

HEALTH & WELLBEING

Boot Scooting

Boot scooting is a lively way to support both your physical and lung health while having fun at the same time. The steady movement helps improve breathing, build cardiovascular fitness, strengthen muscles, and support better balance and coordination. It's also a great way to boost mood, reduce stress, and support overall wellbeing.

Just as importantly, boot scooting brings people together. It's a fun, social activity that encourages connection, laughter, and community participation while keeping you active. Cost is \$5.00 per session (free for school-aged children), each Wednesday from 6.00pm at 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.

Heart Foundation Walking group

Walking is a simple and effective way to support lung health. Regular movement helps improve lung capacity, increases oxygen flow throughout the body, and supports better overall respiratory function. Just 30 minutes of walking each day can also boost cardiovascular fitness, strengthen bones, and contribute to better sleep.

Heart Foundation Walking group meets every Sunday at 8am near Kingston Pier, offering different walking distances to suit all fitness levels. Families are welcome, including children and dogs. If you would like to join, simply turn up on the day. Please remember to bring a hat, water, and apply sunscreen. For more information, contact the Health and Wellbeing Office on 22687.

NIPTAAS

Are you waiting for your NIPTAAS Claim reimbursement?

NIHRACS understands that waiting for reimbursement payments can sometimes cause stress or financial pressure. At present, due to a high volume of claims requiring calculations, review and processing, there is a minimum processing time of six weeks. We appreciate your patience during this period and are working to process payments as quickly as possible.

Did You Know?

If you're a holder of a valid Healthcare Card or Pension Card NIHRACS is able to assist with prepayment of airfares for patients. This support helps reduce out-of-pocket expenses at the time of booking, ensuring patients can focus on their treatment rather than travel costs.

Completed Your NIPTAAS form?

This can be dropped to the Health & Wellbeing office in Smithy's building between Monday to Friday 9.00am-12.30pm, if you are unable to make it during this time, please contact Rachael on 53026 to make an appointment or email niptaas@health.nlk.gov.nf.

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

Flu Vaccination Clinic

Influenza (flu) is a contagious respiratory illness that can cause symptoms such as fever, cough, sore throat, body aches, fatigue, and headaches. It can be more severe in young children, older adults, and those with underlying health conditions, and may lead to complications in some cases.

Vaccination is the best protection against flu and helps reduce both the risk and severity of illness. The GP Clinic will be holding a flu vaccination clinic from 27 April to 1 May, 9.00am to 12.00pm. There will be a form to fill out at the clinic or you can print off the form from the NIHRACS website under the Services tab/ GP clinic/ flu vaccination <https://norfolkislandhealth.gov.nf/flu-vaccination-clinic-information/>

To book an appointment to receive your flu vaccination, please call 24134.



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.

TEAM SPOTLIGHT- Prof Paul Thomas visiting Respiratory Specialist

NIHRACS is grateful for the ongoing support of visiting respiratory specialist Professor Paul Thomas, who delivers expert care to Norfolk Island residents. During his visits, he assesses and manages patients with complex respiratory conditions, including chronic lung disease, asthma, and unexplained breathing issues, working alongside local GPs to ensure continuity of care.

These visits give patients access to specialist respiratory services without needing to travel off island, while maintaining strong coordination with their local healthcare providers. NIHRACS recognises the valuable contribution of visiting specialists like Professor Thomas, whose expertise enhances local services and supports better health outcomes for the community. Professor Thomas will at NIHRACS between 5-7 May.

PARTNER SPOTLIGHT- Anglicare-Bub Hub

NIHRACS is partnering with Anglicare to support families through their Bub Hub sessions by providing a range of health professionals to deliver informative and practical talks. These sessions will give parents and carers the opportunity to learn, ask questions, and gain trusted advice in a welcoming environment. The NIHRACS team includes a physiotherapist, child health nurse, midwife, and pharmacist, each offering guidance on topics such as infant development, maternal health, safe medication use, and general wellbeing for both parent and baby. This collaboration aims to strengthen community support and help families feel more confident in the early stages of parenting.

AWARENESS- Lung health

Healthy lungs are essential for overall wellbeing, yet lung problems can develop without obvious symptoms. Staying active and recognising early signs such as a persistent cough, wheezing, or shortness of breath can help protect your lung health.

Smoking is a major cause of preventable lung disease, but stopping at any time can lead to meaningful health improvements. Whether you've attempted to quit before or are just thinking about it, the right support can greatly improve your chances of success. NIHRACS offers a Smoking Cessation Clinic, to learn more or book an appointment, please contact the GP Clinic on 24134

CONSTRUCTION

Construction at NIHRACS is continuing to progress. While these works are underway, the safety of staff and visitors remains our top priority. Please follow all signage and directions, do not enter any construction zones or restricted areas. We also remind everyone to drive carefully on NIHRACS grounds and adhere to the 10 km/h speed limit to ensure a safe environment for all. Thank you for your cooperation and support while these important works continue.

NIHRACS STAFF

This week we warmly welcome Dr Kevin Gattey back to the GP Clinic. Farewell and thank you to Medical Scientist-Blessing Ndlovu for your care and dedication you've shown our community.

Thank you to Dr Jodie McCoy for filling in while Liz Unkles was off island.

FluMist

FluMist is a needle-free nasal spray flu vaccine (live attenuated) now approved in Australia for children.

NIHRACS will be offering FluMist free of charge for children aged 2–5 years and will be working with Banyan Park to prioritise this age group. Any remaining doses from the initial supply will be made available to children over 5 years of age until stock is exhausted. Ongoing supply of FluMist will continue to be free for children aged 2–5 years. Children over 5 years will be able to receive FluMist for a small fee. Please note that injectable flu vaccines are still available for all children aged 6 months and older.

POSITION'S VACANT

NIHRACS has the following 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/>