



# NEWSLETTER

*Community Health*

**November 2024**



## Edible gardens and food relief

Over the past month our Health Promotion team have been out and about promoting edible gardens in homes, schools and community. During Children’s Week this was a key theme enjoyed by families with take home little plants for them to nurture and watch grow.

Our involvement in the Swan Hill Food Hub is ongoing with a recent Food Drive during Anti-Poverty Week being a huge success. A big thank you to all involved and those who donated to this very worthy cause, more donations are very welcome.

*Community Health Team*

## Men’s Sexual Health Clinic

Call us for a **free** sexual health check-up, including full STI screen and mpox vaccination as required.

The clinic is a strictly confidential service provided by our Nurse Practitioner.

Contact us:

Phone 03 5033 9337

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

**Find out more about  
mpox by scanning  
the QR code**



### In this newsletter:

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## Children's Week Outcomes

In partnership with Smalltalk MFC Playgroups a week full of events was planned for the Swan Hill area during Children's week (21-25 October 2024). The theme for this year was **Children have a right to a clean and safe environment**. Our team provided activities to support this focused on edible gardens and tasting fresh fruits and vegetables.

For the garden activity, groups of 4-5 children would come up at a time as the activity was around one table. 73 pot plants with seedlings were distributed over the 4 events, with most families having an edible garden at home and a few more families who were willing to start an edible garden through the activity provided. Parents noted beetroot and capsicum seedlings were a great addition to add variety to the garden and some children were familiar with gardening showing skills in digging, planting and watering plants and helping other kids in the activity.

Around 20 families attended the Roving Storytime including lots of children and bubs! Tara read the book titled 'Rainbow Plate' by Annabel Cutler.







Swan Hill South Kindergarten have been in the Smiles4Miles program now for the most part of 20 years. This is their story. "Originally, we formed part of the Healthy Achievement Program to provide a framework that was designed to help Swan Hill South Kindergarten enhance a whole service approach to health and wellbeing. The program aligned key policies and guidelines including the Victorian Early Years Learning and Development Framework, the National Quality Standard and Quality Improvement Plans. Over the years, we have been supported by the Swan Hill Health Promotion team to enhance existing structures, programs and practices and develop early connections to support children and families' understanding of services available within our local community.

The best part of the Smiles4Miles program for Swan Hill South Kindergarten would have to be how the key messages of the Smiles4Miles program "Eat Well", "Drink Well", "Clean Well" are embedded into our daily program. Each day we have conversations with the children and follow simple strategies that promote healthy eating and drinking habits and promote good oral health."

## Anti-Poverty Week Food Drive - success!

In support of Anti-Poverty Week 2024, The Food For All Food Hub conducted a Food Drive with local businesses and services. Non-perishable items were donated to stock the Food Hub and support those needing food relief. We have been blown away with the response and are so grateful to those that donated.

### Thank you to the following organisations for their support during the Anti-Poverty Food Drive:

- Anglicare
- BARCOM Rafting
- Catalina Flying Boat Museum
- Coles Swan Hill
- Food Hub Volunteers
- Lake Boga Community Garden
- Lake Boga Lions Club
- Larnec Pty Ltd
- Mallee District Aboriginal Services
- Mallee Family Care
- Mixx FM
- Ray White Real Estate
- Seed Ability
- Swan Hill Community Health
- Swan Hill District Health (including Headspace, Counselling and Theatre)
- Swan Hill Regional Library
- Swan Hill Sunrise Rotary Club
- Woolworths Swan Hill



We have been extremely lucky to get generous donations from all the locations above. The donations will go long way to helping support the Swan Hill Food Hub provide food relief within our community.

## 16 Days of Activism Against Gender-Based Violence

The 16 Days of Activism against Gender Based Violence is an international campaign which takes place each year from 25 November (International Day for the Elimination of Violence against Women) until 10 December (International Human Rights Day). The campaign is relevant to the Swan Hill Local Government Area (LGA) as our region experiences one of the highest rates of family violence ranking 5th out of 79 LGAs in Victoria.



