



COMMUNITY NEWS

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February 2019

2019 is well underway!

It is amazing that we are already heading into the last week of February, hopefully coming to the end of the extremely hot weather we have had so far in 2019.

This year we are well underway in planning for men's health events, inclusive practice and events for the LGBTI community, gender equity strategies, pregnancy, infant health and youth services, and work with settings such as schools and early years services. We are also planning actions for our Food For All Swan Hill Region committee so plenty to keep us busy in assisting our community to lead healthy and enjoyable lifestyles. If you are passionate about any of these areas please contact our team or myself as we really

value input from all members of our community.

We have had a few staff changes and welcome Kristi Germaine, Dietitian, and Bridie Gardner, Allied Health Assistant, to our team. We had a volunteer Dietitian, Alessandra La Mattina, with us for two weeks in January completing a recipe review for our main hospital menu. Very valuable work that was much appreciated. Please let us know if you would like to volunteer at Swan Hill District Health.

Regards,

Gayle Taylor,

Head of Dietetics & Health Promotion

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New Staff members

Hi my name is **Kristi Germaine** and I recently started as a Dietitian at SHDH. I grew up in Swan Hill and have recently moved back after studying and working in Melbourne, bringing my young family with me. We are settling in to life in Swan Hill well so far and enjoying being closer to extended family.

I studied initially in Bendigo at La Trobe for a Bachelor of Applied Science, then moving to Melbourne for my Master of Nutrition and Dietetics at Deakin University. I previously worked at Sunshine and the Alfred Hospitals for a number of years, specialising in Renal Nutrition and Critical Care.

I will be working in both outpatient clinics and on the ward as well as a member of the Health Promotion team. I will be looking after one of the Early Years programs, Smiles 4 Miles, which will be working with early childhood services to improve the oral health of preschool aged children. I will also be working with Food for All Swan Hill Region, a community project looking to ensure everyone in our community has access to delicious, healthy, seasonal and local food, as well as improving food literacy. I look forward to promoting nutrition and overall health and wellbeing in my new role.



Hi my names **Bridie Gardner**, I recently graduated year 12 at Swan Hill College, and I am the new AHA for 2019. I am about to start studying my first year of Health Science at Deakin Cloud (online). I am very excited to grasp a further insight into the Health Promotion and Dietetics Departments which will compliment my studies. I will be conducting MUST screens on the acute ward identifying malnutrition risk to create accurate referrals to the dietitians. I also have background experience in coaching and player development for tennis. I am looking forward to gaining knowledge and experience in a hospital setting throughout the year.



eat fruit & veg move more often smile together

Breastfeeding Support Service turns one!

Breastfeeding is the normal way for mothers to feed their babies, but it isn't always easy. The Swan Hill area has lower than average rates of breastfeeding compared to the rest of Victoria, so to support our community breastfeeding rates, we launched the free Breastfeeding Support Service (BFSS) through Health Promotion at SHDH in January 2018. The BFSS is here to help if you are having difficulties with, or need support with breastfeeding. When mums leave hospital, they may struggle without the support of midwives. The domiciliary midwife and Maternal and Child Health Nurses will visit at home after discharge, but the BFSS is additional to those and focuses on breastfeeding specifically.

We can talk over the phone, have an appointment in our office or we can visit at home until the mother is feeling comfortable with feeding. In the last year, we have made 100 home visits and more than 200 phone or clinic appointments, so we are excited that the uptake of our service has been so good. If you, or someone you know is breastfeeding and require some support, please call or encourage others to give us a call at Health Promotion on 5033 9337. This includes partners and support people too, we can help you provide informed support to a breastfeeding mum and answer any questions you may have.

LOCAL BREASTFEEDING SUPPORT SERVICES

- Breastfeeding Support Service at Health Promotion 5033 9337
- Australian Breastfeeding Association 1800 686 268
www.breastfeeding.asn.au
- Local ABA counsellor (Kristin) 0417 355 329
- Midwifery Unit, Swan Hill District Health (advice and support up to 6 weeks of age) 5033 9269
- Maternal & Child Health Swan Hill 5032 0300
- 24 hour telephone service 13 22 29
- Mallee District Aboriginal Service Swan Hill 5032 8600



Refugee Health

Our Refugee Health Nurse, Sonya Plant, operates from Health Promotion five days per fortnight, and assists people in our community who are asylum seekers and refugees. Sometimes there is confusion over who is a refugee and who is an asylum seeker. Hopefully we can clarify. An asylum seeker is someone who travels to another country by any means (plane/boat/crossing border) and asks for protection. After their asylum claim is investigated, and they are deemed to be owed protection as per the [Refugee Convention](#), they are formally determined to be a refugee and given protection by their new country. Therefore, an asylum seeker is seeking protection and a refugee is granted protection after their claim has been proved.

Learn more: <https://www.refugeecouncil.org.au/international-law/>.

Youth Leadership

In the week before school went back Swan Hill Rural City Council held their annual Youth Leadership Camp at Cape Bridgewater Coastal Camp. Health Promotion Officer, Jo, went along to assist in delivering workshops and supervision. The camp was a success with almost 30 young people attending and participating in workshops to improve confidence & self-esteem, self-care and peer support, as well as leadership and public speaking.

The young people attending were able to do activities such as beach kayaking, abseiling, snorkelling, and a tour of the local seal colonies. Many young people faced fears, learned a lot about themselves and their peers on the camp, and learned skills they can use in their everyday life.



headspace Swan Hill

On Friday the 15th February headspace Swan Hill held a launch for their new permanent building. This launch not only celebrated the official opening of their new building, but also celebrated 3 years of servicing the mental health of young people in the Swan Hill region. Over 200 people participated in the festivities with young people, service providers, and politicians alike all enjoying various activities including boomerang and didgeridoo painting, stress ball making, and live music. Presentations from headspace CEO Jason Trethowan and Swan Hill headspace manager Ian Johansen were followed by two brave young people who shared their personal journey with mental health and how the team at headspace Swan Hill supported them through their struggles. Celebrations were capped off with a BBQ lunch generously provided by the FLO staff and students which left everyone feeling very full and satisfied that headspace Swan Hill will continue providing a great service to the young people in the region.



