



Community Health



WHAT'S HAPPENING IN MARCH

This month we have numerous programs and events happening for families with young children, including breastfeeding support & education groups and baby food making sessions. We work with Early Childhood Services and Education settings to support key messages promoting health eating, oral health and active living. We have activities supporting edible gardens and healthy eating coming up in the next school holidays, please join in these fun events.

Our sexual health team are promoting Endometriosis Month, learn more and support those with this condition during March, see page 6 for more details. Changes to the national free bowel cancer screening is outlined on page 7. Elephant in the Room is a new action promoting gender equity and is coming to Swan Hill soon. Please support these community wide events and actions!

INTERNATIONAL WOMEN'S DAY

Collectively, we can Accelerate Action for gender equality.

Step forward in solidarity for International Women's Day (IWD) 2025 on March 8 to help #AccelerateAction. At the current rate of progress, it will take until 2158, which is roughly five generations from now, to reach full gender parity, according to data from the World Economic Forum. For more information go to: <https://www.internationalwomensday.com/2025theme>

Actions can include:

- forging women's economic empowerment
- recruiting, retaining and developing diverse talent
- supporting women and girls into leadership, decision-making, business and STEM
- designing and building infrastructure meeting the needs of women and girls
- helping women and girls make informed decisions about their health
- involving women and girls in sustainable agriculture and food security
- providing women and girls with access to quality education and training
- elevating women and girl's participation and achievement in sport
- promoting creative and artistic talent of women and girls
- addressing further areas supporting the advancement of women and girls





SMILES 4 MILES

Smiles 4 Miles is back in full swing with all 24 centres registering for Smiles 4 Miles in Swan Hill. These centres include Long Day Cares, Kindergartens and Intereach Family Daycare providers. This includes over 900 children participating in the program across all the settings. The Smiles 4 Miles Coordinator has been busy catching up with centres to provide Smiles 4 Miles Training in term 1.

In term 2 Health Promotion Officers Tara and Bronte will be dressing up as a fruit or vegetable and visiting kindergartens and long day cares for the Eat a Rainbow session.



dental health
services victoria
oral health for better health



VIC KIDS EAT WELL

All kids deserve a healthy start where they learn, live and play

We've had one of the local schools join Vic Kids Eat Well Movement! Vic Kids Eat Well offers organisations four simple healthy food and drink actions for schools to self-select changes that are right for them.

1. Refresh the Fridge

Give sugary drinks the boot and let water take the spotlight.

2. Switch up the snacks

Ditch the sweets so delicious healthy snacks give kids the fuel they need.

3. Change Up the Menu

Give fruit and veggie a chance to shine.

4. Put the 'fun' into fundraising & marketing

Add health appeal to meal deals and fundraising activities.

Health Promoter, Tara, is excited to work with schools and the community to support and deliver Vic Kids Eat Well!



**VIC KIDS
EAT WELL**



eat fruit & veg move more often smile together



BABY FOOD MAKING WORKSHOP

Come along to learn about making your own baby food and to ask an Accredited Practising Dietitian and a Paediatric Occupational Therapist any food related questions. The workshop will go through how to make, and the benefits of, homemade baby food. A FREE workshop with resources and an ice cube tray to take home!

Program details:

Who: Parents with infants 5–6 months or older

Time: 10 am – 11:30 am

Where: Child and Family Hub, 63 McCrae Street, Swan Hill
Nyah West Kindergarten, Lloyd Street, Nyah West

Swan Hill Dates 2025:

- Friday 14th March
- Friday 23rd May
- Friday 6th June
- Friday 29th August
- Friday 12th September
- Friday 21st November

Please contact Robyn or Nicole at Maternal Child Health to book into a Swan Hill workshop on 5032 0300.

Spaces are limited.

Nyah West Dates 2025:

- Monday 31st March
- Monday 21st July
- Monday 6th October

Please contact Courtney at Mallee Family Care to book into Nyah West workshops on 0418 157 923

Spaces are limited.



KIDS CREATE: TACO BOATS SCHOOL HOLIDAYS ACTIVITY

Join Community Health at the Swan Hill Regional Library for this fun, hands-on activity. Children will enjoy listening to a beautiful children's story before making some yummy taco boats!

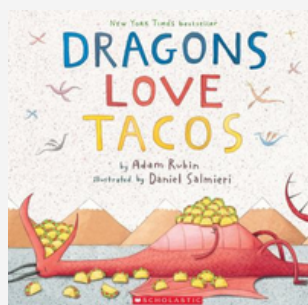
Program Details:

Time: 11am–12pm Friday 11th April

Who: Suitable for children 3+

Where: Swan Hill Regional Library

Costs: FREE



Please call the library on 5036 2480 to book session.



Community Health



swan hill regional library



eat fruit & veg move more often smile together



FAMILY EDIBLE GARDEN DAY!

Food for All is very excited to be announcing their Family Edible Garden Day on the 9th of April 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 three kid's gardening packs.

Date: Wednesday 9th April

Time: 10am - 12pm

Where: George Lay Park - 87 Murlong Street, Swan Hill

Free Kids Activities!

- Scavenger Hunt
- Outdoor games
- Storytime with Swan Hill Regional Library
- Plant your own pot
- Garden craft activities

For more information contact Bronte at Community Health on 5033 9337.

NYAH WEST COMMUNITY GARDEN EASTER EVENT

Come along to the Nyah West & District Community Garden for a fun Easter event for the kids to enjoy.

Time: 10am -12pm

When: Wednesday 16th April

Where: Monash Avenue, Nyah West
Next to blue tree

Free kids activities!

