to 2/1/26

**Health & Wellbeing:** Closed all public holidays including Wednesday 31 Dec.

## AWARENESS WEEK - Hand Hygiene Over the Holidays

Social gatherings increase the spread of seasonal viruses, so hand hygiene is especially important during December. NIHRACS encourages residents to wash hands regularly with soap and water for at least 20 seconds, especially after preparing food, handling pets, or caring for children. Hand sanitiser is helpful when out and about, but soap remains the gold standard. If you experience cough, fever, or stomach upset, rest at home to reduce transmission.

## PARTNER SPOTLIGHT

### Norfolk Island Ambulance Service

NIHRACS acknowledges the Norfolk Island St John Ambulance Service for their essential support throughout the festive season. St Johns Volunteers respond to medical emergencies, trauma, and urgent transfers, working closely with the ED and GP teams. We thank them for their skill, fast response times, and ongoing commitment to community safety.