

HEALTH & WELLBEING

For all Health & Wellbeing programs, please contact the Health & Wellbeing team on 22091 (Option 6) for more information or email healthandwellbeing@health.nlk.gov.nf

Healthy Cooking Demo

The Health & Wellbeing team will be holding a Healthy Cooking Demonstration with Kate Knight on Wednesday 2 September. The demonstration will be held in the Supper Room from 11.00am to 12.30pm. The cost is \$5.00 per person and bookings are essential to assist with catering. Please RSVP to the Health & Wellbeing Team on 22091 – option 6 (Health & Wellbeing Office) by Monday, 31 August to reserve your spot.

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

There is one more LinkWell in Motion session for August! This session focuses on connecting body and mind through Mindful Movement and Walking Meditation. Mindful Movement combines gentle, low-impact movements with breath awareness to promote calm, relaxation and greater inner awareness. Walking Meditation involves slow, intentional walking and focused breathing to help reduce stress, settle the nervous system and encourage a greater sense of presence. The session will be led by Natasha Arnold at Auraville®. Join us for the final session on Tuesday at 10.00 am. The session is free, to register or find out more, contact the LinkWell Coordinator on 53969 or email Karen.walker@health.nlk.gov.nf.

Our free LinkWell in Motion Sept sessions topic is “Art from Textile Waste”. Recycling can be fun especially when you’re helping your environment and community. Australia is the largest ‘fashion’ consumer in the world with 6,000 tonnes of textile waste going to landfill every 10 minutes. Even here on Norfolk Island, up to 10 tonnes of textile waste is processed each year. We need to do something and we can! Buying less, recycling more is a great start.

The LinkWell in Motion free September sessions will be with artist Kes Harper. Come along and create yarn from T-shirts turning it into art – a coaster, mat, bowl or basket. Cut, knit, plait, weave, stitch wrap textile waste into beautiful objects. You’ll never look at clothing the same way again!

Dates: Tuesday-1, 8, 15, 22 September at the Health and Wellbeing Office in the Smithy’s building.

Time: 10am – 12pm each week

For more information or to register please call the Health and Wellbeing team by calling 22091 (option 6) or email healthandwellbeing@health.nlk.gov.nf by Friday 28 August.

HEALTH & WELLBEING-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) or email: healthandwellbeing@health.nlk.gov.nf

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.

What’s going on at NIHRACS

Accessing Aged Care Services – Where Do I Start?

As we get older, there may come a time when a little extra support is needed to remain safe, healthy and independent. For many people and their families, knowing where to start can be the hardest part.

Your NIHRACS GP Clinic can be an important first point of contact. Your GP can discuss changes in your health, mobility, memory or ability to manage everyday activities and help identify what additional support may be appropriate.

If you are already receiving support from an allied health professional or Care Norfolk, you can also speak with them about your changing needs and the options available to you. Depending on your circumstances, this may include health assessments, referrals to other services or assistance to access appropriate aged care pathways.

You don't need to wait until there is a crisis. Starting the conversation early gives you and your family time to understand your options and plan ahead.

If you're unsure where to start, talk to your GP, allied health professional or Care Norfolk.

PARTNER SPOTLIGHT- Working Together to Support Aged Care on Norfolk Island

NIHRACS and Care Norfolk continue to work closely with Assessment Organisations from Queensland Region 1 to support access to aged care services for the Norfolk Island community. These partner organisations include Aspire for Life, Centacare, Footprints, Queensland Health Metro North and Suncare. Together, this partnership helps residents and families navigate the aged care assessment process, from initial assessments through to ongoing reviews as care needs change. The aim is to make it easier for people to understand their options and access the right supports to remain safe, independent and connected on island. NIHRACS acknowledges the important role of Care Norfolk and our assessment partners in strengthening aged care pathways and ensuring community members know where to start when support is needed.

MESSAGE FROM THE GP CLINIC TEAM

A friendly reminder that NIHRACS bulk bills eligible Medicare services, meaning there is no out-of-pocket cost to you for services that are bulk billed. To meet Medicare requirements for bulk billing, you are required to assign your Medicare benefit to NIHRACS after an eligible service has been provided.

After your appointment, please check in with our friendly reception team, who can assist you to complete the required Assignment of Benefit consent. If you have had a telephone consultation, we may send you an email asking you to provide consent for the assignment of your Medicare benefit.

As part of our Medicare billing requirements, we also need to confirm your details and eligibility. Please remember to bring your Medicare card to your appointments and let our reception team know if any of your details have changed.

Completing the Assignment of Benefit allows Medicare to pay the applicable benefit directly to NIHRACS for your eligible service, enabling us to continue providing bulk-billed services with no out-of-pocket cost to eligible patients.

If you choose not to assign your Medicare benefit to NIHRACS, you may instead pay for the service on the day or be invoiced. You can then submit a claim to Medicare for the applicable rebate.

Thank you for helping our GP Clinic team meet Medicare requirements and keep our billing processes running smoothly.

NIHRACS STAFF

This week, NIHRACS is pleased to welcome Dr Claire Arundel as a permanent doctor with our team. Dr Arundel brings a strong commitment to rural and remote healthcare, and we are delighted to have her supporting the health and wellbeing of the Norfolk Island community. We would also like to warmly congratulate Dr Arundel on her recent appointment as President of the Australian College of Rural and Remote Medicine. This is a significant achievement and reflects her leadership, dedication and contribution to rural and remote medicine across Australia.

FEEDBACK

NIHRACS encourages our community to provide any feedback you may have, to support us in our delivery of patient centred high quality care. Please use one of the following means for feedback:

- 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/>

The NIHRACS feedback email is monitored by the Quality & Safety Review Officer and is escalated to either the NIHRACS Manager or Medical Superintendent as required.