The Swan Hill Gender Equity Network includes local organisations, services and groups who aim to promote gender equity to reduce violence in our community. To build awareness and spread community conversations the network has created activities to engage the wider community in the 16 Days of Activism campaign in the Swan Hill Region.



## 16Days4Kids Colouring Competition

Children can get involved in conversations about what respect looks like through artwork, by entering a colouring competition!

Children across the LGA will have the opportunity to participate in the competition by colouring the sheet provided. There will be three lucky draw prizes in each category, with the major prize of a children's book, a double pass to the showbiz cinemas and \$50 local giftcard, and two runner-up prizes of \$25 local giftcard.

Teaching children about respect and gender equality is crucial for their personal and social development. It equips them with essential life skills, fosters positive relationships, and contributes to a more compassionate and harmonious society.

The competition will run from November 18th – December 6th. Find the colouring sheet [here](#).

## Gender Equity Storywalk

Swan Hill Regional Library will be hosting a Storywalk for the 16 Days of Activism. Enjoy a walk with your children as they read 'I want to be a superhero' by Breanne Humes followed by fruit cups, more stories and fun activities! Please remember to bring a hat, sunscreen and water bottle.

**Swan Hill Storywalk** - Wednesday 27th November

Beginning at 10:30am at the Swan Hill Regional Library and finishing at the Clock Tower Lawn.

**Robinvale Storywalk** - Thursday 28th November

Starting at 10am children will begin their walk at the Robinvale Library and will walk around the Robinvale College Oval.



**16DAYS4KIDS Colouring Competition**

This colouring competition is a way for kids to join the 16 Days of Activism Campaign by having conversations around respect and what it looks like.

Competition opens from the 18th November - 6th December 2024

The colouring competition three age categories:

- 0-5 years old
- 6-8 years old
- 9-12 years old

**3 LUCKY DRAW PRIZES TO WIN IN EACH CATEGORY!**

**HOW TO PARTICIPATE:**

1. Get children to participate in the competition
2. Fill out details as per colouring ins
3. Provide copies of colouring ins to Swan Hill Rural City Council or Robinvale Resource Centre
4. Winners announced on 10th December

Logos: SWAN HILL Rural City Council, The Guardian showbiz, 16DAYS4KIDS, Robinvale Resource Centre, and whilse.





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## Refugee Health



*Refugee Health*

Interpreter services are free of charge. People accessing a health service who have difficulties communicating in English are entitled to a professional interpreter. It is not appropriate for children under 18 years or other family members/friends to act as an interpreter for a family member. Interpreters used within health services are accredited with the National Accreditation Authority for Translators and Interpreters and provide independent, unbiased, confidential, complete and accurate interpreting for both parties.

NAATI accredited interpreters are provided free of charge to Culturally and Linguistically Diverse consumers;

- who request an interpreter,
- who prefer to speak a language other than English,
- who are unable to have everyday conversations in English,
- who are able to have everyday conversations but are not able to discuss clinical issues in English, and
- when staff need an interpreter to ensure effective communication.

AUSLAN interpreters can be provided to all consumers who are Deaf.

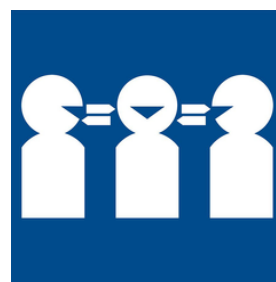
It is important to have an interpreter particularly when:

- You do not understand what staff are saying to you
- You do not understand anything you are required to sign
- It would be easier to communicate with staff in your main language

Health service staff will identify the need for an interpreter, but if this has not happened, do not hesitate to ask for this support at any point in care.

Telephone or online interpreters are used in most cases.

**Look for this symbol**



## Menopause Month

This year, the theme is **Menopause: Be prepared, not scared.**

We encourage women to get menopause facts and advice from reliable sources. Below, you'll find links to evidence-based, easy-to-understand website for information.

