

MARCH 2026



NEWSLETTER

Community Health

Learn about our key healthy lifestyle messages and community services.

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Celebrating women

International Women's Day (IWD) 2026 is on Sunday March 8. The Day is celebrated across the world every year, a day to recognise the achievements of women in progressing and developing society. The theme for 2026 is "Balance the Scales" focusing on safety, justice and equality for all women and girls.

Our focus for IWD this year is **Balancing the Scales for Health**, aimed at supporting fairness and equal access to care and empowering women and girls to prioritise self care. Learn more within this newsletter.



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

Meet our team

Hollie is a Nurse Practitioner in Sexual and Reproductive Health and has been working at SHDH for many years. Hollie has been a nurse for over 25 years and more recently obtained her Masters in Nursing.

As a Nurse Practitioner Hollie is able to order diagnostics, manage and prescribe medication whilst offering holistic client centred care. Hollie has a strong passion for supporting individuals who are often marginalised from healthcare. She continually advocates that sexual healthcare should be available for all regardless of their postcode.



Hollie enjoys spending time with her family, friends, reading, gardening and trips to Melbourne!

Swan Hill District Health Op Shop donation

Thanks to the wonderful support from the Swan Hill District Health Op Shop we have just received a new ultrasound machine for the Nurse Practitioner Sexual and Reproductive Health Clinic. This will enable scanning to confirm pregnancy and other investigations, provided at the time of consultation, improving service efficiency and providing an even better **'connected care, best experience'** for local women.

We wish to thank everyone who supports our local Op Shop for this equipment and our highly valued volunteers who tirelessly make this happen.



International Women's Day

Raising awareness of women's health and better access to care.

Balance the Scales is a promise that every woman and girl – regardless of background or identity – should be safe, heard, and free to shape their own lives. Yet in 2026, too many across Australia and the world are still denied that fair go. Discriminatory laws, policies, and practices persist. Gender-based violence remains widespread, and structural barriers block too many from seeking or receiving justice.

This **International Women's Day** let's Balance the Scales together and focus on health. Preventative care is foundational to women's safety and wellbeing, and health screening supports fairness and equal access to care. Learn more about age related health checks and local services in our **Women's Health Check Guide** and women's health services [here](#).

Go to <https://www.shdh.org.au/women's health>

#Balance the scales for Health



 #BalanceTheScales <i>Women's Health Check Schedule</i>			
Screen	When	Age range	Reason
Breast screen (mammogram)	Every 2 years	50-74	To detect breast changes and any abnormalities.
Cervical Screening	Every 5 years	25-74	To detect HPV infection which is a key risk factor in the development of cervical cancer.
Skin health	Once a year	Any age	To check for various skin conditions including skin cancers.
Bowel screen	Every 2 years	50-74	To screen for bowel cancer. You can request a Free kit from age 45, call 1800 627 701.
Sexually Transmitted Infection (STI)	As required	sexually active	To screen for sexually transmitted infections or diseases.
Heart Health & Diabetes checks	45 years + or as required	varies	Assess risk of heart disease, check BP, Cholesterol, Diabetes risk.


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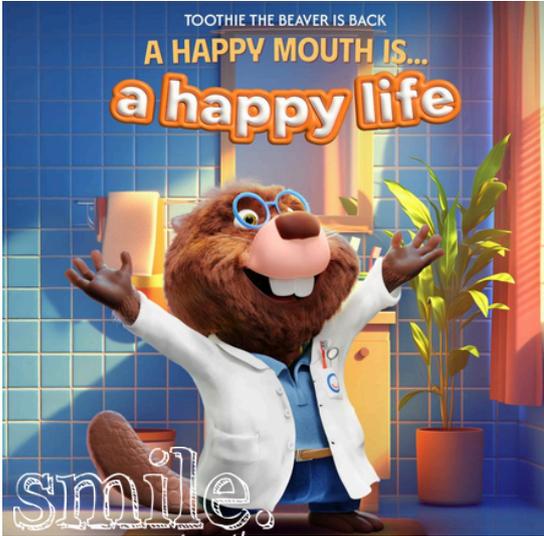

Women's Health

Oral Health

World Oral Health Day is held on March 20, highlighting the importance of oral health for overall well-being under the theme 'A Happy Mouth is a Happy Life'.



