

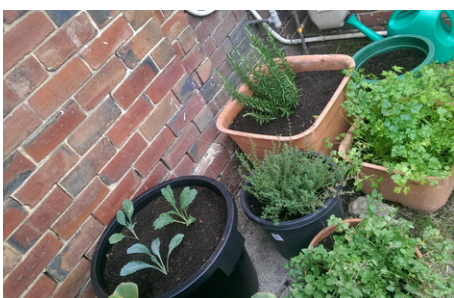


Food for All Edible Garden Community Day - 18th October

The Food for All Edible Garden Community Day is a free, family friendly, all ages event. It will include Sustainable Gardening Australia talks and a range of stall holders from local organisations, businesses and groups with information and hands on activities about edible gardening.

Edible gardens are a great way to get outdoors and involved in growing your own fruit and vegetables. Edible gardens are so rewarding as you see a seed or seedling grow into produce for you to harvest and use in your meals! It is a way to get children involved in learning how vegetables grow, look and taste.

The Food for All Edible Garden Community Day is all about educating people with knowledge and skills around growing food to inspire new gardens, ways to improve existing gardens or to join a community garden group.



Come along to the Community Day and enjoy:

- Talks from Sustainable Gardening Australia
- Hands on edible gardening activities
- Information from local stall holders and services
- Fun activities for all ages around growing food

Follow our social media for information about the event.



FOOD FOR ALL EDIBLE GARDEN COMMUNITY DAY

Date: 18th of October
Time: 9am-2pm
Location: Swan Hall Town Hall

A free edible garden community day for all ages to learn about edible gardens in a fun interactive environment!

For more information head to:

Facebook: Food for all-Swan Hill Region
Website: <https://www.foodforall.community/>





Women's Health



Cancer screening

The SHDH Community Health Team has been working with Cancer Council Victoria, on a project funded by the Victorian Government, to raise awareness and access to screening for cervical, breast and bowel cancer, with a particular focus on women and people with a cervix who are from culturally diverse backgrounds.

As part of the project, this week we've been celebrating Women's Health Week and Sexual Health Week, with the launch of new videos outlining the services and location of the Women's Clinic and Clinic 60. Located at Community Health, the Women's Clinic offers women, people with a cervix, trans and gender diverse people a confidential consultation to discuss any issues regarding their health, and Clinic 60 offers a strictly confidential health service for young people up to 30 years of age.

We've also developed videos and written resources around cervical, breast and bowel cancer, with information on when you should access screening – as cancer screening can save your life. These videos are available in five different languages, including Malay, Urdu, Dari, Vietnamese and Chinese. Keep an eye on the SHDH facebook page for these videos and resources, and share amongst your family, friends, colleagues and communities.

For more information or to view the videos see here:

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

<https://www.shdh.org.au/our-services/youth-health-service-clinic-60/>

Cancer Screening Saves Lives

Cervical screening

You need a cervical screening test every five years if you:

- are a woman or person with a cervix
- are aged 25 to 74
- have ever been sexually active with another person, regardless of gender or sexual identity

Bowel screening

You need a bowel screening test every two years if you are aged 50 to 74.

Breast screening

You need a breast screening test every two years if you are a woman or eligible trans and gender diverse person aged 50 to 74.

Talk to your healthcare provider for more information

**Swan Hill District Health
Community Health**

03 5033 9337

125 Campbell St,
Swan Hill

Cervical Screening Tests

People with a cervix aged 25 - 74

Self-collection available

Low cost/free

Interpreter services available

Contact us for more information





Breastfeeding



World Breastfeeding Week 1-7 August 2023

To celebrate and promote breastfeeding in our Community, our Health Promotion team collaborated with Swan Hill Regional Library to host Breastfeeding Drop-In sessions during World Breastfeeding Week. It was wonderful to see women take the opportunity to talk to Sonya and Sheree from our Breastfeeding Support Service, share experiences and catch up with other parents.

15 women attended the sessions along with community members and patrons of the library coming over to check out the event.

Health Promotion Officer Tara spoke to over 25 parents at the library (at the end of move and groove and baby rhyme time) about World Breastfeeding Week and the importance in supporting breastfeeding in our community.

Drop-In-Sessions provided an opportunity to meet with other breastfeeding parents in a relaxed and supportive environment with support from our Qualified Lactation Consultant and Experienced Midwife. Women shared their breastfeeding challenges as well as positive experiences they've had in the Swan Hill community. Breastfeeding information, stickers and cookies were provided at the event.

