



Community Health



STAYING HEALTHY THIS SPRING

Welcome finally to some spring sunshine and warmer days. The winter months have seen many in our local community suffer from Influenza, and other viruses such as Covid-19 and RSV. Prioritising your health by getting adequate rest and relaxation, eating nutritious food and keeping active can help to build immunity and aid recovery from illness.

It is also important to keep up to date with regular health checks and immunisations, these will vary with gender and age, and also with family history. Health checks are proactive measures that help identify potential health problems before they become serious. Regular screenings can lead to early diagnosis and treatment. Ask your doctor or health professional for more detailed information about your needs. Learn more at betterhealth.vic.gov.au.

We are fortunate in Swan Hill and surrounds to have many physical activity options. These are both freely available such as many parks, walking and cycling tracks and park-based gym equipment, and also fee-paying options such as for swimming, team and individual sports and local gymnasiums.

Up to date local guides are available for young children (0–5 years), primary school aged children and adults, go to www.shdh.org.au/our-services/health-promotion.



NEW HEALTH PROMOTION PLAN

Our Health Promotion team are funded by the Department of Health to deliver health promotion interventions that address our local health priorities and identified needs.

Read more about our four-year plan 2025 -2029 here:

https://www.shdh.org.au/health_promotion



For the next 4 years our health priorities areas:

- healthy eating with a focus on improved nutrition, food systems, breastfeeding and oral health
- healthy lifestyles with a focus on smoking cessation and physical activity
- and preventing all forms of violence with a focus on gender equity in the early years.

Keep up to date with local activities by following us on social media like us on facebook at

www.facebook.com/eatmovesmileshdh

or follow us on Instagram @eatmovesmile

ARE YOU OKAY?

September 11 every year reminds us to check in, however every day is a good day to ask R U OK?

We know that we all go through life's ups and downs every day and it is important to be aware and check in with the people you care about, family, friends, colleagues, neighbours and those around you.

Research shows that those who are regularly asked, 'are you OK?' report increased feelings of wellbeing. Nine out of ten Australians report feeling grateful, supported and cared for when someone genuinely asks them if they're okay.

If you need tips to build your confidence to ask the question, check out the free resources here:

<https://www.ruok.org.au/r-u-ok-day>

Useful contacts

If you are concerned for your safety or the safety of others, seek immediate assistance by calling 000.

You can also seek support from your doctor or

Lifeline 13 11 14 lifeline.org.au

Beyond Blue 1300 224 636 beyondblue.org.au

Suicide Call Back Service 1300 659 467

suicidecallbackservice.org.au



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SMILES 4 MILES

Smiles 4 Miles dental screenings were held in Term 3, which had many centres sign 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.

Swan Hill Dental Services and Health Promotion at Swan Hill District Health work together to provide dental screenings. The session includes the reading of a picture book and letting children practice brushing teeth with our brush puppets before having a quick dental check from the dentist and receiving take home dental packs. The screenings give children an opportunity to experience a dental check in a comfortable environment with their peers and helps create positive long-term habits and normalise dental visits for young children.

Our Health Promotion team were also out and about in the community for Dental Health Week! Promoting Clean Well messages during the first week of August with fun activities, resources and information.

EARLY YEARS ONLINE HUB UPDATE!

The Early Years Online Hub had a massive update just in time for it's 3rd birthday in July! The Early Years Online Hub provides all the information you need under one roof, with information on all Early Years services available to them within the Swan Hill Local Government Area.

With the feedback from community, the site will be easier to navigate in terms of finding new parent resources, program listings, lists of events, community spaces, and all other relevant information for parents, or soon-to-be parents and carers.

New features include a search bar, Recent Information for Families posts, Kids Activity hub for children to play on and translated information and resources including children's books!

This update wouldn't have been possible without feedback from community. We thank the families and services who have helped improve the online hub, for any further feedback please fill out the form on the website!



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Swan Hill District Health

TRANSGENDER & GENDER DIVERSE SOCIAL SUPPORT GROUP FOR ADULTS

IN SWAN HILL & SURROUNDING AREAS



CONNECT · SHARE · SUPPORT

FOR MORE INFORMATION:
chreception@shdh.org.au or

03 5033 9337



Swan Hill
District Health
Connected Care. Best Experience.



Community Health

TRANSGENDER & GENDER DIVERSE

Swan Hill and surrounding areas have a new support group established for transgender and gender diverse adults. The first meeting was held on Wednesday September 10th and was very well attended.