Feeling your best starts with a healthy smile, every day, at every age.



Every day, we use our mouths in countless ways, and a healthy mouth makes life more enjoyable. It supports our whole body and makes everyday moments brighter – whether sharing a meal, chatting with a friend, or laughing with loved ones.

- Eat less sugar
- Brush twice a day with fluoride toothpaste
- Get regular check-ups

Oral Health Victoria advise for babies and toddlers (0-3years) the following tips:

- **eat well** - choose breastmilk or infant formula only and never put your baby into bed with a bottle as pooling of the milk against teeth at night can increase risk of tooth decay.
- **drink well** - in addition to breast milk or infant formula, from 6 months of age babies can drink cooled, boiled, fluoridated tap water. The fluoride helps strengthen teeth and protect against tooth decay, right from the first tooth.
- **clean well** - gently brush using a small, soft toothbrush as soon as the first tooth appears.

Events

SISTERS DAY OUT!
SWAN HILL
17 MARCH

Join Dijirra for it's Wellbeing workshop, where Aboriginal women come together to support each other, enjoy some pampering, learn about their rights and options and engage with available services.

Workshop details:

Date: Tuesday 17th March 2026
Time: 9.30am-3pm
Location: Swan Hill Jockey Club,
17 Gray Street
SCAN TO REGISTER



EXHIBITION

2-31 MARCH 2026

PORTRAITS OF MANY PATHS

Meet the people who help shape our community. Portraits of Many Paths shares local stories and portraits celebrating cultural diversity, connection and belonging.

INVITATION TO OPENING NIGHT

We would be delighted if you could join us for both or one of our opening nights -

Swan Hill Library - Wednesday, 4 March at 7pm
Robinvale Library - Wednesday, 11 March at 6pm



swan hill regional library

SWAN HILL & ROBINVALE LIBRARIES
FREE ENTRY ALL WELCOME



Ride to School/Walk to Work

Ride to School Day

National Ride2School Day is held on March 20. Join more than 350,000 students across Australia who will ride, walk, scoot or skate to school!

This activity helps children build healthy habits, independence and confidence on the journey to school.

Find more information here: <https://bicyclenetwork.com.au/rides-and-events/ride2school/ride2school-day/>



Walk to Work Day

People who walk before or during work are generally healthier, more productive and less likely to experience mental health issues. By adding walking into everyday routines, individuals and organisations can improve their own wellbeing while supporting Walk to Work and the Black Dog Institute.

Start walking now and raise funds for better mental health, to participate register here: <https://www.walk.com.au/>



**Black Dog
Institute**



Children should get at least 60 minutes of physical activity each day. Walking or riding to school is a simple way to achieve this as part of their daily routine.

Endometriosis Month - March

What is endometriosis?

Endometriosis affects 1 in 7 women and those presumed female at birth. It occurs when tissue similar to the uterine lining grows outside the uterus, often in the pelvis.

Symptoms vary and may include pelvic pain and infertility, though some experience no symptoms.

The severity of symptoms doesn't always reflect the extent of the disease, which can cause internal damage even without noticeable pain.

If you are diagnosed with endometriosis you should discuss treatment options with your doctor to determine the best approach for you. Each treatment has its benefits and limitations, and you may need a combination of therapies to effectively manage your symptoms.

To learn more about this condition ask your health professional or go to

<https://endometriosisaustralia.org/>

How do you treat it?

There are three types of treatments for endometriosis:

1. Medical treatments - Includes medications to manage symptoms and hormone therapies.
2. Surgical treatments - Involves procedures such as laparoscopy to remove endometriotic tissue.
3. Allied treatments - Includes physiotherapy, psychology, and alternative medicine to support overall well-being.

 **Endometriosis
Australia**



Women's Health

Food sharing



FOOD FOR ALL
SWAN HILL REGION

'Share what you can, take what you need.'

Everyone is welcome - even if you don't have anything to swap'

A few months back, in partnership with the Swan Hill Regional Library and several local volunteers the Swan Hill Fresh Food Swap commenced operation. This Swap now happens every month except December on the 3rd Saturday of the month, and is held at the Swan Hill Regional Library from 10am until 12noon.

