

HEALTH & WELLBEING

For more information about any Health & Wellbeing program, contact the Health & Wellbeing Team on 22687 or email healthandwellbeing@health.nlk.gov.nf

Boot Scooting- Stay active, have fun and connect with others at Boot Scooting every Wednesday from 6.00pm at the SDA Hall, New Cascade Road. Sessions cost \$5, with free entry for school-aged children. Everyone is welcome.

LinkWell in Motion- Reconnect with nature and get creative at the free LinkWell in Motion workshops each Tuesday in July at 10.00am at Music Valley. Join Jane Rutledge to create unique fibre jewellery and collaborative garden art using natural and recycled materials in a relaxed outdoor setting. To register, contact the LinkWell Coordinator on 53969.

Tuning into Teens- is a free parenting program for parents and carers of pre-teens (10+) and teenagers. Developed by the University of Melbourne, it provides practical strategies to support young people's emotional development and strengthen family relationships.

The program begins 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.

AWARENESS

National Diabetes Week highlights the importance of understanding diabetes risk factors and taking steps to prevent or manage the condition. Maintaining a healthy weight, staying physically active, eating a balanced diet and having regular health checks can help reduce the risk of type 2 diabetes.

As diabetes can develop without obvious symptoms, regular screening is important, particularly for those at higher risk. If you have concerns about your risk or need support managing diabetes, speak with your GP. Early diagnosis and ongoing management can help improve long-term health outcomes.

GP CLINIC

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 during opening hours.

TEAM SPOTLIGHT

Dietetics and Healthy Living

Good nutrition is one of the most effective ways to prevent and manage diabetes and other chronic health conditions. NIHRACS' dietitian works with individuals to develop personalised eating plans, provide practical nutrition advice and support healthy blood glucose levels, weight management and overall wellbeing

Whether you're managing diabetes or looking to improve your health, a dietitian can help you make informed, sustainable lifestyle changes. To book an appointment with our Dietitian, contact the GP Clinic on 22091 and choose option 1.

PARTNER SPOTLIGHT

National Diabetes Services Scheme (NDSS)

During National Diabetes Week, NIHRACS recognises the valuable role of the National Diabetes Services Scheme (NDSS) in supporting people living with diabetes. The NDSS provides trusted information, education, support services and subsidised diabetes products, helping people better manage their condition. Through partnerships with local healthcare providers, Norfolk Island residents can access the resources they need to support their health and wellbeing.

NIHRACS NEW PHONE SYSTEM

NIHRACS has upgraded its phone system, adding extra lines and a new automated menu to improve call handling. Please use **22091** as the primary contact number. Calling this number ensures your call is directed to the next available line. When prompted, listen to the automated menu and select the appropriate option. Please do not hang up before the prompts are complete.

Call 22091 and choose:

- 1 – GP Clinic (appointments, referrals and general enquiries)
- 2 – NIPTAAS (Patient Travel Officer)
- 3 – Nurses Station
- 4 – Dar Randa Residential Aged Care
- 5 – Social Worker (Maria McCann)
- 6 – Health & Wellbeing Office (community programs)
- 7 – Finance

