

HEALTH & WELLBEING

For all Health & Wellbeing programs, please contact the NIHRACS Health & Wellbeing team on 22091 (Option 6) 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

Thank you to Natasha Arnold at Auraville® for being our LinkWell in Motion for August.

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 your 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

Bra Fitting Program

This week, the NIHRACS Health & Wellbeing team had the pleasure of welcoming Philippa Mitchell from The Fitting Studio to Norfolk Island, where she has been providing professional bra fitting and supply services for our students at NICS and members of our community. It has been wonderful to see so many women take advantage of this valuable service, with 52 ladies from the community and 48 students attending throughout the week. Having access to a professional bra fitting service is an important and much-needed resource, and we are grateful to Philippa for taking the time to travel to Norfolk Island and provide this service to our community. We would like to extend our sincere thanks to Philippa for bringing this very worthy service to Norfolk Island. We truly appreciate your time, care and commitment to supporting the women and girls in our community.

NIHRACS VOIP PHONE

NIHRACS now has a VOIP phone, making it easier to call from Australia while you are away. To contact NIHRACS, please call 02 8531 2091. Please save this number for easy access while travelling.

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

Script Renewal and Test results

To keep your prescriptions current and avoid interruptions to your medication, it's important to book your GP Clinic appointments in advance.

Appointments are also important if you have recently had tests or investigations, so your GP can follow up on your results and discuss any further care you may need.

Call GP Clinic on 22091 – option 1 to schedule your appointment and ensure your prescriptions are renewed and your test results are followed up on time.

Planning Ahead for Your Health and Care

Good healthcare isn't only about treating problems today – it's also about planning for the future.

If you are living with a chronic health condition, your NIHRACS GP can work with you to develop a GP Chronic Condition Management Plan. This brings together your health goals, ongoing care and, where appropriate, referrals to allied health services such as physiotherapy, dietetics or other eligible services.

For older community members, planning ahead is also an important part of aged care. Under Australia's aged care system, care and services should reflect your assessed needs, goals and preferences, with a focus on maintaining independence and quality of life.

You don't need to wait until your needs become urgent. Talk with your GP about preventative health, managing existing conditions and planning for future care. If you are already connected with Care Norfolk or a NIHRACS allied health professional, you can also start the conversation with them. Planning early gives you more opportunity to understand your options, make informed choices and have a say in the care and support you may need in the future.

NIHRACS GROUNDS

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



NIHRACS STAFF

This week we welcome to NIHRACS Lisa Wilkes-Podiatrist, Lisa Spencer & Rachael English-Registered Nurses, Lily Rawle-Enrolled Nurse, Zainab Alkurdi-Dentist. We say farewell to Aggie Diver-Occupational Therapist and Marcelene Perera-Dentist.

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
- **6** – Health & Wellbeing Office (community programs)
- **7** – Finance

NIHRACS GROUNDS

Construction continues at NIHRACS, please take care when visiting the facility and follow all construction signs and directions. When driving on NIHRACS grounds, please remember the 10 km/h speed limit. Slowing down helps keep our patients, staff and community safe. Thank you for your patience and cooperation while construction continues.

POSITIONS VACANT

Positions vacant at NIHRACS:

- Assistant in Nursing closing 30.9.26
- Enrolled Nurse closing 21.9.26
- Infection Prevention and Control Lead closing 25.9.26

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