

## HEALTH & WELLBEING

### LinkWell Program

LinkWell is a free program coordinated by the Health and Wellbeing team to help people build stronger connections in our community. Being connected to others can help improve wellbeing. Linking in with community activities isn't always easy to do. We can help you to find activities you might be interested in and connect you with local activities, social groups and clubs within the community to help you reach your wellbeing goals. To learn more about LinkWell please contact the Health and Wellbeing team on 22687 or by email on [healthandwellbeing@health.nlk.gov.nf](mailto:healthandwellbeing@health.nlk.gov.nf)

### Boot Scooting

Did you know that boot scooting can strengthen your legs, boost heart health, support respiratory health, sharpen your memory and lift your mood? As a form of aerobic exercise, it helps improve fitness, increase circulation and support overall wellbeing. 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.

**Please note: Boot Scooting will not be held on Wed 18 March and will resume Wed 25 March.**

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

**When:** Wednesday's from 6.00pm

**Where:** SDA Hall, New Cascade Rd

For more information, please contact the Health & Wellbeing team on 22687.

### PARTNER SPOTLIGHT- Professor Paul Thomas, Visiting Respiratory Specialist

NIHRACS values the support of Professor Paul Thomas, visiting respiratory specialist, who provides expert respiratory consultations for Norfolk Island residents. During his visits, Professor Thomas reviews patients with complex respiratory conditions such as chronic lung disease, asthma, and unexplained breathing difficulties, working closely with local GPs to support ongoing care. Specialist visits allow patients to access expert respiratory advice without needing to travel off island, while ensuring care remains coordinated with their local healthcare team. NIHRACS appreciates the contribution of visiting specialists like Professor Thomas, whose expertise helps strengthen local healthcare services and improve patient outcomes for those living with respiratory conditions.

### BREAST SCREENING

Breast Screening started on Monday 9 March and will continue for 2 weeks, final assessment & diagnosis will continue after screening has finished. 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.

## POSITIONS 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
  - Director Oral Health Service/Dentist-closing 12 April 26
- For further information on the above positions please visit the NIHRACS website employment page:

<https://norfolkislandhealth.gov.nf/employment/>

### AWARENESS- Protecting Your Respiratory Health

Maintaining healthy lungs is an important part of overall wellbeing. Avoiding smoking, staying physically active, and seeking medical advice for persistent coughs or breathing difficulties can help protect respiratory health. NIHRACS encourages residents with asthma or other chronic respiratory conditions to ensure their medications are current and that they understand how to use inhalers correctly. If you experience ongoing respiratory symptoms lasting more than a few weeks, it is important to speak with your GP. Early assessment helps identify potential causes and ensures appropriate treatment.

### TEAM SPOTLIGHT- NIHRACS Nursing Team

The NIHRACS Nursing Team plays a key role in supporting patients with respiratory symptoms and other acute or chronic health concerns. Nurses assist with clinical assessments, monitoring vital signs, supporting treatment plans, and providing practical advice to patients managing conditions such as asthma or respiratory infections. Working closely with GPs and visiting specialists, the nursing team helps ensure patients receive timely care and appropriate follow-up. Nurses also play an important role in educating patients about symptom management, medication use, and when to seek further medical attention. Their work helps ensure patients receive coordinated care and support across NIHRACS services.

### NIHRACS STAFF

- We would like to welcome to NIHRACS, Monica Simmons who has started in the role of Physiotherapist.
- Brendan Rose-Podiatrist will be at NIHRACS from 25-27 March.

### PARTNERSHIP

This week we welcomed Metro North Hospital and Health Service for a peer review. Their visit helped simulate a short-notice assessment and accreditation process, providing valuable learning and development opportunities for staff across NIHRACS.

## 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.

### What's going on at NIHRACS

As the seasons begin to change, NIHRACS is reminding the community to take steps to protect their respiratory health. Respiratory infections such as colds, influenza and other viral illnesses can spread more easily when people return to indoor environments and travel increases.

Simple preventative measures can help reduce the spread of illness, including regular handwashing, staying home when unwell, and seeking medical advice if symptoms persist or worsen. Residents with chronic conditions such as asthma, heart disease or diabetes may be at higher risk of complications from respiratory infections and should seek early medical advice if they become unwell.

If you are experiencing ongoing cough, shortness of breath, fever or fatigue, please contact the NIHRACS GP Clinic to arrange an appointment.

### Dental Services Update – Denture Referrals

NIHRACS would like to advise the community that denture fabrication services are not currently available on Norfolk Island. We are aware that a number of residents require new dentures or replacement dentures, and we understand that access to these services is important for both oral health and

overall wellbeing. While dentures cannot be made locally, NIHRACS can assist patients with referrals to appropriate off-island dental providers who offer denture services. Our dental team can help assess your needs and coordinate the necessary referral to ensure you receive the appropriate care.

If you believe you require new dentures, repairs, or replacement dentures, please contact the NIHRACS Dental Clinic to arrange an appointment. Our team will guide you through the referral process and provide advice on the next steps for accessing treatment. Please be assured we are continuing to explore on island service options and will provide updates as available.

### Visiting Orthodontist Clinic

NIHRACS would like to advise the community that the visiting Orthodontist will be returning to Norfolk Island on Friday 13 March to provide specialist orthodontic consultations and treatment reviews. Orthodontic care focuses on the assessment and correction of misaligned teeth and jaw positioning. This may include evaluation for braces, monitoring of existing orthodontic treatment, or advice about future treatment options. Regular reviews are important to ensure teeth and jaw development are progressing as expected, particularly for children and adolescents. If you think your child may have missed an orthodontic appointment in the past six months, or is due for a review or adjustment, please contact the NIHRACS Dental Clinic to arrange an appointment. As visiting specialist clinics are limited, we encourage families to book early to secure an appointment.

## WORLD SOCIAL WORKER DAY

World Social Worker Day on 17 March recognises the important role social workers play in supporting patients, families and communities. In health services, social workers provide counselling, advocacy and practical support, helping people navigate complex systems and access the resources they need. It is an opportunity to acknowledge the compassion, dedication and expertise social workers bring to improving wellbeing and strengthening the care we provide.

## CONSTRUCTION

Construction of the new laundry facility and the demolition of the old house at the entrance to NIHRACS are well underway. Due to continued construction 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.