



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

## FLOODS, BITES & COVID-19

**Floods**, if you are affected by flood water, go to the Vic Emergency website at [https://emergency.vic.gov.au/relief/#relief\\_assistance](https://emergency.vic.gov.au/relief/#relief_assistance) to access information and support. Translated information is also available from this website.

You may have noticed the increased number of **mosquitoes** around at the moment.

To reduce numbers around your home

- drain water out of pots, plant-saucers, play equipment, and other containers
- remove rubbish that collects water
- clean out ditches, drains and gutters
- install or repair damaged fly screens on windows, doors and vents.

The Japanese Encephalitis Virus (JEV) Vaccine, is available for those eligible including,

- people aged 2 months or older who live or routinely work in listed local government areas including Swan Hill AND
- spend significant time outdoors (4 hours per day) for unavoidable work, recreational, educational and or other essential activities OR
- live in temporary or flood damaged accommodation that place them at increased risk of exposure to mosquitos, OR
- are engaged in the prolonged outdoor recovery efforts (clean up) of stagnant waters during and following the floods.

For more information see your local GP



**Covid-19** is still around us. Continue to protect yourself by

- *wearing a mask when in closed rooms or around lots of people*
- *washing your hands regularly*
- *having your Covid-19 booster vaccine*
- *test is you have symptoms*





## Health Promotion



### Mental Health Support Services:

- Your local GP
- Local mental health professionals
- Lifeline- 131 114
- Beyond Blue- 1300 224 636
- MensLine- 1300 789 978
- Kid's Helpline- 1800 55 1800
- Parent Line- 13 22 89

# MENTAL HEALTH WEEK

Mental Health Week 2022 took place from the 10th - 14th of October. The theme for this year was "Awareness. Belonging. Connection". On Wednesday the 12th, alongside a wide range of other local services, Health Promotion Officers Bronte and Andrea participated in the ABC in the Park "Better Together Community Day".

This was a great opportunity for community members to reconnect and acknowledge how important mental health and wellbeing is to our community, whilst getting to know the friendly faces of people delivering support in our community!

We would like to say a massive thank you to all of the other committee members who put in so much time and effort to ensure the day was a success. It also couldn't have happened without an abundance of support from the community attending, local businesses donating and local services coming along. We would like to especially thank Produce & Pantry for donating a box of fresh fruit for everyone to enjoy! It was a fantastic day that reminded us all of the importance of looking after our mental health.

### Swan Hill District Health services:

Counselling Services 03 5033 9880  
 headspace Swan Hill 03 4010 7100



eat fruit & veg move more often smile together

# FATHER'S DAY ACTIVITY

For Father's Day this year, a colouring-in competition was held to promote the important role fathers and father figures play in their children's lives. Increasing the positive parenting behaviour of father's can contribute to positive physical, mental and social health for children.

We had over 100 entries in the competition and from those we had three top and six runner up lucky draw prizes.

Meet Jackson, pictured, one of our top prize lucky draw winners, who did an amazing job with his colouring-in entry.



# 16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE

Through Safe and Equal and Respect Victoria the **16 Days of Activism against gender-based violence** campaign runs from November 25 to December 10. This campaign aims to promote messages of respect, support and equality through Respect Women: 'Call it out' (Respect is). The campaign is important for the Swan Hill district as we have some of the highest rates of domestic and family violence in Victoria. The Swan Hill District Gender Equity Network is working with the 16 days of Activism campaign and our key message is '**Respect is giving all genders equal opportunities**'.

The network is supporting local events during the 16 days of Activism:

- On November 25th, to kick off the campaign is the **Walk against Family Violence** from Campbell Street to the Clock Tower at 11.30am for a BBQ lunch. It would be great to get many people involved in the walk, to wear orange and stand up against domestic and family violence!
- On November 30th the **Swan Hill Regional Library** is running a Story Walk of "I want to be a super hero" by Breanne Humes. This event starts at the library at 10.30am and will finish at the clock tower for fruit cups and more stories.