Symptoms of perimenopause and menopause are different for everyone. Download the Jean Hailes Symptom Checklist [here](#) and take the checklist with you to your next medical appointment or come and see our Sexual & Reproductive Nurse Practitioner or Women's Health Nurse.

**What is perimenopause?** It is the time leading up to menopause, when periods become irregular and hormone levels fluctuate.

**What is menopause?** Menopause is your final menstrual period. Most women in Australia reach menopause from 45 to 55 years of age.

[www.jeanhailes.org.au](http://www.jeanhailes.org.au)

[www.menopause.org.au](http://www.menopause.org.au)



*Women's Health*

*To book an appointment,  
call us!*

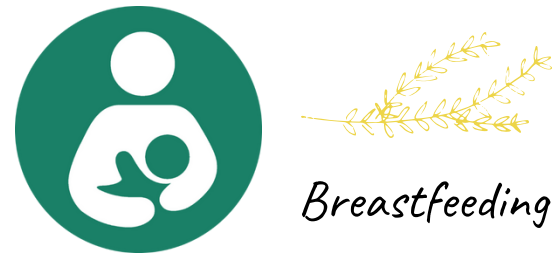
**Community Health,  
125 Campbell Street, Swan Hill  
Phone: 03 5033 9337  
Email: [chreception@shdh.org.au](mailto:chreception@shdh.org.au)**



## Breastfeeding

Recently we have been investigating barriers to breastfeeding as our local rates of breastfeeding are falling. Some of the reported reasons mothers may choose not to, or cease, breastfeeding include:

- postpartum haemorrhage
- mastitis
- worries about milk supply
- sore nipples and other breastfeeding challenges
- lack of partner support
- community stigma
- return to work challenges



While there are strong advantages to breastfeeding for both the infant and the mother, it is important to also acknowledge the challenges and provide the best opportunity for success with breastfeeding.

Did you know that women who receive any form of support are less likely to stop exclusive breastfeeding before five months? This can include home visits from trained breastfeeding services to encouragement from partners, family and friends. ***Having a supportive partner, family and friends can have a positive influence on initiating and sustaining breastfeeding.***

Access to supportive environments for breastfeeding, particularly workplaces, are an important indicator of continued breastfeeding. ***Everyone has the right to continue to breastfeed when they return to work.***

Let us know if you have any suggestions to help support breastfeeding rates locally.

## Cancer Council Victoria support for cancer screening

Swan Hill District Health were fortunate to receive a Cancer Council Victoria Clinical Extension Grant to support regional Nurse Cervical Screening Providers to offer additional clinical services and drive participation in the National Cervical Screening and the National Bowel Cancer Screening Programs. A number of nurse led community sessions were conducted, with opportunities to undertake screening during the sessions. Some of these sessions included a Naidoc Week event, Neighbourhood House Community session and an Aboriginal Women's Group. Two sessions are still in the planning stages including one with Fijian and Malay women. Partnering with Sunraysia Mallee Ethnic Communities Council, we were also able to get our Nurse Practitioner/Women's Clinic flyers translated in to both Fijian and Malay which will be very useful for future service provision.

[illegible][illegible]



## Breast Cancer Awareness Month

Breast Cancer Awareness Month was held in October, shining the light on the high number of people diagnosed with breast cancer each year, close to 21,000, or 58 people every day.

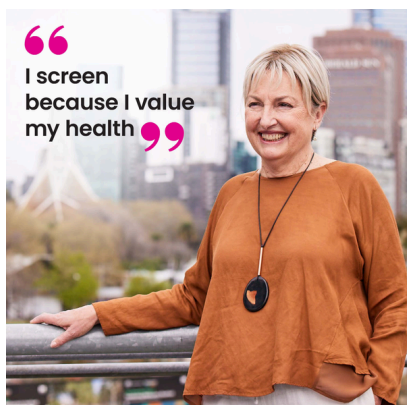
Breast cancer is the most commonly diagnosed cancer amongst Australian women, with 1 in 7 receiving a diagnosis in her lifetime.

Early detection of breast cancer while it is small and confined to the breast provides the best chance of effective treatment. Being aware of the normal look and feel of your breasts is important. If you notice any changes, see your doctor.

