

Community Health



WELCOME TO 2025

Here at Community Health, we are busy planning our services and programs for 2025.

Our Health Promotion team will continue to focus on the 3 key areas, improving access to healthy fresh food, including breastfeeding, increasing physical activity uptake and prevention of family violence through promotion of gender equity. Our current Health Promotion Plan ends in June, and we will be reviewing outcomes and community needs to determine the focus for the 2025-2029 period. Please let us know if you have any interest in this process, we will welcome you.

Our community nursing teams are very busy with some areas experiencing long wait times for appointments. These areas include Diabetes Education, Refugee Health, Breastfeeding Support, and Sexual & Reproductive Health. We continue to endeavour to meet the needs of our community and to our values of being inclusive, compassionate, progressive and accountable. Let us know how we can help you, or if you have suggestions for improvement. Our aim is to continually review and improve local services.



BREASTFEEDING

The Swan Hill & District Breastfeeding group will be running again in 2025! Starting on the 13th February the group will meet weekly on Thursdays from 9:30am-11.00am at the Child and Family Hub on 63 McCrae Street, Swan Hill.

The breastfeeding group is a great opportunity to connect with other parents and promote breastfeeding in our community. Our local lactation consultant, Sonya, is also in attendance most weeks to support the group.



SMILES 4 MILES

This year Ali the crocodile dental brush puppet joins the Smiles4Miles team!

Smiles 4 Miles is a dental health program delivered across the state through Dental Health Services Victoria. 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.

Ali will be used to promote oral health and brushing teeth by visiting all our Smiles 4 Miles centres in 2025.



dental health
services victoria
oral health for better health



HEALTHY LUNCHBOX WEEK: 9-15 February 2025

Healthy Lunchbox Week is a yearly campaign started by Nutrition Australia to inspire Australian families to create enjoyable and nourishing lunchboxes their families will love.

The campaign targets all ages whether it's packing a lunch for work, meal prepping for the week or helping children prepare their own meals for school. Nutrition Australia has lots of fantastic resources such as recipes, factsheets and guides including tips for school transition, reading food labels and healthy lunchbox swaps!

Check out resources at [Healthy Lunchbox Week](https://www.nutritionaustralia.org.au/healthy-lunchbox-week).

Follow us on social media for more tips on healthy eating, active living and general wellbeing, see here:

<https://www.facebook.com/eatmovesmilesdh>

<https://www.instagram.com/eatmovesmile>



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2+5



NOURISHING LITTLE MINDS

Do you have a fussy eater?

Would you like to learn more about introducing new foods to your pre-schooler?

Swan Hill District Health Community Health and Swan Hill Regional Library are running a series of special Nourishing Little Minds sessions helping children explore and enjoy healthy food. The sessions include food tasting and preparation activities coordinated by an Accredited Practising Dietitian. Parents/carers will receive recipes, tips and strategies.

Term 1 Program details:

When: Thursday 13 March, 20 March, 27 March & 3 April

Time: 10 am - 11 am

Where: Swan Hill Regional Library, 53 - 67 Campbell St

Contact the Swan Hill Library on 5036 2480 for more information about or to book into the upcoming Nourishing Little Minds program.

'I WANT TO BE A SUPERHERO' STORYWALK RESOURCE

Thanks to the Swan Hill District Gender Equity Network, our community has access to the 'I want to be a Superhero' Storywalk resource which can be used to promote gender equity. Storywalks are a fun activity that take a children's story (literally a book taken apart) along a walking route for children to read. 'I want to be a Superhero' By Breanna Humes follows the story of a girl who wants to be a superhero by wishing upon a star. She tries but it doesn't work. She does, however, realise that by working hard she can become a superhero doctor, lawyer, engineer or vet. This book helps breakdown ridged gender stereotypes by showing girls can also aspire to careers in STEM.

Storywalks have been a great success during the 16 Days of Activism campaign, getting children excited about future careers, regardless of gender. The Swan Hill Gender Equity Network would like to provide the community the opportunity to have more conversations with children on having equal opportunities.

Local community groups, schools and other interested parties can contact Tara at thiggins@shdh.org.au to borrow the resource for the Storywalk.



