

HEALTH & WELLBEING

June Highlights from the Health & Wellbeing Team

Boot Scooting-24th June, 5pm at the SDA Hall, New Cascade Road.

LinkWell - to support social connection and be linked to areas of interest within the community, make an appointment with the LinkWell Team by calling Health & Wellbeing on 22687.

Linkwell in Motion - an exciting new initiative from the Health & Wellbeing team, created as an extension of the LinkWell program to support movement, connection, and community wellbeing.

Come along to Studio You, 7 New Cascade Road, to connect with others while exploring gentle Pilates and yoga-inspired movement. Designed for beginners, these sessions focus on breath work and gentle exercises suitable for all levels—perfect for gardeners, active beginners, or anyone wanting to ease tension and improve mobility. Led by experienced instructors Saara & Silje, who will guide you every step of the way in a supportive and friendly environment. On the 23rd and 30th of June, the sessions are free to the community - Tuesday at 12.30pm so you can try the classes. We look forward to moving with you!

LinkWell-Welcome to Norfolk Sessions

Have you recently moved to Norfolk or would you like to know more about the island and how to connect to local groups, activities etc? The LinkWell program is starting monthly “Welcome to Norfolk” sessions that will introduce you to the cultural and practical aspects of the island and our community. This program is supported by the Council of Elders and will include plenty of time for questions. The first sessions will be held at the Knowledge and Learning Centre in Burnt Pine shopping area on Monday 29 June from 1-2pm and Wednesday 1 July 5.30-6.30pm.

To learn more about LinkWell, LinkWell in Motion, or the Welcome to Norfolk Sessions, please contact the Health and Wellbeing team on 22687 or by email on healthandwellbeing@health.nlk.gov.nf

FEEDBACK

At NIHRACS, people are at the centre of everything we do. We are here to listen, support, and work alongside our community every step of the way.

NIHRACS is committed to supporting all members of our community, ensuring access to compassionate care, guidance, and assistance when it is needed most. Thank you to everyone who has taken the time to share feedback with us. Your comments, suggestions, and encouragement help us continue to improve and provide the best possible care and support. Together, we can build a stronger, more connected community where everyone feels valued, heard, and supported.

DENTAL- How to Keep Your Mouth Healthy

Brush Twice Daily

- Use a soft toothbrush and fluoride toothpaste.

Clean Between Your Teeth

- Use floss, interdental brushes, or other aids recommended by your dental professional.

Stay Hydrated

- Drink plenty of water to help keep your mouth moist and reduce the risk of decay.

Eat Well

- Choose a balanced diet rich in fruits, vegetables, dairy foods, and whole grains.
- Limit sugary foods and drinks.

Avoid Tobacco

- Smoking and chewing tobacco significantly increase the risk of gum disease, oral cancer, and tooth loss.

Visit Your Dental Professional Regularly

- Regular check-ups allow problems to be identified and treated early.
- For most people, a dental visit every 6 to 12 months is recommended.

Remember

- ✓ Healthy gums help support a healthy body.
- ✓ Good oral hygiene can help reduce the risk of gum disease.
- ✓ Regular dental care can support the management of conditions such as diabetes and heart disease.
- ✓ It is never too late to improve your oral health.

NIHRACS STAFF

This week, we welcome Dr Ronald Kruif, who will be arriving on the island this weekend. Welcome also to visiting Podiatrist Brendan Rose. We also farewell Dr Sally Simpson and Psychologist Felicity Wiseman. We thank them for their dedication and valuable support to our community.

POSITION'S VACANT

- Director Oral Health Service/Dentist-closing 28 June 2026
- Registered Nurse-open till 30 June 2026 or until positions have been filled
- Clinical Nurse – Infection prevention & control-closing 21 June 2026
- Assistant in Nursing (AIN)-closing 30 June 2026
- Casual Support Services Team Member-applications to remain current for 12 months and may be considered for similar roles within NIHRACS
- Laboratory Assistant-Pathology-closing 28 June 2026
- Cook-closing 28 June 2026
- Head Chef-closing 21 June 2026

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

Supporting Women's Health and Wellbeing

At NIHRACS, we are committed to supporting the health and wellbeing of our community through accessible, person-centred care. This month, we are highlighting pelvic health and encouraging conversations about conditions that can significantly impact quality of life but are often not discussed openly.

Pelvic Organ Prolapse (POP) is a common condition affecting many women, particularly following pregnancy and childbirth, during menopause, and as part of the ageing process. While common, symptoms should not be considered a normal part of ageing and support is available. Community members experiencing concerns about pelvic health are encouraged to speak with their GP. Early assessment and referral can help manage symptoms, improve quality of life and support long-term health outcomes.

PARTNER SPOTLIGHT- Supporting Health Through Education

NIHRACS recognises the importance of partnering with trusted health education organisations to provide evidence-based information to the Norfolk Island community.

This month, we acknowledge the valuable resources available through the International Urogynecological Association's patient education platform, Your Pelvic Floor. These resources help improve understanding of pelvic floor health, Pelvic Organ Prolapse and pelvic floor exercises, empowering individuals to take an active role in their health and wellbeing.

By connecting local healthcare services with internationally recognised educational resources, NIHRACS can support informed decision-making and encourage people to seek help early when concerns arise.

Together, through education, awareness and access to care, we can help improve health outcomes and quality of life for our community.

AWARENESS- Pelvic Organ Prolapse (POP) Awareness Month

June is Pelvic Organ Prolapse (POP) Awareness Month, raising awareness of a condition that affects many women but often goes undiscussed.

Pelvic Organ Prolapse occurs when pelvic organs shift from their normal position due to weakening of the pelvic floor muscles and supporting tissues. Symptoms can include a feeling of heaviness or pressure, discomfort, bladder or bowel changes, and reduced quality of life.

There are several ways to help reduce the risk of developing POP, including:

- Performing regular pelvic floor exercises
- Maintaining a healthy weight
- Avoiding heavy lifting where possible
- Using correct lifting techniques
- Preventing constipation and avoiding excessive straining

If you have questions or concerns about pelvic health, speak with your GP. Early intervention can make a significant difference, and referral to physiotherapy may help manage symptoms and improve wellbeing.

TEAM SPOTLIGHT-Physiotherapy Services

This week we shine a spotlight on the NIHRACS Physiotherapy Service and the important role physiotherapists play in helping people maintain mobility, independence and overall wellbeing.

Physiotherapists support patients recovering from injury, managing chronic conditions, improving strength and balance, and maintaining function throughout all stages of life. They also provide specialised assessment and treatment for pelvic floor conditions, including Pelvic Organ Prolapse (POP).

Many people are unaware that physiotherapy can be an effective first-line treatment for pelvic floor dysfunction. Through tailored exercise programs, education and symptom management strategies, physiotherapists can help improve comfort, confidence and quality of life.

If you have concerns about pelvic floor health, speak with your GP about whether a referral to physiotherapy may be appropriate.

NIHRACS GROUNDS

As construction activities continue across the NIHRACS site, the safety of staff and visitors remains a top priority.

Please follow all signage and directions at all times and do not enter any construction or restricted areas. Drivers are reminded to exercise caution on NIHRACS grounds and observe the 10 km/h speed limit to help maintain a safe environment for everyone.

Thank you for your cooperation, patience, and continued support while these important works are underway.