- Easter egg hunt
- Plant a seed workshop
- Storytime
- Fruit cups and sandwiches available

More information coming soon!



eat fruit & veg move more often smile together



ELEPHANT IN THE ROOM PROJECT

Women's Health Loddon Mallee has partnered with the Swan Hill District Gender Equity Network to bring the colourful fiberglass elephant to Swan Hill!

Designed to provoke conversation, and reduce the shame, stigma and secrecy surrounding family violence the network will be holding community events to encourage the wider public to be part of conversations in bringing awareness to family violence and to prevent violence in our community by promoting gender equity.

The Elephant in the Room project features words and drawings by women victim survivors of family violence, one side focusing on the damage caused by family violence, the other side highlighting the hope, strength, and resilience of women recovering from abuse.

The elephant is due to arrive in Swan Hill in early 2025.



SWAN HILL RESERVE MASTERPLAN

Swan Hill Rural Council has initiated the development of a Master Plan for the Swan Hill Showgrounds Sport and Recreation Precinct, enlisting independent consultants to guide this process. The Precinct boasts a central and shared open community space, which includes the Swan Hill Showgrounds and Alan Garden Reserve. Ideally located close to the CBD, it is connected to the Riverfront via the McCallum Street shared path.

Council is now seeking your feedback in relation to the draft Masterplan. If you would like to provide feedback, go to [Swan Hill Reserve Masterplan | Let's talk](#) link, you will see next to frequently asked questions an open box where you provide your details and then type in what you would like to say about the draft plan.

We are very keen to see a Child, Youth and Family Hub in Swan Hill and this is a perfect location for it. Please have you say. <https://letstalk.swanhill.vic.gov.au/swan-hill-reserve-masterplan>



eat fruit & veg move more often smile together



Women's Health

ENDOMETRIOSIS AWARENESS

Join us in raising awareness for Endometriosis Awareness Month 2025 by taking the pledge!

Endometriosis affects 1 in 7 women and those presumed female at birth by age 49, yet conversations about it are still rare. By talking about endometriosis, we can break the stigma and create real change.

Make a commitment to have at least three conversations this March to spread awareness. Use free resources from Endometriosis Australia to educate others and help them better understand the condition. Every conversation matters.

#TakeTheEndoPledge #EndometriosisAustralia



RESEARCH STUDY - MEDICAL TERMINATION OF PREGNANCY

Kayla, a local medical student, is seeking women over 18 who have had a medical termination of pregnancy through Swan Hill Community Health, or have been unable to access a medical termination of pregnancy in Swan Hill in 2024/2025.

WHAT DOES THE RESEARCH ENTAIL?

Participants will be asked to participate in a confidential, de-identified 30-40 minute interview over the phone with Kayla.

For further information, scan the QR code below or contact Kayla

- k.chrisp.MTOP.research@gmail.com
- 0432 727 048

We aim to improve accessibility to women's healthcare services in rural Victoria.

We appreciate your time and the sharing your experience.



Charles Sturt
University



Swan Hill
District Health
Connected Care. Best Experience.



eat fruit & veg move more often smile together

NATIONAL BOWEL SCREENING PROGRAM

On 1 July 2024 the eligible screening age for the national Bowels cancer screening program was lowered from 50 to 45. People aged 45 to 49 are now eligible to screen with the National Bowel Screening Program and access a free screening kit every 2 years.

Eligible people aged 45–49 will be able to join the program to request their first bowel screen kit at www.ncsr.gov.au/boweltest or by calling the National Cancer Screening Register on 1800627701, or ask your GP. People over 50–74 will continue to receive a bowel cancer screening kit in the mail every 2 years.



SKIN PROTECTION

Although it is now Spring, our warm weather has continued with many days in the mid to high 30s (degrees Celsius).

Follow the SunSmart advise to protect your skin, especially when the UV Index hits 3 or above.

- Slip – on a shirt
- Slop – on some sunscreen
- Slap – on a hat
- Seek – shade
- Slide – on some sunglasses

What is UV radiation?

In Australia, we're exposed to some of the harshest and most dangerous levels of ultraviolet (UV) radiation in the world. UV is a type of energy produced by the sun and some artificial sources, such as solariums. UV radiation can't be seen or felt. That's why it's important to have technology to help us monitor and communicate the level of UV radiation from the sun at all times.

Check out the [SunSmart Global UV](#) app for current information.

Did you know?

- more than two in three Australians will be diagnosed with skin cancer in their lifetime.
- About 2,000 Australians die from skin cancer each year.
- In 2022, 2,885 Victorians were diagnosed with melanoma and 262 lost their lives.

Ref: <https://www.sunsmart.com.au/skin-cancer/skin-cancer-facts-stats>



For more information:

- <https://www.sunsmart.com.au/>



eat fruit & veg move more often smile together



RECIPE - PEACH & RASPBERRY SALAD

Although we are coming to an end to the fresh stone fruit season delicious peaches are still available for this very colourful and easy salad.

An adaptation from a recipe in the Ottolenghi Simple cookbook.

1-2 tbsp cider vinegar
 1 tsp maple syrup
 ¼ tsp Chinese 5- spice seasoning
 1 tbsp olive oil
 1 shallot or small red onion, thinly sliced
 100g fresh raspberries
 3 firm peaches, cut into wedges
 salad mixed greens – a few lettuce varieties
 Whisk together the first five ingredients and a pinch of salt.
 Add the raspberries and crush them lightly with a fork.



Add the greens and peaches to a large salad bowl and toss gently.
 Mix in the dressing and toss through and serve.

Goes well with fish, chicken or barbecued meats.

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



eat fruit & veg move more often smile together