Future meetings are scheduled for the third Wednesday of each month (October 15, November 19 and December 17) and will be held at Swan Hill Regional Library from 7.00pm until 8.30pm.

For more information call or email us at Community Health.

Phone: 03 5033 9337

Email: chreception@shdh.org.au

WORLD BREASTFEEDING WEEK

World Breastfeeding Week is celebrated worldwide annually from 1 to 7 August. The theme for 2025 was 'Prioritise Breastfeeding: Create sustainable support systems' because when communities come together to support breastfeeding mothers, the benefits last generations. Prioritising and supporting breastfeeding will reduce the growing climate impact of artificial infant feed supply chains. Breastfeeding can be challenging however, when women are not fully supported.

Recently our focus has been on support for breastfeeding women returning to the workplace. Learn more about how to plan for this here:

<https://www.breastfeeding.asn.au/resources/going-back-work>

There is often some confusion over what you should eat and avoid while breastfeeding. A recent article in The Conversation, gives a good overview, read more here:

<https://theconversation.com/what-should-i-eat-and-avoid-while-breastfeeding-how-does-my-diet-affect-babys-milk-260423>.

Make an appointment with our Breastfeeding Support Service or one of our Dietitians by calling 5033 9337 or learn more about our services here: <https://www.shdh.org.au>



Breastfeeding



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SEXUAL HEALTH MONTH

September is Sexual Health Month with World Sexual Health Day held on the 4th, and this year's theme is Sexual Justice: Sexual justice means everyone has the freedom, resources, and rights to make choices about their bodies and sexuality—free from discrimination, violence, or exclusion. It's a world where sexual health, rights, and pleasure belong to all.

Pleasurable and safe sexual experiences are an essential part of sexual health and wellbeing.

- To prevent Sexually Transmissible Infections (STIs), condoms should be used.
- Condoms work best with lubricant (lube). Use a water-based lube for extra pleasure.
- Condoms can be bought at supermarkets. You can also find them for free at Community Health.
- You should get a sexual health check-up every 12 months, when changing partners or if you have any STI symptoms.

Make an appointment with our Sexual & Reproductive Nurse Practitioner by calling 5033 9337 or learn more about our service here: <https://www.shdh.org.au/our-services/sexual-reproductive-health/>

WOMEN'S HEALTH WEEK

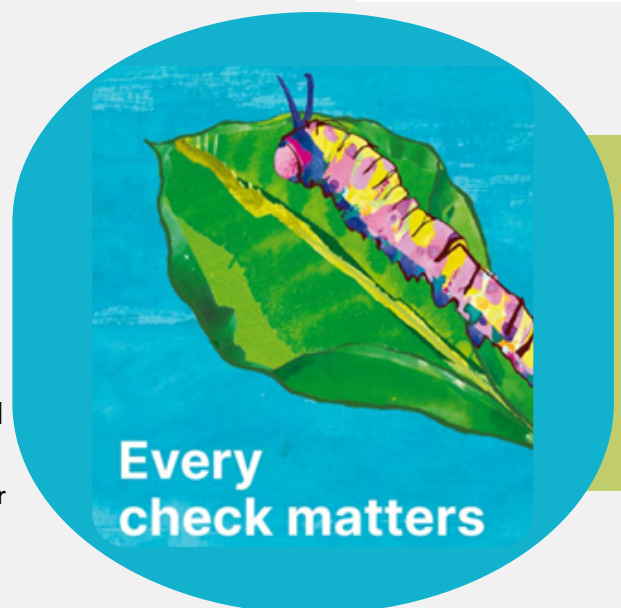
This year's theme was **'Say yes to you'**.

Firstly to prioritise your health by staying up to date with your health checks – depending on your age these may include bone health assessment, bowel cancer screening, breast cancer screening, breast self-check, cervical screening, dental check, eye test, hearing test, heart health check, kidney health check, menopause assessment, STI screening, skin check, Type 2 diabetes screening, and/or Vaccination review. Depending on your health and family history a mental health check-in may also be advised by your doctor.

