

HEALTH & WELLBEING

Healthy Cooking Demo

Have you made a new year's resolution to cook healthier in 2026? The Health & Wellbeing team invites you to a Healthy Cooking Demonstration on Wednesday 11 February in the Supper Room from 5.30pm. Join Karen Innes-Walker as she showcases how to prepare a range of delicious and healthy recipes using an air fryer. Learn how to make Apple Choc Blender Cake, Rice Paper Sausage Rolls and Rice Asian Chicken. Come along, pick up some great cooking tips and enjoy tasty samples! Please RSVP by 9 February to the Health & Wellbeing team on 22687 or email healthandwellbeing@health.nlk.gov.nf. Cost is \$5.00 per person and bookings are essential for catering.

LinkWell

Recently released Australian research supports the importance of maintaining good social connections as we get older. The Centre for Healthy Brain Ageing, at the University of NSW has been looking into the factors that increase or decrease the risk of people developing dementia and they have found that the consequences of being socially disconnected as we get older are linked not only to cognitive decline but also to higher rates of disability and early death. They are using the term "social frailty" to describe people's loss of resources to stay socially connected. They have stated that "in late life, social isolation is the biggest risk factor for dementia." For more information have a look at <https://www.unsw.edu.au/newsroom/news/2025/11/staying-connected-social-ties-can-protect-ageing-brains>

LinkWell can help you increase your social connections. For more information please contact the Health and Wellbeing team on 22687 or email healthandwellbeing@health.nlk.gov.nf.

POSITIONS VACANT

NIHRACS has the following positions vacant:

- Medical Scientist – Full time and Part time opportunities available-closing 1 February 2026
- Registered Nurse-open till 31 March 2026 or until positions have been filled
- Manager, Community & Ambulatory Services-closing 31 Jan 2026
- General Practitioners-closing 16 Feb 2026
- Director Oral Health Service/Dentist-closing 15 Feb 2026
- Physiotherapist-closing 1 March 2026
- Project Manager People & Culture – closing 1 Feb 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/>

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.

Please note: GP Clinic will be closed on the public holiday on Monday 26 January, NIHRACS will remain open for any emergencies.

What's going on at NIHRACS

January is an important time to book chronic disease reviews and update care plans for the year ahead. NIHRACS encourages patients living with conditions such as diabetes, heart disease, asthma, arthritis or kidney disease to arrange a GP appointment early in the year. These reviews help ensure medications are current, monitoring tests are up to date, and health goals are clearly set. Starting the year with a plan supports better long-term outcomes and reduces the risk of complications. If you take multiple medications or haven't had a review in the past 6–12 months, now is a good time to book. Please contact the NIHRACS GP Clinic reception to arrange an appointment.

METRO NORTH

If you're receiving care from Metro North Hospital and Health Services and have complex health needs, the Norfolk Island Nurse Navigator service is there to support you. The Nurse Navigator's role is to support Norfolk Island patients with complex health needs navigate through the Metro North health system. This includes liaising with your care providers, developing care plans and coordinating appointment and community supports. To learn more about the Nurse Navigator service or how to access support, speak with your GP or another health professional (such as a nurse, physiotherapist, social worker) and they'll help you take the next step.

NIHRACS STAFF-Welcome & farewells

We would like to welcome Claire Anderson, who is joining our team and starting in GP Reception.
Brendon Rose, Podiatrist, will be on the island from 27 January 2026.
Farewell and thank you to Dr Robin Leven for your dedication, care, and valuable contribution to our patients and team.

TEAM SPOTLIGHT - GP Team

The NIHRACS GP team provides comprehensive, patient-centred care for people managing long-term health conditions. GPs work with patients to review medications, assess symptoms, coordinate referrals, and develop personalised care plans that reflect individual needs and goals. Early-year reviews allow time to plan follow-up appointments, organise investigations, and address concerns before health issues escalate. The GP team also works closely with nursing, allied health, pathology and visiting specialists to ensure continuity of care. If you are managing a chronic condition or feel your health needs have changed, the GP team is here to support you.

AWARENESS

Chronic Disease Management

Chronic disease management is most effective when care is reviewed regularly and adjusted as needed. NIHRACS encourages patients to attend routine check-ups, take medications as prescribed, and report any new or worsening symptoms early. Small changes—such as improved nutrition, regular movement, and medication reviews—can make a significant difference over time. Keeping health conditions well controlled supports independence, quality of life, and overall wellbeing. If you're unsure whether you're due for a review, speak with your GP or contact NIHRACS reception for advice.

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 at the Knowledge & Learning Centre. No need to RSVP, just come along.

NIPTAAS- Did you know?

If you are a holder of a Health Care Card or Pensioner Concession Card, you are eligible for Pre-Paid Airfares to attend treatment in Brisbane or Sydney? Please do not delay or put off important medical care due to travel concerns. We can assist you by covering your flight costs so you can access the treatment you need.

Ensure you see our GP Clinic for a NIPTAAS Doctors Authority Form before seeking prepaid flights.

Remember to keep all receipts for transport to and from the Airport and your appointments.

For further information please contact via email: niptaas@health.nlk.gov.nf.

PARTNER SPOTLIGHT-Pathology Services

Pathology services play a vital role in chronic disease management by providing blood tests and monitoring that guide clinical decision-making. Regular testing helps GPs track conditions such as diabetes, kidney function, cholesterol levels, and medication safety. NIHRACS works closely with pathology providers to ensure timely collection, processing, and reporting of results. If your GP recommends blood tests as part of your care plan, attending promptly helps ensure accurate monitoring and follow-up. Reliable pathology services are an essential part of keeping long-term conditions well managed.

Please note: from 27 Jan to 6 Feb, blood collections will be open between 8.00am-10.00am.