Smart Eating week

Last week was Smart Eating week run by Accredited Practising Dietitians, and supported by the Dietitians Association of Australia. Smart Eating Week falls at an ideal time, with the start of a New Year inspiring many of us to live healthier lives, including through smart eating. And let's face it, when it comes to smart eating, there are many ways to achieve this – as everyone is different.

So take the opportunity to connect with **your local Accredited Practising Dietitian** and learn more about smart eating.

What is 'smart eating'? Smart eating is a means to good nutrition, a key step towards better health for everyone.

But because we're all unique, with differing health challenges, goals, and lifestyles (for example), 'smart eating' will mean different things to different people, and how we go about achieving it will be different too. That's where personalised nutrition advice and support from an Accredited Practising Dietitian comes in. To book an appointment with a Dietitian call us 5033 9337.

Our team at Dietetics also offer supermarket tours, where you can get advice on product selection, label reading and your questions answered as you meander through a local supermarket, so let us know if you are interested in attending.



2019 AFL Central Murray Academy

The 2019 AFL Central Murray Academy has kicked off with a presentation night on the 18th February. David Al-deruccio, AFL Central Murray Football Development Manager, set the tone of the night by explaining to parents and players that this academy was not only focused on developing the players' football skills but also their life skills. With this in mind, David arranged for a number of guest speakers to educate the players and their families about important topics that will help them become the best players possible. Ian Johansen from headspace Swan Hill discussed mental health, the importance of looking after your mental health especially when faced with extra stressors such as representation sport, and how to access support from headspace Swan Hill. Swan Hill District Health Dietitian (SHDH) Kerri Curran educated the audience on how they can best utilise nutrition to excel on the sporting field. Whilst SHDH Health Promotion Officer Matt Toohey spoke about the importance of creating safe sporting environments for Lesbian, Gay, Bisexual, Transgender, Intersex, and Queer (LGBTIQ+) participants and provided some handy tips and tricks on how to change your own language behaviours as well as the behaviours of those around you. With the knowledge provided on the night by health professionals, the players of the 2019 AFL Academy are more prepped than ever to become the next generation of AFL stars.

Look Good Feel Better

Workshops are open to any woman who has experienced any type of Cancer.

It is a national community program dedicated to assisting cancer patients to face cancer with confidence by providing a range of skin care, make up and head wear tips.

Make up is provided for each participant. Community Volunteers from the beauty/hair care industry facilitate the workshop with a nurse coordinating the morning which includes morning tea.



2019 DATES: Wednesday

- 17th April
- 14th August
- 13th November

VENUE: 62 McCrae Street

SHDH Education Centre

TIME: 10.00-12.30

COST: Free

TO REGISTER:

Online: LGFB.ORG.AU

Phone: 03 5033 9202

Leanne: 0408 013 386



Measles Mumps Rubella

Australia was declared Measles free in 1914. Yet this summer there has been an increase in cases of Measles across some Australian states. High vaccination rates in Australia means that the measles virus doesn't continuously spread, but "wildfire" outbreaks still occur when travelers unknowingly bring the virus back into the country.

If you haven't received 2 doses of the vaccine as per the Australian immunisation standards you are at risk of contracting the disease. Measles is a highly contagious virus that spreads by touching or breathing in the same air as an infected person. An infected person is contagious from the first day of symptoms (fever, cough and runny nose). These general symptoms start about four days before the rash develops, meaning the contagious person easily spreads the virus before they realise they have Measles. If you are not fully immunized through vaccination or past infection, you have a 90% chance of contracting Measles after being exposed to the virus.

Children in Australia are routinely vaccinated against measles at 12 and 18 months of age through the Australian Immunisation Schedule. It is important to have the 2 doses. People born between 1966 and 1994 may only have had one dose of MMR vaccine. The 2 dose schedule only commenced in 1992. MMR vaccine is free for all adults born during or since 1966 and aged from 20 years without evidence of two documented doses of valid MMR vaccine or without serological evidence of immunity.

Please check with your Health provider or check online by searching for: **Immunisation schedule Victoria**

Positive Pregnancy Program

The Positive Pregnancy Program is designed to make it easy for expectant mums to know what they can access during pregnancy and to encourage women to seek out services and care early in their pregnancy.

At your 12 week scan you will receive a Positive Pregnancy Program booklet which outlines the direct pregnancy care services in our area (GPs, the Midwife Clinic, Specialist Obstetrician, Booking In Appointment, Antenatal Classes) as well as enhanced access to Swan Hill District Health Allied Health services (Dietetics, Dental, Physiotherapy and Exercise Physiology) for pregnant women.

We aim to provide a comprehensive pregnancy care service to achieve optimal outcomes for both mum and bub. We're with you every step of the way!

Read more on our website www.shdh.org.au under Pregnancy & Birth.



Contact Details

Health Promotion

60 McCrae Street, Swan Hill 3585 Ph: 03 5033 9337 Fax: 03 5036 4561 E: hpreception@shdh.org.au

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www.shdh.org.au

Visit our eatmovesmile.shdh.org.au website for the latest news and tips

Like us on facebook: facebook.com/eatmovesmilesdh or

facebook.com/SwanHillDistrictHealth or <https://twitter.com/SwanHillHealth>

Office Hours:
8.30am—5.00pm
Mon to Fri



Swan Hill
District Health
my hospital