

HEALTH & WELLBEING

For all Health & Wellbeing programs, please contact the health & Wellbeing team on 22687 for more information or email healthandwellbeing@health.nlk.gov.nf

Boot Scooting

Boot scooting is a fantastic way to stay active, enjoy a few laughs and connect with others in the community. Cost is \$5.00 per session (free for school-aged children), each Wednesday from 6.00pm at SDA Hall, New Cascade Rd.

LinkWell in Motion

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

LinkWell in Motion July free sessions are to reconnect with nature through a series of creative workshops in peaceful garden surroundings. Participants will be gathering and preparing natural fibres and recycled materials before creating their own unique fibre necklaces. In later sessions, repurposed materials and foraged garden treasures will be used to decorate and create a collaborative display of garden flags. These free workshops provide an opportunity to learn new skills, explore sustainable creative practices, and connect with others in a relaxed outdoor setting. Join Jane Rutledge at Music Valley each Tuesday in July at 10.00am starting on 7 July. To register or for more information phone the LinkWell Coordinator on 53969 or email karen.walker@health.nlk.gov.nf

Tuning into Teens

Tuning in to Teens is a free parenting program for parents and carers of young people aged 10 and over. Learn practical strategies to support your teen's emotional development, strengthen your relationship, and better understand the teenage brain. The program also provides an opportunity to connect with experienced facilitators and other parents. The program starts on Tuesday 21 July and runs over six weekly sessions. To register, contact NI Connect on 23380 or the Health & Wellbeing Team on 22687. RSVP by Wednesday 15 July.

Mental Health First Aid course

Would you like to learn how to provide Mental Health first aid to a friend, family member, co-worker or other adults? Mental Health Awareness Group will be holding a Mental Health First Aid course on Saturday 18 and Saturday 25 July, for further information or to book please call David McCowan on 51350.

NIHRACS STAFF

This week we welcome Tien Dat Do and Amanda Flannagan-nurses, Allister & Louise Cullen-Physiotherapists, Dr Angie Vico and Leanne Going-Child Health Nurse.

We would like to say farewell and thank you to Dr Mark Bolt who will be leaving us this week.

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 22091 for appointments only during opening hours.

What's Going on at NIHRACS

Supporting Healthy Ageing Across Norfolk Island

As Norfolk Island's population continues to age, NIHRACS remains committed to helping older residents maintain their health, independence and quality of life. Through a range of services including GP care, allied health, pharmacy, community nursing and residential aged care, NIHRACS supports people to remain active and engaged in their community.

Healthy ageing is about more than managing illness. It involves staying physically active, maintaining social connections, managing medications safely and accessing healthcare early when concerns arise. Small interventions today can help prevent larger health issues in the future.

NIHRACS encourages older community members and their families to speak with healthcare providers about any concerns regarding mobility, memory, nutrition, medications or general wellbeing. Early support can make a significant difference in maintaining independence and enjoying a healthy, active lifestyle.

TEAM SPOTLIGHT- Community and Aged Care Services

Behind every successful healthy ageing journey is a dedicated team of healthcare professionals working together to support individual needs.

This week, NIHRACS recognises the staff working across Community Nursing, Allied Health, Residential Aged Care and GP services who help older residents maintain their independence and wellbeing.

These teams provide a wide range of services including health assessments, rehabilitation, medication support, care planning and assistance with daily living activities. They also work closely with families and carers to ensure care remains person-centred and responsive to changing needs.

Their commitment helps many Norfolk Islanders continue living safely, confidently and independently for as long as possible. NIHRACS thanks all staff involved in supporting older members of our community.

FEEDBACK

On Friday, 26 June, our locum dentist, Mahmoud Bacher, visited Letl Pines Play Group to teach the children about the importance of good oral health. Mahmoud brought along gift bags filled with fun, interactive dental care items, and the children had a wonderful time learning about dental care and keeping their smiles healthy. Thank you, Mahmoud, for making dental care fun and engaging for our youngest community members.

DENTAL-How Fluoride Protects Your Teeth

Rebuilds weakened enamel: Throughout the day, minerals are lost from a tooth's enamel (demineralization) when acids from food and plaque attack it. Fluoride promotes remineralization, putting helpful minerals like calcium and phosphate back into the enamel.

Creates a stronger surface: When fluoride interacts with your teeth, it converts the enamel into a much harder compound (fluorapatite) that is significantly more resistant to future acid attacks.

Slows down bacteria: It inhibits the ability of oral bacteria to produce the harmful acids that cause cavities.

Reverses early decay: It can repair tiny, microscopic weak spots in the teeth before they progress into a full cavity.

How You Absorb Fluoride

Topically: This involves applying fluoride directly to the teeth through sources like toothpastes, mouth rinses, and professional in-office varnish treatments. This is vital for all age groups.

Systemically: This occurs when you ingest fluoride through drinking water or supplements. It is especially important for infants and children up to age 16, as it is incorporated into their permanent teeth while they are still developing under the gums.



AWARENESS- Healthy Ageing Starts with Prevention

Healthy ageing is not just about adding years to life—it is about adding life to years.

Regular exercise, a nutritious diet, social engagement and preventative healthcare all contribute to maintaining physical and mental wellbeing as we age. Simple activities such as walking, gardening, participating in community groups and attending regular health checks can help reduce the risk of chronic disease, falls and social isolation.

Regular medication reviews, vision checks and strength and balance exercises are also important in supporting long-term health and independence.

This Healthy Ageing focus serves as a reminder that it is never too early—or too late—to invest in your health. Small, consistent actions can have a lasting impact on quality of life.

RSV Vaccination

RSV stands for Respiratory Syncytial Virus, a highly contagious virus that infects the airway and lungs. While it causes mild cold-like symptoms in most people, it can lead to severe lower respiratory tract illnesses like pneumonia or bronchiolitis - especially in infants, the elderly and immunocompromised individuals. This is just a once off vaccine that has been proven to provide protection for a number of years. To receive the vaccine, please contact the GP Clinic on 22091 for an appointment.

PARTNER SPOTLIGHT- LinkWell Program and Community Organisations

Healthy ageing is supported not only by healthcare services but also by strong community connections. NIHRACS would like to recognise the contribution of the LinkWell Program and the many local sporting clubs, volunteer groups and community organisations that help Norfolk Islanders stay active, connected and engaged. These groups provide opportunities for physical activity, social participation and lifelong learning, all of which are recognised as important factors in maintaining health and wellbeing as we age.

By working together, healthcare providers and community organisations create environments that support independence, reduce isolation and promote healthy lifestyles.

NIHRACS thanks all community partners and volunteers who contribute to making Norfolk Island a supportive and connected place to live at every stage of life.

NIHRACS NEW PHONE SYSTEM

The NIHRACS phone system has been upgraded. We have added additional lines to our service, and within business hours a new automated greeting. Please use 22091 as the primary number to call, as it will ensure your call is directed across any available line. Please select an option when prompted to direct your call. Please do not hang up—listen carefully to the prompts and follow the instructions to be connected to the appropriate service.