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PHYSICAL ACTIVITY OPTIONS

We have recently updated our guides featuring local physical activity options for adults. Our **'move more often'** message is all about finding an exercise option that you enjoy and making the time to be active regularly. Remember, doing any physical activity is better than doing none. If you are not currently active, build up gradually to what is a comfortable and enjoyable amount for you. The Department of Health recommends adults should be active most days, preferably every day.

Each week adults should aim to do:

- 2.5 to 5 hours of moderate intensity physical activity – such as a brisk walk, golf, mowing the lawn or swimming
- 1.25 to 2.5 hours of vigorous intensity physical activity – such as jogging, aerobics, fast cycling, soccer or netball
- Include muscle-strengthening activities as part of your daily physical activity on at least 2 days each week – such as push-ups, squats, lunges, lifting weights or any household chores that involve lifting, carrying or digging

Check out our [Physical Activity Options for Adults](#)

ANTENATAL BREASTFEEDING SESSION

Learn about breastfeeding before your baby is born

The Breastfeeding Support Service are running face-to-face Antenatal Breastfeeding Sessions for expecting parents and their support person to prepare for breastfeeding in the vital days, weeks and months after the baby's birth.

Cost: FREE

Where: Community Health, 125 Campbell St, Swan Hill

When: 9am – 10am Mondays

Dates for 2025:

- 3 March
- 7 April
- 5 May
- 2 June

Booking in:

Call Community Health on 5033 9337.



Breastfeeding



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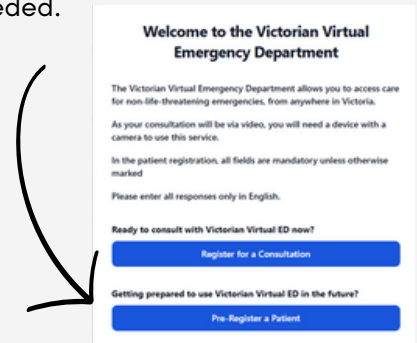
DIABETES EDUCATION

We, like many services, are experiencing a high level of service demand for our Diabetes Education service.

We encourage those living with diabetes to pre-register as a patient with the Victorian Virtual Emergency Department.

Go to <https://vved.au/>

Select 'Pre-Register a Patient' and complete the sections. You can also complete this on behalf of a family member or someone in your care. This will enable faster access to booking a consultation as needed.



The screenshot shows the VVED website interface. At the top, it says 'Welcome to the Victorian Virtual Emergency Department'. Below this, there is a paragraph explaining the service. Then, there are two main sections: 'Ready to consult with Victorian Virtual ED now?' with a 'Register for a Consultation' button, and 'Getting prepared to use Victorian Virtual ED in the future?' with a 'Pre-Register a Patient' button. A black arrow points from the 'Pre-Register a Patient' button to the text above it.

SEXUAL & REPRODUCTIVE HEALTH NATIONAL CONDOM DAY

Sharing the day with Valentines Day, 'National Condom Day' is celebrated on February 14th each year to promote the use of condoms and dams as a way to protect sexual health for both you and your partner.

Benefits of Condoms and Dams:

- Protects against Sexual Transmitted Infections (STIs)
- 98% effective at preventing pregnancy, if used correctly
- Easy to use
- Latex free available
- Can be purchased over the counter
- Available in different sizes, flavours, textures and colours
- Community Health offers FREE condoms and dams!
- Community Health offer FREE STI screening, assessment and prescribing with our Sexual and Reproductive Health – Nurse Practitioner

For more information around sexual health check out these amazing resources below:

- [Australian STI Management Guidelines](#)
- [Sexual Health Victoria](#) , or
- Contact our local [Sexual & Reproductive Health](#) services provided at Community Health.



The poster is for National Condom Day on February 14th. It features a red background with images of condoms. The text reads: 'Celebrating National Condom Day February 14th', 'Put up barriers to STIs, NOT pleasure!', and 'Use a condom.' At the bottom, there are logos for 'Sexual Health Victoria' (shvic.org.au), 'Care Education Advocacy', 'Swan Hill District Health', and 'Community Health'.



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SWAN HILL FOOD HUB SPREADING CHRISTMAS JOY!

