



COMMUNITY NEWS

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Swan Hill District Health

Early Years

Over the past few years we have had an increasing focus on supporting health and wellbeing in the early years, loosely the period from conception to around age five, or the beginning of primary school.

Research and evidence supports this approach as we know that the early years of life are the most important for learning and that healthy habits are formed early in life. The experiences and relationships a child has, plus nutrition and health, can actually affect brain development.

The Better Together Collaborative Table is a collective of organisations within the Swan Hill Local Government Area that have the vision of building a community where everyone can *feel safe, well, learn, belong and dream*. This partnership has identified that families need better access to

information on local services, supports and activities, an issue identified particularly during Covid-19 last year. Funding has been secured for the 'Early Years Online Hub' development, and we need your input. You can contact us or complete the online survey here:

<https://www.surveymonkey.com/r/SNHCLPL>

2021 Early Learning Matters Week is from July 26-30, and we would like to congratulate our local parents and early childhood educators on the great work they do in supporting our youngest community members to thrive.

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

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Smiles 4 Miles

As part of the Smiles 4 Miles program (Dental Health Services Victoria) we support our early childhood centres and educators with three key messages, Drink Well, Eat Well and Clean Well.

As part of the Eat Well message we attend all early childhood centres in our region and provide an Eat a Rainbow activity to the children. This activity involves children eating/building a rainbow in their stomachs of different fruits and vegetables of all colours whilst learning about the benefits of eating fruits and vegetables. This activity helps to increase the exposure a child has to different fruits and vegetables in a setting that is comfortable for them. It has been great to see children trying a fruit or vegetable that they have never tried before or encouraging their friends to try one that they like.

So far this year we have visited 148 children with this activity and have another 8-10 sessions to go this term. In addition to this we will be sending out toothbrush/paste packs for each child in Term 3 to support the Clean Well message.



dental health services victoria
oral health for better health



DEFENDERS OF THE TOOTH



BUSHBOY WATERBOY MUNCHBOY



eat fruit & veg move more often smile together

Are you pregnant or planning pregnancy?

Over the past four years we have been working with Swan Hill District Health departments and other local services to assist women to navigate our system in pregnancy. We know it is not an easy task, and acknowledge for many this has been much more difficult over the past 18 months with Covid-19 restrictions.

Some of the actions that we have implemented include the development of the **'Positive Pregnancy Program'** including a handy booklet that steps you through the services available locally and when you should attend. We hope that you can access a booklet from your treating Doctor, via Radiology when you have your 12 week scan, or via Midwifery at your Booking In appointment, but it is also always available on our website here:

<https://www.shdh.org.au/our-services/midwifery-services/>; or go directly to the booklet [here](#).

At Swan Hill District Health you can access Dental, Dietetics, Exercise Physiology, Physiotherapy and Breastfeeding Support Services during your pregnancy to ensure you have the information and care you need during your pregnancy and beyond. These services are complimentary to the care from the Midwife Clinic and from your treating Doctor.

PREGNANCY CARE
WORKING TOGETHER FOR BETTER OUTCOMES

- ➔ **Pregnancy confirmed (GP)** - Positive Pregnancy Program booklet can be given out.
- ➔ **12 week scan (SHDH Radiology)** - Positive Pregnancy Program booklet given out (if not already received). Refer to information on Booking In to Midwifery.
- ➔ **Booking In appointment** for those birthing at Swan Hill District Health (SHDH Midwifery) - Positive Pregnancy Program booklet given out (if not already received). Refer to information on free dental check and complete internal referral form. Complete other referrals as required.
- ➔ **Allied Health and other appointments (all SHDH departments)** - check client has received a Positive Pregnancy Program booklet and distribute if not (hard copies available from Health Promotion or also available on our website).

Referrals to consider:

- Breastfeeding Support
- Dental
- Dietetics
- Exercise Physiology
- Physiotherapy

Contact Health Promotion at Swan Hill District Health for more information and for resources to support women in pregnancy
60 McCrae Street Swan Hill
5033 9337
hpreception@shdh.org.au

Swan Hill Food Hub

An innovative model to increase access to fresh and emergency food.



