

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.

LinkWell Program

LinkWell is a free program coordinated by the Health and Wellbeing team to help people build stronger connections in our community. This week's feature is Senior Sunday Crafternoons. This is a fun new activity about to start on the island for our senior citizens. Sunday 'Crafternoons' will happen on the 2nd or 3rd Sunday of every month. The afternoon will run from 2pm to 4pm with a break for afternoon tea. Each month we'll have an instructor demonstrating fun and easy to make handcrafts. Most materials will be provided. Alternatively, you're welcome to bring along your own project and just come along for the company and the free afternoon tea! The 'Crafternoons' will be held at The Cascade Hall, 56 Cascade Rd and is free of charge. Numbers are limited so registrations are essential, please phone Gallery Guava on 23871 during business hours to register or for any enquiries. This community activity is supported by The Cultural Development Assoc. of NI.

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

NIHRACS STAFF

This week we say farewell to Dr Angie Vico and thank her for her time and support for the community.

BREAST SCREENING

A heartfelt thank you to the team from the Sydney Breast Screen Clinic who have spent the past two weeks on the island, providing essential screening services and supporting the health and wellbeing of our community. Your dedication, professionalism, and care have made a real difference, and we are incredibly grateful for your time and expertise.

We would also like to extend our sincere appreciation to our amazing volunteers, whose hard work, enthusiasm, and commitment over the past two weeks ensured everything ran smoothly, your contribution has been invaluable.

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

As we move into the cooler months, NIHRACS is encouraging residents to prepare for the respiratory illness season. Influenza and other respiratory infections can place increased pressure on individuals and healthcare services, particularly for older adults, young children and those with chronic conditions.

Now is a good time to check that your vaccinations are up to date and to speak with your GP about any additional protection you may require this season. NIHRACS will be providing influenza vaccinations as they become available and will share further information with the community.

If you have underlying health conditions or are unsure about your vaccination status, please contact the GP Clinic on 24134 to arrange an appointment.

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.
- 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/>

PARTNER SPOTLIGHT- Australian Immunisation Programs

NIHRACS supports national immunisation programs that provide access to vaccines for eligible populations. These programs help ensure consistent protection against preventable diseases across Australia.

By participating in recommended vaccination programs, residents contribute to community-wide protection and reduce the spread of illness. NIHRACS works within these frameworks to deliver safe and effective immunisation services locally. If you are unsure which vaccines you may be eligible for, please speak with your GP or the NIHRACS Nursing Team for guidance.

TEAM SPOTLIGHT- Immunisation / Nursing Team

The NIHRACS Nursing Team plays a key role in delivering immunisation services across the community. Nurses provide vaccinations, monitor patient responses, and offer advice on vaccine schedules and eligibility.

The team works closely with GPs to ensure residents receive appropriate protection based on age, health conditions and risk factors. They also support childhood immunisation programs and help families stay on track with recommended schedules.

As respiratory illness season approaches, the nursing team will be central to the rollout of influenza vaccinations and community education. NIHRACS acknowledges their important contribution in protecting the health of Norfolk Island residents.

NIPTAAS- Change in NIPTAAS form drop off

From Monday 30 March, there will be a change in location for submitting NIPTAAS forms. Please drop forms off at the Health & Wellbeing office in Smithy's building, with collection times now limited to 9.00am–12.00pm, Monday to Friday. If you're unable to attend during these hours, you will need to make an appointment with Rachael, please call 23242 to arrange an appointment time.

AWARENESS- Immunisation & Prevention

Vaccination remains one of the most effective ways to prevent serious illness and reduce the spread of infectious diseases. Influenza, in particular, can lead to complications for vulnerable groups, including older adults and those with chronic conditions.

NIHRACS encourages residents to stay informed about recommended vaccines and to take simple steps to reduce illness risk, including regular hand hygiene, staying home when unwell, and seeking medical advice early.

Preparing ahead of the winter season helps protect not only individuals, but the broader community.

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.

PARTNERSHIP- Metro North Health information Hub Internet Page

Exciting news, it's finally here! Metro North Health is thrilled to announce the official launch of your Metro North Health Information Hub internet page! We've worked hard to create a website tailored to your needs and are excited to see you all learn more about Metro North Health and our many services. We had the awesome opportunity to provide a live demonstration of the website while we were on island for the annual Health & Wellbeing Expo and want to thank you for playing a big role in shaping this resource! We've incorporated your ideas to ensure the page reflects what to expect when visiting Metro North Health facilities. The webpage will be your go-to source for everything Metro North Health, from our services and facilities, to helpful information about specialised tertiary care. We're committed to continually improving our services and keeping you informed every step of the way. To access this website, search "Metro North Health Hospital and Services". From the landing page, scroll down to "Health Services". From there you will find and click on "Metro North Norfolk Island Information Hub". Domain: <https://metronorth.health.qld.gov.au/hospitals-services/norfolk-island>