



## Pregnancy & Early Childhood Expo

On Thursday May 4th our second Pregnancy and Early Childhood Expo was held in the Swan Hill Town Hall. The first Expo was held in 2019 and was a great success however Covid-19 restrictions and risks preventing a second event being held until now.

Over 200 people participated in the event including parents/adults, children and service providers. In general the event appealed to women with few males attending. Many children from newborn to school age enjoyed the many activities available.

This year we featured a range of mini workshops held in the newly refurbished café area of the Town Hall. These had mixed appeal with some sessions well attended.

The morning began with a Welcome to Country provided by Auntie Elsa Kirby. This was followed by welcome by Councillor Nicole McKay who thanked the Pregnancy & Early Years Collaborative for pulling the event together, and highlighted how valuable it is to work closely as service providers with our community members.

Throughout the day parents and those planning pregnancy were able to chat to service providers while infants and toddlers enjoyed the activities within the main auditorium.

The service providers also mentioned the benefit of learning from other local services at the Expo and the opportunity to build networks.

The final presentation for the day was a performance from young First Nations dancers arranged by Mallee District Aboriginal Services. This was enjoyed by everyone and a tribute to the young organisers of the dancers.

Those in attendance were asked to complete a survey on exit with prizes, donated by Communities for Children, via a random draw. Service providers were also asked to provide feedback to help with future planning.

The Pregnancy & Early Years Collaborative would like to thank all those who participated in the day!

We are keen to include community members as part of our Pregnancy & Early Years discussions, so if this interested you please call Gayle at Community Health 5033 9337.



## Health Promotion



## Active April Has Ended!

Congratulations to our five prize winners for our **Active April Walk N Talk Buddies** campaign! It's great to see more people being active and encouraging walking behaviours in our community.

Overall participants recorded an impressive 120 total recorded walks during April, walking a combined 206.23km together! That's further than walking from Swan Hill to Bendigo!

Participants enjoyed walking around local neighbourhoods, parks and especially near water with the river walk and surroundings lakes being popular locations. Interesting fact! Being near a body of water can inherently make people feel calmer and more at ease.

The Health Promotion team would like to extend a massive thank you for those who participated in **Walk N Talk Buddies**, everyone who helped promote the campaign throughout April and the businesses who helped provide prizes and coffee offers!

As we head into colder weather we encourage the community to continue being active; remembering to dress in layers, protect your hands and feet, and pay attention to the forecast to stay safe and warm if exercising outdoors in cold weather.

**Active April**

**CONGRATS**

**TO PRIZE WINNERS WHO PARTICIPATED IN ACTIVE APRIL!**

**OUTDOOR PRIZE WINNER: EMILY S**

**GARDEN PRIZE WINNER 1: DEMI G**

**GARDEN PRIZE WINNER 2: STEPH K**

**ACTIVE PRIZE WINNER 1: ASHLEIGH S**

**ACTIVE PRIZE WINNER 2: RENAE D**

**ACTIVE PRIZE WINNER 3: VICTORIA H**



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





## Health Promotion



**BE A VOICE  
FOR  
GENERATIONS**

**NATIONAL  
RECONCILIATION  
WEEK 2023**  
27 MAY — 3 JUNE

NRW.RECONCILIATION.ORG.AU

#NRW2023



## Food Hub - Food for All

The Swan Hill Food Hub has now been in operation for over 6 months. During that time the Food Hub has been accessed by agencies over 135 times and provided food relief for over 530 people. The Food Hub is working well and now stocks a great range of products to cater for our diverse community.

We currently have 12 Member Agencies signed up to the Food Hub. This includes 3 local schools - Swan Hill North Primary School, St Mary's Swan Hill and St Mary MacKillop College Swan Hill. As part of their membership the schools conducted a range of activities including food drives and casual dress days which raised an amazing amount of food and money and was a fantastic effort on behalf of the whole school communities.

St Vincent de Paul in conjunction with A Good Kitchen have also recently become a Member Agency. This fantastic partnership has allowed us to trial an alternative model and through this, St Vincent de Paul are now able to provide their clients with food relief from the Food Hub, in conjunction with their existing services.

