

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 are taking a short break, with no session being held on 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 Tuesday 6/13/20/27 at the Health and Wellbeing Office in the Smithy's building between 9am – 11am 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.

NIHRACS STAFF

This week we would like to welcome Taji Raji-Medical Scientist. Farewell and thank you for looking after our community to Dr Deane Martin, Felicity Wiseman-Psychologist, Monique Lucenti-Dental Assistant, Kim Elledge & Rachael English -Registered Nurses.

AWARENESS

What is H5 bird flu?

H5 high pathogenicity avian influenza (bird flu) is a type of virus that mainly affects birds, but can also affect other animals, and, on rare occasions, humans.

What you can do to help

- Keep backyard or pet birds away from wild birds and protect their food and water.
- Wash your hands before and after handling birds or eggs.
- Keep pets away from wild birds.
- If caring for wild birds, use good hygiene and protective equipment.
- Avoid touching sick or dead birds. If you find one, record the date, time and location, and take a photo.
- Report sick or dead birds to the Emergency Animal Disease Hotline: **1800 675 888 (Option 2)**.

For further information use the following QR code.



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

Mental Health Month – Social Work: Support Through Life's Challenges

Mental health is influenced by much more than illness. Relationships, grief, financial pressures, caring responsibilities, work, family difficulties and major life changes can all affect how we cope and feel.

During Mental Health Month, we want our community to know that you do not need to wait until you are in crisis before asking for support. NIHRACS Social Work can provide confidential support to individuals and families experiencing challenges that affect their health, independence and wellbeing. This may include practical assistance, advocacy, emotional support, navigating services or connecting you with other community and health supports.

Our Social Work service works alongside GPs, nursing, allied health and other services to support the whole person.

Sometimes the most important first step is simply telling someone that things are becoming difficult. Seeking support early can help you understand your options and decide what happens next.

POSITIONS VACANT

- Social Worker closing 18.10.26
- Aged Care Registered Nurse closing 31.10.26
- Acute/Inpatient/Aged Care Registered Nurse closing 31.10.26
- Health Records & Information Management Coordinator closing 11.10.26
- ICT Support Officer closing 11.10.26
- Project Officer Business Systems closing 11.10.26

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.