

HEALTH & WELLBEING

For all Health & Wellbeing programs, please contact the Health & Wellbeing team on 22091 (Option 6-Health & Wellbeing office) 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 10.00am. To register for the free sessions or learn more, contact the LinkWell Coordinator on 53969 or email Karen.walker@health.nlk.gov.nf.

We would like to thank Jane Rutledge for being our July LinkWell in Motion.

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), or email healthandwellbeing@health.nlk.gov.nf.

Welcome to Norfolk sessions

Have you recently moved to Norfolk or would you like to know more about the island and how to connect to local groups, activities etc? The LinkWell program “Welcome to Norfolk” sessions will introduce you to the cultural and practical aspects of the island and our community. This program is supported by the Council of Elders and will include plenty of time for questions. The next session will be held at the Knowledge and Learning Centre in Burnt Pine shopping area on Monday 24 August at 1.00pm-2.00pm. If you would like more information, please contact the NIHRACS Health and Wellbeing team on 22091 (Option 6-Health & Wellbeing office) or email: healthandwellbeing@health.nlk.gov.nf

HEALTH & WELLBEING EXPO

A big thank you to everyone who joined us for the NIHRACS Health & Wellbeing Expo on Saturday 8 August! It was wonderful to see our community come together to explore local health services, ask questions, meet our teams and learn more about the many ways we can all take positive steps towards better health and wellbeing.

While the Expo may be over for another year, health promotion at NIHRACS continues all year round. Behind many of the health campaigns, community activities and wellbeing initiatives you see throughout the year are Eve Semple, Karen Innes-Walker and Maria Massey, who work together to support health promotion and wellbeing across Norfolk Island.

The team's role is all about helping our community stay well, prevent illness and make informed choices about health. This includes developing health education and awareness campaigns, coordinating community events and activities, sharing reliable health information and working alongside NIHRACS clinical teams and community organisations to identify opportunities to improve health and wellbeing.

You may see the team promoting everything from preventative health checks and healthy eating to physical activity, mental wellbeing, chronic disease prevention, children's health and nationally recognised health awareness campaigns.

Importantly, health promotion isn't just about telling people what they "should" do. It's about making healthy choices easier, increasing people's understanding of their health and connecting community members with the services and support available to them.

The Health & Wellbeing Expo is a great example of this work in action—bringing healthcare, prevention, education and community connection together in one place.

Thank you again to our NIHRACS staff, exhibitors, volunteers and, most importantly, everyone from the community who came along and made this year's Expo such a success.

Keep an eye out for Eve, Karen and Maria and the many health and wellbeing initiatives still to come, because building a healthier Norfolk Island is something we can all be part of.

NIHRACS STAFF

This week we would like to welcome Michael Harrison – GP, Jane McMahon & Ashleigh Ross-Registered Nurses.

Thank you and farewell to Joshua Scoulding -Registered Nurse and Yvette Morcos-GP.

POSITION'S VACANT

NIHRACS has the following positions vacant:

- Allied Health Coordinator closes 16 August 26

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

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

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

A friendly reminder that NIHRACS is a bulk billing facility. To remain compliant and ensure Medicare covers the cost of your visit, you are required to assign your Medicare benefit to NIHRACS after your appointment. When you finish your appointment, please call back in and see our friendly reception team so they can help you complete this process. If you have had a phone consultation, we may send you an email asking you to consent to the assignment of your Medicare benefit. As part of this process, we are also required to verify your identity at each visit. Please remember to bring your Medicare card to your appointments. This process helps us continue to provide free healthcare services to eligible community members. Please help us by following the required process. If you do not wish to assign your Medicare benefit, you can choose to pay on the day, or we can invoice you. You may then claim reimbursement from Medicare later.

EXPO-THANK YOU

Another great Expo has come to an end!

A huge thank you to the NICS Year 10 students who volunteered on Saturday and did a fantastic job helping our exhibitors during the day. We'd also like to give a special thank you to School Captains, Rawson Buffett and Georgie Quintal who did a fantastic job as MCs for the opening ceremony. We are incredibly grateful to all of our wonderful volunteers who gave their time and helped make the day such a success. A special thank you also goes to Kay Taylor – NI Fitness & Health, Walk in the Wild, and Bounty Centre for generously donating vouchers for our prizes. Thank you to everyone who contributed to making another Expo a fantastic community event.

NIHRACS PHONE SYSTEM

When calling NIHRACS, you will now be connected to an automated menu that will prompt you to select the department you would like to speak with. Please listen to the menu options and select the appropriate option when prompted. Please call 22091 as the primary contact number 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

NIPTAAS

NIPTAAS completed forms can be dropped off during the office hours of Monday to Friday 9.00 am–12.30 pm. Please ensure forms are submitted within these hours only, processing of forms is done in the afternoon. If you are unable to come in between these times, please call 22091-Option 2 and make an appointment.

When submitting your forms, please ensure you have all the paperwork needed, this will help with processing your claim and avoid further delays, please have the following information with your claim:

- a Doctor Authority Form
- confirmation of attendance at your appointment
- proof of accommodation that includes a receipt showing payment and dates stayed (booking confirmations alone are not sufficient)
- a copy of your airline ticket.

If you have any questions please call Rachael at NIHRACS NIPTAAS office on 22091 (Option 2) or email niptaas@health.nlk.gov.nf.