

## HEALTH & WELLBEING

### NI Active & Creative Kids

NI Active & Creative Kids is a program designed to encourage and support school-aged children living on Norfolk Island to be physically active and creatively engaged. All school-aged children from Prep to Year 12 who live on Norfolk Island are eligible to apply for two \$50 vouchers. These vouchers can be used for the child's choice of activities offered by registered local providers on Norfolk Island.

If you have not yet received your child's NI Active & Creative Kids vouchers for the current financial year, please visit the Health & Wellbeing Office to complete a short form and collect two vouchers with a total value of up to \$100. For more information, please contact the Health & Wellbeing Team on 22687.

## NIHRACS STAFF

### Welcome and Farewells

This week, we are pleased to welcome Dr Zeli Sobantu and Dr Marcus Schuemann to our team. We also bid farewell to Dr Michael Connard, thank you for your valued contributions.

We would also like to welcome T'Sharn Evans to the Administration Receptionist role.

The NIHRACS Social Work service will be closed from 9 to 15 January. During this period of leave the NIHRACS Social Work service will not be covered by a locum Social Worker. If you are needing urgent assistance, please phone 22091.

## HEALTH COMMUNITY NETWORK

Liz Unkles, Manager of Norfolk Island Health and Residential Aged Care Service (NIHRACS), invites all members of our community to participate in the Health Community Network. NIHRACS has developed a Community Engagement Framework with goals to listen, partner with, and support our community in achieving better health outcomes for everyone. Liz will share valuable updates on the key developments and future plans for our health services. Following the update, Liz will ask community members to share their thoughts, ideas, and suggestions, fostering a collaborative approach to improving health services together. This Health Community Network meeting will be held on Wednesday 28 January, 5-6pm (venue to be advised). No need to RSVP, just come along.

## 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 the school year approaching, NIHRACS encourages families to book child and adolescent health check-ups ahead of term starting. This may include immunisation reviews, general health assessments, or follow-up of any concerns identified last year. Booking early helps ensure children are well prepared for the return to routine and reduces pressure on services once school resumes. Parents and carers are encouraged to contact the GP Clinic reception to arrange appointments. NIHRACS continues to support children and young people across all stages of development, working closely with families to promote healthy starts to the school year.

### Felicity Wiseman Psychologist

Felicity Wiseman, Clinical Psychologist, is available to meet with individuals experiencing mental health issues that are impacting on their wellbeing or positive mental health. Felicity has appointments available on the following dates:

- January 9<sup>th</sup> - January 21<sup>st</sup> 2026
- March 13<sup>th</sup> - March 25<sup>th</sup> 2026
- June 5<sup>th</sup> - June 17<sup>th</sup> 2026

Felicity specialises in working with children, young people up to 25 years of age and parents. Consultations can be held at Life Without Barriers, your home, NIHRACS or NI Connect. Felicity can be contacted on 54552 (when on island), call the GP clinic for an appointment on 24134 or email [Felicity](mailto:Felicity@felicitypsychologist.com.au) directly on [contact@felicitypsychologist.com.au](mailto:contact@felicitypsychologist.com.au). Telehealth is available between on island sessions.

## POSITIONS VACANT

NIHRACS has the following positions vacant:

- **Casual Administration Officer (AO2)-closing 11 January 2026**
- **Cook-closing 11 January 2026**
- **Laboratory Assistant – Pathology-closing 18 January 2026**
- **Medical Scientist – Full time and Part time opportunities available. Closing 1 February 2026**

For further information on the above positions, and for other medical, HR and leadership opportunities becoming available throughout January, please visit the NIHRACS website employment page : <https://norfolkislandhealth.gov.nf/employment/>

## TEAM SPOTLIGHT - Child Health Nurse

The Child Health Nurse plays a vital role in supporting the health and development of children and young people aged 0–18 years. This service includes growth and developmental checks, immunisation advice, feeding and sleep support, and guidance for parents and carers. The Child Health Nurse also works closely with GPs to identify concerns early and support appropriate referrals when needed. As children prepare to return to school, this service helps ensure they are physically and developmentally ready for learning. Families are encouraged to access the Child Health Nurse for advice or routine reviews by contacting NIHRACS reception.

## AWARENESS - Back-to-School Health

A healthy start to the school year supports learning, behaviour, and wellbeing. NIHRACS encourages families to focus on regular sleep routines, balanced meals, hydration, and limiting screen time before school resumes. Ensuring immunisations are up to date and addressing any hearing, vision, or general health concerns early can make a significant difference. If your child has a chronic condition or ongoing health needs, now is a good time to review management plans with your GP. Early preparation helps children feel confident and ready for the year ahead.

## METRO NORTH

Concerned about your child's health, development, learning, or behaviour? Speak with your Child Health Service and GP for a referral to the Metro North Paediatric Service at The Prince Charles Hospital. We provide free, bulk-billed care for children aged 0–16 years, delivered in person at The Prince Charles Hospital or via telehealth. Our team includes Paediatricians, Speech Pathologists, Psychologists, and Occupational Therapists. Telehealth connects you to care from home or NIHRACS.

## PARTNER SPOTLIGHT

### Norfolk Island Central School & Banyan Park

NIHRACS values its ongoing collaboration with Norfolk Island Central School and Banyan Park to support children's health and wellbeing. Strong communication between health and education providers helps ensure children receive appropriate care and support during the school year. NIHRACS encourages families to work closely with both health and education teams to promote positive outcomes for children and young people across the island.