

February 2023



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



Welcome to Community Health

The Community Health team at Swan Hill District Health are inviting people to come visit our service at 125 Campbell Street to celebrate International Women's Day with a morning tea. The event will begin on Wednesday March 8th and will run from 10am until 12noon.

For more information, contact Tara at Community Health.



What's happening?

Along with information about our services and initiatives, there will be expression of interest forms available for those who want to be part of the Swan Hill Pregnancy & Early Years Collaborative and the Swan Hill District Gender Equity Network.

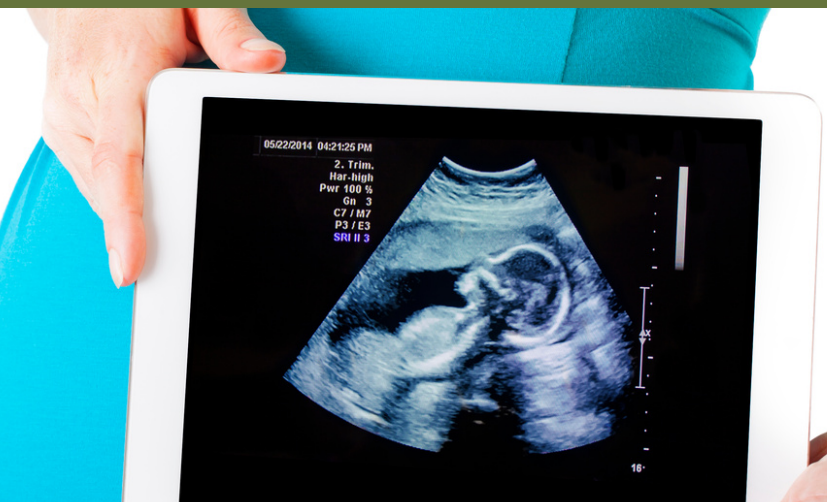
What is International Women's Day?

An upcoming global day celebrating the achievements of women and to advance gender equality into the future. The United Nations International Women's Day theme for 2023 is '**Cracking the Code: Innovation for a gender equal future**' highlighting the role innovative ideas, inclusive technologies and accessible education can play to cracking the code to gender equality.





Health Promotion



Pregnancy & Early Years Expo

The Swan Hill Pregnancy and Early Year Collaborative is a partnership of local services and programs that have come together to try and improve the health and wellbeing outcomes in the crucial first 1000 days of life. Research shows that what happens in those first 1000 days (from conception to age 2 years) can have lifelong effects, so the more we can intervene to have positive experiences the better.

The Collaborative is very excited to announce a second Pregnancy and Early Years Expo is in planning to be held in Swan Hill in May this year!

We held our first Expo in September 2019 and due to Covid-19 restrictions have not been able to hold once since. Over 100 people attended the first Expo which provided opportunity to meet local services and programs and discuss local needs. Services found the event to be an excellent chance to also learn about each other and gain feedback from the community.

If you are an early childhood or pregnancy service or program, or a local parent who would like to get involved in the planning of the Expo, please give Gayle a call at Community Health.

Early Years - Self feeding

Self-feeding can be used to introduce solid foods and involves babies using their fingers or cutlery to feed themselves. Self-feeding can be a messy process but it is important to let your child to decide what on the plate is eaten and how much. Babies are likely to show signs of readiness to start self-feeding alongside receiving breastmilk.

However, every child is different in their development and when they are ready to self-feed.

Signs Babies are ready to start exploring self-feeding include:

- Reaching for the spoon
- Taking food off your plate
- Reaching, grabbing and taking food to mouth
- Holding head up and sitting straight

Self-feeding is important for a child's development because:

- Helps children learn how to eat independently
- Developing motor skills by squeezing, touching, and dropping food
- Helps little ones learn about the taste, temperature, texture and smell of each food
- Babies learn what different foods look like and the taste of separate foods.



eat fruit & veg move more often smile together

Vol 2.2 Newsletter



Health Promotion



Food Hub - Food for All

Swan Hill Food Hub has been open for 5 months now. Member Agencies can access food relief on behalf of their clients, assisting those who are facing hardship. Currently our members include Mallee Family Care, SMECC, Swan Hill District Health, Anglicare Victoria, Mallee District Aboriginal Services, FLO Campus- Swan Hill College, Swan Hill Rural City Council and St Mary's Primary School.

