



NEWSLETTER

Community Health

February 2024



Welcome to 2024! We look forward to an exciting year ahead.

Our vision here at Community Health is to empower and support our community to improve health and wellbeing through education and awareness, access to services and supports, and advocacy.

In this newsletter we share the range of activities currently in planning for promoting good health and preventing illness, along with a snapshot of our services and some health tips and updates.

Starting a new year often is a time to reflect and consider new health and wellbeing goals. We regularly update our Physical Activity Options guide for Swan Hill and surrounds, check it out on page 2, it may provide some incentive. Our Dietetics team can answer any questions you may have about healthy eating, make an appointment for a chat by calling us phone: 5033 9337.

We are also excited to announce that we will be holding a third Pregnancy & Early Years Expo in May this year, learn more on page 2, and reach out to us if you would like to help.

Women's health is a big focus for 2024, and we are planning new services and events to improve health outcomes for women and girls locally. Our first event is for International Women's Day. Stay tuned for more information coming soon!

Enjoy this month's newsletter!

*Community Health
team*

In this newsletter:

Health Promotion
Plans & Actions

Diabetes Education
updates

Sexual &
Reproductive
Health News

Cancer Services

Staff Profile
Highlights

Health Tips for the
New Year



Smiles 4 Miles Program



Smiles 4 Miles is a dental health program across Victoria through Dental Health Services Victoria for children and families aged 0-5 years old. In Swan Hill, the Health Promotion team facilitate the program for 24 sites which include kindergartens, long day care and Intereach family day care providers.

The Program has 3 messages including:

- *Drink Well* promoting water and plain milk as best choice of drink,
- *Eat Well* - promoting eating from a variety of food groups and limiting sugary snacks,
- *Clean Well* - promoting the development of good oral health habits from a young age.

Throughout the year early year sites implement activities promoting these messages in learning experiences with children and also by engaging with families. The Health Promotion team facilitate an *Eat a Rainbow* experience at kindergartens and long day care settings in term 2. These sessions allow children to explore familiar and new fruit and vegetables and discuss why we should eat a rainbow of fruit and vegetables. In term 3 the health promotion team works together with SHDH Dental Services to provide dental screenings and an interactive session around brushing your teeth. This helps children get familiar with dental check-ups in a familiar environment and engage in a hands-on activity developing knowledge and skills around brushing your teeth.

Last year the following services were awarded in the services:

- Lake Boga Preschool
- Kunawaa Shine Bright Kindergarten
- Shamrock Park Shine Bright Kinder
- Swan Hill Early Learning
- Young Adventurers- Chapman and Yana Street
- Intereach Family Day care- Jenny Fawcett, Judith Simpson, Leonie Korp, Lisa Newman, Mary Saul, Maryann Gardner, Meredith Blackmore and Tania Howe.

The Health Promotion team is looking forward to working with all the Early Childhood Services in 2024 in facilitating the Smiles 4 Miles Program in Swan Hill.





Breastfeeding



The Breastfeeding Support Service are putting together a plan to offer Antenatal Breastfeeding Classes for expecting parents. Helping to prepare and empower parents for the best possible start to a positive breastfeeding journey. Additionally, Health Promotion are also looking forward to creating a local Breastfeeding Group for community members to find support and share experiences of their breastfeeding journey. More information to come out soon!

Did you know Community Health is a Breastfeeding Friendly Venue?

Proudly displaying our Breastfeeding Welcome Everywhere sticker we welcome parents to breastfeed in reception or private space for both clients and community.

To become a Breastfeeding Welcome everywhere venue head to Australian Breastfeeding Association website expression of interest page.



Online Education

Find breastfeeding information you need any time of the day, from a variety of sources in different formats on the <https://www.earlyyearsonlinehub.org.au>

On the Hub go to 'Information for Families' then 'All Things Breastfeeding' for videos, articles, podcasts, blogs and apps on topics including.

- Why breastfeed/benefits of breastfeeding
- How to breastfeed/positioning and attachment
- Breastfeeding challenges
- Expressing
- Returning to work
- And more!



Event News

Swan Hill Pregnancy and Early Years Collaborative are hosting another Pregnancy and Early Years Expo for 2024 on Wednesday 8th May!

This will be a FREE event held at the Swan Hill Town Hall as an opportunity to showcase services, programs and activities to local community members either planning pregnancy, currently pregnant or those with young children.

Stallholder Expression of Interest Form is available on Community Health page, Swan Hill District Health Website, see [here](#). Forms to be submitted to thigginseshdh.org.au by 18th of March.

Diabetes Services



Diabetes Education

Swan Hill Community Health has a team consisting of 5 Diabetes Educators.

