

HEALTH & WELLBEING

Boot Scooting

Did you know that boot scooting is not only fun, but also great for your health? This lively style of dancing helps strengthen your legs, improve balance and coordination, and boost heart and lung health. As a form of aerobic exercise, it gets your body moving, increases circulation and can even help lift your mood and reduce stress. Regular dancing can also support brain health by improving memory and concentration, while the social aspect helps build connections and reduce feelings of isolation. So dust off your comfortable shoes and come along for a great hour of music, dancing and fun. Boot scooting is a fantastic way to stay active, enjoy a few laughs and connect with others in the community.

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

When: Wednesday from 6.00pm

Where: SDA Hall, New Cascade Rd

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

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.

Felicity Wiseman Psychologist

Welcome back to Felicity Wiseman, clinical psychologist, who is available to meet with individuals experiencing mental health issues that are impacting on their wellbeing or positive mental health. Felicity is on island for the following dates:

- March 13th - March 25th 2026
- June 5th - June 17th 2026

Felicity specialises in working with children, young people up to 25 years of age and parents. Consultations can be held at Life Without Barriers, your home, NIHRACS or NI Connect. Appointments can be made through the GP clinic on 24134 or email Felicity directly on contact@felicitypsychologist.com.au. Telehealth is available between on island sessions.

TEAM SPOTLIGHT- NIHRACS Dental Team

The NIHRACS Dental Team plays an important role in supporting the oral health of the Norfolk Island community. The team provides routine dental assessments, preventative care, treatment planning and oral health education to help patients maintain healthy teeth and gums. Dental professionals also work closely with other NIHRACS clinicians when oral health issues impact overall health. For example, gum disease and dental infections can affect chronic conditions such as diabetes and heart disease. Through regular check-ups, preventative advice and early treatment, the dental team helps reduce the risk of more serious dental problems. NIHRACS acknowledges the important work of the dental staff in supporting community health.

CONSTRUCTION AT NIHRACS

Site works at NIHRACS are progressing, with construction of the new laundry facility and demolition of the old house at the entrance currently taking place. While these works continue, we ask that all visitors follow the posted construction signage and directions when attending NIHRACS. For everyone's safety, please do not enter any construction areas at any time. We also remind everyone that the speed limit within the NIHRACS grounds is 10 km/h. Please slow down and drive carefully to help keep our patients, staff and community safe.

PARTNER SPOTLIGHT- Visiting Orthodontist

NIHRACS works with a visiting Orthodontist who provides specialist orthodontic consultations and treatment reviews during scheduled visits to Norfolk Island. Orthodontic care focuses on the alignment of teeth and jaw development and is particularly important for children and adolescents who may require braces or monitoring of dental development. If you believe your child may require an orthodontic assessment, or if they are currently undergoing treatment, the visiting orthodontist clinic provides an opportunity for specialist review without needing to travel off island. 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.

NIHRACS STAFF

Brendan Rose – Podiatrist will be at NIHRACS from 25-27 March.

We say farewell to Dr Judith Ridd, Dr Simon Marrable, Dr Tony Cassimatis-Dentist and Bradley Reid-Oral Health Therapist and thank them for their valued contribution to the community.

We warmly welcome Dr Ed Gardener - Senior GP Register, Dr Adrienne Newman and Dr Shevani Ramdin-Dentist.

BREAST SCREENING

This is the final week of breast screening at NIHRACS. We thank the Sydney Breast Screen Clinic ladies for their dedication in supporting the health of our community women. Please note that final assessments and diagnostic clinics will continue after the screening period concludes.

