

## 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.

**Please note: there will be no Boot Scooting on Wed 29 April.**

### LinkWell

The LinkWell program is designed to sit alongside traditional healthcare services. It targets the social and practical factors that affect health. It aims to connect people to community-based supports such as exercise groups, arts and crafts activities, community groups and/or volunteer opportunities. A recent research review of many similar programs found evidence of improved self-reported health, wellbeing, quality of life, self-management, sociability, and functioning. For more information on LinkWell please contact the Health and Wellbeing team on 22687 or check out the NIHRACS website.

### Condoms available

The Health & Wellbeing Office would like to advise that condom vending machines are available in the public toilets located behind the Commonwealth Bank and The Helm Cafe. Cost is \$2.00 per box and the machines accept \$2.00 coins only.

## NIHRACS STAFF

- Maria McCann-Social Worker will now be located at the new Child Health building (old Physiotherapy building) next to the front entrance of the hospital.
- This week we would like to welcome Shaun Fitzpatrick and Lydia Childs-Physiotherapists and Lucy Muller-Occupational Therapist who arrived last week to take up their new roles at NIHRACS, also welcome to locum Medical Scientist-Blessing Ndlovu and welcome back to Dr Kevin Gathey
- Farewell to Dr Adrienne Newman and Monica Simmons-Physiotherapist, thank you for the care you have given to our community.

## NIHRACS POSITIONS VACANT

- VR General Practitioner – open till 30 April 2026 or until positions have been filled.
- 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/>

## 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

NIHRACS is preparing the community for the colder months, when asthma symptoms and flu season can pose extra challenges. To help protect yourself and your family, continue to physical distance, 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. Now is also a good time to review chronic conditions and ensure medications are up to date. Our team is here to help you stay healthy and protected, GP clinic will be holding a flu clinic from 27 April to 1 May from 9.00am to 12.00pm. To book an appointment to get your flu vaccination, please call 24134.



### NIPTAAS-NIPTAAS form drop off

Thank you to the community for your feedback during the first week of changes to dropping off completed NIPTAAS forms at the Health & Wellbeing Office. In response, we have extended the drop-off hours to 9:00am–12:30pm.

If you need a NIPTAAS pack, these are still available from the NIHRACS reception area. If you're unable to drop off your completed form during these hours, please make an appointment with Rachael by calling 53026.

### Accommodation for Cancer treatment off Island

If you are being treated for cancer in Brisbane and require accommodation, please call the Social Worker Maria McCann on 23190. The social worker can arrange Queensland Cancer Council accommodation for residents and their escorts who are travelling to Brisbane to have cancer treatment or when supporting a resident who is having treatment for cancer.

### **TEAM SPOTLIGHT- GP's-Asthma plans**

With the weather starting to cool down asthma plans are very important. Doctors play a central role in helping patients manage asthma through personalised asthma action plans. By assessing each patient's triggers, symptoms, and medication needs, they create a plan for daily management and flare-up prevention. Doctors can educate patients on proper inhaler use and provide guidance on when to seek urgent care. Their expertise and ongoing support empower patients to stay on top of their condition, reduce severe attacks, and maintain better respiratory health year-round.

### **AWARENESS- Asthma & Respiratory Health in Winter**

As winter approaches, colder air and increased indoor living can worsen respiratory issues, especially for those with asthma and other lung conditions. Cold, dry air can irritate airways, while seasonal illnesses like colds and flu may trigger flare-ups or make breathing more difficult. Indoor factors such as dust, mould, and heating systems can also contribute to symptoms. To stay well, it's important to follow your asthma treatment plan, keep medication on hand, maintain good indoor air quality, and protect yourself from cold air when outdoors. Staying vigilant during winter can help prevent complications and keep symptoms under control.

### **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- Burnt Pine Pharmacy**

Asthma conditions can become more difficult to manage in the cooler months. NIHRACS is raising awareness about key precautions, including staying up to date with flu vaccinations and monitoring symptoms like coughing or wheezing. Updating your asthma action plan and knowing when to seek care are crucial steps to prevent severe flare-ups. Burnt Pine Pharmacy can help by providing access to medications such as Ventolin and other treatments, along with professional advice to support your breathing health. By staying informed and proactive, you can better protect your respiratory health throughout the colder months.