



Connections and health

Social connections have many benefits on our health and wellbeing.

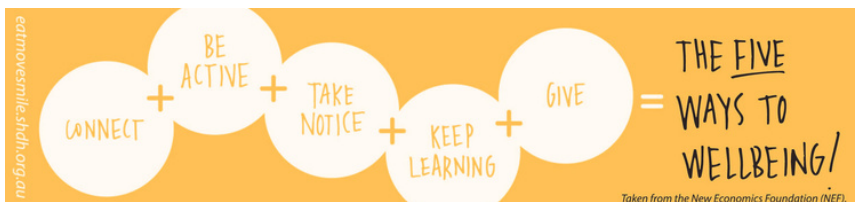
'When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical health outcomes. They are also better able to cope with hard times, stress, anxiety, and depression.' (Centers for Disease Control and Prevention).

The cold winter months, with the added increase in colds and flus and shorter daylight hours, keep us in our homes and less likely to socialise. It is important to continue to reach out, to and for, others, to stay connected and to reduce excessive isolation.

The Five Ways to Wellbeing, give us examples of how to improve our mental health:

- Connect - with those around you, friends, family, neighbours. Introduce yourself, start a conversation. Everyone has a story, find the time to share and listen.

- Be active - take a break from technology and DO instead of VIEW! get up, out and enjoy everything you physically can. Being active gives you energy and can help to ease stress. It is also a great way to meet others.
- Take notice - Sometimes we dwell too much on what we don't have. Step back and enjoy the small things that make you happy. Notice the wonders that already surround you.
- Keep learning- Learning and challenging your mind stimulates your brain. It gives you confidence and increases your sense of self-worth. Try something new, you never know the fun you may find.
- Give - Helping others no matter how simple or grand, from a smile to a meal, sends care and happiness to others and can also make you feel good.



Social Support



Swan Hill
District Health
Connected Care. Best Experience.



Connecting with others

Swan Hill District Health has many groups and programs that provide opportunity to not only improve your health, but to connect with others.

Social Support Groups - a range of groups and sessions are available through our Social Support Program, located at Swan Hill Neighbourhood House, 98-100 Gray Street, Swan Hill. These groups provide social and recreational support for frail/disabled adults, living alone or with carers in the community.

Groups include:

Craft groups - The Crafties group recently decorated crowns in celebration of The King's Coronation. What wonderful works of art they have made and a lot of effort put in.

Gardening group - This new group is establishing a vegetable garden onsite at Neighbourhood House.

Italian groups - Carte Italiane and Bingo Italiano are for Italian seniors who are interested in expressing themselves and communicating with others by playing cards and bingo. There is an emphasis on social support and fun. Afternoon tea is provided, includes antipasto and fruit platters.

Art group - this is a creative painting group for those interested expressing themselves and working on their personal painting skill. Morning tea and lunch provided.

Older People Active Lifestyle (OPAL) group - Fun activities, games and puzzles, lots of laughter and occasional outings are the focus! Morning tea, lunch and stimulating conversation is provided.

Contact Jamie on 5033 9359 for more information, or click on link below.



<https://www.shdh.org.au/wp-content/uploads/2019/10/General-Brochure.pdf>



Health Promotion



Food for All Edible Garden Expo

We are excited to announce that Food for All is having an Edible Garden Expo on October 18th from 9-2 at the Swan Hill Town Hall. This project received grant funding from the Australian Government in partnership with the Foundation for Rural & Regional Renewal.

The Edible Garden Expo will have talks from Sustainable Gardening Australia about Smart watering and the seed cycle, talks from local professionals, interactive hands on activities and local stall holders with information from composting to pest management to learn and get resources from.

Stay tuned for more information about the Food for All Edible Garden expo !



SAVE THE DATE : Food for All Edible Garden Expo

Date: October 18th 2023

Venue: Swan Hill Town Hall

Time: 9am -2pm

A free, family friendly, all ages event including Sustainable Gardening Australia talks, local stall holders with information and hands on activities about edible gardening.



Health Promotion



NAIDOC Week

NAIDOC celebrations are held around the country each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

The theme for 2023 is **For Our Elders**.

'Across every generation, our Elders have played, and continue to play, an important role and hold a prominent place in our communities and families. They are the cultural knowledge holders, trailblazers, nurturers, advocates, teachers, survivors, leaders, hard workers and our loved ones'. (naidoc.org.au)

On Monday 3rd July, some of our SHDH staff attended the flag raising ceremony at MDAS to mark the beginning of NAIDOC week, this included Aunty Deb, Tash, Shannon and Dwyane (pictured above).