Secondly, take the lead. It's important to feel seen and heard when getting health care. Strengthen your voice – and build your confidence. Learn more about how to talk to your doctor here: <https://www.jeanhailes.org.au/how-to-talk-to-your-doctor-series>

Learn more about women's health

- <https://www.jeanhailes.org.au/>



Make an appointment with our Women's Clinic by calling 5033 9337 or learn more about our service here: <https://www.shdh.org.au/our-services/womens-health/>



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MINI MAKERS, MIGHTY IDEAS: KIDS PAINT ELEPHANTS

Swan Hill District Gender Equity Network has collaborated with Women's Health Loddon Mallee to have the 'Elephant in the Room' Installation from June 2025-June 2026. To engage children with the installation we are hosting a 'Mini Makers, Mighty Ideas: Kids Paint Elephants' event to highlight the power of little artist exploring ideas like fairness, respect and equity. Children will be encouraged to paint their own plaster elephants using art as a mechanism to have conversations about gender equity and respectful relationships.

Program Details:

Costs: FREE
Who: Suitable for children 3-12 years
When: Friday 26th September
Where: Bunnings Swan Hill

Call Community Health on 5033 9337 to book session.



CHILDRENS WEEK 2025 18-26 OCTOBER

Celebrating this years theme: Everyone should know about Children's Rights" services in the Swan Hill LGA have provided opportunities to celebrate and learn the rights of children.

Nyah Family Fun Day

When: Tuesday 21st October from 10am -1pm

Where: Nyah District Primary School

Celebrate Children's week with a Family Fun Day featuring Billabong Ranch Petting Zoo! BYO food and picnic rugs.

Roving Storytime

When: Wednesday 22nd October at 1am

Where: Swan Hill Regional Library

Embark on a delightful walk through the heart of Swan Hill for a mix of storytelling and singing!

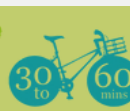
Play & Learn Event

When: Thursday 23rd October from 9am -11am

Where: Swan Hill Tennis Club

Enjoy a range of children's activities including outdoor play, dress up box, arts & craft and more! Morning tea provided.

See [Early Years Online Hub Events page](#) for more information!



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ANTIPOVERTY WEEK TOILETRIES

Anti-Poverty Week 2025 will run from Sunday 12 October to Saturday 18 October. Anti-poverty week's purpose is to help Australians understand poverty and to take action collectively to end it. The Swan Hill Food Hub has 18 member agencies which supports over 500 people each month with food and other items.

This year for Anti-poverty week the Swan Hill Food Hub is running a toiletries drive which is inclusive of toothbrush, toothpaste, deodorant, conditioner, shampoo, soap, razors, pads, washing powder and toilet paper. These items are ones that we find difficult to get through Food Bank Victoria however are essentials that some people may not be able to afford, so we like to stock these items when possible.

Donations are able to be dropped off at Woolworths, Community health -125 Campbell Street and Dandy Lion Studio.

16 DAYS OF ACTIVISM

16 Days of Activism against Gender Based Violence is an annual international campaign that runs from November 25th - December 10th. The Swan Hill District Gender Equity Network have establish key events during the first week of the campaign to help created conversations around Family Violence and promoting Gender Equity to children to prevent violence before it occurs. This campaign is important to the Swan Hill Community as our LGA ranks 5th highest in the state for family violence incidents. Save the date on local events provided!

- Friday 21st Nov - Swan Hill Walk Against Family Violence
- Monday 24th Nov - Swan Hill Turns Orange
- Wednesday 26th Nov - Children's Gender Equity Storywalk (Swan Hill)
- Thursday 27th Nov - Children's Gender Equity Storywalk (Robinvale)
- Friday 28th Nov - 16 Days of Activism Morning Tea at Mallee District Aboriginal Service

More information to be provided closer to events.



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RECIPE - CHICKPEA & COUS COUS SALAD

Spring is salad time! The warmer spring weather encourages us to swap the hot veg option for some fresh and inviting salads. Start off with our refreshing Chickpea & Cous Cous Salad recipe below!

Ingredients

1½ cups vegetable or chicken stock
 2 teaspoons ground cumin or curry powder
 1½ cups couscous, uncooked
 425g can chickpeas, drained
 3 medium tomatoes, finely diced
 ¼ cup parsley, chopped
 2 spring onions, sliced (include green tops)
 Rind of 1 lemon or orange, grated
 Juice of 2 oranges (150 mL)
 1 tablespoon vegetable oil



Method

Bring stock to the boil and add cumin. Remove from heat and mix in couscous. Cover and allow to stand for 5 minutes until stock is absorbed. Mix in remaining ingredients. Serve warm or cold.
 Serves 8.

Variation

Substitute tomatoes with 1 red capsicum. Replace spring onions with ½ cup finely chopped red onion.
 Full recipe and nutritional information <http://www.eatforhealth.gov.au/eating-well/healthy-recipes/chickpea-and-couscous-salad>



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