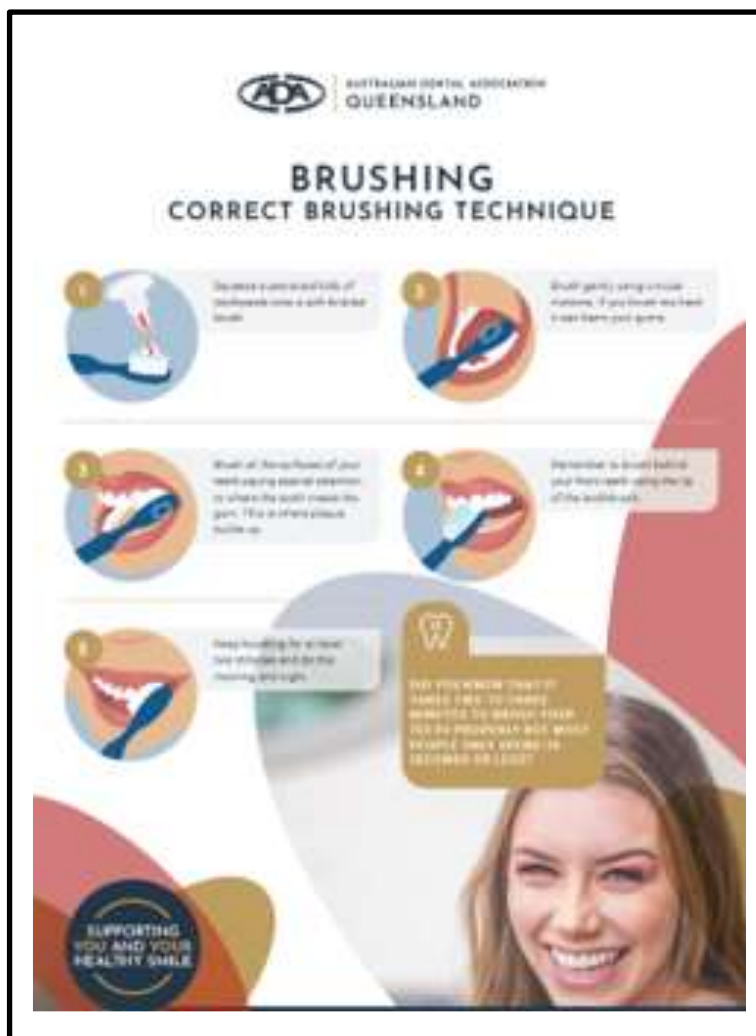
DENTAL CLINIC

The Correct Way of Brushing your Teeth

The Australian Dental Association (ADA) recommends brushing for at least two minutes, twice a day, using a soft-bristled brush and a pea-sized amount of fluoride toothpaste. Angle the brush at 45 degrees toward the gum line, and use gentle circular motion.

The 10-Step Brushing Method

1. **Choose the right tools:** Use a small, soft-bristled brush to avoid damaging your teeth and gums, along with a pea-sized amount of fluoridated toothpaste.
2. **Angle the brush:** Tilt the bristles at a 45-degree angle where the tooth meets the gum line.
3. **Brush gently:** Use gentle circular motions. If using an electric toothbrush, hold it still on each tooth for about 3 seconds before moving to the next.
4. **Divide your mouth:** Mentally divide your mouth into 6 segments (upper and lower: inside, outside, and chewing surfaces).
5. **Clean the inside front:** Do not forget the inside front teeth; brush these with an up-and-down motion to reach them properly.
6. **Brush your tongue:** Finish by gently brushing your tongue to remove bacteria and freshen your breath.
7. **Spit, don't rinse:** Avoid rinsing your mouth with water immediately after brushing so the fluoride toothpaste can keep working.
8. **Time yourself:** Brush for the length of a short song (at least two minutes) to ensure you aren't rushing.
9. **Brush twice a day:** Perform this routine every morning and night.
10. **Floss daily:** Clean between your teeth using dental floss at least once a day.
11. The ADA recommends brushing morning and night, but if you have consumed acidic or sugary foods, you should wait at least 30 minutes before brushing. Brushing immediately after eating acids can soften and damage the tooth enamel.



HEALTH AND WELLBEING EXPO

The **Health & Wellbeing Expo** is just four weeks away and will be held on **Saturday 8 August**. In the lead-up to the event, we'll highlight the services attending and the support they provide.

Probus Club of NI

Social club for seniors/retirees promoting active/social activity.

Norfolk Island Garden Club Inc

N.I. Garden Club meets one Sunday a month to view various gardens on island. We share cuttings and plants along with afternoon tea on our meeting days.

WAGNI

The Women's Advocacy Group, Norfolk Island (WAGNI) provides leadership and advocacy for women and girls on Norfolk Island around issues affecting their lives and the lives of their families.

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.