



Community Health is part of Swan Hill District Health, located at 125 Campbell Street, Swan Hill



Happy New Year!

2023 has begun and we hope that you have had a lovely relax over the past few weeks. Our teams of Community Health Nurses, Dietitians and Health Promotion staff can provide information and advice on many aspects of your health, and support our community improve general health and wellbeing.



Resolutions?

Are you one to make new year's resolutions? The best tip with goal setting is to make sure your goals are realistic and achievable. It is also good to try limiting these to one or two goals at a time, such as practicing mindfulness or aiming for two serves of fruit per day! The local stone fruit are so delicious at the moment so this may be an easy goal to reach!



Physical Activity Options

Moving more is great for our physical and mental health and our local communities have a great deal to offer!

Check out our **Physical Activity Options** guides for inspiration, they are available in the following age groups:

- 0-5 years
- 5-12 years
- adults

go to:

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



Health Promotion



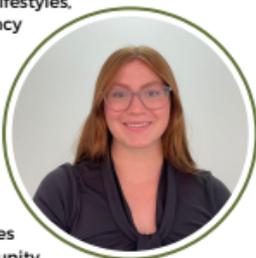
Welcome to the team Tara

Hi everyone, my name is Tara Higgins and I have just started my new role as Health Promotion Officer at Swan Hill District Health. Some of you may already know me as I am a local who grew up in Swan Hill!

I completed a Bachelor of Health Sciences majoring in Health Promotion & Public Health at La Trobe University in Bendigo in 2022 and have come back to become a member of the Community Health team here at Swan Hill District Health. I have always wanted to be a part of the health field and be able to help people improve their health and wasn't until I began my studies at La Trobe University that I fell in love with preventative health.

I am excited to start my role as a Health Promotion Officer and to be able to focus on the needs of our community in creating opportunities to connect with others and lead healthy lifestyles. I will be working in areas such as pregnancy and early years, gender equity and active living. In my own time, I enjoy spending time with family and friends, reading and being active by either riding my bike around town, going for a neighbourhood walk or enjoying the occasional swim.

I look forward to the exciting opportunities to come from my new role and at Community Health in 2023!



What's on in 2023

The team here at Community Health are busy planning activities to enable you to have better health outcomes, whether it be about accessing health services, getting more active, eating more fruit and vegetables or improving your mental wellbeing, we are here to help.

- **Pregnancy & Early Years**- we are catching up with our local partners to plan activities for anyone either pregnant or planning pregnancy and those with small children, let us know if you wish to help.
- **Active April** events are also in planning, more information coming soon!
- **Supporting those wishing to breastfeed** is another action.
- Our **Community Connectors** are out and about providing resources and asking for feedback.



eat fruit & veg move more often smile together



Health Promotion



Community Connectors

The Community Connectors Program is an exciting new initiative Swan Hill District Health is implementing in conjunction with Sunraysia Community Health Service in Mildura. The aim of the Community Connectors Program is to employ local residents, people with lived experience and health promotion workers, through local community health services, to link public housing communities and individuals to targeted preventative and early intervention health and social care services.

Swan Hill District Health has employed a Community Connector, Katie, who has commenced speaking with residents to provide resources and service information, as well as find out more about health and social needs we can support. The program has a strong co-design element which means the initiatives we implement will be based on the feedback we receive. The initial phase of the program will consist of the "100 Voices" campaign where we will endeavour to engage 100 residents to lead the direction the project will take in the future. 100 Voices will be implemented during January/February 2023, and service delivery will commence after this time. This will aim to build trust/connection between services and community, filling gaps in community health and social care systems, ease health and social service navigation and improve health and wellbeing outcomes for residents.

Food Hub - Food for All

The Swan Hill Food Hub has been up and running for a few months now with great uptake from Member Agencies. Member Agencies can access food relief on behalf of their clients, assisting those who are facing hardship.