You can bring vegetables, herbs, fruit, preserves, seeds, seedlings, flowers, bulbs, eggs, bread or honey.

All produce brought must be good quality. All preserves must be labelled with ingredients. Seeds, seedlings and bulbs must be labelled too.

For more information contact Bronte at Community Health or ask at the library.



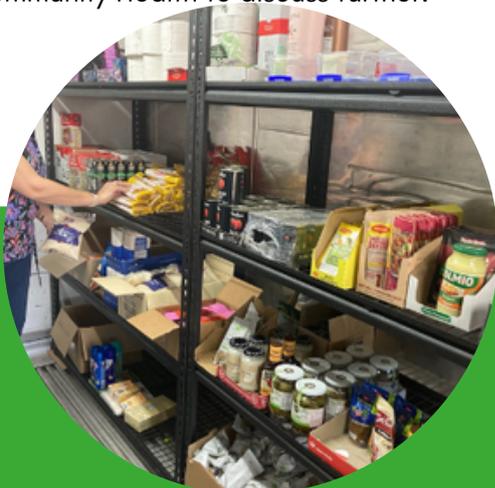
Volunteering at the Food Hub

The Swan Hill Food Hub provides food relief to those in need in Swan Hill and district, via local services and agencies. The Swan Hill Food Hub operates as a collaboration of agencies working together to provide this service. Agencies sign up as member agencies of the Food Hub and they then access food as needed for their clients. Food for the Food Hub is purchased through Foodbank Victoria and delivered to Swan Hill on a weekly basis. The shelves of the Food Hub are then stocked from these supplies and any other donations received.

Food Hub volunteers are essential to building a sustainable Swan Hill Food Hub and bring new ideas and skills to our passionate team. Volunteers require a reasonable level of fitness as roles including lifting and moving stock around. The roles can be undertaken on an individual basis or in partnership with other volunteer/s. Swan Hill Neighbourhood House and Swan Hill Community Health staff will work with volunteers to determine roles that suit both the Food Hub and volunteer needs.

*Are you a gardener?
We are keen to engage
volunteers*

If you are interested in volunteering, complete an Expression of Interest Form here:
<https://www.foodforall.community/volunteer-with-us>
or call Tania at Community Health to discuss further.
5033 9337.



Breastfeeding



Breastfeeding Spaces

Recently we have updated our local breastfeeding friendly spaces in Swan Hill, see here.

You can find this information on our website under Breastfeeding and also on the Early Years Online Hub.

See here:

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

<https://earlyyearsonlinehub.org.au>



Breastfeeding Friendly spaces Swan Hill

- Arc Espresso
- Arcade Cafe
- At Forty One
- Barrells Cocktail Bar
- Big 4 Swan Hill
- Boo's Cafe Swan Hill
- Burke and Wills Motor Inn
- Collins Booksellers
- Commercial Hotel
- Eloquent Speech Pathology
- Federal Hotel
- Grand Hotel Nyah West
- headspace Swan Hill
- Jilarty Cafe
- KJ Hair Design
- KB Exercise Physiology
- Lazy River Motor Inn
- Marraboor Pharmacy
- Mid Murray Chiropractic
- Murray Downs Golf & Country Club
- MyOsteoCare
- One28 Doors
- Paper Scissors Rock Hair Lounge
- Swan Hill Club
- SHDH Counselling Department
- SHDH Community Health
- Spoons Riverside
- Swan Hill Regional Art Gallery
- Swan Hill Regional Library
- Swan Hill Town Hall
- The Beauty Spot
- The Dandy Lion Studio
- Visitor & Community Comfort Centre
- Youth Inc.

An illustration of two women, one wearing a purple headscarf and the other in a red polka-dot dress, both breastfeeding their babies. A small icon of a person breastfeeding is also present.

Breastfeeding Support Service

Learn more about our free breastfeeding support service at our website above. Our team of experienced midwives, including International Board Certified Lactation Consultant, are available to provide you with extra support. They can visit you at home or you can come and see them at Community Health.

