

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

Boot Scooting

Our regular Boot Scooting sessions will be taking a short break, with no sessions being held on 23 September, 30 September, 7 October. Boot Scooting will recommence on 14 October, and we look forward to welcoming everyone back for more music, dancing and fun. We'll see you back on the dance floor in October at the SDA Hall from 6.00pm.

LinkWell in Motion

Recycling can be fun especially when you're helping your environment and your community. Turn old T-shirts into something beautiful! Join artist Kes Harper for the free LinkWell in Motion Sept sessions and learn how to create yarn and turn textile waste into coasters, mats, bowls or baskets. Give your old clothes a new life. Join us for our last session in September on Tuesday 22nd from 10am-12pm. Kes will be continuing the "Art from Waste" free sessions in October on 6/13/20/27 at the Health and Wellbeing Office in the Smithy's building between 9.00 – 11.00am each week. Sessions are for 18 years or over, for further information call the Health & Wellbeing team on 22091 (option 6) or email healthandwellbeing@health.nlk.gov.nf.

NI Active Kids Program

If you haven't received your child's NI Active Kids voucher for this financial year, call into the Health & Wellbeing office to fill in a very short form and collect a voucher for the value of up to \$100 which can be used at a registered NI Active Kids provider. For more information contact the Health & Wellbeing team on 22091 (option 6).

NIHRACS STAFF

This week we would like to say thank you and farewell to Maria McCann-Social Worker who has been at NIHRACS for over 8 years. Thank you for all you have done for the community and we wish you all the best in your retirement. We would like to welcome Debbrah Repia who will be filling in as a locum.

We would like to welcome, Brendan Rose-Podiatrist, Duane Harkin-Assistant in Nursing, Anna Harrison, Kim Milowski & Joshua Scoulding-Registered Nurses, Monique Lucenti-Dental Assistant, Judith Ridd and Zeli Sobantu-GP's

NIPTAAS

NIPTAAS completed forms can be dropped off during the office hours of Monday to Friday 9.00 am–12.30 pm at the Smithy's building. 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.

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

Pelvic Floor & Pelvic Health – It's Okay to Talk About It

Pelvic floor problems are common, but many people put off seeking help because they feel embarrassed or assume their symptoms are simply something they have to live with. The pelvic floor plays an important role in bladder and bowel control, sexual function and supporting the pelvic organs. Changes can occur following pregnancy and childbirth, with ageing, menopause, surgery, chronic coughing or other health conditions.

Symptoms such as bladder or bowel leakage, pelvic pressure, difficulty controlling urgency or changes in pelvic function are worth discussing with a healthcare professional. Physiotherapy can play an important role in pelvic health, including assessment, education and individually tailored exercises and strategies.

Pelvic health concerns can affect everyday activities, exercise, confidence and quality of life. You don't need to suffer in silence. Starting a conversation with your GP or healthcare professional is the first step towards getting the right support.

POSITION'S 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
- Social Worker closing 18.10.26

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

NIHRACS GROUNDS

Construction continues at NIHRACS, so 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, contractors and community safe. Thank you for your patience and cooperation while construction continues.