



Community Health is an integral part of Swan Hill District Health  
and is located at 125 Campbell Street in Swan Hill

## WE ARE MOVING

Our services have been located at 60 McCrae Street, onsite at Swan Hill District Health, for many years. However, with the exciting new re-development of Emergency Department and other services, we are moving offsite for a few years as our current building will soon be demolished.

Our new location is 125 Campbell Street, and this will be the home of all services from 60 McCrae Street, including those is the Cancer Care Services building.



## NAME CHANGES

To align with our service re-location we have changed our name from **Health Promotion** to **Community Health** to more clearly reflect the vast array of services we provide.

These include:

- Health Promotion
- Community Health Nursing- including Diabetes Education, Breastfeeding Support, Refugee Health, Women's Health and Sexual Health.
- Community Development Programs

We also have our Dietetics team, the McGrath Breast Care Nurse and Cancer Care Coordinator co-located with us at Community Health.

*Community Health*

<p>Health Promotion Breastfeeding Support Women's Health Cancer Care Coordination McGrath Breast Care</p>	<p>Dietetics Diabetes Education Refugee Health Sexual Health</p>
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**125 CAMPBELL STREET, SWAN HILL**  
**PHONE: 03 5033 9337**



## Health Promotion



Our focus on Gender Equity in the Early Years has resulted in the following outcomes in the 2021 '16 days of activism against family violence'.

- Local fathers engaged in social media posts promoting gender neutral storybooks and play.
- Resource developed and distributed for the local community, see here:
- 50 gift packs for families of newborn infants provided, including a gender neutral storybook and the above guide.
- A 'colouring in' competition via early childhood services and social media, to prompt family discussion.

## EARLY YEARS

Our 2021-2022 Health Promotion Plan can be viewed on our website at [www.shdh.org.au/Health Promotion](http://www.shdh.org.au/HealthPromotion)

Outcomes for the year include

- the development of the **Early Years Online Hub**, in partnership with several local agencies, providing easy access to early years' information and services within Swan Hill and surrounding areas.
- 19 out of 20 of our Early Years Settings (kindergartens and long day care services) have met the **Smiles4Miles Award** status.
- 100% of long day care services have met the Victorian menu planning guidelines for good nutrition.
- 9 new businesses have registered as **baby friendly spaces**, with a total of 21 now registered.
- Many local parents have contributed to positive breastfeeding messages via social media throughout **National Breastfeeding Week**, 11 posts, over 5,300 engagements.
- The **INFANT** program has been supported to reach out to those attending local playgroups.
- Quarterly Early Years newsletters are provided to all local early years services.





## Health Promotion



### Food Budgeting, Shopping & Cooking Tips



*In the Swan Hill Region*



Swan Hill  
District Health



## HEALTH MESSAGES

A review of our key health messages was undertaken with particular focus on social media and community needs.

The key messages of

- **Eat** fruit and vegetables
- **Move** more often
- **Smile** together

were retained and refreshed, and will continue to be promoted throughout our community via social media and in group education sessions in early years and primary school sessions.

## ACCESS TO FOOD

Our Food for All - Swan Hill Region working party, has had the following outcomes in 2021-2022.

- Development of a local **Food Hub** for fresh food storage and distribution via health and welfare agencies, to be launched in September 2022.
- **Planting the Seed Webinar Series**, viewed by 73 people, with positive feedback received.
- the establishment of a email **school garden network**.
- Establishment of a **seed library** at Swan Hill Regional Library with 54 users in the first 2 months.
- **Social media posts** promoting edible gardening, fresh food and recipes, with 107 new followers on Facebook and 41 new followers on Instagram.
- Consultation with local community members on experience with food stress and resulting resource development of a **food budgeting, shopping and cooking tips booklet**. See [here](#):
- Swan Hill District Health working towards meeting the **Victorian Government guidelines for healthy food & drink supply**, focusing on Vending Machines in the past year.



**eat** fruit & veg **move** more often **smile** together



## Diabetes Education



### Diabetes health tip

Our Diabetes Educators recommend that people with diabetes regularly visit a GP and see the following health professionals at least once every year to monitor health and prevent complications:

- Diabetes Educator
- Dietitian
- Podiatrist
- Optometrist
- Dentist

Regular exercise is recommended, ask about our SHDH Diabetes Exercise & Education Group.



## DIABETES EDUCATION

We are fortunate to have four Diabetes Educators in our team. Ange and Angela (pictured), Maddi and Leah Ann.

We provide education and support to people living with diabetes.

The service helps you to:

- improve your understanding of diabetes
- learn to monitor your diabetes
- learn what to do if blood glucose levels are higher or lower than what you want
- understand your medications/insulin
- feel more enabled to make health lifestyle choices
- learn how to reduce the risks of developing diabetes complications
- feel more confident in managing your diabetes
- improve your overall health and wellbeing

Women diagnosed with Gestational Diabetes can be referred and will be provided with regular support in partnership with their medical and midwifery team.