Diabetes Educators can assist those with diabetes to learn about the condition, how to prevent or delay complications, how to check their blood glucose levels, and about their diabetes medicines. You can be referred to see a Diabetes Nurse Educator by your local G.P, or self-referrals are also welcome.

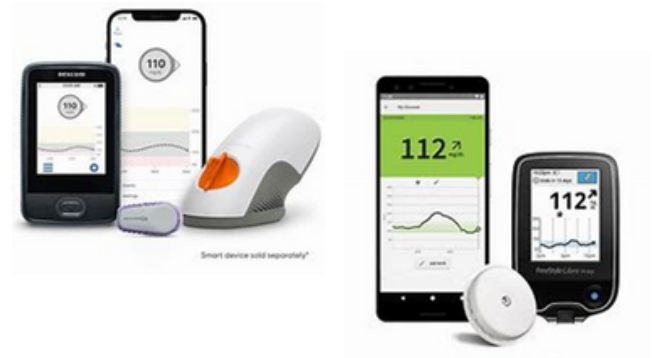
At Community Health the Diabetes Education Team can offer access to trials and education of continuous glucose sensors to those eligible. We are also about to offer specialist Endocrinology appointments for people living with type 1 and type 2 Diabetes through the Royal Flying Doctors service and the Baker Heart and Diabetes Institute.

What is Continue Glucose Monitoring (CGM)?

CGM is a small device that monitors glucose levels continuously throughout the day and night.

At Community Health the Diabetes Nurse Educators can offer trials of both Libre 2 and Dexcom G6 to eligible clients.

People living with diabetes can use this technology to learn how meals, daily activity, sleep and medications can affect their BGL's.



Endocrinology Service

This diabetes specialist service is in partnership with The Royal Flying Doctors Telehealth Service and Baker Heart and Diabetes Institute.

A referral from your GP is needed. The Endocrinologist will communicate directly to your usual GP via a letter following your consultations.

A Diabetes Nurse Educator will facilitate the appointments and support people living with diabetes during and after your appointments.



Diabetes Education

Type 2 diabetes is the fastest growing chronic condition in Australia.

To find out your risk of developing type 2 diabetes within the next five years complete the following 11 short questions here:

<https://www.diabetesaustralia.com.au/risk-calculator/>

It is important to know your risk of this condition and to make changes to your lifestyle to reduce risk as able.

You can chat to our Diabetes Service team about lifestyle changes.



Sexual & Reproductive Health

Did you know our Women's Clinic provides the following services to women of any age?

- cervical screening tests
- breast awareness education
- contraception advice
- fertility awareness education
- pregnancy testing, support and options
- support with menopause issues
- continence advice
- STI information

Our nurses are trained in Sexual & Reproductive Health and can also provide referral to other services as needed.

Call to make an appointment to have a chat with our nurses, our service is confidential and private and low cost. Phone: 5033 9337

See our service access video here:

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

The Youth Health Service, also known as Clinic 60, provides the following services to young people up to age 30 years.

- STI testing (Chlamydia & Gonorrhoea urine test only)
- emergency contraception
- pregnancy support & options
- contraception advice
- LGBTIQ+ support
- breast awareness education
- cervical screening (for those 25+ years)
- free condoms

Clinic 60 is free to attend. The nurses can provide referral to other services as needed. This service is also provided at headspace Swan Hill.

Call to make an appointment at:

- Community Health on 5033 9337
- headspace Swan Hill on 4010 7100

See our service access video here:

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

National Condom Day

February 14th marks National Condom Day!

Let's celebrate safer sex and relationships. Everyone has the right to learn about sexual health so that we can have healthy relationships, and safe, consensual, and pleasurable sex. People sometimes don't know how to bring up the topic of condoms with a partner, and it might be difficult to find the right way to just ask - do you have a condom?

Condoms are available for free here at Community Health, discretely in our front reception area.



Cancer Services



Swan Hill District Health provides a number of services in the area of cancer care; our care is designed to provide a supportive and welcoming environment for patient and families with a greater focus on overall care including physical, spiritual and emotional wellbeing. Following is a list of some of the cancer support services we provide at Swan Hill District Health that can be accessed by the community:

- Chemotherapy / Immunotherapy
- McGrath Breast Care Services
- Prostate Cancer Specialist Nurse
- Cancer Care Coordinator
- Lymphoedema Service
- Dietetics Service
- Oncology Exercise Group
- Wig Service
- Social Work
- Allied Health
- Advanced Care Planning
- Palliative Care
- Telehealth with specialists
- Wellness Support Group
- Nurse Led Survivorship Clinic

If you would like to know more about our supportive services, please contact our Cancer Care Coordinator Tuesday to Thursday on (03) 5033 9201.

