

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 Bootscooting sessions will be taking a short break, with no sessions being held on 30 September and 7 October. Bootscooting 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! 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 the free October sessions on 6/13/20/27 at the Health and Wellbeing Office in the Smithy's building between 9am – 11pm 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

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 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

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

Influenza A: Seek Advice Early

There has been a recent increase in Influenza A cases on the island. Antiviral medicine may be available on prescription from the GP Clinic for people at higher risk of severe illness, including those who are immunocompromised or have chronic health conditions. Treatment is most effective when started within 48 hours of symptoms beginning, so please contact the clinic promptly for medical advice. A GP will assess whether antiviral treatment is suitable for you.

Book Early for Repeat Prescriptions and Routine Medicines

Please remember to book your GP appointment for repeat prescriptions or routine medicines well in advance. Planning ahead will help you avoid appointment delays and ensure you do not run out of your medication.

NIHRACS POSITIONS VACANT

- Assistant in Nursing closing 30.9.26
- 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, follow all signs and directions when visiting the facility. Remember speed limit on NIHRACS grounds is 10 km/h to help keep patients, staff, contractors & our community safe.

NIHRACS STAFF

Welcome back to Cheryl Nugent who will be assisting the People & Culture team. Also welcome to Dr Deane Martin, Kate Welleman who will be in the Quality Safety & Risk Officer role and to Kim Milowski who will be acting Recreational Lifestyle Officer.

Farewell to Amanda Flannagan and Jessica Dobson-Registered Nurses, Brendan Rose-Podiatrist, Gena Liccione-Assistant in Nursing and Elaine Ace-Social Worker Locum.