The Swan Hill Food Hub provided 106 Christmas hamper packs to our community to bring some festive cheer to people experiencing food insecurity. For many, the festive season can be an especially difficult time financially. Food insecurity will often force tough choices between holiday traditions and basic necessities.

The packs included items such as tinned ham, tinned vegetables, Christmas cake, plum pudding, custard, tinned fruit salad, pancake mix and treats such as icy poles and crackers. These packs were ordered through member agencies of the Swan Hill Food Hub for their clients.

We hope that the hamper packs brought some festive spirit and joy to Christmas Day! To find out more information about our local Food Hub head to [Food For All Swan Hill](#).



REFUGEE HEALTH

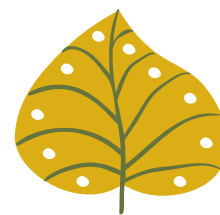
The Refugee Health Program works to meet the healthcare needs of refugees and asylum seekers living in the Swan Hill District.

Our Refugee Health Nurse, Sharnee, will use an interpreter (as needed) to help with health care needs, and is able to refer clients to other members of our health team as needed. This is a FREE and confidential service.

How to access the service:

- Come to Community Health at 125 Campbell Street Swan Hill and ask for an appointment
- Ask a friend or family member to contact us on your behalf
- Ask another agency worker to contact us
- Ask your doctor to refer you to us
- Phone us on 5033 9337 and ask us to call you back with an interpreter

For more information head to [Refugee Health page](#).



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BODY BLOCKS

Embrace Kids is all about building better body image in children and young people. See here: <https://theembracehub.com>

Body Blocks by Embrace Kids is a free online resource for early childhood educators that aims to prevent body image issues in young people by getting in early with messages of body appreciation.

It aims to empower young children to develop positive relationships with food, movement and their bodies from the very beginning of their lives.

One big part of this is *The Division of Responsibility in Feeding*, which recommends the following:

Adults' responsibilities in feeding:

Food choices: Adults are responsible for the types of food provided in line with healthy eating guidelines

Mealtime routine: decide when children will be offered food, establishing a consistent mealtime routine

Eating environment: determine where children will eat their meals, creating a calm and inviting space with smooth transitions in and out of the mealtimes

Skill development: assist children in practicing new food skills, like using different forms of cutlery and role-modeling good table manners like turn-taking



Children's responsibilities in feeding:

Food selection: Children decide what they will eat from the food offered to them

Autonomy: Children decide how much they want to eat or whether they will eat anything at all

You can learn more about how to promote healthy eating appropriately to young children on the website.

EARLY YEARS ONLINE HUB

The Early Years Online Hub was established to increase access for families and individuals in the early years space within the Swan Hill Local Government Area.

It has a range of information including:

- lists of local services available
- examples of activities to do with your children in the home
- information from reputable sources on certain stages of pregnancy and early childhood
- local events and weekly activities in our region.

Explore the online hub via the link below:

<https://earlyyearsonlinehub.org.au/>



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RECIPE - VEGGIE RICE

In the theme of Try for 5, this recipe definitely helps to 'get more veg in your life' and is so easy!

<https://www.tryfor5.org.au/>

Serves 1

- 1 small slice of lean bacon diced
- 1 portobello mushroom diced (or any mushroom choice)
- ¼ cup sliced red capsicum
- ¼ cup diced or sliced zucchini
- ¼ cup diced eggplant
- ¼ cup diced or sliced red onion
- 1 cup shredded fresh spinach
- handful of fresh herbs, here we used oregano
- ¾ cup brown rice cooked
- dollop of feta cheese if desired (see recipe last week)
- freshly ground black pepper

Heat a non-stick pan and add bacon and mushroom, cook for a few minutes until slightly browned, add onion, capsicum, zucchini and eggplant and toss for a further 5 minutes. Add spinach and herbs and 1-2 tbsp water, cover and steam through for until wilted. Serve on top of brown rice, or stir through and add a dollop of feta (or other cheese) and some freshly ground pepper!

Includes 2+ cups of vegetables!

Find more healthy recipes on our blog at <https://eatmovesmile.shdh.org.au>



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