Food for All— Swan Hill Region was successful in obtaining a Community Relief grant late last year for the development of a Food Hub in Swan Hill. This will be based at Swan Hill Neighbourhood House. The Food Hub model is using shipping containers for fresh and emergency food storage, which will be accessible to agencies on behalf of their clients. We will be working with Foodbank Victoria to access emergency food options.

The Food Hub aims to break down the barriers for clients to accessing fresh and emergency food relief, by enabling them to stay with their existing agency for food access.



We are seeking more partners, if you or your agency would like to be a part of the Food Hub working party please contact Kristi Germaine 50339337 or kgermaine@shdh.org.au



World Breastfeeding Week: Aug 1 – 7



The World Breastfeeding Week (WBW) 2021 theme *Protect breastfeeding: a shared responsibility* is about how breastfeeding contributes to the survival, health and wellbeing of all. The theme also acknowledges that although support at the individual level is very important, breastfeeding must be considered a public health issue that requires investment at all levels.

The concept of ‘building back better’ after the COVID-19 pandemic will provide an opportunity to create a warm chain of support for breastfeeding that includes health systems, workplaces and communities at all levels of society.

The warm chain places the mum and baby at the centre. It strives to link all the different supports together to emphasise each player’s role and shared responsibility to support and protect breastfeeding. WBW2021 is a valuable opportunity to highlight how essential a team of support – especially fathers, partners and other carers – is to achieve breastfeeding success and increase breastfeeding duration, plus the long-term effects of this such as improved health outcomes for mother and baby.

It is also an opportunity to raise awareness among decision-makers, workplaces and the wider community that it is the responsibility of all to help increase breastfeeding rates and ensure more mothers have breastfeeding success. With consistent messaging, referral systems, positive environments and protection against Breastmilk Substitute (BMS) industry influence, all mothers will be empowered and supported with their breastfeeding experience.

Follow Health Promotion’s social media pages –‘[eatmovesmile](#)’ on Facebook and Instagram to see local people speaking up about their responsibility to protect breastfeeding. We’ll also be doing a call out for [#breastfeedingteam](#) brelfies (breastfeeding photos showing other support people helping mums breastfeed – e.g. dads, partners, mothers-in-law, grandmas, brothers, sisters, children, etc.) and encouraging you to share your breastfeeding stories and ways your community has supported you throughout your breastfeeding journey.

Tag us at [@eatmovesmile](#) and use the hashtags - [#WBW2021](#) [#eatmovesmile](#) [#breastfeeding](#)
[#breastfeedingteam](#) [#Imonyourteam](#) [#SwanHillSupportsBreastfeeding](#) [#SharedResponsibility](#)
[#normalisebreastfeeding](#) [#warmchain4breastfeeding](#) [#WABA](#) [#ProtectBreastfeeding](#)
[#worldbreastfeedingweek2021](#) [#breastfeedingsupport](#) [#buildingbackbetter](#)
[#breastfeeding4publichealth](#) [#whereverwhenever](#) [#bfhi](#) [#babyfriendlyhealthinitiative](#)

Meet Brad and Emily....

Brad is a [#breastfeedingteam](#) player for his fiancé Amy.

We asked him...

How did you learn about breastfeeding?

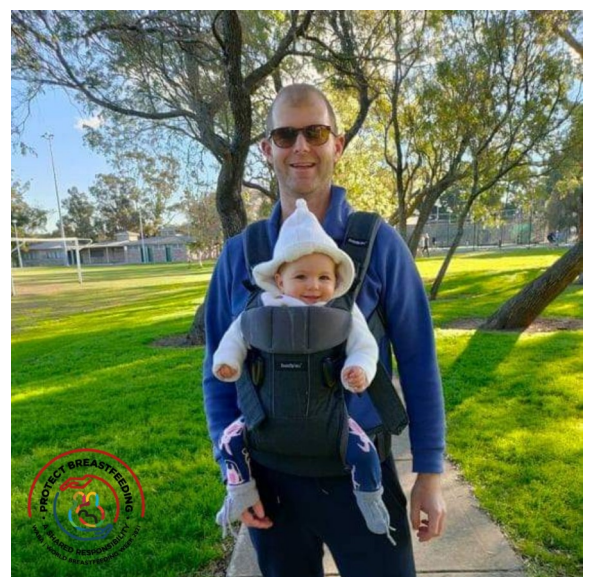
Our online birthing class covered breastfeeding and together we watched some webinars. Amy also read some books; she was very good at sharing her learnings with me. The midwives were also helpful when Emily was born.