Phone 5033 9337 for more information, or go to www.shdh.org.au/breastfeeding/



Thank you Sonya

Wednesday 4th March 2026 is International Board Certified Lactation Consultant (IBCLC) Day, a day that recognises and celebrates IBCLCs who significantly transform world health by providing skilled lactation care to expectant parents, families, and babies. At SHDH Community Health we are proud to have Sonya Edwards on staff. Please join me in recognising all that provide gold-standard support and care within our community – THANK YOU for the unwavering care, support, knowledge, and expertise that you provide. Happy IBCLC Day for the 4th!

Events



Harmony Day

As part of Harmony Week 16–22 March, Swan Hill will host a Harmony Day celebration on

Saturday March 21 from 4pm - 8pm at Riverside Park.

Join in the fun activities, great food and entertainment on the day.

Wear your Traditional attire and join in the Traditional Dress Parade.

Harmony week is the celebration that recognises our diversity and brings together Australians from all different backgrounds.

It's about inclusiveness, respect and a sense of belonging for everyone.

Transgender Victoria Workshop

Transgender Victoria are running a weekend workshop in Swan Hill on Friday 27th and Saturday 28th March.

Sessions include:

1. Trans Social Club
2. Pop-Up Affirmation Station
3. Vocal Training
4. Makeup Workshop
5. Personal Styling
6. Trasmasc Workshop

To book go to tgv.org.au/events



Fri, 27 Mar, 5pm - 7pm AEDT

Trans Social Club: Swan Hill

To be announced



Sat, 28 Mar, 10am - 12pm A...

Vocal Training: Swan Hill

To be announced



Sat, 28 Mar, 2pm - 3pm AE...

Personal Styling Workshop: Swa...

To be announced



Sat, 28 Mar, 3:30pm - 4:30...

Transmasc Workshop: Swa...

To be announced



Sat, 28 Mar, 10:30am - 4:3...

Pop-Up Affirmation...

To be announced



Sat, 28 Mar, 12:30pm - 1:30...

Makeup Workshop: Swa...

To be announced

Drag Bingo

NDCH invites Friends & Supporters to

Drag BINGO

2 Nights of Pride & Fun
Food - Drinks - Prizes

HOSTED BY
Della Katessen

FRIDAY 20TH MARCH
6:30PM - 9PM
@ **BIG COHUNA STOCKYARD**

SATURDAY 21ST MARCH
6:30PM - 9PM
@ **BOORT MEMORIAL HALL**

COHUNA
\$10 ENTRY

BOORT
\$10 ENTRY

PROUDLY SUPPORTED BY NDCH IN PARTNERSHIP WITH THE PRIDE EVENTS AND FESTIVALS FUND.

NOCH

VICTORIA
State Government

18+
16+ WITH PARENT OR GUARDIAN

International Day of Happiness

Friday March 20 is International Day of Happiness focusing on fostering connection, empathy and kindness to build happier communities and enhance collective wellbeing. It's a day to be happy, as happiness is a fundamental human goal. Prioritising happiness enables us to focus on a sense of belonging and enjoyment in all that matters in our lives. What makes you happy?



Loneliness

In 2023, the World Health Organisation (WHO) declared loneliness as a 'global public health concern' and launched an international commission to study the problem. They have found that the impact of loneliness on mortality is the equivalent of smoking 15 cigarettes a day, making it a significant health risk factor. Loneliness affects all ages, with the most affected adult age group in Victoria being aged 18-24 (32.1% of Victorians), compared with 15.7% of adults aged 65 years or older.

What is loneliness? Basically it is when there is a gap between wanting to connect with people and being able to connect with people. It's not about how many relationships you have, but more about the quality of those relationships, and how you feel about them. It may be related to being isolated but not always, but is closely tied to feeling disconnected or excluded.

Social connection and belonging can improve loneliness. Belonging is more than just knowing people, it is about getting and giving acceptance, attention and support. Our need for belonging is common to all people and it includes feeling accepted for who we are: our cultural identity, gender, LGBTIQ+ identity, or racial background.

Preventing loneliness

The best way to overcome loneliness is to connect with others and find a sense of belonging. Joining community groups, taking up hobbies, or simply reaching out to someone you know, that first step makes a world of difference.

Reference: [beyondblue.org.au](https://www.beyondblue.org.au)

For some tips go to <https://www.beyondblue.org.au/mental-health/loneliness/30-ways-to-connect>



eat fruit & veg move more often smile together



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