

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 Friday day 17 July.

Health & Wellbeing Expo - The Health & Wellbeing Expo is just three 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:

Brisbane North Primary Health Network

Brisbane North PHN has proudly partnered with the Norfolk Island community—our most remote point of service—since 2022. Working collaboratively with local stakeholders, we developed a Health Needs Assessment to identify community health priorities, service gaps, and opportunities to improve health outcomes. We remain committed to supporting initiatives that strengthen local healthcare and improve the wellbeing of the Norfolk Island community.

Dementia Support Australia

Dementia Support Australia provides free, 24/7 support for people living with dementia, their families, carers, and health professionals. When a person with dementia experiences changes in behaviour, our experienced consultants work with you to understand the underlying causes and develop practical strategies to improve quality of life. Our National Helpline is available 24 hours a day on 1800 699 799.

Life without Barriers

Life Without Barriers supports NDIS participants to achieve their goals through our Lifestyle Community Program and Employment Pathways Program. We provide personalised, client-centred support that encourages independence, community participation, skill development, and employment opportunities. As a national organisation delivering services across Australia, including N.I., we work alongside participants to create flexible supports that reflect their individual goals, interests, and aspirations.

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, Option 1 for appointments only during opening hours.

NIHRACS STAFF

We farewell Physiotherapists Lydia Childs and Shaun Fitzpatrick, who have provided outstanding care to community members both in the clinic and through community outreach. We also thank Dr Ed Gardner for his valued contribution and wish them all the very best in their future endeavours.

A warm welcome to Blessings Ndlovu, Medical Scientist, Gena Liccione, Registered Nurse and Alistair and Louise Cullen our new physiotherapists. We are delighted to have you join the NIHRACS team.

HEALTH COMMUNITY NETWORK

What matters most to you when it comes to health services on Norfolk Island?

Liz Unkles, Manager of NIHRACS, invites all community members to attend the next **Health Community Network** meeting. Hear updates on local health services, current projects and future priorities, then share your ideas, feedback and suggestions to help shape the future of healthcare on Norfolk Island. Whether you have questions, feedback or simply want to stay informed, everyone is welcome.

Health Community Network Meeting

Wednesday 29 July

5.00–6.00 pm

Knowledge & Learning Centre

No RSVP is required—just come along. We look forward to hearing your voice.

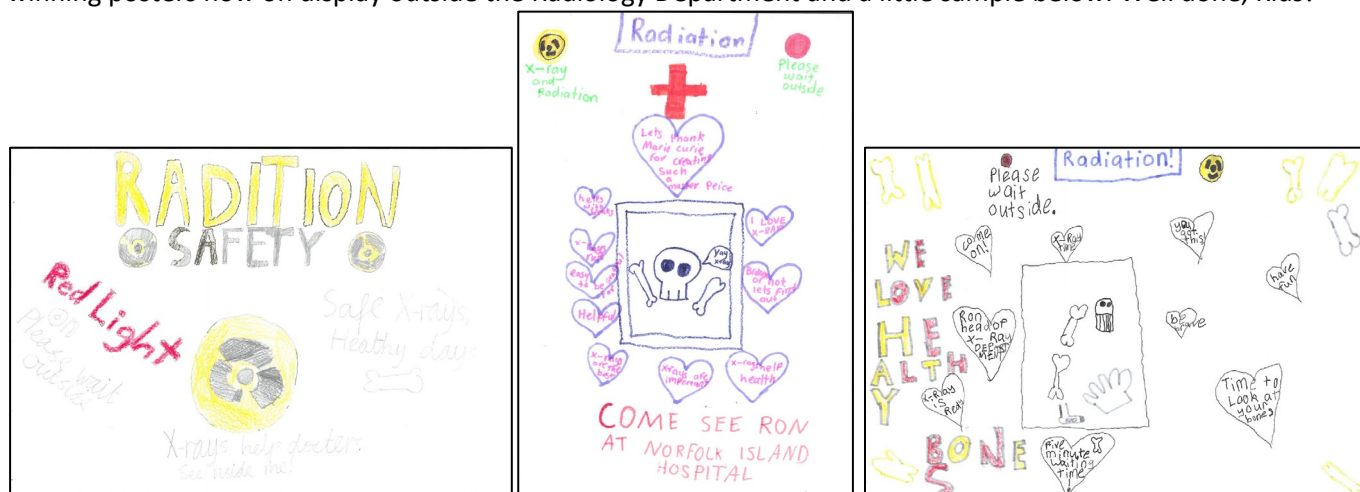
WORKING TOGETHER FOR BETTER COMMUNICATION

NIHRACS is committed to partnering with our culturally diverse community to ensure services are inclusive, accessible and responsive to local needs. We sincerely thank the community member who generously assisted in reviewing the translation of our patient information boards. Their contribution has helped our information to be clearer, more culturally appropriate and easily understood.

PARTNER SPOTLIGHT: Radiation Safety Week and Creative Kids

Last week, NIHRACS hosted its first-ever Radiation Safety Week, with Ron Saunders and Belinda Goodall delivering Radiation Awareness Training to more than 50 staff members across five days. NI Connect also welcomed Ron to the Vacation Care Program, where he delivered a special presentation about radiation safety and asked students to help us spread the message of Radiation Safety through a poster competition.

The week received fantastic feedback, with staff highlighting Ron and Belinda's knowledge, engaging delivery, and practical insights. We were also thrilled to receive 50 student poster entries promoting radiation safety, with the winning posters now on display outside the Radiology Department and a little sample below. Well done, Kids!



AWARENESS: Falls Prevention- Stay Steady, Stay Independent

Falls can happen to anyone, but the risk increases with age. The good news is that many falls can be prevented.

Regular strength and balance exercises, medication reviews, supportive footwear, home safety checks and routine health assessments can all help reduce your risk. If you've experienced a fall or are concerned about your balance, speak with your GP or physiotherapist. If you are an inpatient at NIHRACS, please ask for assistance whenever you need it—our staff are here to help keep you safe.

To stay active and connected, explore the LinkWell resources on the NIHRACS website or contact the LinkWell Coordinator on 53969 to learn about local activities that support healthy ageing and wellbeing. Taking steps to prevent falls today can help you maintain your independence, confidence, and quality of life for years to come.

TEAM SPOTLIGHT: Physiotherapy and the Balance and Bones Program

This week we recognise the valuable role the NIHRACS Physiotherapy Service plays in helping our community stay active, independent and confident. The popular Balance and Bones Program helps participants improve strength, balance, mobility and confidence through targeted exercises, reducing the risk of falls and support healthy ageing.

Our physiotherapists also provide personalised care for people recovering from injury, managing chronic conditions or experiencing changes in mobility, helping them regain function and achieve their health goals.

Through prevention, education and rehabilitation, the Physiotherapy Team is helping Norfolk Islanders stay stronger, steadier and active for longer.

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 – Patient Travel Officer (NIPTAAS)
- 3 – Nurses Station
- 4 – Dar Randa Residential Aged Care
- 5 – Social Worker (Maria McCann)
- 6 – Health & Wellbeing Office (community programs)
- 7 – Finance