

Community Health







STAYING HEALTHY THIS WINTER

Winter is the time of year where we spend more time indoors, making it easier for colds, flu, COVID-19, and other viruses to spread. But there are simple steps we can all take to help stay well: wash your hands often, stay home if you're unwell, cover coughs & sneezes, and keep up to date with recommended vaccinations. Let's help protect ourselves, our families, and our community this winter. Throughout this season, there are increasing constraints on medical services, especially our Emergency Department, which can lead to longer waiting times. If you are unwell, and requiring medical services, but your condition is not a Medical Emergency, there are many alternative health services you could consider. There are safe, accessible options that can support you without the need to attend the Emergency Department, see page 7 for more details.

WHAT'S HAPPENING THIS WINTER

This month, we have a range of programs and events for families with young children, including breastfeeding support groups, education sessions, and baby food workshops. We also partner with Early Childhood Services and Education settings to promote key health messages around healthy eating, oral health, and active living. During the upcoming school holidays, we'll be running fun activities focused on healthy eating — we'd love for you to join us!

Find out what our Health Promotion team have been up to in Term 2, along with more about the benefits of reading to your children on the next page. We have several events coming up at the Swan Hill Regional Library during the school holidays, and Term 3, see page 3 for full details. The Swan Hill Food Forum takes place on 24th July, find out how to register on page 4.

There are many local events running for NAIDOC week, find out more on page 5, along with how we are proud to celebrate Dietitian's Week, on page 6.

Our breastfeeding support team are promoting World Breastfeeding Week, see more as well as information on breast screening on page 7. Find a delicious recipe for Maryland chicken cooked with cherry tomatoes and fresh herbs, designed to keep you toasty warm this winter, located on page 8.





125 Campbell Street, Swan Hill

Phone: 03 5033 9337 Fax: 03 5036 4561

Email: chreception@shdh.org.au



EAT A RAINBOW

The Eat a Rainbow early years program has wrapped up for 2025, with Bronte and Tara visiting early childhood centres in the Swan Hill region. The sessions provided an opportunity for children to taste fruits and vegetables from six different colour groups; red, orange, yellow, green, blue/purple & white/brown. Children learn the benefits from eating a wide range of colours with great variety of nutrients in a fun and colourful eating experience with their peers.

We had a total of 442 children participate in the program, which is so fantastic to see! The children loved seeing the Health Promotion Officers dressed up as fruit and vegetable and were very vocal in which fruits and vegetables they liked from each colour of the rainbow. Ask your child about the session and you'd be surprised by what they tried!

Smiles 4 Miles dental screenings begin in Term 3, which has many centres signed up and ready for action and is sure to keep everyone grinning from ear to ear, with all 24 centres registering for Smiles 4 Miles in Swan Hill.

PLAY TOGETHER

Eat together, play together is a key message promoted in the INFANT program highlighting the importance of modelling when it comes to eating and activity.

Play together with your child aiming to include time to sing songs and read books in your daily routine. Early literacy skills are essential building blocks for lifelong learning. Reading aloud, sharing stories and singing songs with your child can help them become familiar with words and sounds and be better prepared when it comes time for them to learn how to read.

There are many fun local opportunities to play together with your child including visiting playgroups, going to the library, enjoying the outdoors by going for a river walk or playing on the playground at a nearby park.

INFANT sessions aim to cover the topic areas or nutrition/feeding, active play and lifestyle behaviors. For more information call Community Health on 5033 9337.









KIDS CREATE: RICE PAPER ROLLS SCHOOL HOLIDAYS ACTIVITY

Join Community Health at the Swan Hill Regional Library for this fun, hands-on activity. Children will enjoy a delightful children's story before making their own yummy rice paper rolls. A tasty way to learn and create.

Program Details:

Costs: FREE

Who: Suitable for children 3-5 Time: 10.30-11.30 Monday 14th July Where: Swan Hill Regional Library

Please call the library on 5036 2480 to book session.









NOURISHING LITTLE MINDS

Join us for Nourishing Little Minds, a fun, hands-on program where children will explore healthy foods!

Each session includes songs, rhymes, and stories along with food tasting and preparation activities. You will also receive guidance from an Accredited Practicing Dietitian and Library staff, providing practical tips, strategies and recipes to make mealtimes more enjoyable and help your little one embrace healthy eating.

Program Details:

Costs: FREE

Who: Suitable for children 3-5
Where: Swan Hill Regional Library

Time: 10.30am - 11.30am

When: Week 1: Thursday, 31st July

Week 2: Thursday, 7th August Week 3: Thursday, 14th August Week 4: Thursday, 21st August

Please call the library on 5036 2480 to book session.





SWAN HILL FOOD FORUM

What is the Swan Hill Food Forum about?

The Swan Hill Food Forum is an opportunity to learn more about resilient food systems and discuss the strengths, challenges and opportunities within our region, continuing work towards access to adequate, sustainable and nutritious food for all.

Date: Thursday 24th July

Time: 10am - 1pm

Where: Swan Hill Club - 5/7 McCallum St

Presentations:

Bendigo Food Systems strategy - Rebecca Dalrymple,

City of Greater Bendigo

Swan Hill Food and Farming Survey results -

Emma Brentnall and Ness Wiltshire, Loddon Mallee Public

Health Unit

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





HEALTHY VISION MONTH

Healthy Lives, Healthy Eyes – July is Healthy Vision Month. Healthy lifestyle choices, such as maintaining physical health and eating a balanced diet also protects your vision.

Health conditions such as diabetes and high blood pressure can increase your risk of some eye diseases. Around 90% of all blindness and vision impairment in Australia is preventable or treatable if detected early. Most people should have an eye test every 2 or 3 years.