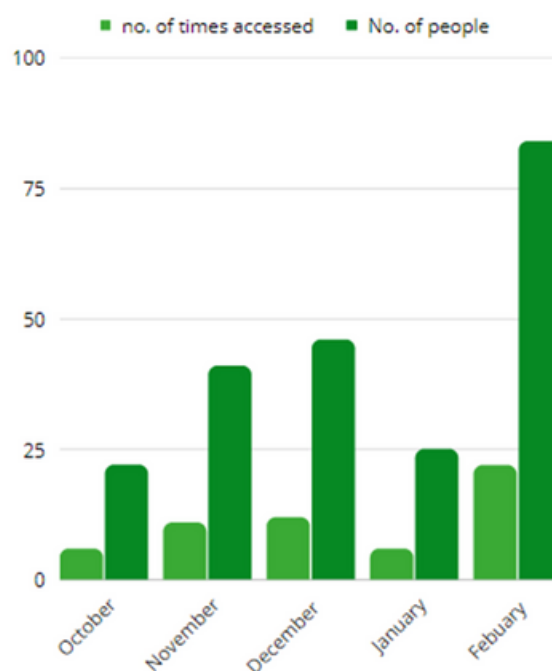
St Mary's Primary School is our newest member of the Food Hub. Recently they had a casual dress day with a gold coin donation which went towards supporting the Food Hub. A big thankyou to St Mary's Primary School and a warm welcome to you as our newest member of the Food Hub.

The Food for All Food Hub has been accessed 57 times and provided food to 213 people in the Swan Hill community experiencing food insecurity. In this group of people that the Food Hub assisted there were 25 families and 50 individuals. The usage of the Food Hub has mostly increased with each month after opening apart from January. See Table 1 to see the increase usage of the Food Hub.

Feedback from our Member agencies include 'Fantastic this is available to support clients.' 'Great variety. Thanks so much for the variety, this is great. We appreciate this service so that we can support our families.'

We look forward to seeing how the Food Hub develops in the next few months.

If any other local organisations are interested in becoming a member of the food hub contact Tania.



Tania Lawry, Community Development
Program Manager, 0456 641 739
tlawry@shdh.org.au



Health Promotion



Physical Activity Options

Did you know that Swan Hill and District has many opportunities to be physically active?

Our recently updated guide for adults lists several pages of opportunities to try out new ways of moving more, from gyms, swimming, ball sports, including cricket, basketball, football, netball, golf, bowls, to other more individual activities such as yoga, dance, and running.

Check out the updated guide here: [Physical Activity Options Resource for Adults 2023](#) or go to www.shdh.org.au and see listing under Health Promotion.

If you have a local service or program that you would like added to this resource, please give us a call at Community Health and ask for Ella.

Not listed but popular and very well utilised are our local parks and community spaces. Many have free gym stations to access, along with water stations, seating and lighting for those walking or running in the early or late hours of the day.

For many walking your dog is a great incentive to be active, Swan Hill has an 'Off Leash Dog Park' at the Tower Hill estate, adjacent to the Tower Hill playground, at Barry Steggall Park.

Riverside Park Swan Hill- hosts an approximate 4km walking/cycling track from the wetlands in the north to the Pental Island bridge, along with exercise stations, lighting and water fountains.

There is also a skatepark, playgrounds for children of all ages, and several picnic areas, along with amenities.

For a full list of local parks and playgrounds in the Swan Hill local government area, go to <https://www.swanhill.vic.gov.au/discover/sports-and-recreation/parks-and-gardens/>





Breastfeeding



Day 1

Size of a cherry
5 to 7 ml
1 to 1.5 tsp



Day 3

Size of a walnut
22 to 27 ml
4.5 to 5.5 tsp



Week 1

Size of a apricot
45 to 60 ml
3 to 4 tbsp



Week 2

Size of an egg
80 to 150 ml
5 to 10 tbsp

Newborn Stomach capacity

A baby's stomach is tiny. The above diagram indicates the size of a newborn's stomach from Day 1 to Week 2. This pictorial guide can help new parents understand that a newborn will not need a lot of food, but they will need it frequently.

It's common for new parents to feel some concern about the amount of food infants in the first few weeks of life seem to be consuming. We hope this guide can give some reassurance that they do not need a lot of food, but frequency of feeding is important.

If you would like more information about breastfeeding book an appointment with our Breastfeeding Support Service here at Community Health. Sonya and Sheree (pictured below) encourage you to come in during your pregnancy so they can help you with preparing to breastfeed.

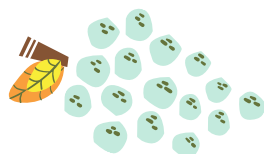


Breastfeeding Support

The Breastfeeding Support team can provide the following:

- Assessing breastfeeding
- Timing of feeds
- Attachment technique help
- Emotional Support
- Weighing of baby and checking wellness
- Improving weight gain
- Nipple pain and trauma
- Engorgement
- Mastitis
- Sore and cracked nipples
- Blocked ducts
- Expressing help and advice
- Work and continuing breastfeeding
- Assistance to teach baby to
- feed without the nipple shield





Dietetics



Healthy eating

Healthy eating is a big part of our current Health Promotion Plan and also a focus for our Dietetics Team, together we provide nutrition advice and support to our community.

