



## Community Health

# NEWSLETTER

March 2024



Our Sexual & Reproductive Health Team  
Maureen, Hollie and Amy

## New Service at Community Health

We are very excited to advise that we now have a Nurse Practitioner Clinic here at Community Health, specialising in Sexual and Reproductive Health. This is a new service in which individuals can self-refer, for more information or to book a confidential appointment please give us a call.

This new service will compliment and expand our existing Sexual and Reproductive (SRH) Health clinics. Our SRH Nurses provide our Women's Clinic and Clinic 60 (youth health) and will refer to the Nurse Practitioner as required.

The Nurse Practitioner clinic will provide the following services

- Oral contraceptive prescriptions, advice and counselling
- Long-Acting Reversible Contraception (LARC) insertion/removal
- Long-Acting Contraception-Contraceptive Injection

- Emergency contraception prescribing and administering
- Prescribing and assisting with medication management
- Cervical screening
- Unplanned pregnancy options support, including termination of pregnancy
- Diagnostic investigations-pathology, radiology and ultrasound referrals
- Referral pathways for specialists
- Generalist counselling referrals and guidance
- Mental Health Assessments
- Immunisation administration and support
- Menopause liaison and referral
- STI/BBV risk assessment, testing and initiating treatment
- General health support and education

*Community Health team*

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## School holidays events



*Health Promotion*

Food for All is very excited to be announcing their **Family Edible Garden Day** on the 9th of April, from 10am until 12pm, at George Lay Park during the second week of school holidays. This free event will be fun for the whole family, and even better, by attending you automatically go into the draw to win one of four kid's gardening packs.

### Free kids' activities:

- Storytime at 10.30 from the Swan Hill Regional Library
- Planting character pots with Swan Hill Christian School
- Bubble wand play with Small Talk playgroups
- Drink bottle decoration & Wooden Spoon Garden markers
- Fun garden themed colouring ins
- Find Garden themed icons on the scavenger hunt as you complete all the different activities.
- Jenga, Skittles, Connect 4 and Bean bag toss games provided By Mikayla from Reclink

**FOOD FOR ALL**  
SWAN HILL REGION

# FAMILY EDIBLE GARDEN DAY!

**Date: Tuesday April 9th**  
**Time: 10 am- 12 pm**  
**Where: George Lay Park,**  
**87 Murlong Street**

**FREE KID'S ACTIVITIES**  
Scavenger hunt, Swan Hill  
Regional Library Storytime,  
Bubble wands, Plant your own pot  
& craft activities

**COME ALONG FOR  
A CHANCE TO WIN  
ONE OF 4 KID'S  
GARDEN PACKS**

**For any questions contact Bronte at  
Community Health on 5033 9337**





## Get Active Swan Hill - Kids Scavenger Hunt



**Opens from April 1st – April 19th**

Looking for something fun for the kids to do these school holidays?

Get involved in the Kids Scavenger Hunt ran by the Health Promotion team! All you need to do is travel to six locations in Swan Hill to go in the draw to win a FREE children's bike!

For more information or to download the entry form head to

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

Let's Get Active!



GET ACTIVE SWAN HILL

### *Kid's Scavenger Hunt*

**Go in the draw  
to win a FREE  
children's bike!**



Actively travel to six locations in Swan Hill to find bike icons in different colours. Write down the correct colour for each location to go in the draw to win a FREE children's bike!

Scavenger Hunt open from  
**Monday 1st April - Friday 19th April**

Pick up a activity sheet at:

- Swan Hill Regional Library
- 125 Campbell Street, Swan Hill
- Or download sheet from

Swan Hill District Health Health Promotion page



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



## World Oral Health Day - Wednesday 20th March

Keeping your teeth healthy is important for your overall health and wellbeing. This World Oral Health Day a youth group came into Community Health to meet our brush puppets, Charlie the Dog and Leo the Dragon, to learn more about dental health and how to brush your teeth in a fun and interactive way!

Smiles4Miles coordinator, Bronte Rayner, will continue to use these brush puppets in the Smiles4Miles program when visiting playgroups, early childhood centres and family day care.



## KIDS DAY OUT WEEKEND DECORATING WATER BOTTLES

**When:** Saturday 6th April - 12:30pm - 2pm

Sunday 7th April - 11:20am - 1pm.

**Where:** Swan Hill Town Hall

**Decorate a FREE water bottle with the kids!**



For any questions contact Tara at  
Community Health on 5033 9337

## Kids Day Out Activity

**When:**

Saturday 6th April from 12:30pm - 2pm

Sunday 7th April from 11:20am - 1pm

**Where:**

Swan Hill Town Hall

As part of the Kids Day Out Weekend, our Health Promotion team will be proving a FREE hands-on activity where kids get to decorate their own water bottles to take home as a fun way to encourage drinking water!



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

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## Breastfeeding Support Services



Sheree and Sonya provide our Breastfeeding Support Services. They both have many years of experience as midwives and Sonya is also an International Board Certified Lactation Consultant (IBCLC). They are here to educate, advise and support you with any breastfeeding questions or needs you may have, pre-pregnancy, during pregnancy or post birth.

The benefits of breastfeeding to mother, infant and family are well known, but there are many reasons why breastfeeding can be hard. It is common to need extra help once you go home.

Our service can visit you at home or you can come and see us at Community Health.



## Breastfeeding Group

Community Health are launching a Breastfeeding Group here in Swan Hill! The group will start on Thursday 9th May during National Mothering Week, and continue to meet weekly.

