

## 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.

### NIHRACS Newsletter

NIHRACS sends out a newsletter each week, would you like to be on our mailing list to receive? For more information, please contact the Health & Wellbeing office on 22687 or email Maria Massey on [maria.massey@health.nlk.gov.nf](mailto:maria.massey@health.nlk.gov.nf)

### What is NI Active & Creative Kids?

NI Active & Creative Kids is a program designed to encourage and support school aged children living on Norfolk Island to be physically active & creative. School aged children (Prep to Yr12) living on Norfolk Island are eligible to apply for 2 x \$50.00 NI Active & Creative Kids Vouchers. The vouchers can be used for your choice of active or creative activity provided by registered local providers on Norfolk Island. For more information contact the Health & Wellbeing team on 22687.

## HEALTH COMMUNITY NETWORK

Liz Unkles, Manager of Norfolk Island Health and Residential Aged Care Service (NIHRACS), invites all members of our community to participate in the Health Community Network. NIHRACS has developed a Community Engagement Framework with goals to listen, partner with, and support our community in achieving better health outcomes for everyone. Liz will share valuable updates on the key developments and future plans for our health services. Following the update, Liz will ask community members to share their thoughts, ideas, and suggestions, fostering a collaborative approach to improving health services together. This Health Community Network meeting will be held on Wednesday 29 April, 5-6pm at the Knowledge & Learning Centre. No need to RSVP, just come along.

**Please remember speed limit on  
NIHRACS grounds is 10km/h.**

## 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.*

**The GP Clinic will be closed on Good Friday and Easter Monday, for emergencies please present to NIHRACS.**

### What's going on at NIHRACS

With the Easter period approaching, NIHRACS is reminding residents and visitors to take steps to stay safe and well over the holiday period. Increased outdoor activity, travel, and gatherings can lead to a higher risk of minor injuries, dehydration, and illness.

NIHRACS encourages the community to plan ahead by ensuring medications are up to date, packing basic first aid supplies, and taking precautions during outdoor activities. The Emergency Department remains available for urgent care, however for non-urgent concerns, please contact the GP Clinic during business hours.

If you are travelling off island, consider your health needs in advance, including medications and follow-up appointments. Preparation helps ensure a safe and enjoyable Easter period for everyone.

### NIPTAAS-Change in NIPTAAS form drop off

To support increased processing times for NIPTAAS claims, there has been a change to the process and location for submitting NIPTAAS forms. Please drop them 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 53026 to arrange an appointment time.

### CONSTRUCTION WORKS AT NIHRACS

Site works at NIHRACS is progressing with the old house at the entry way now demolished and surrounding area cleared. Other areas of the hospital are also undergoing renovations. The majority of the work will have minimal disruption to the hospital.

While these works continue, we ask that all visitors follow the posted construction signage and directions when attending NIHRACS to keep everyone safe, please do not enter any construction areas at any time.

### **TEAM SPOTLIGHT- Emergency Department & Nursing Team**

The NIHRACS Emergency Department and Nursing Team provide essential care for urgent and unexpected health concerns, particularly during busy periods such as public holidays. The team assesses and manages a wide range of presentations, from injuries and infections to acute illness. Working closely with GPs and other clinical staff, the ED and nursing teams ensure patients receive timely and appropriate care. During holiday periods, when activity levels increase, their role becomes even more critical in maintaining community safety. NIHRACS acknowledges the dedication of staff who continue to provide care across all hours, including weekends and public holidays.

### **PARTNER SPOTLIGHT- St John Ambulance Service**

NIHRACS works closely with the St John Ambulance Service to support emergency response across the island. First aid responders provide rapid assessment, treatment, and transport for patients requiring urgent care, working in partnership with the Emergency Department to ensure continuity of care.

During holiday periods, when demand may increase, the role of ambulance services is particularly important. NIHRACS encourages residents to use emergency services appropriately and to call for assistance when experiencing serious or life-threatening symptoms. This partnership is essential in maintaining a safe and responsive healthcare system for the community.

### **AWARENESS- Injury Prevention & Holiday Safety**

Holiday periods often involve increased physical activity, travel, and social events, which can raise the risk of injury and illness. NIHRACS encourages residents to take simple precautions such as staying hydrated, using protective equipment where appropriate, supervising children closely, and avoiding risky behaviours.

Food safety and responsible alcohol consumption are also important considerations. If you experience injury or illness, seek medical advice promptly. Taking preventative steps helps ensure a safe and enjoyable holiday for individuals and families.

### **POSITIONS VACANT**

NIHRACS has the following positions vacant:

- VR General Practitioner – open till 30 April 2026 or until positions have been filled.
- Director Oral Health Service/Dentist-closing 12 April 26.
- Registered Nurse-open till 30 June 2026 or until positions have been filled.

For further information on the above positions please visit the NIHRACS website employment page:

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

### **NIHRACS STAFF & SERVICE RELOCATIONS**

- Welcome to Parton Chinyerere-Medical Scientist
- Maria McCann will now be located at the Child Health building
- Podiatry will now be located at the GP Clinic

### **PARTNER- 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, you can go to <https://metronorth.health.qld.gov.au/hospitals-services/norfolk-island> or 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".