

HEALTH & WELLBEING

Health & Wellbeing Expo

Would you like to take part in this year's Health & Wellbeing Expo? We are pleased to invite local businesses to participate in the 8th Health & Wellbeing Expo, taking place on Saturday, 8 August from 10:00am to 1:00pm. Bookings are now open, so if you would like to reserve a space, please contact Maria Massey via email: maria.massey@health.nlk.gov.nf or phone the Health & Wellbeing team on 22687 for further information.

Boot Scooting

Did you know that Boot Scooting can strengthen your legs, boost heart health, sharpen your memory, lift your mood and as this is a form of aerobic exercise, can help support kidney function by improving blood pressure, regulating blood sugar, and promoting overall circulation. 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 socialise, share a few laughs 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 programs

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

POSITION'S VACANT

NIHRACS has the following positions vacant:

- Registered Nurse-open till 31 March 2026 or until positions have been filled
- VR General Practitioner – open till 30 April 2026 or until positions have been filled.
- Manager, Finance and Administration closing 22 Mar 26
- Manager, Support Services closing 22 Mar 26
- Manager, Information and Technology Services closing 22 Mar 26
- Occupational Therapist closing 22 Mar 26

For further information, including the Manager Position Descriptions, 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.

What's going on at NIHRACS

This week NIHRACS is highlighting the importance of kidney health, particularly for people living with diabetes, high blood pressure, or heart disease. Kidney disease often develops without obvious symptoms in its early stages, making routine blood and urine tests essential. If you have a chronic condition or have not had recent monitoring, now is a good time to book a GP appointment. Early detection allows treatment to begin sooner and can slow progression. If pathology tests are requested, please attend promptly and remember to book a follow-up appointment with your GP to review results and discuss next steps.

NIHRACS GROUNDS

Construction of the new laundry facility is advancing smoothly. Demolition of the old house at the entrance to the facility is progressing with safe demolition work.

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.

NIHRACS STAFF

This week, we are pleased to welcome Parton Chinyerere to the role of Medical Scientist. We also extend our thanks and farewell to Charles Makuni who has been filling in the Medical Scientist role for the past few weeks, and to Wendy Miller, Occupational Therapist.

BREAST SCREENING

Welcome back to the Sydney Breast Screening team to NIHRACS who will begin screening on Monday 9 March. Routine breast screening is recommended every two years, so if you are due for a mammogram or would like to schedule one, please contact the GP Clinic on 24134 to book an appointment. We encourage everyone to take advantage of this opportunity for early detection and proactive health care.

TEAM SPOTLIGHT - NIHRACS Referrals Administration Officer

The NIHRACS Referrals Administration Officer plays a vital behind-the-scenes role in supporting patient care. This role is responsible for preparing and sending specialist referrals, coordinating telehealth appointments, and assisting patients with follow-up bookings once results or specialist advice are received. Working closely with GPs, visiting specialists, and mainland services, the Referrals Administration Officer helps ensure information is shared accurately and appointments are scheduled in a timely manner. For patients requiring ongoing specialist input, this coordination is essential to maintaining continuity of care—particularly in a remote setting. NIHRACS acknowledges the importance of this role in supporting smooth patient journeys from referral through to follow-up.

NIPTAAS

NIPTAAS claim processing times can vary, with delays most often caused by missing or incomplete documentation. To avoid delays:

- ensure you submit a fully completed and signed Doctor Authority Form
- confirmation of attendance at your appointment
- proof of accommodation that includes a receipt showing payment and dates stayed (booking confirmations alone are not sufficient)
- original signed forms must be provided, photocopies may result in your claim being returned.
- checking all details before lodging your claim will help ensure faster processing and reimbursement.

If you have any questions please call Rachael at NIHRACS Finance Office on 23242 or email niptaas@health.nlk.gov.nf

AWARENESS - Kidney Health

Healthy kidneys are vital for filtering waste, balancing fluids, and regulating blood pressure. Risk factors for kidney disease include diabetes, high blood pressure, smoking, obesity, and family history, as kidney disease can run in families. Because symptoms may not appear until the condition is advanced, routine screening is critical. NIHRACS encourages residents with risk factors or family history to speak with their GP about appropriate testing. Simple measures include staying hydrated, maintaining a healthy weight, managing blood pressure, and avoiding unnecessary anti-inflammatory medication use, can help protect kidney function over time. To make an appointment to discuss with a GP, please call the GP Clinic on 24134.

PARTNER SPOTLIGHT - Metro North Renal & Endocrinology Services

NIHRACS and Metro North Health work closely to support patients who require specialist care not available locally. Metro North Health offers Renal and Endocrinology Specialist Services that can be accessed through established referral pathways via your GP. Norfolk Island residents can access renal specialists for kidney-related conditions and endocrinology teams for complex diabetes, thyroid, and hormonal disorders. Collaboration between NIHRACS and Metro North Health ensures continuity of care for patients with chronic and complex conditions, particularly those requiring ongoing specialist oversight. These patients may be able to access support from the Metro North Nurse Navigator service which supports Norfolk Island patients navigate through the Metro North health system. 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.