February is **Ovarian Cancer Awareness month** and SHDH Cancer Services wants you to know the symptoms of this disease.

The symptoms of ovarian cancer can be vague and similar to other common conditions. It's important that you know your own body and be aware of the symptoms of the disease, as there is no screening test for ovarian cancer.

What are the symptoms?

- Abdominal bloating or increased abdominal size
- Abdominal or pelvic pain
- Appetite loss, feeling full quickly or indigestion
- Urinary changes such as frequency or urgency
- Changes in bowel habits, such as constipation
- Unexplained weight loss or weight gain
- Unexplained fatigue

If you experience any of the symptoms, especially if they are unusual for you or persistent, it's important to see your doctor to be sure.

If you are concerned about your family history of breast or ovarian cancer, your doctor can assess your risk.



Prostate Cancer Specialist Nurse

The Prostate Cancer Foundation of Australia (PCFA) supports the placement of Prostate Cancer Specialist Nurses in a variety of Australian health care settings, in partnership with health service providers.

Prostate Cancer Specialist Nurses are experienced registered nurses who have received additional training to make them experts in prostate cancer care. Whether patients are newly diagnosed or have already had some treatment, they are able to provide ongoing support, assist with accessing services and coordinate care.

Leanne Bibby is the Prostate Cancer Specialist Nurse here at Swan Hill District Health. To access her services, Monday or Tuesday contact 0460 873 764 or email pcs@shdh.org.au



Leanne Bibby (Prostate Cancer Specialist Nurse), Lisa Saville (Continence Nurse), Anthony Lewin (Exercise Physiologist), Russell Briggs (Prostate Foundation Australia)

Staff Profile Highlights



Ange

Ange is our Community Health Clinical Lead and has had many years of experience in community nursing. She is a Credentialed Diabetes Educator and Certified in Sexual and Reproductive Health, including Cervical Screening. Ange has implemented our partnership in provision of the Endocrinology Service via Telehealth, and supported the growth of our local sexual & reproductive health services.



Tania

Tania is our Community Development Program Manager. She is a qualified Health Promotion Officer, with many years of experience in leading rural outreach services, project management and facilitating the establishment of new services. Tania has a lead role within the Health Promotion team, along with continued project management.



Maddi

Maddi is a member of the Diabetes Education team and is a newly Credentialed Diabetes Educator. Maddi is working three days a week at Community Health, and also works with the SHDH Better Care @ Home Program on other days of the week.



Kristi

Kristi is our Dietetics Manager, managing our team of Dietitians both at the acute services and Community Health. She is an Accredited Practicing Dietitian with over 20 years experience in many areas of dietetics across metro, regional and rural settings. Kristi's current areas of interest are working with young people at headspace, eating disorders and working with our community in general outpatient clinics.



Recipe: overnight oats

An easy, budget friendly, time saving breakfast.

Ingredients

- 1/2 cup whole rolled oats
- 1/2 cup milk of choice
- Toppings such as strawberries, banana, raspberries, apple and honey. You can use whatever you like!

Method

Add 1/2 cup of whole rolled oats and 1/2 cup of milk of choice in a container or bowl.

Cover the bowl or close the container and leave in fridge overnight or at least 6 hrs. Take it out when you want to eat it and top with desired toppings. Enjoy!

for more great recipes, go to <https://eatmovesmile.shdh.org.au/>



Community Health



eat fruit & veg move more often smile together

Health tips for the new year!

Has the new year prompted you to consider your fitness?

Check out of **Physical Activity Options**.

Adults:

<https://www.shdh.org.au/wp-content/uploads/2023/04/FINAL-PA-Options-Resource-for-Adults-updated-June-2023.pdf>

Primary School aged Children:

<https://www.shdh.org.au/wp-content/uploads/2023/04/PA-Options-2023-Primary-School-age-Children.pdf>

Children 0-5 years:

<https://www.shdh.org.au/wp-content/uploads/2019/10/Physical-Activity-Options-for-Children-0-5-years-2023.pdf>

Healthy eating questions?

- Book an appointment with a Dietitian, our contact details are below.
- Check out our tips and recipes on our blog at <https://eatmovesmile.shdh.org.au/>
- <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

Do you feel stressed or exhausted?

Try some mental wellbeing tips such as:

- sleep well
- keep active
- eat well
- establish a good routine
- practise mindfulness

Learn more at:

<https://www.beyondblue.org.au/mental-health/wellbeing>

Thank you for reading!

COMMUNITY HEALTH	PHONE: 03 - 5033 9337 FAX: 03 - 5036 4561
chreceptioneshdh.org.au	125 Campbell Street, Swan Hill, 3585