



COMMUNITY NEWS

Volume 15, Issue 1

March 2021



Swan Hill District Health

Meet our new team members

We have had a few changes here at 60 McCrae Street, and more to come over this year as we will be looking for a new workplace. Our building is on the site of the proposed new Emergency Department so we will be relocated at some stage in 2021.

We also have three new staff members profiled in this edition to replace leave and resignations. We thank our departing staff, Rachel, Elise and Matt for their dedication and hard work throughout their time here.

This week we also welcome three Swinburne Dietetic students commencing a 5 week public health placement that will focus on the Food for All work and edible gardens.

Although it is already March we are really starting our year with some very important

planning for the next four year Integrated Health Promotion plan. This involves review of local and statewide data and community consultation to determine health priority areas that will be the focus of our work for the 2021-2025 term. We will be again working in partnership with our many local services, organisations and community members to ensure that we deliver the best health and wellbeing outcomes for all. If you would like to be part of this planning please contact myself or one of our team members, we would welcome your input.

Regards,
Gayle Taylor,
Head of Dietetics & Health Promotion
Ph: 5033 9337
E: gtaylor@shdh.org.au

Inside this issue:

New Health Promotion Staff	2
Well Women's Clinic	2
Dietetics	3
New Dietetic staff	3
Public Health & Wellbeing Planning	4
Food For All— student placement	4
Contact Details	4

Refugee Health



Our Refugee Health Program aims to increase refugee and asylum seeker access to primary health services; improve how health services respond to refugee's needs and to help individuals, families and refugee communities improve their health and wellbeing.

Sonya, our Refugee Health Nurse, works with our local community members under this program and can assist with access to services, use of interpreters and referral to other agencies and supports.

Sonya is based at Health Promotion and works in a part time capacity in this role.

Swan Hill Harmony Day

BILINGUAL STORYTIME

SWAN HILL REGIONAL LIBRARY

Saturday 20 March 2021, 10.30am

Italian Story Time with **Lydia** from Swan Hill South Kindergarten

Wednesday 24 March 2021, 10.30am

French songs with **Joelle** from Woorinen South Kindergarten

DIDGERIDOO, PERFORMANCE AND STORYTELLING

BY
UNCLE RON MURRAY

COMMUNITY CELEBRATION

Swan Hill Harmony Day

**SATURDAY MARCH 27, 2021
4PM – 8PM**



COVID-safe event. BYO chair/rug



eat fruit & veg move more often smile together

Health Promotion Team members

Eden Templeton

Hi everyone, my name is Eden Templeton and I have just started in my new role as Health Promotion Officer at Swan Hill District Health. I grew up in Manangatang, completed a Bachelor of Public Health Promotion at La Trobe University in Bendigo in 2016 and then worked locally at Southern Mallee Primary Care Partnership for the last four years.

In my new role at Swan Hill District Health, I will be looking after the pregnancy and early years and gender equity portfolios. In my own time, I enjoy playing sports, reading and going to the river or the farm.

I very much look forward to the exiting opportunities to come from my new role and the Health Promotion Department in 2021!



Alice Cronin

Hi, my name's Alice. I'm new to Swan Hill District Health – and new to Swan Hill!

Originally from Melbourne, I most recently worked in the tertiary education sector teaching public health students and coordinating a nutrition education program.

Now a member of the Health Promotion team here at Swan Hill District Health, I will be working in areas such as physical activity, LGBTIQ+ inclusivity and men's health.

I'm very excited to get to know the Swan Hill community and to advocate for the health and wellbeing of its residents.



Well Women's Clinic

Located at Health Promotion the **Well Women's Clinic**, providing holistic health care for women of all ages.

Specialist sexual and reproductive health nurses, trained to meet the physical, social and emotional needs of well women, conduct the clinic. We offer women a confidential consultation to discuss any issues regarding their sexual and reproductive health. The Clinic also provides a comprehensive opportunity for women to access regular cervical screening tests or to learn more about breast self-examination. Women may also need to seek clarification or further information about a personal health issue for themselves or members of their family. Unplanned pregnancy support is also a part of the service and is available to all women.

Costs: \$15.00 or \$10.00 with a pension/health care card. Services are free for all young people (aged up to 25) and Aboriginal or Torres Strait Islander women.

2 For more information and appointment bookings: **Phone 03 5033 9337**

Services include:

- ◆ Cervical screening (for women 25 years or over)
- ◆ Breast awareness education
- ◆ Contraception Advice
- ◆ Fertility Awareness Education
- ◆ Pregnancy testing, support and options
- ◆ Menopause Advice
- ◆ Continence Information
- ◆ STI Information



Dietetics

Recently we welcomed our newest member of the Dietetic team, Kerrie Tournas. We now are fully staffed and able to provide nutrition support, education and advice to our community through the range of services offered by Dietetics at Swan Hill District Health. Our team of Accredited Practising Dietitians (APDs) are university-qualified professionals that undertake ongoing training and education programs to ensure that they are your most up-to-date and credible source of nutrition information.



What does an APD do?

- Assess nutritional needs.
 - Develop personalised eating plans that consider medical conditions and personal circumstances.
 - Provide nutrition counselling and support to individuals and groups
- Provide information on healthy eating, shopping for food, eating out and preparing food at home.