Become familiar with the normal look and feel of your breasts. There's no right or wrong way to check your breasts for any changes. Try to get used to looking at your breasts regularly by standing in front of a mirror with your arms by your sides as well as with your arms above your head or pulled back. You can feel your breasts in the bath or shower, when you use body lotion or when you get dressed. Remember to check all parts of your breast, your armpits and up to your collarbone. When you check your breasts, try to be aware of any changes that are different for you.

**Breast screening** is one of the most effective ways to detect early signs of breast cancer, meaning treatment outcomes are much better. If you are aged 50 to 74 and without breast symptoms, book a free 10-minute breast screen (mammogram) every 2 years. You are eligible for screening from 40 years. Book at [breastscreen.org.au](http://breastscreen.org.au) or call 13 20 50. Swan Hill BreastScreen is located at Swan Hill District Health Radiology.

For more information on breast cancer awareness visit the [Cancer Australia website](http://www.cancer.org.au).



## McGrath Breast Care Nurse

Located at Community Health is the McGrath Foundation Breast Care Nurse Service. Leanne and Sonya have specialist training in breast cancer and can provide physical, psychological and emotional support and information for those diagnosed with breast cancer and their families. Services are provided within Health Services and Community settings throughout the Region.

- Coordination of care from diagnosis to treatment and follow-up. This includes appointments and referrals, clinical care, discussions of options for breast prosthetics or access to support services. The Breast Care Nurse is a vital link within the multidisciplinary team of health professionals from various locations across the region within health services or in community settings.
- Community Group Education and promotion of Breast Awareness strategies are important aspects of the Breast Care Service.
- The service is free with the support of the McGrath Foundation, during and following treatment, with self referrals welcome or referrals from health professionals.

See also: <https://www.mcgrathfoundation.com.au>

### To see a Breast Care Nurse contact Swan Hill District Health

Community Health:

125 Campbell Street, Swan Hill

**Phone:** 03 5033 9337

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

**To refer yourself to the service:**

<https://www.shdh.org.au/referrals/>

or scan the QR code



## Staff Profile Highlights



**Leanne**

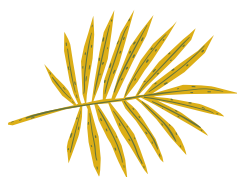
Leanne is our long standing McGrath Breast Care Nurse, coordinates a Nurse Led Survivorship Clinic and more recently commenced a newly developed role of Prostate Cancer Specialist Nurse.

Leanne is currently based at Community Health working 9 days a fortnight providing specialist supportive nursing care in cancer services for clients, their families and the general community.



**Sonya**

Sonya is one of our McGrath Breast Care Nurses, working in a job share capacity with Leanne Bibby as part of SHDH Cancer Services. Sonya works 2 days a week in this role. She also works at Community Health five days a fortnight in the Breastfeeding Support Service. Sonya has worked in many different nursing roles in metropolitan and rural health services and has worked in Community Health at SHDH for 10 years.



*Community Health*



*Thank you for reading!*

## Be sun smart!

The warmer months are here so a timely reminder to take care of your skin and eyes. Locally we have high rates of skin cancer, so it is definitely smart to take a prevention approach.



**Slip - on a shirt**

**Slop - on sunscreen**

**Slap - a hat**

**Seek - shade**

**Slide - on sunglasses!**

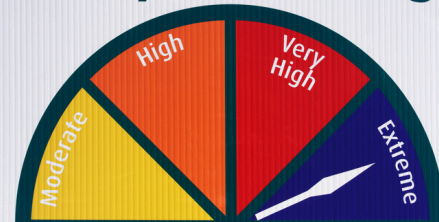
Did you know that sun exposure accounts for 80% of visible ageing.

Regularly check your skin so you know what is normal for you. Any changes including new spots, or changes in shape, colour or size of an existing spot should be checked by your GP.

For more information:

<https://www.sunsmart.com.au/skin-cancer/checking-for-skin-cancer>

## Today's UV Rating



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