We would love to see the community getting around these events and supporting the 16 Days of Activism against gender-based violence.



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## Diabetes Education



Diabetes Educators: Ange, Angela (above), Maddi and Leah Ann (below)



## BREASTFEEDING SUPPORT

While breastfeeding is natural, it is also a learned skill and there are many reasons why the road can be hard. It's common to need extra help especially in those early days and weeks.

You can make an appointment with our Breastfeeding support team during your pregnancy and get a head start.

Call us for more information.

## DIABETES EDUCATION

*World Diabetes Day is November 14.*

1 in 10 people around the world currently live with diabetes; a number that is expected to increase by more than 10% by 2030. Based on these statistics, it is very likely you know someone living with diabetes.

We provide education and support to people living with Diabetes. Our Diabetes Educators recommend that people with Diabetes regularly visit a G.P. and see the following health professionals at least once a year; Diabetes Educator, Dietitian, Podiatrist, Optometrist and Dentist. A specialist Endocrinology Service is also available via the Diabetes Educators for people living with Type 1 or Type 2 Diabetes.

In recognition of World Diabetes Day, we would like to share how the community may access our knowledgeable Diabetes Educators.

**Contact Community Health at:**

125 Campbell Street, Swan Hill

Phone: 03 5033 9337

Email: [chreception@shdh.org.au](mailto:chreception@shdh.org.au)



## Breastfeeding





## Refugee Health

### Wellbeing & Self-care Information sessions



#### Some of the self-care topics covered:

- Stress management
- Worries & concerns about family member
- Sleep disturbances
- Where and how to seek assistance



Presented by Zabi Mazoori

DATE:  
Wednesday, 16 November 2022

TIME:  
6:00pm

Address:  
Swan Hill Uniting Church,  
306-310 Beveridge St,  
Swan Hill VIC 3585

# REFUGEE HEALTH

We now have two Refugee Health Nurses covering the role however over the same time allocation per week. Leah Ann on Tuesdays and Sonya on Wednesday afternoons and Thursdays.

If you have a health related need and you are a Refugee or Asylum Seeker please come in and meet with Sonya or Leah Ann (pictured page 4), at 125 Campbell Street, Swan Hill.

A wellbeing and self-care information session will be provided by Foundation House, for Afghani men, in Dari language, at 6pm on Wednesday 16th November at Swan Hill Uniting Church, 306-310 Beveridge Street, Swan Hill.

There is also a similar session for Afghani women at 10am on Thursday 17th November at Swan Hill Uniting Church.

Call Sonya or Leah Ann for more information.

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*For more information on any of our services here at  
Community Health go to*

<https://www.shdh.org.au/our-services/community-health/>

<https://eatmovesmile.shdh.org.au/communityhealthservices>

or subscribe to our blog [here](#)

# WOMEN'S HEALTH

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

Did you know that there has been exciting changes to screening for cervical cancer based on new techniques and the latest research.

Australia is one of the first countries in the world to implement the Human Papillomavirus (HPV) Cervical Screening Test as part of a national population screening program, and that work, combined with our HPV vaccination program, means we are on track to be the first in the world to eliminate cervical cancer. Even with the HPV vaccination, cervical screening remains an important part of regular health checks for women and people with a cervix aged 25-74 who have ever been sexually active.

HPV self-collection was introduced to the National Cervical Screening Program in 2017. The test is taken in privacy, where the person inserts a very thin swab about five centimetres into the vagina and rotates it a few times. Self-collection is currently available to women and people with a cervix, aged 25 - 74 years, who are due to be screened.

Our Women's Clinic can provide the self-collection option for the Cervical Screening Test, and our Women's Health Nurse will talk you through the process and provide any support required.



*Women's Health*

Recent evidence shows a Cervical Screening Test using a self-collected sample from your vagina is just as safe and as accurate at detecting HPV as a clinician-collected sample taken from the cervix during a speculum examination.

