



# Community Health



## MAY HEALTH MATTERS

The cooler weather is upon us, time to check in on our health and wellbeing for the winter months! Have you had your flu vaccination yet? These are available at local pharmacies, GP clinics and via Council (check eligibility). The Australian Government recommends that everyone over the age of 6 months has an influenza (flu) shot every year. Getting vaccinated against the flu helps protect both you and the people around you. In Australia, influenza is the most common illness that can be prevented with a vaccine.

You can get a COVID-19 vaccine and flu vaccine at the same time if you are aged 18 years and older. Read more about recent Measles alert on page 5.

## HEART WEEK

National Heart Week is 5-11 May 2025. This is a good time to start a conversation about heart health with your loved ones and take positive steps to reduce your risk of heart disease.

Heart disease is a leading cause of death in Australia. Many heart attacks and strokes can be prevented through healthy behaviours like:

- following a heart-healthy eating pattern,
- being active,
- maintaining a healthy weight and
- being smoke-free.

Many people may not know their risk of developing heart disease, especially since you often can't feel risk factors like high blood pressure and cholesterol. Having a Heart Health Check is an important first step to protecting your heart.

Learn more about a Heart Health Check.

<https://www.heartfoundation.org.au/your-heart/heart-health-checks>



What is a  
**Heart Health  
Check?**

## SUPPORTING BREASTFEEDING MUMS

*Breastfeeding is hard, but doing it alone is harder.*

*Supporting mothers makes a difference.*

If you are a partner, family member, friend or anyone close to a breastfeeding mother you can make a difference.

As we approach Mother's Day, Amy Brown who wrote *The Positive Breastfeeding* book, provides 6 ideas on how to support a breastfeeding mother:

1. **Listen to her** – hearing her concerns and validating her experiences, even if they differ from expectations
2. **Be informed** – you may be learning about breastfeeding for the first time or information about breastfeeding has changed over the years
3. **Make feeds easier for her** – bring her a water bottle, snacks or anything else she would like while she breastfeeds
4. **Find others way to help** – doing housework, helping with errands or cooking a meal goes a long way
5. **Be her advocate** – understand and support her decisions
6. **Be proud of her and tell her often** – offering encouragement helps her feel good and lets her know that she is doing a great job.

Breastfeeding is easier when everyone steps up to support mothers, saying a kind word, feeding her a warm meal or listening to her experience can mean a world of difference.



## HOST ELEPHANT IN THE ROOM

*Let's talk about the elephant in the room*

Created to start conversations about Family Violence, Swan Hill District services and community groups have an opportunity to host the Elephant in the Room. Coming June 2025, the elephant will make Swan Hill Regional Library it's home before moving around our community to raise awareness.

The elephant has been travelling around Regional Victoria for over 10 years and is currently managed under the CARE partnership, coordinated by Women's Health Loddon Mallee (WHLM). WHLM work with CARE Partners across the Loddon Mallee region to enable the elephant to be hosted in a range of communities within the Loddon Mallee.

If you would like the opportunity to host the Elephant in the Room, contact Kellie at the Swan Hill Regional Library via email: [kellie.carlo@swanhill.vic.gov.au](mailto:kellie.carlo@swanhill.vic.gov.au) or by calling (03) 5036 2480.



**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 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 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.



## RAINBOW TACO BOATS SCHOOL HOLIDAYS ACTIVITY

On the 11th of April the Health Promotion team provided the Rainbow Taco Boat activity during the term 1 school holiday program at the Swan Hill Regional Library. 25 children came to the session. This activity started with a StoryTime and after that everyone enjoyed the opportunity to fill their taco boat with a variety of tasty toppings. Toppings included tomato, cucumber, rainbow slaw, lettuce, capsicum, cheese, sour cream and salsa. This activity promoted eating a variety of vegetables and getting children involved in making their meals!



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## FAMILY EDIBLE GARDEN DAY!

On the 9th of April **Food For All- Swan Hill Region** ran the Family Edible Garden Day at George Lay Park. We had around 200 people come to the event with lots of fun for the whole family with a variety of activity stations.

Activities included StoryTime with the Swan Hill Regional Library, outdoor games with ReLink, decorating a pot and planting a seedling with the George Lay Community Garden, a garden themed craft activity and a fruit and vegetable spinning wheel!

The day was a big success with plans to bring it back next year and build on activities that we provide. **Food For All** thanks everyone that came along to the event and made the day a rewarding one for the Swan Hill and surrounds community!



## FAMILY FUN AT NYAH WEST & DISTRICT COMMUNITY GARDEN

Come along to the Nyah West & District Community Garden to enjoy some fun-filled activities.

- Free community event
- Lunch provided – sandwiches, fruit cups and water
- Seed planting and pot decorating
- Scavenger hunt
- Plant a seed workshop
- Storytime
- Pop up play-group session
- Explore the gardens

The Nyah West Community Garden is a shared space where everyone is welcome to plant and grow fresh produce to take as they need.

**Time:** 10am -12pm

**When:** Friday 16th May

**Where:** Monash Avenue, Nyah West



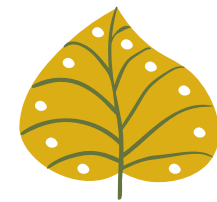
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## REFUGEE HEALTH SERVICE

Please note that our Refugee Health Nurse Program will be unavailable for the month of May 2025.

All of services at Swan Hill District Health can be accessed by those with Refugee or Asylum Seeker status. We use trained Interpreters via telephone or video link, as needed.