How have you been a [#breastfeedingteam](#) player?

In the early days Amy was on the couch feeding Emily a lot. I got very good at passing the support pillow and fetching water! I would burp Emily, change her nappy, bath her and pop her in the carrier or pram and take her for a walk. Now that she’s a little older I’ve made the most of my 12 weeks paternity leave. I have 2 days a week at home with Emily which enabled Amy to return to work, while also continuing to breastfeed.

What advice do you have for other Dads/Dads-to-be?

There is a huge amount of info and lots of people will give you advice but it really comes down to working as a team with your partner and finding what works best for you as a family.



Pride Cup 2021

On Saturday July 3rd, Central Murray Football Netball League celebrated **Pride Round**, with a feature game between Woorinen and Swan Hill held at Woorinen Recreation Reserve. **Pride Round** is a chance for sporting clubs to show their support for the local lesbian, gay, bisexual, transgender, intersex, queer/questioning and asexual communities. This year, it coincided with headspace round – a fitting match, given that mental health issues are disproportionately experienced by those in the LGBTIQ+ communities. Players and spectators alike showed their support by donning rainbow gear. The weather joined in too, with a beautiful rainbow appearing over the football field!



Gender Equity Forum

Recently our Health Promotion team attended the online **Southern Mallee PCP Gender Equity Forum 2021**. The Forum included a range of presenters, who shared their experiences, ideas and learnings around promoting gender equity and preventing family violence in rural communities.

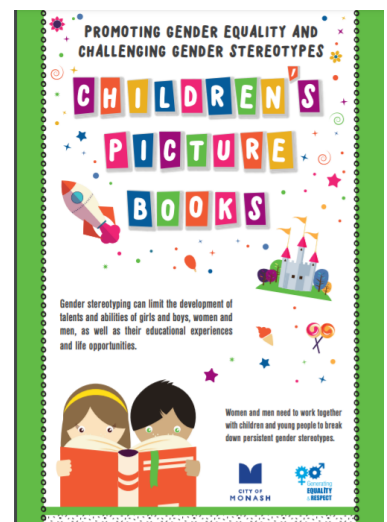
Evidence shows that gender inequality can lead to social conditions that disadvantage and can lead to family violence. To prevent family violence, action must be taken to address the following gendered drivers:

- Challenge condoning of violence against women
- Promote women's independence & decision making
- Challenge gender stereotypes and roles
- Strengthen positive, equal and respectful relationships

What does that mean? Check out these [tip sheets](#) (www.partnersinprevention.org.au) for information on the gendered drivers, what they can look like in daily life, and what we can do to change things!

You may have heard about '[Respectful Relationships– A resource kit for Victorian Schools](#)' (2017). This resource, developed by the Victorian Department of Education and Training supports a whole school approach to respectful relationships education.

View this list of children's books that provide opportunity to think outside of traditional gender roles. City of Monash– [Promoting Gender Equality and challenging Gender Stereotypes Children's Picture Books](#) go to www.monash.vic.gov.au



Members of Swan Hill District Health's Health Promotion team were there on the day to ensure everyone had a splash of colour to wear and to start conversations on the importance of LGBTIQ+ inclusion. Visible support for these communities is important, given

that 60% of people believe that a sporting organisation's positive inclusion practices would encourage them to take part.

An enjoyable day was had by all and it is hoped that those involved gained a new perspective and appreciation for LGBTIQ+ inclusion. Check out this video several clubs have supported see here: https://fb.watch/70DT4UZj_M/

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

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Like us on facebook: facebook.com/eatmovesmilesdh or
Instagram [@eatmovesmile](https://instagram.com/eatmovesmile)

Office Hours:
8.30am—5.00pm
Mon to Fri