If anyone would like more information about becoming a Member Agency, supporting the Food Hub or accessing food relief please contact Tania Lawry on 0456 641 739.

## National Reconciliation Week

National Reconciliation Week 27th May- 3rd June. The theme for National Reconciliation Week, Be a Voice for Generations, encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives- where we live, work and socialise.

Reconciliation Australia CEO, Karen Mundine says:  
*"There has long been a strong thread in Australian history of people striving to build a just society. Australian history has included many examples of non-First Nations Australians who stood with Aboriginal and Torres Strait Islander people during early strikes, protests and notably during the 1967 referendum. Australia has a long record of inspiring allyship and solidarity to address centuries of racism and injustice. This National Reconciliation Week we urge all Australians to follow in this tradition to 'Be a voice for generations,' while also imagining a better country for future generations."*

For more information go to:  
<https://www.reconciliation.org.au/>

Be a Voice for Generations #NRW2023

Vol 2.4 Newsletter



## Health Promotion



### Men's Health week

International Men's Health Week is celebrated every year around the world in the middle of June. It is an opportunity to highlight the importance of men's health, and to promote and support the health and wellbeing of men and boys in our communities.

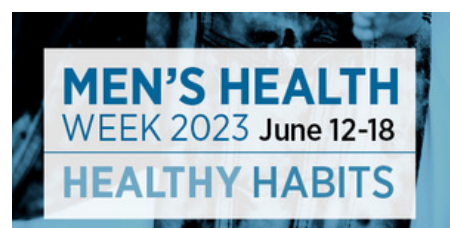
Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing. During the week, we highlight the health challenges faced by men in Australia and worldwide and run events that can be replicated year-round to improve the physical, emotional and mental health of men and boys.

The theme of Men's Health Week 2023 is Healthy Habits - focusing on encouraging men and boys to build healthy habits by identifying small changes they can make that benefit their health and wellbeing.

The Health Promotion team would like to take this opportunity to support and advocate for men's roles as significant figures for children. If you are a father, uncle, carer or role model identify where you can include engagement with children when making healthier lifestyle changes. Men's participation in nurturing care can improve their relationships with their families and children, and can contribute to their own physical and mental health, and overall happiness.

Examples of significant males and child activities include:

- Visiting the local park or playground
- Reading a book together
- Imaginary play
- Playing a footy game or other sport
- Making a healthy snack or cooking a nutritious meal together







## Health Promotion



## Smiles 4 Miles

In term 2 each year the Smiles 4 Miles team head out to each registered early years centre to provide a 'Eat Well' session with the children. The theme is focused on eating fruit and vegetables with the key message 'Eat a rainbow'. The children are offered a range of fruits and vegetables to taste in various colours of the rainbow.

Our Health Promotion Officer, Bronte, has developed a new poster for the centres that show the nutrients and benefits that fruit and vegetables provide.

If you have a child or children attending long or family day care or kindergarten ask them if they have had an 'Eat a Rainbow' visit this term. They may wish to tell you what fruits and vegetables they have enjoyed!

Almost 1000 children are attending our local centres registered with the Smiles 4 Miles Award program funded by Dental Health Services Victoria.



**WHY EAT A RAINBOW OF FRUIT & VEG?**



- Full of antioxidants & nutrients
- Great for heart health and glowing skin
- Vitamin A for healthy eyes
- Vitamin C to help you not get sick
- Vitamin A for healthy eyes
- Vitamin C for glowing skin
- Rich in antioxidants, vitamins and minerals
- Can help you grow big and strong by giving you energy
- Great for heart health
- Great for memory and brain health
- Helps you by not get sick by boosting immunity
- Helps you grow and providing energy





*Dietetics*



## The value of vegetables

Did you know most Australians eat only about half the recommended quantity of vegetables per day?

There is strong evidence that for each serve of vegetables eaten each day the risk of coronary heart disease is reduced even further! Also, by eating vegetables, especially colourful vegetables, there is a reduced risk of stroke and weight gain.

Vegetables, including legumes/beans are nutrient dense, low in kilojoules, and are a good source of minerals and vitamins (such as magnesium, vitamin C and folate), dietary fibre and a range of phytochemicals including carotenoids.