## *Who is eligible for a Cervical Screening Test?*

You should get a Cervical Screening Test every five years if you?

- are aged between 25 and 74
- have had any type of sexual contact (with any person, even of the same gender)
- are a women / person with a cervix.

You should get a test even if you:

- have had the HPV vaccines
- are not currently sexually active
- have had the same partner for a long time or only had one partner
- are gay, lesbian, bisexual, or transgender
- are pregnant
- have been through menopause
- feel healthy and have no symptoms.





*Dietetics*

## DIETETICS

Good nutrition for all is a priority for the Dietetics team, who work in partnership with our Health Promotion team along with many community based partners to improve access to fresh healthy food and to provide education and awareness of healthy eating.

Some of our current community actions/programs include:

- **INFANT program**- this program is for all parents of young infants over the first year of life at relevant stages, in regard to nutrition, play and parenting. Sessions are held for 3, 6, 9 and 12 month stages and all are welcome to attend. We are also working with local playgroups to incorporate these key messages and to support parents in places they regularly attend.



## CHILDREN'S WEEK

To celebrate Children's week at the end of October, our Community Health and Dietetics Departments along with Mallee Family Care smalltalk playgroups, Mallee District Aboriginal Service (MDAS) playgroups, Sunraysia Mallee Ethnic Communities Council and the Swan Hill Regional Library combined to provide playgroup sessions and activities at a number of different locations. Combined Playgroup sessions were held at the Family Hub at 63 McCrae, MDAS, Swan Hill North Primary school and Swan Hill Specialist School, with many families, including children, parents and grandparents, attending multiple sessions across the week. The biggest session was at the sensory playgroup at MDAS on the Tuesday, with around 16 families in attendance and plenty of mess made with custard, cream and paint.

At three of the playgroups, Dietetics provided a Funny faces activity, where children and carers were invited to make a Vegetable Funny Face on a corn thin base as a way of exploring different vegetables. A few children joined in the activity each day and a couple of children came more than once - the sultanas were particularly popular!



# MCGRATH BREAST CARE SERVICES

October was **Breast Cancer Awareness Month**, a great time to remind women and men to check their breasts as finding breast cancer early provides the best chance of beating the disease.

Remember you don't need to be an expert or use a special technique to check your breasts, learning what your breasts normally look and feel like and then identifying any changes when they occur.

Changes to be aware of include:

- A new lump or lumpiness, especially if it's only in one breast.
- A change in the size or shape of your breast.
- A change to the nipple, such as crusting, ulcer, redness or inversion.
- A nipple discharge that occurs without squeezing.
- A change in the skin of your breast such as redness or dimpling.
- An unusual pain that doesn't go away.

It's important if you notice any of these changes to see your doctor without delay.



# CANCER CARE COORDINATOR

Swan Hill District Health's Cancer Care Services are designed to provide a supportive and welcoming environment for patients and families with a focus on overall care, including physical, spiritual and emotional wellbeing.

Some of the outpatients services available include face-to-face consultation and education with the McGrath Breast Care nurse or cancer care coordinator, access to a number of cancer resources, assistance in referral to other allied health services such as the oncology exercise group, lymphedema physiotherapist or dietitian. Assistance with the telehealth oncology clinic in which we are able to facilitate client's telehealth appointments with their oncologists or specialists.

Other services include cancer wellness education sessions, access to the wellness support group, which is for carers to meet with others going through a cancer diagnosis.

These cancer services are free to consumers with medical or self-referrals welcome, for more information please call (03) 5033 9201 for Cancer Care Coordinator or (03) 5033 9202 for McGrath Breast Care Service.



## Community Health - Contact Details

125 Campbell Street, Swan Hill 3585

Phone: 03 5033 9337

Fax: 03 5036 4561

Email: [chreception@shdh.org.au](mailto:chreception@shdh.org.au)