The Community Health team from Swan Hill District Health attended the NAIDOC week community and family day at the Tennis Club.

We provided information around the services at Community Health and Rainbow fruit skewers for the community. Over 150 fruit skewers were provided to those in attendance. It was great to celebrate NAIDOC week at the Community and Family day!

Pictured below are Tara, Health Promotion Officer, Tash, Administration Assistant, and Bronte, Health Promotion Officer, all from Community Health.



Continence Clinic



Continence Clinic

Continence is the ability to control bowel and bladder function. Problems occur for many reasons and can affect men and women of all ages.

The Swan Hill District Health Continence Clinic is a team of health professionals who promote excellence in the assessment and management of any type of bladder or bowel problem.

The team consist of: a Continence Nurse, Pelvic Floor/Continence Physiotherapist and Liaison with Medical Specialists as required.

Assistance is available no matter how long the symptoms have been present or how minor they may seem.

The continence services offers many services, including:

- Assessment and Investigation
- Conservative management and strategies, including bladder retraining, pelvic floor muscle rehabilitation, bowel/constipation management, toileting programs, management of bed wetting
- Education and advice about: urinary catheter management, condom drainage, continence pads, other aids and appliances.
- Assistance and advice about how to access funding subsidies and referrals to specialists as required.

Who can attend the clinic?

Women and Men with: bladder leakage, bladder frequency and urgency, bed wetting problems, frequency at night, bowel leakage, constipation

Children with: bedwetting, day wetting, soiling, constipation

People with disabilities as a result of: diabetes, arthritis, stroke, Parkinson's Disease or other disabling conditions

Referrals are welcome from Doctors, Community services, Case Managers and other health professionals. You can also self-refer. A GP referral is required for children. No referral for adults is necessary although referrals from medical practitioners and results of relevant testing is welcomed.

Cost: \$10 per appointment (under 18 years free of charge)

FOR MORE INFORMATION CONTACT:

Department | Community Rehabilitation Centre
Address: CNR Splatt & McCrae Street, Swan Hill
Phone: (03) 50339321
Email: crc@shdh.org.au
Web: www.shdh.org.au



Breastfeeding



Welcome!

Breastfeeding

This year we are celebrating **World Breastfeeding Week** by hosting some drop-in sessions at Swan Hill Regional Library. Come along and meet other parents and our Breastfeeding Support team and enjoy a cuppa and chat. These sessions will be very informal and are open to any members of the community who would like to join in.

Our Breastfeeding Support Service operates from Community Health at 125 Campbell Street, Swan Hill. You can make an appointment with our qualified and experienced midwives/lactation consultants at any stage during pregnancy or post birth. The nurses (Sonya and Sheree) can see you at the centre or visit you in your own home, and regularly chat via telephone consults.

Breast pump hire is also available to registered clients. Call 5033 9337 for more information.





WORLD BREASTFEEDING WEEK

**BREASTFEEDING
DROP-IN SESSIONS**

**SWAN HILL REGIONAL
LIBRARY**

53-67 CAMPBELL STREET, SWAN HILL

SESSION 1
WEDNESDAY 2ND AUGUST
11AM-12PM

SESSION 2
FRIDAY 4TH AUGUST
11AM-12PM

Booking not required.
For more information or questions
contact Community Health at 5033 9337
or chreception@shdh.org.au










Diabetes Education

**AUSTRALIA'S BIGGEST
CONVERSATION
ABOUT THE IMPACT
OF DIABETES.**

**NATIONAL
DIABETES
WEEK2023**



Join the conversation

National Diabetes Week July 9-15

The Australian Government recently announced an Inquiry into Diabetes in Australia. It is time to amplify the voice of the diabetes community to ensure this Inquiry focusses on the priorities that will change the numbers, change the future, and change lives.

No one understands diabetes more than a person who lives with diabetes. Driving change starts with hearing the views and amplifying the voices of the diabetes community.

This National Diabetes Week, Diabetes Australia are encouraging people to have their say and submit their input to ensure people living with diabetes share their stories and raise their voice to shape the Parliamentary Inquiry and drive change.

Diabetes Australia are providing a number of online opportunities for you to participate in this conversation during National Diabetes Week including The National Community Consultation Survey which will launch during National Diabetes Week.