There are a number of ways the Swan Hill community and local agencies can be involved with the Food Hub. These include:

- Becoming a Member Agency. This involves an annual fee or in kind support which enables access to the Food Hub whenever required.
- Organise a food drive within your organisation with items received being donated to the Food Hub.
- A one off or annual donation. This will be utilised to cover any expenses incurred by the Food Hub, for example, the purchasing of food to stock the Food Hub or electricity costs.
- Holding an event that raises funds for the Food Hub.
- Donating items to the Food Hub. For example, growers may like to donate fruit or vegetables grown locally.

For more information about these projects, contact Tania Lawry, Community Development Program Manager, on 0456 641 739





Dietetics



Dietetics Manager

Kristi Germaine is our new Dietetics Manager, a role that has been a part of the Community Care Realignment Project.

After growing up in Swan Hill and then working in Melbourne hospitals for the last 15 years, I returned to Swan Hill 4 years ago to take on a role in Health Promotion and Dietetics. I thoroughly enjoy working in the community that I grew up in and the variety of clients that we see. I'm looking forward to working with our team of Dietitians who all share a passion for working with our community and individuals on their nutrition needs.



Oncology Dietetics

Swan Hill District Health is commencing an exciting new service for Dietetics in Oncology. This service aims to support anyone who has a cancer diagnosis with their nutrition needs, including screening, education and access to oral nutrition support.

If you would like to access this service please contact Community Health on 5033 9337 no referral is required.

How a Dietitian can help you

Dietitians give practical, easy-to-follow advice. They'll help you understand how to improve your nutritional health. An Accredited Practising Dietitian (APD) can help you manage health conditions, such as:

- diabetes
- eating disorders
- food allergies and intolerances
- gastrointestinal diseases
- heart disease
- malnutrition
- obesity
- renal disease

They can also help you manage your wellbeing at different stages of life, such as pregnancy, menopause and ageing.

Call Community Health on 5033 9337 to book an appointment.



Breastfeeding



Breastfeeding, did you know?

Our Breastfeeding Support Service was established in January 2018, now into its fifth year! with over 3,000 consultations provided so far. Our qualified lactation consultant Sonya and experienced midwife Sheree are here to support local parents on their breastfeeding journey. They provide a wide range of services including assessing breastfeeding and assistance with attachment techniques, nipple pain and trauma, improving infant weight gain and emotional support.

The benefits of breastfeeding to mother, infant and family are well known, but there are many reasons why breastfeeding can hard. It's common to need extra help once you go home. Sonya and Sheree will support you through the tough times so you can be comfortable and enjoy early motherhood.

Call us on 5033 9337 for more information.



Breastfeeding Friendly Places

Are you concerned about breastfeeding in public? Don't be we are a breastfeeding friendly community.

Go to our Early Years Online Hub to discover the many, many local places that support breastfeeding in our local community. Click on QR below or go here:

<https://www.earlyyearsonlinehub.org.au/community-places/breast-feeding-locations>

Early Years Online Hub

Access early years' information and services within the Swan Hill Local Government Area.

The Early Years Online Hub covers just about everything parents and carers need to know about raising children.

- Early childhood services
- Resources and information for families
- Playgrounds & family friendly walks

- Breast feeding & changing facilities
- Services specific to your town
- Event listings for young children

www.earlyyearsonlinehub.org.au



Women's Health



Cancer Care



Women's Clinic

The Women's Clinic provides information and advice on all aspects of women's sexual health including screening for cervical cancer.

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

To book an appointment call 03 5033 9337.



Maureen is our sexual & reproductive health nurse

Cancer Support Group

Currently meeting monthly on first Wednesday of the month at 11am, various locations. Community members diagnosed with cancer or carers/family are welcome to attend.

Contact Cancer Care
Coordinator Emma Brown
for more information
Phone: 03 5033 9201



Wig Service/Library

SHDH currently coordinates a wig service for community members who lose their hair because of a medical condition or treatment for cancer. The service is able to continue because of generous donations from community groups. We also offer recipients to return their wig if it is no longer required.



