

HEALTH & WELLBEING

Boot Scooting

Boot Scooting is back! So dust off your comfortable shoes and join us for a great hour of music, dancing, and fun. Boot Scooting is a fantastic way to get moving, improve your fitness, build coordination and balance, and boost your mood, all while socialising and sharing a few laughs. It's the perfect way to stay active, feel good and connect with others in the community.

Cost: \$5.00 per session (free for school-aged children)

When: Every Wednesday from 6.00pm

Where: SDA Hall, New Cascade Rd

For more information, please contact the Health & Wellbeing team on 22687. We look forward to seeing you on the dance floor!

Felicity Wiseman program

Felicity Wiseman 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 / 1.00-3.00pm

21st & 22nd March 10.00am-12.00noon / 1.00-3.00pm

For more information or to book please contact Felicity Wiseman on contact@felicitypsychologist.com.au

Condoms available

The Health & Wellbeing Office would like to advise that condom vending machines are available in the public toilets located behind the Commonwealth Bank and The Helm Cafe. Condoms are \$2.00 per box of 2, and the machines accept \$2.00 coins only.

PARTNER SPOTLIGHT- National Cancer Screening Register

The National Cancer Screening Register (NCSR) supports Australia's bowel and cervical screening programs by sending reminders when you are due or overdue for screening. These reminders help ensure tests are completed at the recommended time, even if you are feeling well.

To make sure you receive these reminders, it is important to keep your contact details up to date with the Register. If you have recently moved, changed phone numbers, or are unsure of your details, you can update them directly with the NCSR or ask NIHRACS staff for guidance. After completing a screening test, remember to book a follow-up appointment with your GP to discuss the results and any recommended next steps.

We would also like to acknowledge and thank Brisbane North Primary Health Network (BNPHN) for providing additional funding to NIHRACS, which supports administrative resources and helps make these services available.

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

This week NIHRACS is encouraging residents to stay up to date with routine cancer screening. Early detection greatly improves treatment outcomes and simple tests can identify concerns before symptoms develop. Speak with your GP about screening relevant to your age and health history, including bowel screening kits, cervical screening, and breast screening pathways. If you have received a screening reminder letter or kit, now is a good time to act. The GP Clinic can also answer questions about eligibility and next steps. To arrange an appointment or discuss screening options, please contact NIHRACS reception.

POSITIONS VACANT

NIHRACS has the following positions vacant:

- Registered Nurse-open till 31 March 2026 or until positions have been filled
- 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/>

NIHRACS STAFF

This week, we would like to welcome back Dr. Judith Ridd, whose expertise and dedication have greatly enriched our community in the past. Also thank you and farewell to Dr Michael Harrison whose contributions to our community have been significant and valued.

NIHRACS GROUNDS

Work is continuing on the new laundry building. Vegetation has now been cleared from around the old house at the entrance to the facility and safe demolition works are underway. When visiting NIHRACS, please follow all construction signage and directions and do not enter construction area's at any time. We also remind everyone that the speed limit within NIHRACS grounds is **10 km/h**. Please slow down and drive carefully to help keep our patients, staff, and community safe.

TEAM SPOTLIGHT- Practice Nurses

Our Practice Nurses play an important role in preventative care, assisting GPs with screening programs and patient education. They support patients in understanding screening tests, preparing samples correctly, and arranging follow-up where required. Nurses also help coordinate recalls and reminders to ensure screening stays on track. If you are unsure how to complete a screening test or have questions about the process, our nursing team can guide you. Preventative care is a shared effort, and the team is here to help you take that first step.

AWARENESS - Early Detection Saves Lives

Many cancers develop without obvious symptoms in the early stages. Screening allows health professionals to detect changes before they become serious. NIHRACS encourages residents not to delay screening due to uncertainty or inconvenience. Completing tests promptly and attending follow-up appointments improves outcomes and peace of mind. If you notice unusual symptoms such as unexplained bleeding, persistent pain, changes in bowel habits, or unexplained weight loss, seek medical advice promptly. Early action matters.