Come together with other parents and carers to find support and share experiences of your infant feeding journey. A free community group, with the local Breastfeeding Support Service in attendance to help answer any of your questions. Morning tea provided. For more information or to register your interest in attending, contact Community Health at 5033 9337 or scan the QR code or go to this link <https://www.surveymonkey.com/r/breastfeedinggroup>

**BREASTFEEDING GROUP**

**BREASTFEEDING. MIXED FEEDING. BOTTLE FEEDING**

**When: Drop in between 9 and 10.30am, Thursdays**  
**Where: Community Health, 125 Campbell St, Swan Hill**

**For more information or to register your interest in attending, contact Community Health at 5033 9337**



## Services and Supports

Breastfeeding Support Service Community Health, phone: 5033 9337

Australian Breastfeeding Association, phone: 1800 686 268 [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

Midwifery Unit-Swan Hill District Health (advice and support up to 6 weeks of age) phone: 5033 9269

Maternal & Child Health Swan Hill, phone: 5032 0300, 24 hour telephone service, phone: 13 22 29

Mallee District Aboriginal Service, Swan Hill, phone: 5032 8600

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*Refugee Health*

## Refugee Health

Our new Refugee Health Nurse, Tin, joined our team recently and provides support to local Refugee and Asylum Seekers with their health needs. Tin can assist with health assessments, referral and service access. Call us for more information or to make an appointment. Community Health, phone: 5033 9337



## International Women's Day

Friday March 8th was International Women's Day. This year we focused on raising awareness of services for young women, through education sessions with young people from 15 years and above. Groups were provided with a service overview, some sexual health education and a tour of our Community Health Centre. These sessions were very well received and the young people who attended provided some valuable feedback on ways we could improve their access to services and information.

## Pregnancy and Early Childhood Expo 2024

Join us on **Wednesday May 8th** at our 2024 Pregnancy and Early Childhood Expo! There will be around 20 local public services available at the Swan Hill Town Hall for you to visit and chat with including health services, playgroups, welfare services, ambulance, and local early years activities. There is no cost to attend.

Be there by 10.15am to enjoy local young children performing a cultural dance.

For more information call us on phone: 5033 9337.

*2023 Expo*



### Pregnancy and Early Childhood Expo 2024

A FREE event to learn more about local public services and information from pregnancy to early childhood.

**Where:** Swan Hill Town Hall

**Date:** Wednesday 8th May

**Time:** 10am - 2pm

Acknowledgement to Country and Cultural Dance at 10:15am!

Talk face-to-face with providers!  
Gain information and support!  
Activities for the kids!

Brought to our community by the Swan Hill Pregnancy & Early Years Collaborative.

For more information contact 5033 9337.



## Staff Profile Highlights



### Hollie

Hollie has a Masters of Nursing and is a Nurse Practitioner with a post graduate in Community and Primary Health Care Nursing. She has been nursing for over 24 years with experience in primary health care and a keen interest and passion in women and adolescent health. Hollie also is a Nurse Immuniser and has a Certificate in Reproductive and Sexual Health.



### Amy

Amy is an experienced Midwife who joined our team in late 2023 as a Sexual and Reproductive Health Nurse. She has qualifications in sexual & reproductive health and maternal and child health. Amy works one day per week in the Women's Clinic and Clinic 60.



### Maureen

Maureen is an experienced women's nurse specialist in all aspects of women's reproductive and sexual health. Her extensive nursing career includes midwifery, operating theatre, Aboriginal health, medical practice, immunisations and remote rural nursing. Maureen provides both clinical and educational care for female and LGBTIQ+ people from puberty to the post menopausal years including sexual health.



### Irregular Periods?

Come and have a chat to our Sexual & Reproductive Health Nurse it may be a symptom of peri-menopause.



Look out for our new social media marketing campaign featuring our Sexual & Reproductive Health services- coming soon! (see above)

## Women's Clinic

services include:

- Cervical screening
- LGBTIQ+ support
- STI information
- Pre-pregnancy advice
- Pregnancy testing, support including unplanned pregnancy options
- Peri/menopause, post menopause education and support
- Breast awareness education
- Continence

A small fee of \$10 may apply

## Clinic 60



services include:

- STI testing
- Emergency Contraception
- Pregnancy testing, support including unplanned pregnancy options
- LGBTIQ+ support
- Breast awareness education
- Cervical screening (25+yrs)
- Free condoms

This is a free service



## ALL Come Out to Play! Musical Experience

Join us on a musical adventure where fun is the main game! Along the way we will celebrate respectful relationships and gender equality through storytelling, song & dance.

**Date:** Wednesday 15th May

**Time:** 10:30am - 11:30am

**Location:** Swan Hill Regional Library

No bookings required.

For more information contact Tara at Community Health at 5033 9337.

FREE!

For ages  
0 - 5

Interactive  
story, songs  
and dance



To celebrate National Families Week the Swan Hill Regional Library will be holding a special Move and Groove session where children will go on the musical adventure, ALL Come Out To Play.

ALL Come Out To Play follows a day in the life of two children who has all kinds of adventures with their dad while their mum is off at work. Along the way we will celebrate respectful relationships and gender equality through storytelling, song and dance. Afterwards kids will have the opportunity to make food faces and take home a fun activity booklet. No booking required.

For more information contact Tara at Community Health at 5033 9337.

*Thank you for reading!*

<b>COMMUNITY HEALTH</b>	PHONE: 03 - 5033 9337 FAX: 03 - 5036 4561
chreception@shdh.org.au	125 Campbell Street, Swan Hill, 3585