We encourage you to Raise your voice and provide feedback in the national community consultation to inform Diabetes Australia's response to the Parliamentary Inquiry.

To find out more go to:
<https://www.diabetesaustralia.com.au/national-diabetes-week>

Swan Hill District Health has a multidisciplinary Diabetes Team who is able to provide education and support for all people in our community living with Type 1, Type 2 or Gestational Diabetes. Our Diabetes Team includes Nurse Diabetes Educator, Dietitian, Podiatrist, Exercise Physiologist, Optometrist and Dentist. A specialist Endocrinology Service is also available via the Nurse Diabetes Educators for people living with Type 1 or Type 2 Diabetes. It is recommended that people with Diabetes regularly visit their G.P and see their Diabetes Team at least once a year to monitor your diabetes and prevent complications.

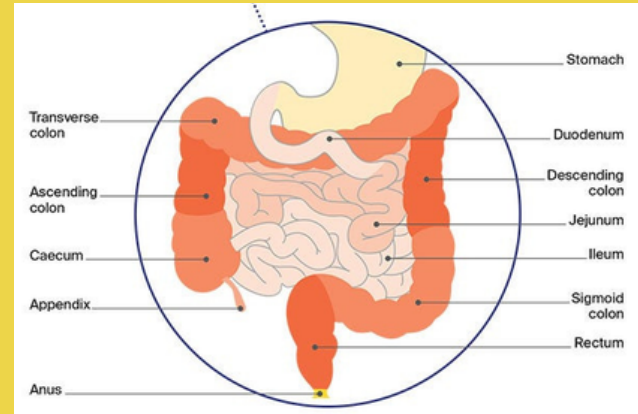
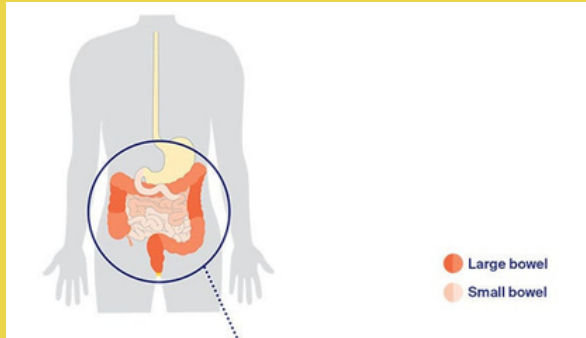
Linking in with local services and support groups can help those living with diabetes to maintain their mental and emotional wellbeing. Swan Hill District Health Diabetes Exercise and Education Group, meets at the Swan Hill District Health Community Rehabilitation Centre each Thursday at 1pm. It is open to all people living with Type 1 or Type 2 diabetes. The group focuses on five ways to wellbeing: social connection, physical activity, learning, giving notice and taking notice.

To access your local Diabetes Team contact Swan Hill District Health- Community Health: 125 Campbell Street, Swan Hill
Phone: 03 5033 9337
Email: chreception@shdh.org.au



Cancer Care

The lower digestive system



Bowel Cancer Awareness

June was Bowel Cancer Awareness Month. This year the Cancer Council of Victoria have provided some statistics on the reduction in cancer screening rates, including those for bowel cancer screening, which is a cause for concern.

Bowel cancer claims the lives of 103 Australians every week (5,354 people a year) - but it is one of the most treatable types of cancer when detected early.

While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting people of all ages. 300 Australians will be diagnosed with bowel cancer this week.

Screening for bowel cancer

For people at average or near average risk of bowel cancer, Australian medical guidelines recommend screening every 2 years between ages 50-74. The Australian Government provides the National Bowel Cancer Screening Program to eligible people aged 50-74 years via the mail. Go to <https://www.health.gov.au/our-work/national-bowel-cancer-screening-program> for more information, or call 1800 627 701.

How can I reduce my risk?

We don't know the exact cause of bowel cancer, but research shows that people with certain risk factors are more likely to develop the disease.

You can reduce your bowel cancer risk by:

- quitting smoking
- being active
- enjoying a healthy diet with plenty of fresh fruit and vegetables
- limiting red and processed meats
- limiting alcohol
- maintaining a healthy body weight

For more information go to:

<https://www.cancer.org.au/bowelscreening>



Community Health - Contact

125 Campbell Street, Swan Hill 3585

Phone: 03 5033 9337

Fax: 03 5036 4561

Email: chreception@shdh.org.au



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