### What's in the vegetables and legumes / beans group?

There are many different types of vegetables grown and made available in Australia with a large variety of choice throughout the year. Vegetables come from many different parts of the plant, including the leaves, roots, tubers, flowers, stems, seeds and shoots. Legumes are the seeds of the plant and are eaten in their immature form as green peas and beans, and the mature form as dried peas, beans, lentils and chickpeas.

### How much should I eat from the vegetable and legumes / beans group?

Most adults should eat at least 5 serves from the vegetable group a day.

Go to [eatmovesmile.org.au](https://eatmovesmile.org.au) for great recipes that include vegetables such as soups, snacks & meals.

### What is a serve of vegetables\*?

A standard serve is about 75g (100–350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



\*With canned varieties, choose those with no added salt

Source: <https://www.eatforhealth.gov.au/>





## Sexual Health



### Sexual Wellness Action Plan

*Did you know that agencies and service providers in Swan Hill and surrounds supported by The Centre for Excellence in Rural Sexual Health (CERSH) have developed a Swan Hill - Sexual Wellness Action Plan 2023-2025?*

This plan outlines local data regarding rates of sexually transmitted infections and other reproductive health concerns, along with many actions to improve access to education, screening and care that will improve sexual wellness for all ages.

Currently we are working on strategies to improve awareness of our sexual & reproductive health service here at Community Health. This includes our Women's Clinic and our Clinic 60, a youth focused health service. We will be

- updating our online videos of how to access our service for the Swan Hill District Health website ([www.shdh.org.au](http://www.shdh.org.au))
- working with culturally and linguistically diverse women to provide education and improve access to our Women's Clinic
- raising awareness of the importance of screening and self care, particularly for cervical and breast cancers
- working to build our capacity and increase our scope of sexual and reproductive care locally.

If you would like to learn more about this plan or our current work, please give us a call.

### *What is meant by sexual health*

Sexual health is fundamental to the overall health and well-being of individuals, couples and families, and to the social and economic development of communities and countries. Sexual health, when viewed affirmatively, requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. The ability of men and women to achieve sexual health and well-being depends on their:

- access to comprehensive, good-quality information about sex and sexuality;
- knowledge about the risks they may face and their vulnerability to adverse consequences of unprotected sexual activity;
- ability to access sexual health care;
- living in an environment that affirms and promotes sexual health

Source: World Health Organisation

**Call 03 5033 9337  
for appointments at**

- **Women's Clinic**
- **Clinic 60**



*Cancer Care*



## Cancer Screening

This month Cancer Council Victoria has launched a new campaign '**Early detection saves lives**' to encourage everyone to participate in cancer screening programs.

The last few years have affected our health priorities and caused changes to our health system, meaning many Victorians may have missed regular appointments and cancer screening.

Protect yourself with regular cancer screening and see a doctor without delay if you notice any unexplained symptoms or changes. Remember, early detection saves lives (Cancer Council Victoria).

Visit Cancer Council Victoria's Early Detection website for info on symptoms and cancer screening. For support, call 13 11 20 to speak with experienced cancer nurses.

## What is early detection?

The earlier we find cancer, the better our chances of treating it. Some cancers can be detected at an early stage when treatment is likely to be more effective. There are tests your doctor can recommend which may find cancer early well before any symptoms are present which are called cancer screening. There are also tests available through national screening programs for breast cancer, cervical cancer and bowel cancer. These tests are provided free of charge for people who are eligible. It is also a good idea to get to know your own body. If you notice any changes, such as a lump in your breast or a spot growing on your skin, see your doctor.

Make an appointment with our Women's Health Nurse if you wish to discuss cancer screening in more detail, or call us on 5033 9337. Our Women's Clinic provide cervical screening tests which are now available as a self collect process.

[earlydetection.org.au](https://earlydetection.org.au)

## Community Health - Contact

125 Campbell Street, Swan Hill 3585

Phone: 03 5033 9337

Fax: 03 5036 4561

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



**Swan Hill  
District Health**

Connected Care. Best Experience