

HEALTH & WELLBEING

Healthy Cooking Demo

Karen Innes-Walker will be hosting the Healthy Cooking demo on Wednesday 11 February in the Supper Room from 5.30pm. Join Karen as she showcases how to prepare a range of delicious and healthy recipes using an air fryer. 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.

Boot Scooting

Boot Scooting is back so put on your comfortable shoes and come along to enjoy great music and plenty of dancing. Boot Scooting is a fun way to get moving, improve fitness, boost coordination and balance, and lift your mood, all while socialising and having a laugh. Perfect for keeping active and feeling good! Cost is \$5.00 per session (free for school aged kids), starting on Wed 18 Feb at the SDA Hall, New Cascade Rd from 6.00pm. For more information call the Health & Wellbeing team on 22687.

Heart Foundation Walking

Walking is a simple and effective way to keep your heart healthy. Just 30 minutes a day can improve cardiovascular fitness, increase oxygen flow, strengthen bones, and support better sleep. 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, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

Felicity Wiseman program

Felicity Wiseman-Psychologist will be holding "Mindfulness and Self Compassion" program while on island in March. 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 program are as follows, please note you will need to attend all sessions to complete the program: 14th & 15th March 10.00am-12.00noon / 2.00-4.00pm
21st & 22nd March 10.00am-12.00noon / 2.00-4.00pm
For more information or to book please contact Felicity Wiseman on contact@felicitypsychologist.com.au

NIHRACS POSITION'S VACANT

- Registered Nurse-open till 31 March 2026 or until positions have been filled
- General Practitioners-closing 16 Feb 2026
- Director Oral Health Service/Dentist-closing 15 Feb 2026
- Physiotherapist-closing 1 March 2026

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

GP CLINIC

Hours of Operation

Monday – Friday 8.30am – 5pm

Saturday & Sunday Closed

Please call 24134 for appointments only during opening hours.

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.

What's going on at NIHRACS

February marks Heart Health Month, and NIHRACS is encouraging community members to prioritise their cardiovascular health early in the year. Heart disease remains one of the leading causes of illness in Australia, but many risk factors can be managed with regular check-ups. NIHRACS GPs can assist with blood pressure monitoring, cholesterol and diabetes reviews, lifestyle advice, and medication management. If you have a family history of heart disease, smoke, live with diabetes, or haven't had a recent health review, now is a good time to book. Early detection and small lifestyle changes can significantly reduce long-term risk. To make an appointment, please contact the NIHRACS GP Clinic reception.

PARTNER SPOTLIGHT- Pathology Services

Pathology services play an important role in assessing heart health by providing blood tests that measure cholesterol levels, blood sugar, kidney function and other indicators of cardiovascular risk. NIHRACS works closely with pathology providers to ensure samples are collected and results are returned promptly to support safe, informed care. If your GP has requested blood tests as part of a heart health review, please attend pathology as advised. Remember to book a follow-up appointment with your GP to discuss your results. Reviewing results with your doctor ensures they are explained clearly and that any next steps, such as lifestyle changes, monitoring, or treatment are addressed early.

NIHRACS STAFF

We would like to welcome Dr Iain Dunlop who will be in the GP clinic from Monday.
Welcome also to Lisa Wilkes-Podiatrist will be at NIHRACS Monday to Friday.

CONSTRUCTION WORKS

Please remember to follow any construction signs and directions when visiting NIHRACS.
Work continues on the new laundry building and removal of the old house at the entry to the facility will commence in the coming week.

TEAM SPOTLIGHT- GP Team

The NIHRACS GP team plays a central role in supporting heart health across the Norfolk Island community. GPs provide comprehensive assessments, manage chronic conditions, review medications, and coordinate referrals when needed. During Heart Health Month, the team encourages patients to understand their individual risk factors and take a proactive approach to prevention. Regular GP reviews help identify concerns early and support long-term wellbeing. Whether you're booking a routine check or managing an existing condition, the GP team is here to support you. Appointments can be arranged by phoning NIHRACS reception during business hours.

AWARENESS- Heart Health Month

Heart Health Month is a reminder that healthy hearts are built through everyday habits. NIHRACS encourages residents to focus on regular physical activity, balanced nutrition, maintaining a healthy weight, and managing stress. Monitoring blood pressure and cholesterol levels is also essential, particularly as we age. Symptoms such as chest discomfort, shortness of breath, fatigue, or palpitations should not be ignored. If you are unsure about your heart health or would like advice on reducing your risk, book a GP appointment. Prevention and early action make a meaningful difference.

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.

PARTNERSHIP-Metro North

If you're visiting or receiving care from Metro North Hospital and Health Services and have chronic or 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 chronic and/or 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 etc) and they'll help you take the next step.

INFORMATION-MEDICAL TESTS

Having a medical test?

Q How will I receive my results?

A Results can only be provided by a Doctor.

A If your results are normal or as expected: you will not be contacted by the GP Clinic. If you have ongoing care needs, or would like to discuss the results with your Doctor, please make an appointment.

A If your results are normal yet review by a Dr is required, or your results are not normal: you will either receive a phone call or letter to make an appropriate appointment time.

Supporting Health, Wellbeing and Excellence in Care:
for Our Community, by Our People, with Our Partners

