

APRIL 2026



NEWSLETTER

Community Health

Learn about our key healthy lifestyle messages and community services.

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Welcome to Autumn

As the end of summer and the first term of school ends, we look forward to our beautiful Autumn weather, Easter celebrations, and the beginning of winter sports and activities. Look out for our school holiday activities, gardening tips, and many upcoming events and opportunities within this newsletter. We will feature our team and many of our services, and we welcome our community to provide feedback and suggestions as we work towards supporting your health and wellbeing needs.



**Swan Hill
District Health**
Connected Care. Best Experience.

Meet our team

Hi, I'm Tania and I work within the Health Promotion Team at Community Health in a Community Development Program Manager role. I have worked at Swan Hill District Health for over 25 years and have always valued the innovation and breadth of services SHDH staff and teams provide for our community.

I have been fortunate to work on a variety of projects with SHDH, with my current role having a strong focus on Food Security and our Food For All initiative. I love being part of a range of projects locally that aim to increase food access to our community, in particular our vulnerable community members. I am passionate about equity for all, believing that everyone deserves the opportunity to thrive, regardless of their background or circumstance. This combined with supporting diversity in our community matters to me as it allows everyone to be valued, respected and empowered to contribute.



Tania enjoys spending time with her family and friends and anything that involves water and hot weather! She is passionate about travel and experiencing different cultures and diversity around our world.

World Health Day

On World Health Day 2026, the World Health Organisation (WHO) unites and mobilizes the world under the theme **"Together for health. Stand with science"** celebrating the power of scientific collaboration to protect the health of people, animals, plants, and the planet. The year-long campaign spotlights both scientific achievements and the multilateral cooperation needed to turn evidence into action.

More than 150 million lives saved by vaccines since 1974. That is health and science in action.

Get your flu vaccine today! And pay tribute to our scientists and health professionals who use evidence based studies to protect the health and wellbeing of our communities.

To access vaccinations see your GP or local pharmacy.



World Health Day

Active April



Get into **30 for 30** this April is the theme of Active April 2026, supported by the Victoria Government.

Check out the website at getactive.vic.gov.au and register, for your 30 day tracking. It doesn't have to be too difficult even just one minute a day to get you started. There are so many options from core exercises to disco, gentle moves, or shooting hoops, you are sure to find a few things that spark your interest! And there are prizes to be won along the way. Lock in your 30 and get ready to feel good!

Need some support? Why not share with your friends, family or work mates, a team activity always helps with motivation. Just send them an email from the site to get them started, or help them register too.

The website has some fabulous resources such as the two featured here, along with factsheets, recipes and heaps more.....

How to increase your activity safely

The last thing you want is to overdo it and end up on the couch nursing an injury.

WARM UP AND COOL DOWN

Warm up with movements similar to the activity you're about to do—for example: circling your arms mindfully before swimming, or walking before jogging. Then, cool down with stretches to relax and lengthen muscles.

MIX IT UP

To avoid overuse injuries and stay motivated try to mix it up. Change surroundings, activity or time of day to keep things interesting.

SEEK GUIDANCE

Consider discussing your goals to increase your activity levels with a GP, physiotherapist, exercise physiologist or personal trainer. We're all different and a professional can help personalise a plan that considers your age, ability, goals and activity preferences while ensuring safety.

RESPECT YOUR LIMITS

Be wary of too much, too fast, too soon. Remember the long game and even be prepared to 'under do it' in the early stages of increasing activity or trying something new.

DON'T FORGET TO REST

Work some rest and recovery into your plan. 'Off days' help prevent injury and prepare you for the next day's activity!

Resources

ACTIVITY PLAN: BALANCE

Aim: Improve overall balance.

Frequency: 2-3 times per week

Duration: 10 minutes

Equipment: A chair, a step and a towel/blanket

Tip: Balance is best improved when barefoot. However, all these exercises can be done either with shoes on or barefoot.

Start all exercises by standing upright on both feet and holding something sturdy for support unless stated otherwise.

Tip toe hold

Description

1. Slowly lift your heels and arches off the ground so you stand on the balls of your feet and toes.
2. Hold for 20-30 seconds.
3. Slowly lower your feet down so they are flat again.
4. Repeat twice through.

Tip: when barefoot, see if you can achieve the sensation of "gripping" the ground with your toes.

Single leg balance

Description

1. Shift your weight to your right leg and pick your left foot off the ground.
2. Hold for 20-30 seconds.
3. Return your foot to the ground.
4. Repeat on the other side.

Challenge: stand on a folded towel or blanket to create an unsteady surface to balance on.



Autumn Gardens



Considering your autumn garden options?

The Food for All website has a 'When to Plant' Guide, that helps when considering what to plant locally for a winter harvest (see a snippet on this page). For example for April select Asian Greens, Asparagus, Broad Beans, Brussel Sprouts, Cabbage etc. The list is alphabetical and it shows the best growing period for each plant, along with suggestions of what items grow best from seeds.