You can have your eyes tested locally at:

- Swan Hill Optical
- Quinn & Co. Eyecare
- Specsavers Swan Hill















NAIDOC WEEK

NAIDOC Week (6-13th July) is an opportunity for all Australians to learn about First Nations cultures and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held locally.

Local NAIDOC Week events:

- Monday 7th July March, Flag Raising & Morning Tea
- Tuesday 8th July Family Fun Day at Ken Harrison Reserve
- Wednesday 9th July NAIDOC Basketball Game Day
- Friday 11th July Kidz Disco,
 - o Contact: Keely-Shayla Teariki 0490 136 671
- Friday 11th July Youth NAIDOC Ball, Under 18 years
 - o Contact: Keely-Shayla Teariki 0490 136 671
- Monday 14th July Movie Day at Showbiz Cinema organised by Wamba Wamba Aboriginal Corporation
- Friday 18th July Koorioke at The Federal Hotel (18+ event)
- Saturday 25th October Swan Hill NAIDOC Ball at One28 Doors (18+ event)
 - Contact Kapel Telkuna for more information on any of these events on (03) 5033 9323

DIETITIAN'S WEEK

Dietitians Week (16th-22nd June) celebrates the essential role that Accredited Practising Dietitians play in enhancing people's health and improving lives across Australia.

Dietitians help with personalised goal setting and supporting those managing chronic conditions, empowering people to make informed, sustainable choices supporting lifelong health. Dietitians work with community health to:

- promote initiatives around food security
- educate diverse populations on healthy eating habits
- advocate for policies that improve nutrition for all

This Dietitians Week, we invite you to recognise and celebrate the incredible work of our SHDH dietitians. Discover their expertise, and most importantly - start the conversation. Talk to a dietitian today to take charge of your health and well-being.





WORLD BREASTFEEDING WEEK

World Breastfeeding Week runs from the 1st - 7th August and is a chance to recognise, celebrate and support breastfeeding parents. This year, we're shining a light on the experiences of local women and how they navigated breastfeeding with return to work by sharing stories, practical tips and tools to help families, employers and the wider community support breastfeeding in the workplace.

Have a story to share? We're calling on local parents to share their breastfeeding journey, whether it's been smooth, challenging, funny or inspiring. Your story can help someone feel seen and supported. Share your story or find out more by contacting Tara at Community Health by calling 5033 9337 or emailing thiggins@shdh.org.au

Together, we can make returning to work and breastfeeding easier.

Breastfeeding

BREAST SCREENING

If you are aged 50 to 74, a breast screen (mammogram) every two years could save your life. SHDH Radiology offers a free breast screening service for eligible community members. A breast screen is an X-ray picture of the breast. Breast screens can find cancers that are too small to see or feel. More women survive breast cancer today thanks to early detection and better treatments.

Book at www.breastscreen.org.au or call 13 20 50





EMERGENCY DEPARTMENT ALTERNATIVES



If you are requiring medical services, but your condition is not a Medical Emergency, there are safe, accessible options that can support you without the need to attend the Emergency Department.

- See a GP Often the best first point of contact for nonurgent health issues is a GP. Contact Swan Hill Primary Health Medical Centre - (03) 5033 9900
- Victorian Virtual Emergency Department (VVED) a free, state-wide service that allows you to consult with emergency doctors and nurses via videocall from the comfort of your home. Available 24/7.

Visit: <u>www.vved.org.au</u>

- Nurse On Call This free, 24/7 service connects you with a registered nurse who can provide expert health advice and help you decide what to do next. Call: 1300 60 60 24.
 Visit: health.vic.gov.au/nurse-on-call
- BulkBilling.Doctor Offers online bulk-billing GP consultations for prescriptions, medical certificates, and more. Visit: <u>bulkbilling.doctor</u>
- Doctors on Demand A 24/7 telehealth service with Australian-registered GPs. Fees range from \$60-\$90.
 Visit: doctorsondemand.com.au

WALK IN NURSING CLINIC

SHDH has a new Walk-in Clinic, which is run by our District Nurses and provides health care for non-life threatening injuries and illnesses to anyone who is over six years of age.

Services include:

- Wound care: for cuts, abrasions, bruises, burns
- Health monitoring- vital signs such as Blood Pressure monitoring
- Glucose, Ketone and INR Monitoring
- Advanced Care Planning

If your needs go beyond what we offer, our caring nurses are here to help you find the right support.

Located at:

High Street, Swan Hill Open 5 days a week Monday - Friday, excluding public holidays 1pm and 2pm.

NO APPOINTMENT REQUIRED



Phone: 03 5033 9375 email: dns@shdh.org.au





RECIPE - CHICKEN WITH HERBS

Adding fresh herbs to your dish is easy especially if you have a few growing in the garden or in a pot. Here I have used fresh oregano and rosemary. These herbs are perennial, so once you have planted one they will produce lovely fresh stems for years!

- 1-2 tsp olive oil
- 2-4 chicken marylands or chicken pieces with bones in.
- a good handful of fresh oregano and rosemary, washed
- 2 cloves garlic, crushed
- 1 punnet or 1-2 cups of cherry tomatoes
- 1 cup white wine or apple juice

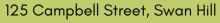
Heat non-stick pan and add oil, add chicken and brown well, then remove and keep aside, drain excess fat/oil from pan. Add garlic and herbs and cook for a few minutes. Add chicken, wine or juice, and tomatoes and bake for around 20-30 minutes in a hot oven (220 degrees Celsius). Serve with steamed or baked potato and a garden salad.



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







Phone: 03 5033 9337 Fax: 03 5036 4561

Email: chreception@shdh.org.au