Swan Hill District Health Midwifery also celebrated with us receiving World Breastfeeding Week cookies.

Health Promotion look forward to continuing to promote breastfeeding in our community.

If you or someone you know needs help with breastfeeding or would like further information, contact:

Breastfeeding Support Service

Swan Hill District Health
located at Community Health
Address: 125 Campbell Street, Swan Hill
Phone: 5033 9337.





Health Promotion



Father' Day Colouring Competition

For Father's Day 2023, the Health Promotion team ran a colouring-in competition to highlight the important roles fathers play in their children's lives. This year's colouring involved dads or a male figure reading a children's book showing the warm nurturing side men have with their children. We had an amazing 112 beautiful colouring-in entries from kindergartens, playgroups and community members who participated in our event. Children aged 2-10 years participated with older kids showing their creative side colouring the image with books their dads read to them.

Additionally, Health Promotion collaborated with Swan Hill Regional Library to host a special Father's Day twilight tales on the Wednesday before Father's Day (30th August). A total of 16 adults and 21 children enjoyed this space themed storytime which consisted of songs, dances/actions and stories read by a local dad followed by a craft activity with yummy Subway provided!

Below are our lucky draw winners of the colouring competition!

CONGRATS



TO OUR LUCKY DRAW WINNER OF TOP 3 PRIZES

WINNER 1: NATE 4
WINNER 2: BRYCE 3
WINNER 3: TULLY 4



smile.
swan hill regional library

CONGRATS



TO OUR LUCKY DRAW WINNER OF 6 RUNNER UP PRIZES

WINNER 1: EVIE 2
WINNER 2: KAIDEN 5
WINNER 3: SKYLAR 5
WINNER 4: ARLA 4
WINNER 5: BOBBY 4

smile.
swan hill regional library



smile.
swan hill regional library

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swan hill regional library



Sexual Health



Sexual Health Month 2023



Department
of Health

Sexual Health Month

September is sexual health month, and a timely reminder for anyone who is sexually active to look after their sexual health as seriously as they would any other aspect of their health and talk to their doctor, nurse or health worker about their sexual health. Take control of your sexual health, enjoy the fun and pleasure of sex without any worries!

Sex is a normal part of life. Talking openly about your sexual health should be too. There's a lot more to sexual health than just sex. It's about whether you feel safe and comfortable too. Communication is key before, during and after sex.

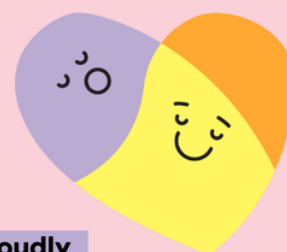
Talk openly with your partner(s) about sexual health, pleasure, consent and protection. Talk to your doctor, nurse or health worker about your sexuality and relationships, the best protection options for you, and about sexually transmissible infections (STI) testing.

If you are sexually active, get a sexual health check at least once a year.

You can talk to our **Sexual & Reproductive Health Nurses** about your sexual health or any concerns or questions you may have.

More information:
<https://www.betterhealth.vic.gov.au/sexualhealth>

Be proud of your sexual health.



Love openly, talk proudly
and test regularly. Safer, better
sex starts with communication,
consent and protection.

Sexual Health Month 2023



Department
of Health

Clinic 60 & Women's Clinic

Swan Hill District Health
located at Community Health
Address: 125 Campbell Street, Swan Hill
Phone: 5033 9337.



Health Promotion

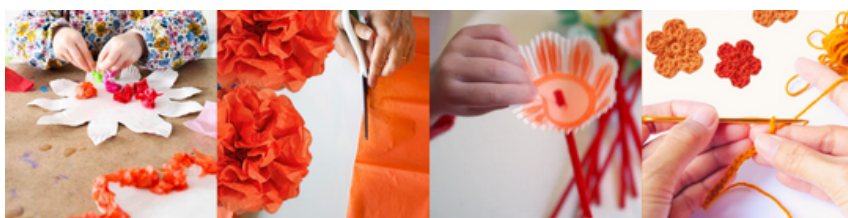


Gender Equity

The 16 Days Of Activism Against Gender-Based Violence is a global campaign that calls for an end to gender-based violence. The 16 Days commences each year on the 25 November and runs through until the 10 December.

