

## HEALTH & WELLBEING

### Boot Scooting

Boot scooting isn't just fun—it's great for your health. It strengthens your legs, improves balance and coordination, boosts heart and lung fitness, and can lift your mood while reducing stress. Boot scooting is a fantastic way to stay active, enjoy a few laughs and connect with others in the community. The cost is \$5.00 per session (free for school-aged children) and is on each Wednesday from 6.00pm at the SDA Hall, New Cascade Rd. For more information, please contact the Health & Wellbeing team on 22687.

### LinkWell

Recently released Australian research supports the importance of maintaining good social connections as we get older. The Centre for Healthy Brain Ageing, at the University of NSW has been looking into the factors that increase or decrease the risk of people developing dementia and they have found that the consequences of being socially disconnected as we get older are linked not only to cognitive decline but also to higher rates of disability and early death. They are using the term "social frailty" to describe people's loss of resources to stay socially connected. They have stated that "in late life, social isolation is the biggest risk factor for dementia." For more information have a look at <https://www.unsw.edu.au/newsroom/news/2025/11/staying-connected-social-ties-can-protect-ageing-brains>

LinkWell can help you increase your social connections. For more information please contact the Health and Wellbeing team on 22687 or email [healthandwellbeing@health.nlk.gov.nf](mailto:healthandwellbeing@health.nlk.gov.nf).

### Ride to school Day

On Wednesday 1 April, NICS proudly hosted "Ride to School Day" and it was fantastic to see so many students participating in the ride. The energy and enthusiasm throughout the ride made it a truly memorable event for everyone involved. A big thank you to everyone who contributed to making the day a success.

## 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.

## PARTNER SPOTLIGHT– Australian Immunisation Program

NIHRACS supports the Australian Immunisation Program, which provides access to vaccines that protect against a range of preventable diseases. These programs are designed to reduce the spread of illness within the community and protect those most at risk, including older adults, young children, and people with chronic conditions.

As respiratory illness season approaches, immunisation remains an important part of maintaining community health. NIHRACS works within national guidelines to deliver safe and effective vaccination services locally. If you are unsure about your vaccination status or eligibility for seasonal vaccines, we encourage you to speak with your GP or the NIHRACS Nursing Team for advice.

### FLU VACCINATION

The 2026 Flu vaccination is anticipated to arrive on Island in April and we are taking bookings! Please call 24134 for appointments only during opening hours.



### NIHRACS STAFF

Welcome back to Brendan Rose who will be on island from 16<sup>th</sup> April and to Dr Robin Leven who arrived on Tuesday 7 April.

## 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 and 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".

## 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

Following the Easter period, NIHRACS is encouraging residents to prioritise post-holiday health check-ups, particularly if you experienced illness, injury, or delayed routine care. Travel, social gatherings, and changes to routine can contribute to the spread of respiratory illnesses and disruptions to medication or care plans. With flu season almost here, you can protect yourself and your family by physical distancing, frequent and thorough hand washing, coughing into the crook of your elbow, staying home when sick, limiting contact with people who are infected and keeping up to date with your vaccinations.

If you have ongoing symptoms such as cough, fatigue, fever, or have not recovered as expected from a recent illness, it is important to seek medical advice. This is also a good time to review chronic conditions and ensure medications are up to date. To arrange an appointment, please contact the NIHRACS GP Clinic reception. Early review helps ensure any concerns are addressed promptly.

## 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
- Head Chef-open till 16 April 26

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

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

## AWARENESS– Respiratory Illness Recovery

Respiratory illnesses such as colds, influenza and other viral infections can take time to fully resolve. NIHRACS encourages residents to allow adequate recovery time, stay hydrated, and avoid returning to normal activities too quickly if symptoms persist. If you experience worsening symptoms, shortness of breath, persistent fever, or fatigue that does not improve, it is important to seek medical advice. Early review can help identify complications and ensure appropriate treatment. Preventative measures such as hand hygiene and staying home when unwell remain important in reducing spread within the community.

## TEAM SPOTLIGHT– NIHRACS Nursing Team

The NIHRACS Nursing Team plays a key role in supporting patients during periods of increased illness, including post-holiday and seasonal changes. Nurses assist with clinical assessments, monitoring vital signs, coordinating follow-up care, and providing practical advice to patients recovering from illness. Working closely with GPs, the nursing team helps ensure patients receive timely care and appropriate monitoring. They also support preventative care through education on managing symptoms, medication use, and when to seek further medical attention. NIHRACS acknowledges the important contribution of the nursing team in maintaining community health.

## CONSTRUCTION

Construction at NIHRACS is continuing to progress. While these works are underway, please follow all signage and directions, do not enter any construction zones or restricted areas. A reminder to drive carefully on NIHRACS grounds and adhere to the 10 km/h speed limit. Thank you for your cooperation and support while these important works continue.

## NIPTAAS-Change in NIPTAAS form drop off

Thank you to the community for feedback over our first week of the change for dropping off NIPTAAS completed forms to the Health & Wellbeing office. We have extended the drop off time to now be 9.00am to 12.30pm. Prior to leaving the island for your appointment, remember to get a NIPTAAS pack, you will still need to get this from NIHRACS reception area. If you're unable to drop off your completed form during the opening hours, you will need to make an appointment with Rachael, please call 53026 to arrange an appointment time.