A Specialist Endocrinology Service is also available via the Diabetes Educators for people living with Type 1 or Type 2 diabetes. A referral from your GP is needed to access this service, which is provided through Baker IDI Heart and Diabetes Institute.



# REFUGEE HEALTH

Our Refugee Health Nurse (Sonya, pictured) supports Refugee individuals and families improve their health and wellbeing through:

- helping understanding of health conditions and medications
- health assessments
- health education and advocacy
- support with access to health care services
- referral to other services

Please note: you **do not** need a Medicare Card or Health Care Card to access this service.

We **cannot** assist with visa applications.



*Refugee Health*



*Breastfeeding*

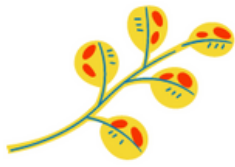
# BREASTFEEDING SUPPORT

Experienced midwives and Lactation Consultants are available to support you with all things breastfeeding. We want to see you through any tough times so you can be comfortable and enjoy early motherhood. We can visit you at home or you can come and see us at Community Health.

The Breastfeeding Support Service includes a breast pump hire service available to our clients. For more information please make an appointment with a team member.

The Breastfeeding Support team work in partnership with the SHDH midwifery service, other regional birthing services and our local Maternal and Child Health teams, GPs and community services.





*Sexual Health*

## WOMEN'S HEALTH

The Women's Clinic provides information and advice on all aspects of women's sexual health including:

- cervical screening tests
- breast awareness education
- contraception advice
- emergency contraception
- fertility awareness education
- unplanned pregnancy support
- menopause issues
- continence
- STI information

and also general health advice.

Meet Leanne, one of our fabulous sexual & reproductive health nurses who is also the McGrath Breast Care Nurse, and works at Community Health.



## SEXUAL HEALTH

Clinic 60 is our youth sexual health service, providing free Chlamydia and Gonorrhea testing, contraception advice, pregnancy testing & options counselling for those under 30 years.

Meet Maureen, one of our very experienced sexual & reproductive health nurses, who works both at Community Health and at headspace Swan Hill.



*Women's Health*





*Dietetics*

## DIETETICS

Our Dietitians provide optimal nutrition care to patients and consumers of the Swan Hill District Health and empower members of the community optimize health through good nutrition. All staff are Accredited Practising Dietitians (APD).

**Outpatient Clinic:** Individual appointments with a Dietitian are available for community members regarding any nutrition issue or chronic condition, such as diabetes, requiring dietary advice.

**Maternal & Child Nutrition:** Dietitians can also provide advice for women planning or in pregnancy and parents of infants and young children in regard to nutrition and feeding issues.

**INFANT program:** Group sessions are provided to parents of young infants over the first year of life at relevant stages, providing education and support regarding nutrition, play and parenting. Sessions are held for 3, 6, 9 and 12 month stages at Community Health.

## DID YOU KNOW?

Community Health Services now provide telephone and video call consultations, so you can access your health care in the comfort of your own home. Please let us know if you need assistance with learning how to set up a video call.

We do provide onsite face to face appointments, and at times, this is a requirement however we aim to be flexible and provide a service that suits your situation and needs.

Our Infant program is provided as both an onsite face to face format and also online via a Zoom meeting, so families can attend either way. Online attendance can provide a preferred option if illness or travel is an issue at the time of the session. You will be provided with an option of how you wish to attend when booking into the program.

Some services can be provided within your own home, such as the Breastfeeding Support Service, where the midwife can attend at a suitable time to assess and assist with the breastfeeding process.

These are examples of how we are working toward meeting the needs of our community in a more flexible service delivery model of care.

Let us know if you have any questions or suggestions for further improvement.







## MCGRATH BREAST CARE SERVICES

Is coordinated by a Breast Care Nurse with specialist training in breast cancer and can provide physical, psychological and emotional support and information for those diagnosed with breast cancer and their families. Services provide coordination of care from diagnosis to treatment and follow-up. This includes appointments and referrals, clinical care, discussions of options for breast prosthetics or access to support services. The Breast Care Nurse is a vital link within the multidisciplinary team of health professionals from various locations across the region within health services or in community settings.



## CANCER CARE COORDINATOR

Cancer can be a very complex and difficult experience with many appointments, tests and treatments. The Cancer Care Coordinator is there to support people with a cancer diagnosis and their carers/ families, by completing comprehensive screening to assist clients in accessing any information or services they may require, from the time of diagnosis throughout treatment and beyond. SHDH provides a number of services in the area of cancer care, our care is designed to provide a supportive and welcoming environment for patient and families with a greater focus on overall care including physical, spiritual and emotional wellbeing, the Cancer Care Coordinator can be a link to these services to ensure clients know what is available and how to access when needed.

These cancer services are free to consumers with medical or self-referrals welcome, for more information please call (03) 50339201 or (03) 50339202 for McGrath Breast Care Service



### *Community Health - Contact Details*

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**Swan Hill  
District Health**  
Connected Care. Best Experience.