

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

The LinkWell in Motion free August sessions offer an opportunity to unite your body and mind through the gentle practices of Mindful Movement and Walking Meditation.

Mindful Movement combines breath awareness with intentional, low-impact physical activity. By pairing slow, deliberate motions with steady breathing, this practice helps cultivate calm and a deeper state of internal awareness.

Walking Meditation invites us to slowly and deliberately enjoy the act of walking. By focusing on the physical sensations of your feet touching the ground, you can relieve stress and settle the nervous system to feel more grounded and present. This practice also uses the breath as a guide and an anchor.

Join Natasha Arnold at *Auraville*® at 10am each Tuesday in August, starting on 4 August. To register or for more information, phone the LinkWell Coordinator on 53969 or email: Karen.walker@health.nlk.gov.nf.

PARTNER SPOTLIGHT- Working Together for a Healthier Norfolk Island

The NIHRACS Health & Wellbeing Expo would not be possible without the support of the many community organisations and health partners who work together to improve the wellbeing of Norfolk Island residents. The Expo brings together healthcare professionals, community groups and support services in one place, making it easy for residents to learn about the resources available across the island. By sharing information, building connections and promoting healthy lifestyles, these organisations help create a stronger, healthier community for people of all ages. NIHRACS would like to thank all participating organisations for their commitment to supporting the health and wellbeing of Norfolk Island. We look forward to welcoming the community to this year's Health & Wellbeing Expo on Saturday 8 August and encourage everyone to come along, meet the exhibitors and discover the many ways we can work together to build a healthier future.

HEALTH & WELLBEING EXPO

The Health & Wellbeing Expo is only 1 week away, being held on Saturday 8 August between 10am-1pm. In the lead-up to the event, we have highlighted some of the services attending and the support they provide:

Care Norfolk:

Care Norfolk deliver Australian Government funded aged care services to the aged community so they can remain living in their own homes longer whilst maintaining their quality of life.

NI Fitness & Health & Pilates Plus Reformer Studio:

Both our centres focus on Health, Mobility through movement, fitness & rehabilitation. We offer personal training, strength training, indoor bike classes & Pilates mat & reformer sessions. We are also sole provider of Boody Bamboo clothing (women's & men's).

Gallagher Bassett:

Gallagher Bassett manage and administer the workers compensation scheme on behalf of the Department of Infrastructure, Transport, Regional Development, Communications, Sport and the Arts.

Benevolent Society-Carer Gateway

Support for carers starts here. Carer Gateway is a free national service supporting the wellbeing of carers of all ages, including young carers.

Who is a carer? A carer is someone who supports a family member or friend living with disability, illness, mental ill health, alcohol or other drug dependence, or age-related frailty.

Available supports include: peer support, tailored support packages, counselling, coaching, online courses, emergency respite and podcasts.

Get started today. Call 1800 422 737 to speak with a Carer Gateway representative, register online at <https://www.benevolent.org.au/services-and-programs/support-for-carers>, or visit www.carergateway.gov.au for more information.

The Paw Shack:

In February 2025, I felt the need to open a pet food and accessory shop with a clear purpose—to provide high-quality products that support the health and wellbeing of cats and dogs. As a passionate animal lover, I believe our pets deserve the very best. That's why I'm committed to offering premium nutrition, carefully selected accessories, and trusted products that help pets live healthier, happier, and longer lives. My goal is to give pet owners confidence that every product on our shelves has been chosen with love, care, and a genuine commitment to the wellbeing of their furry family members.

HEALTH & WELLBEING EXPO CONFERENCE

This year NIHRACS will be holding the inaugural Health & Wellbeing Conference on Monday 10th August from 8.30am-12.30pm at Governor's Lodge, the theme is "Remote & Remarkable-Delivering Excellence in Care". The conference will share innovative practice, service improvements & collaborative approaches to delivering high-quality healthcare in a remote setting. If you would like to attend the conference, please use the QR code to register or contact the Health & Wellbeing team on 22687, RSVP by Wednesday 5 August.



TEAM SPOTLIGHT- Child and Family Health Services

This week, we shine a spotlight on the NIHRACS Child and Family Health Service, which supports families from pregnancy through the early years of childhood.

The Child and Family Health Nurse provides developmental health checks, growth monitoring, feeding support, parenting advice, immunisation guidance and referrals to other health services where needed. The service is designed to support children to thrive while giving parents the confidence and resources they need during every stage of their child's development.

As part of World Breastfeeding Week, the Child and Family Health Service will also be promoting the importance of infant feeding support and early childhood health.

Be sure to visit the NIHRACS Health & Wellbeing Expo to meet the team and learn more about the services available for local families.

NIHRACS STAFF

This week we welcome Elaine Ace-Social Work, Bernadette Hurley-Enrolled Nurse, Marcelene Perera-Dentist, Emma Lahey & Tessa Pedersen-Registered Nurse, Felicity Wiseman-Psychologist. We say thank you and farewell to Kim Elledge-Registered Nurse.

POSITIONS VACANT

NIHRACS has the following positions vacant:

- Allied Health Coordinator closing 9 August 26
- Occupational Therapist closing 9 August 26

For further information on the above positions please visit the NIHRACS website employment page:

<https://norfolkislandhealth.gov.nf/employment/>

HEALTH COMMUNITY NETWORK

Health Community Network was not held this quarter. The next session is scheduled for 28 October. In the meantime, if you have any feedback, please share it with us as per the following:

- Phone 22091 to speak to NIHRACS Manager-Liz Unkles
 - While you're at NIHRACS, complete feedback form and put it in one of the available boxes
 - Email feedback@health.nlk.gov.nf, this is also accessible on the NIHRACS website <https://norfolkislandhealth.gov.nf/>
- We're also considering other ideas like "Coffee Shop talks". If you have any ideas, please let us know.

GP CLINIC

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-Health & Wellbeing Expo

Saturday 8 August 10.00am-1.00pm

The NIHRACS Health & Wellbeing Expo is just one week away, and everyone in the Norfolk Island community is invited to attend this exciting annual event. The Expo is a fantastic opportunity to learn more about the health services available on the island, meet members of the NIHRACS team and connect with local organisations that support health and wellbeing. Whether you're interested in healthy ageing, chronic disease prevention, child and family health, oral health or allied health services, there will be something for everyone. Visitors will have the chance to ask questions, gather information and discover practical ways to improve their health and wellbeing. Mark your calendars and join us as we celebrate healthy living, prevention and the many services available to support the Norfolk Island community.

AWARENESS- World Breastfeeding Week

From 1–7 August, communities around the world celebrate World Breastfeeding Week, recognising the important role breastfeeding plays in giving babies the healthiest possible start in life. Breastfeeding provides ideal nutrition for infants while helping protect against illness and supporting healthy growth and development. It also offers important health benefits for mothers and strengthens the bond between parent and baby. Every family's feeding journey is different, and support is available for those who need it. Whether you are preparing for the arrival of your baby, breastfeeding for the first time or simply seeking advice, NIHRACS is here to help. During the upcoming Health & Wellbeing Expo, community members are encouraged to visit the Child and Family Health display to learn more about breastfeeding support, infant feeding and early childhood health services available on Norfolk Island.