Contact McGrath Breast
Care Nurse Leanne Bibby
for more information
Phone: 03 5033 9202





Diabetes Education



Diabetes and exercise

Recently Diabetes Australia provided an update on commonly asked questions about exercise and diabetes. See www.diabetesaustralia.com.au.

The main points are to

- Choose a time to exercise that suits you, as you are then most likely to do it! However research has shown that exercising after food may be more effective on improving your blood glucose levels (BGLs), try checking your BGLs before and two hours after your next meal with a bout of light to moderate intensity exercise in between. See if you can spot a difference.
- Getting started with exercise can be challenging. Start with small and realistic goals and increase as you are able. Plan ahead, so it can be part of your day. See an Exercise Physiologist for an individualised exercise plan.
- Your BGLs can be affected by different types of exercise, aerobic (or cardio) exercise like walking can cause your BGLs to reduce, by using glucose in the blood for energy. This can help if manage spikes in your BGLs. Strength training helps to build muscle size which means more space to store glucose in our cells, burn more energy when we are active, and keeps our ability to do everyday tasks high, resulting in lower BGLs overall.
- Include some planned and incidental activity every day, it also helps your mental wellbeing!

Annual review

Did you know that if you have diabetes it is recommended to have an annual check up with the following health professionals?

- Doctor
- Diabetes Educator
- Dietitian
- Podiatrist
- Optometrist
- Exercise Physiologist

For a review with one of our Diabetes Educators (pictured below) or a Dietitian, call us on 5033 9337 or call in at 125 Campbell St. Swan Hill.

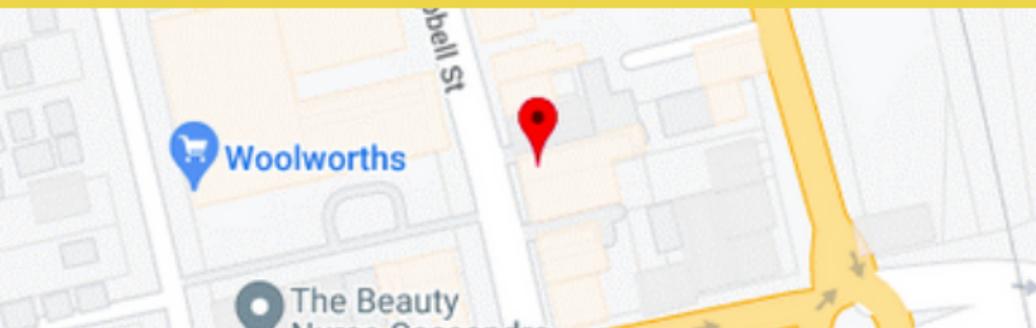
Ange & Angela



Maddi & Leah Ann



Community Health



Meet Tash

Hi all, my name is Natasha Kelly also known as Tash. I am now a couple of months into my traineeship of business and administration at Community Health and am really enjoying it. I never really imagined myself working in a health department, but here I am and am grateful for this opportunity. The girls here are great to work with and is an awesome environment to work in.

Outside of work hours I enjoy spending time outdoors - whether it's playing sports such as basketball, netball and footy or just spending time with my friends and family. I am excited to see what the year of 2023 brings!



Senior Manager role

Hi and welcome to our new service site at 125 Campbell Street, Swan Hill. My name is Gayle Taylor and I am the recently appointed Community Health Senior Manager having previously managed Dietetics & Health Promotion for many years. This role change is part of a realignment of our Primary Care Division, also now changed to Community Care. I am responsible for the Community Health Nursing team, Health Promotion team, Community Development Program (managed by Tania Lawry) and Social Support Program (managed by Jamie Garahy and located at Swan Hill Neighbourhood House). Other services co-located with us here at 125 Campbell Street are Dietetics, Cancer Services, NDIS Coordinator and the Data Integrity Officer.

I can be contacted via email gtaylor@shdh.org.au or phone 5033 9337.



Community Health - Contact

125 Campbell Street, Swan Hill 3585

Phone: 03 5033 9337

Fax: 03 5036 4561

Email: chreception@shdh.org.au



Swan Hill
District Health

Connected Care. Best Experience