What conditions can an APD help with?

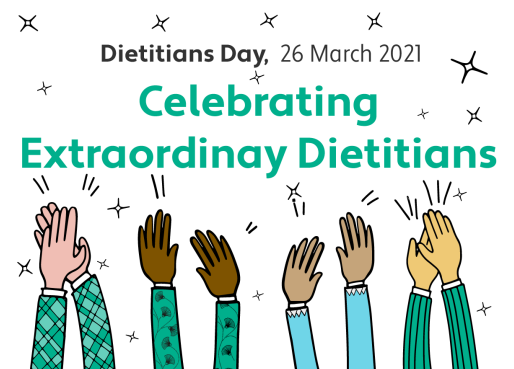
APDs help treat a wide range of conditions including diabetes, heart disease, cancers, gastrointestinal diseases, food allergies, food intolerance's, disordered eating as well as overweight and obesity.

APDs offer personalised advice and support

APDs understand that there is no one-size-fits-all approach when it comes to diet and nutrition (in other words, what works for one person may be different to what works for another). And the truth is that there are many ways for people to have a healthy diet.

And it's at this individual level that an APD can help. They consider the whole person – that is, each person's unique profile, such as their medical history, as well as their needs, goals and lifestyle. They also assess the body of scientific evidence, and are flexible with the advice and support they offer, on a case-by-case basis.

Being able to tailor nutrition advice to find the best approach for each person is the cornerstone of 'Medical Nutrition Therapy' – it's what APDs are qualified to do.



Dietetic Services are offered from: 60 McCrae Street, Swan Hill
Call 5033 9337 for more information or to make an appointment

Kerrie Tournas

I recently relocated to Swan Hill and have started in my new role as Dietitian at Swan Hill District Health.

I grew up in Melbourne and completed a Master of Dietetics at Monash University. I volunteer with Diabetes Victoria Camps, where I help young people living with Type 1 Diabetes manage their diabetes in a fun, safe and supportive environment.

In my own time, I enjoy playing netball, baking and looking after my sister's German Shepherd.

I'm really looking forward to meeting and engaging with the Swan Hill community and providing high quality nutrition support to its members.



Public Health & Wellbeing Planning

The team at Health Promotion work in partnership with local agencies and our community to develop interventions and opportunities to improve the health and wellbeing of local people.

To do this we

- ◆ review state wide and local data that provide information about health and social issues,
- ◆ review current and previous plans and interventions, and
- ◆ consult with community to determine needs.
- ◆ We also look at the Victorian Government directions on Prevention work and guidelines to support future directions.

Together with other agencies we then determine our local health priorities and interventions that we will work on over the next four year planning cycle.

Our current health promotion work is embedded in the [Swan Hill Rural City Council Public Health & Wellbeing Plan 2017-2021](#).

Our priorities over this period include:

- ◆ **Improving mental health** – *promoting supportive and inclusive communities and positive mental wellbeing.*
- ◆ **Healthier eating and active living** – *enabling improved access to fresh food, opportunities to be active, and supporting pregnancy and early years*
- ◆ **Preventing family violence** – *promoting gender equality as primary prevention of family violence.*

For details of our current and previous work, go to the August 2020 edition of our Community News, see link [here](#). Or visit our website at www.shdh.org.au and go to latest news.

Over the next few months we will be sharing with you our progress in this planning, and seeking community input into the process!

Follow our blog or social media sites to keep updated, see details below.

Food for All — Student Placement

Melina Harris, Aisha Jawad and Sumeya Mehicevic, pictured below, are dietetics students from Swinburne University on placement with Swan Hill District Health in Health Promotion.

‘We are excited to be working on a food security and literacy project with Food for All—Swan Hill Region. The aim of our project is to investigate the support that schools and the community need in order to grow more integrated, successful edible gardens. From this, we will identify solutions, for example developing a support network for schools and the community to share knowledge and skills to strengthen their edible gardens. We are also looking at the needs regarding volunteering, cooking programs and resources as part of this process’.



The Food for All working group was successful late last

year in receiving funding to develop and establish a food hub at Swan Hill Neighbourhood. This will enable relevant agencies access to cool and refrigerated storage which will increase the amount and variety of foods available for those seeking emergency food relief. Access to this food storage hub will be only via the relevant agency staff, there will not be public access. Not only will this project increase access to fresh fruit and vegetables, it will ultimately reduce food waste and provide opportunity for local growers to distribute excess produce. Contact us for more information.



Contact Details

Health Promotion
60 McCrae Street, Swan Hill 3585 Ph: 03 5033 9337 Fax: 03 5036 4561 E: hpreception@shdh.org.au
If you would like to receive this newsletter call or email us or download it from our SHDH website!
www.shdh.org.au

Visit our eatmovesmile.shdh.org.au website for the latest news and tips
Like us on facebook: [facebook.com/eatmovesmilesdh](https://www.facebook.com/eatmovesmilesdh) or
Instagram [@eatmovesmile](https://www.instagram.com/eatmovesmile)

Office Hours:
8.30am—5.00pm
Mon to Fri

