

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 for August is to connect body and mind through Mindful Movement and Walking Meditation. Mindful Movement combines gentle, low-impact movement with breath awareness to promote calm and inner awareness. Walking Meditation uses slow, intentional walking and focused breathing to help reduce stress, settle the nervous system, and increase presence. Sessions are led by Natasha Arnold at Auraville® every Tuesday in August at 10am, starting 4 August. To register for the free sessions or learn more, contact the LinkWell Coordinator on 53969 or email karen.walker@health.nlk.gov.nf.

Find Your Perfect Fit Coming to Norfolk Island

NIHRACS is proud to host *Find Your Perfect Fit*, welcoming bra fitting specialist Philippa Mitchell from The Fitting Studio in Orange, NSW.

On Thursday 20 August, Philippa will provide fittings for girls at Norfolk Island Central School. Thanks to the generous support of local community organisations, each girl who is fitted will receive a subsidy towards the purchase of a high-support sports bra.

Professional fittings for women will be available on Friday 21, Saturday 22, Monday 24 and Tuesday 25 August, from 9.00 am to 4.00 pm at the Health and Wellbeing Office.

Philippa provides fittings for all stages of life, including first bra fittings, maternity and post-mastectomy, with bras available in sizes 8–30 and AA–K cup. Prices range from \$40 to \$110.

Appointments are essential. To book, phone 22091 (Option 6-Health & Wellbeing office), email healthandwellbeing@health.nlk.gov.nf, or visit the NIHRACS stall at the Health and Wellbeing Expo on Saturday.

NIHRACS STAFF

This week we would like to welcome Jaya Munisamy-Clinical Nurse/Clinical Facilitator, also welcome back Mere Sadrata who will be in Residential Aged Care and Trish Natoli-Medical Scientist. We say thank you and farewell to Blessing Ndlovu-Medical Scientist and Felicity Weiseman-Psychologist.

NIHRACS GROUNDS

Please slow down when on
NIHRACS grounds, speed limit
is 10km/h



HEALTH & WELLBEING EXPO

Join us today at Rawson Hall between 10.00 am and 1.00 pm to meet a wide range of health, wellbeing, and community organisations, discover the services available, and enjoy a friendly chat. Plus, everyone who attends can go into the draw to win a fantastic prize!

The following organisations will be available to have a chat:

- NI-Connect
- Norfolk Island National Park
- Care Norfolk Inc
- Pets on the Rock
- Allybird Kinesiology Therapy
- Topcroft Hair & Health
- Probus Club of NI
- Norfolk Island Garden Club Inc
- Brisbane North Primary Health Network
- Country Universities Centre Norfolk Island
- Dementia Support Australia
- Drew Danaher
- National Disability Insurance Agency (NDIS)
- Glow Health Care Australia (GHCA)
- NI Fitness & Health & Pilates Plus Reformer Studio
- The Paw Shack
- Benevolent Society-Carer Gateway
- Inner Pulse
- Gallagher Bassett
- Anglicare
- Life without Barriers
- GoPlan / Tracy Power Occupation Therapist
- Women's Advocacy Group, Norfolk Island (WAGNI)
- Norfolk Island Health & Residential Aged Care Service (NIHRACS)
- Queensland Health (Metro North Health Service & Children's Health QLD)
- Studio You
- Norfolk Island Health Collective
- The Norfolk Naturopath
- Norfolk Island Osteopathy

Thank you to each of these organisations for taking the time to attend, share their expertise, and support the Norfolk Island community. Your commitment to promoting health, wellbeing, and community connections is greatly appreciated. We look forward to seeing you at Rawson Hall between 10:00 am and 1:00 pm today!

POSITION VACANT

NIHRACS has the following positions vacant:

- Allied Health Coordinator-closes 16 August 26
- Occupational Therapist-closes 9 August 26

For further information on the above positions please visit the NIHRACS website employment page:
<https://norfolkislandhealth.gov.nf/employment/>

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

You're Invited to the Health & Wellbeing Expo

The NIHRACS Health & Wellbeing Expo is taking place today, Saturday 8 August from 10.00am to 1.00pm, and everyone in the Norfolk Island community is invited to attend this free community event.

The Expo brings together NIHRACS healthcare professionals, local community organisations and Australian organisations, giving residents the opportunity to learn more about the services available on the island. Whether you're interested in healthy ageing, child and family health, oral health, physiotherapy, nutrition, pathology, community nursing or GP services, there will be something for everyone.

Visitors can explore interactive displays, speak directly with healthcare professionals, participate in fun activities and collect valuable health information to support themselves and their families.

We look forward to welcoming you to this year's Expo as we work together to build a healthier Norfolk Island.

NIHRACS 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 the option needed:

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

THANK YOU

A very big thank you to Melissa Snell for donating 3 baby doll's for our memory care residents. These new babies are so life like and come with cute little outfits. We are going to do a poll to pick out a name for each of them.

We would also like to thank Lions Club of Arthur's Vale for donating 10 angel back nighties for our Residential Aged Care residents.

AWARENESS- Prevention Starts with You

One of the key messages of this year's Health & Wellbeing Expo is that prevention is one of the best forms of healthcare.

Many chronic conditions can be prevented or better managed through healthy lifestyle choices, regular health checks and early intervention. Throughout the Expo, you'll find practical information about healthy eating, physical activity, oral health, child development, chronic disease prevention, falls prevention, vaccinations and much more.

There will also be fun, interactive activities for both children and adults, encouraging everyone to learn more about their health while exploring the wide range of services available through NIHRACS.

Take the opportunity to ask questions, collect information and discover simple steps you can take to improve your health and wellbeing.

PARTNER SPOTLIGHT- Working Together for a Healthier Community

The NIHRACS Health & Wellbeing Expo is made possible through the support of our community partners, who share our commitment to improving the health and wellbeing of Norfolk Island residents.

A range of organisations will join NIHRACS at the Expo to showcase the programs, services and support available within our community. By bringing healthcare providers and community organisations together in one location, the Expo makes it easier for residents to discover what is available and access the support they need.

These partnerships strengthen our community by promoting prevention, encouraging healthy lifestyles and connecting people with the services that can help them live healthier, happier lives.

We encourage everyone to come along, meet the exhibitors, complete the Health Passport activities and enjoy a fun, informative day focused on your health and wellbeing.

TEAM SPOTLIGHT- Meet the NIHRACS Team

The Health & Wellbeing Expo is your opportunity to meet the people behind the healthcare services you use every day. Representatives from across NIHRACS will be available throughout the event, including staff from the GP Clinic, Dental Clinic, Child and Family Health, Physiotherapy, Occupational Therapy, Social Work, Dietetics, Community Nursing, Residential Aged Care and Pathology.

Each team will have information about the services they provide, practical health advice and resources to help you better understand how they can support your health and wellbeing.

Whether you're looking for advice, want to know more about a particular service or simply wish to meet the team, the Expo provides an excellent opportunity to connect with your local healthcare professionals in an informal and welcoming environment.