*Refugee Health*

## MEASLES - CHIEF HEALTH OFFICER ALERT

- Two new measles cases have been reported in Victoria. One case is locally acquired and has no known links to recent cases of measles. A further case has been identified in a returned traveller who visited Vietnam.
- There is currently an increased risk of measles in greater Melbourne, Mitchell Shire and Macedon Ranges Shire in addition to the ongoing risk of measles importation in Victoria in travellers returning from overseas.
- People who have visited any of the listed exposure sites or spent time in greater Melbourne from early April should monitor for symptoms of measles and follow the instructions below.
- Measles is a highly infectious disease and can cause serious illness.
- Vaccination is the best way to protect yourself and others.
- Two doses of the measles-mumps-rubella (MMR) vaccine are required for immunity.
- If you were born during or after 1966 and haven't had two doses, or you don't know, get vaccinated.
- The MMR vaccine is widely available at GPs and pharmacies. No Medicare card is required to get a state funded MMR vaccine.
- Anyone planning to go overseas should make sure their routine vaccinations are up to date, including the MMR vaccine. Any overseas travel could lead to exposure to measles.
- Free MMR vaccine is available under the National Immunisation Program and state-funded MMR program. No Medicare card is required to access free state funded MMR vaccine.



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## MEN'S SEXUAL HEALTH

**Did you know that we provide a Men's Sexual Health Clinic here at Community Health?**

This clinic provides:

- Sexually transmitted infection/blood borne virus risk assessment, testing and initiating treatment
- Assisting with medication management
- Diagnostic investigations- pathology, radiology and ultrasound referrals
- Supporting gender journey and diversity via education, referrals and medication management
- Immunisation administration, support and education
- Mental Health management
- General health support and education

This is a strictly confidential service provided by a Nurse Practitioner.

Call Community Health for more information, 5033 9337



*Sexual Health*

*At Community Health we embrace diversity and welcome everyone of all genders, sex, age, cultural background, sexual orientation, religion and ability.*

## Swan Hill District Health Sexual & Reproductive Health Info Session



**Location**  
Swan Hill Club  
5/17 McCallum

**Thursday**  
19 June 2025  
2:00 PM - 4:30 PM

### What is it?

Join us for a free information session focused on sexual and reproductive health. Learn about sexual and reproductive health, including local supports and services, STI screening options in Swan Hill and current STI prevalence rates in the area.

Afternoon tea and take-home resource bags are provided for attendees.

### Presented by:

- Swan Hill District Health - Community Health
- Loddon Mallee Public Health Unit
- Sexual Health Victoria

### Who Should Attend?

- Community organisations and support agencies
- Health and youth workers
- Interested community members

### Booking:

To secure your place contact Swan Hill District Health - Community Health

Phone: 5033 9337

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

## SEXUAL & REPRODUCTIVE HEALTH INFO SESSION



Swan Hill  
District Health  
Enhanced Care. Best Experiences.



**BENDIGO  
HEALTH**  
Loddon Mallee  
Public Health Unit



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## NATIONAL BOWEL SCREENING PROGRAM

As you know bowel cancer is the second leading cause of cancer-related deaths in Victoria, responsible for causing the deaths of 1,348 Victorians in 2023. However, if detected early, more than 90% of bowel cancers can be successfully treated.

Bowel screening is one of the most effective ways to detect the early signs of bowel cancer, but unfortunately only 42.6% of eligible Victorians are participating in the National Bowel Cancer Screening Program.

Need to learn more about why testing early helps, watch Laurie's bowel cancer story [here](https://www.cancervic.org.au/cancer-information/screening/bowel-screening/real-stories#laurie-story). <https://www.cancervic.org.au/cancer-information/screening/bowel-screening/real-stories#laurie-story>

If we can increase and maintain participation in the National Bowel Cancer Screening Program at 60%, we will be able to save 84,000 lives nationally by 2040.



Managing Cancer

### You have cancer. What now?

Join free local education sessions  
and make sense of cancer

Suitable for all stages of your diagnosis and treatment.

Open to patients, their families, friends and carers.

#### Managing Cancer 2-week Program

Location	Swan Hill - Community Health
Address	125 Campbell Street, Swan Hill VIC 3585
Date	Wednesday, 14/5/2025 & 21/5/2025
Time	9:30am - 12:30pm
RSVP	Emma Brown on (03) 5033 9201 or <a href="mailto:ebrown@shdh.org.au">ebrown@shdh.org.au</a>

Expert health professionals will present on topics such as:

- Cancer and treatments
- Managing emotions
- Nutrition during treatment
- Physical activity and exercise
- Managing fatigue and cognitive changes

Light refreshments provided. BYO water bottle.



Swan Hill  
District Health

## MANAGING CANCER



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## RECIPE - VEGGIE FILLED LASAGNA

I am sure we all have a few family favourite recipes that we can make without too much planning and lasagna is no exception to this! Lasagna is a traditionally meat based bolognaise, cheese, white sauce and pasta dish that originates from Italy. The meat sauce can be totally substituted with a vegetable-based sauce or can include as many additional vegetables as you wish. Remember to try for five serves of vegetables a day!

Here I have added onion, carrot, celery, capsicum (red, green and yellow), mushrooms, garlic and a good variety of herbs (oregano, parsley and basil) to the meat sauce. But you can also add eggplant, zucchini, spinach or silver-beet, the options are endless.

The recipe for the above version is here: [Lasagna](https://eatmovesmile.shdh.org.au).  
Find more healthy recipes on our blog at <https://eatmovesmile.shdh.org.au>



### What is a serve of vegetables\*?

A standard serve is about 75g (100–350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



\*With canned varieties, choose those with no added salt