Some of the programs that support healthy eating messages include:



Infant Program - is designed to help you get healthy eating and active play with your baby right from the start. The program is provided at 4 stages over the first year of life, at 3, 6, 9 and 12 months, and promotes 6 key messages, along with peer support from other parents.

Smiles 4 Miles Program - supports early childhood services to implement healthy eating, active living and oral health messages, through policy, activities and resources.

Support for schools - activities regarding healthy eating are available on request from schools.

Healthy eating in our health service - we are working to fully implement the Healthy Choices Guidelines within Swan Hill District Health for staff and visitors.

Food for All Swan Hill Region - supports food literacy and facilitates access to adequate nutrition food for our community. This includes a focus on edible gardens in homes, schools and community places; connecting to locally grown food, supporting emergency food relief access, and helping people to know how to shop for, store and cook delicious healthy food and making the healthier choice the easy choice.

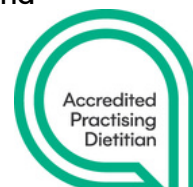


Dietetic services

You can make an appointment to see a Dietitian to discuss your individual nutritional needs. Dietitians can provide education on general healthy eating, and also tailor advice to address specific health needs related to pregnancy, lactation, early childhood through to adulthood, and in relation to chronic conditions and other concerns.

All of our Dietetic staff are qualified and recognised as Accredited Practising Dietitians with Dietitians Australia.

Call Community Health for an appointment on 5033 0337.





Sexual Health



Clinic 60

The Youth Health Service, also known as Clinic 60, offers a strictly confidential health service to young people up to 30 years of age. This service is provided by experienced Community Health Nurses. We welcome young people to come and chat to a nurse about their health.

Services include:

- STI testing (chlamydia & gonorrhoea) – urine test only
- Pregnancy support & options
- Contraception advice
- Emergency Contraception
- Free Condoms
- LGBTQIA+ support
- Breast awareness education
- Cervical screening (for individuals 25+)

This is a free and confidential service for those under the age of 30 years. No referral or Medicare card is required for this service, and bookings can be made by calling Community Health.



Frequently asked questions

How can Clinic 60 help me?

The clinic nurse offers testing, advice and support in general health and all areas of sexual health. If you are sexually active, it is important to have a sexual health check every 12 months, or whenever you have symptoms or change sexual partners. We want you to feel comfortable to come as often as you need for your free sexual health check.

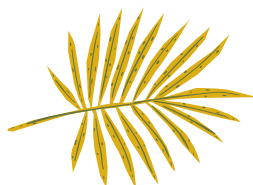
Can I just walk in?

We prefer if you call ahead to book an appointment. Usually it only takes about 15 minutes for a STI test, but we will always give you as much time as you need. You can book an appointment in person (at 125 Campbell Street) or by giving us a call on 03 5033 9337.

What if I'm pregnant?

Clinic 60 can provide testing, support and options on pregnancy choices, giving you all the facts needed to make an informed choice about your health and wellbeing. We are a non-judgmental service; we will support you with information on all your options.

For more information on the services offered by Clinic 60, go to our website at www.shdh.org.au and see details under Youth Health Service.



Community Health



Support for Carers Program

Did you know that Swan Hill District Health now has a new program recently commenced that provides support for carers.

This program provides information and flexible options to support unpaid carers in their role and their personal wellbeing.

There are a wide range of social events and activities available: including cinema tickets, gym memberships, coffee vouchers, massage therapy, art and craft workshops, Pilates and Yoga classes.

For example, the walking group began on Saturday 18th February, with the next group beginning on Saturday 1st April at 9am at Riverside Park. Currently there are 23 carers who have joined this program and there is spaces for more. They are looking forward to welcoming all new members.

If you know someone who provides care for others in our community, please contact our Carer Coordinator Euan, on 0427 840 217 or 03 5033 9359.

Social Support Program

Our Swan Hill District Health Social Support Program are planning a few upcoming trips, along with some new group programs.

One of the new programs starting soon is a garden club. The team have been busy in the background preparing to install some raised garden beds to start their edible garden. The club plans to meet on a Friday morning and will involve members with all things gardening, from seedlings to watering to harvest time!

Register your interest with any of the range of programs available with a staff member at Social Support by calling 03 5055 9359 or email socialsupport@shdh.org.au

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