Swan Hill District Gender Equity Network (SHDGEN) is a local working group that have been in operation for four years to promote Gender Equity across Swan Hill and surrounds. This year SHDGEN are encouraging the community to use orange in creative ways to raise awareness around the 16 days. The colour orange symbolises a brighter future where everyone is valued and treated as equals regardless of gender.

Throughout the school holidays Swan Hill Regional Library will have an orange flower crafting station and with flowers to be displayed during the Walk against Family Violence which will be held at the start of the 16 days on November 25th. SHDGEN are also excited to organise a Gender Equity Storywalk on the November 29th to promote equal opportunities for all genders to families and children aged 0-6 years.



HELP US MAKE ORANGE FLOWERS!

The 16 Days of Activism Against Gender-Based Violence runs from 25th November to 10th December and promotes messages of respect, support and equal opportunities.

These school holidays, Swan Hill Regional Library will have an orange flower making station for anyone who would like to show their support and make orange flowers to display during the 16 Days.

Orange symbolises a brighter future where everyone is valued and treated as equals, regardless of gender.

To learn more about 16 Days of Activism head to <https://www.respectvictoria.vic.gov.au>



SAFE+EQUAL

RESPECT
VICTORIA

swan hill regional library

Community Health

If you or a community group want to get involved in the 16 Days of Activism contact Tara at Community Health at thiggins@shdh.org.au or call 5033 9337.



Women's Health



Women's Health Week 4-8 September

This year's Women's Health Week theme is **Grow your knowledge**. It's all about supporting women to make informed decisions about their health with information that is easy to understand.

Jean Hailes provides free podcasts and stories to recipes and fact sheets on women's health. Topics include hormones, menopause, cervical screening, heart health, pelvic pain and more. Go to <https://www.jeanhailes.org.au/womens-health-week/program>

Chat to one of our **Women's Health Nurses** about any health concerns you have, they are trained to meet your physical, social and emotional health needs. Consultations are provided in a confidential and relaxed space at our Community Health site.

The Women's Clinic provides the following

- cervical screening
- breast awareness education
- contraception advice
- fertility awareness education
- pregnancy testing, support & options
- unplanned pregnancy support
- menopause advice
- continence
- STI information and testing

View our new Clinic video to get a better understanding of our service and location, see here: <https://www.shdh.org.au/our-services/womens-health/>

Healthy eating is always important, and as we age our needs change. Nutrients of vital importance to women of all ages, include the following:

- Calcium is essential for bone health and as we age our bones gradually lose calcium and other minerals making them more fragile and at risk of breaking. Good sources of calcium include cow's milk, yogurt, cheese and calcium-fortified dairy alternatives.
- Vitamin D - many people don't get enough of this vitamin and it may be worth having your levels checked. Vitamin D is essential for the body's absorption of calcium, and also reduces inflammation and supports general good health. Good sources are oily fish, red meat and eggs, and sunshine, because it is made in the skin after exposure to the sun.
- Protein helps build and maintain muscle mass and strength, especially when combined with resistance exercise. Good sources of protein include lean meats, fish, poultry, eggs and legumes.
- Iron helps keep your energy levels up and your immune system healthy. Good sources include lean meats, eggs, spinach, lentils, nuts and seeds.
- B vitamins help convert food to energy, protect and repair skin and oral tissue, support brain health, nerve function and good vision. Good sources are in a range of food, see here: <https://www.healthdirect.gov.au/foods-high-in-vitamin-b#natural-sources>



Health Promotion



When you notice a change,
no matter how small

Ask R U OK?™

Learn how at [ruok.org.au](https://www.ruok.org.au)

R U OK? Day

R U OK?Day 2023 is Thursday 14 September and is our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.

By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help the people in our world feel supported and connected.

There are four steps to start a conversation that could change a life.

1. Ask
2. Listen
3. Encourage action
4. Check in

Trust the signs, if you feel like something's not quite the same with someone you know trust your gut instinct and take the time to ask them "Are you OK?"

Check what they are

Saying- do they seem confused or irrational; moody, or unable to switch off, concerned about the future, concerned they are a burden, lonely or lacking self-esteem, concerned they are trapped or in pain

Doing- are they experiencing mood swings, becoming withdrawn, changing their online behaviour, losing interest in what they used to love, unable to concentrate, less interested in their appearance, behaving recklessly, changing their sleeping patterns

What is going on in their life? -Are they experiencing relationship or health issues, work or other pressures, financial difficulties or have had a recent loss?

Check out some tips on how to start a conversation at <https://www.ruok.org.au/join-r-u-ok-day>



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