For your copy go to this link:

<https://www.foodforall.community/resources>

When to Plant

Are you confused about what to plant when? Most vegetables are seasonal or referred to as annuals and need to be replaced every year. Exceptions to this are perennial plants that will grow for extended periods of time such as perennial spinach, asparagus and many herbs like rosemary.

The following is a quick annual seedling planting guide, to assist you with choosing what to grow. * best grown from seed

Plant	J	F	M	A	M	J	J	A	S	O	N	D
Asian Greens*												
Asparagus												
Basil*												
Bean*(summer)												
Beetroot												
Broad Bean												
Broccoli												
Brussel sprouts												
Cabbage												
Capsicum												
Carrot*												
Cauliflower												
Celery												
Chilli												
Chilli												
Coriander												
Cucumber												
Eggplant												

What are you harvesting now?

Many home gardeners may be picking delicious eggplants at the moment. Eggplant, also known as Aubergine, is a nutrient-dense, nightshade berry with a glossy, usually purple, skin and spongy, white flesh, rich in fibre and antioxidant polyphenols. It is highly versatile in cooking, and offers an excellent texture when roasted, grilled, or baked. Try it in a pasta dish or as a parmigiana style side. It goes well with basil and tomatoes, also still available in many gardens. Try our recipe below.



Veggie Rice

Serves 1

- 1 small slice of lean bacon diced
- 1 mushroom diced (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 fetta cheese if desired
- 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 a tbsp water, cover and steam through for until wilted. Serve on top of brown rice, or stir through, add fetta and pepper!



Includes 2+ cups of vegetables!

Breastfeeding



Supporting Breastfeeding: The Vital Role of Dads and Partners

When we think about breastfeeding, the focus is often on mother and baby. But evidence from UNICEF shows that partners especially Dads play a critical role in whether breastfeeding is successfully established and sustained. At SHDH Community Health, we know breastfeeding is a shared journey. When partners are supportive, mothers are more likely to start breastfeeding and continue for longer. Dads and partners are a key part of the team!

Why Support Matters

Breastmilk provides babies with optimal nutrition and immunity, while offering health benefits for mothers. Understanding these benefits helps partners provide meaningful encouragement and support.

Practical Ways Dads and Partners Can Help

You don't need to breastfeed to make a big difference. Simple actions include:

- Bringing water, snacks, or a cup of tea during feeds
- Helping with positioning using pillows or adjusting the environment
- Taking over nappy changes, settling, and other baby care tasks
- Managing household responsibilities
- Watching for baby's hunger cues and bringing them to Mum

These small actions allow mothers to focus on feeding and responding to their baby, without feeling overwhelmed.



Emotional Support & Advocacy

Breastfeeding can be challenging. Encouragement, reassurance, and simply being present can make a big difference. Partners can also advocate for Mum's feeding choices when others question or challenge them.

A Team Approach

Supporting breastfeeding isn't about replacing feeds it's about sharing the load to protect breastfeeding while caring for the family. A cup of tea, a cushion, household help, or just being there these actions make a real impact.

When partners are informed, present, and proactive, breastfeeding thrives and everyone benefits. Keep up the great work, Dads!

Learn more: How Dads Can Support Breastfeeding - UNICEF



Need support?

The SHDH Breastfeeding Support Service can help with any infant feeding questions call 5033 9337, or come along to our Breastfeeding Group who meet on the first Thursday of the month at the Child and Family Hub from 9.30am-11am.



Refugee Health

Here at Community Health we have a Refugee Health Program.

The Refugee Health Program works to meet the healthcare needs of refugees and asylum seekers living in the Swan Hill District. It is a free service. The Refugee Health Nurse will use an interpreter (as needed) to help you with your health care needs, and will refer you to other members of our health team as needed. This is a confidential service.

The Refugee Health Program aims to:

- Increase refugee health access to primary care services
- Improve how health services respond to refugees' needs
- Help individuals, families and refugee communities improve their health and wellbeing

To access the service you can:

- Come to Community Health and ask for an appointment
- Ask a friend or family member to contact us for you
- Ask another agency worker to contact us for you
- Ask your Doctor to refer to us
- Phone us and ask us to call you back with an interpreter

This is a free service. You DO NOT need a Medicare Card or Health Care Card to access this service.

Note: We CANNOT assist with Visa applications.

Nourishing Little Minds

Is your child fussy?

Join us for Nourishing Little Minds, a fun program where preschoolers explore healthy foods through songs, stories, and hands on tasting activities.

Delivered by Kerri our Accredited Practising Dietitian.

Date: Tuesday 14th of April

Time: 10.30-11.30

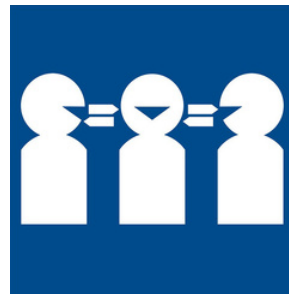
Location: Swan Hill Regional Library

Limited Spaces booking required through the library.



The Refugee Health Nurse can provide support with:

- Health literacy - understanding health conditions and medications
- Health assessments
- Health education and advocacy
- Support to access a Doctor
- Support attending and coordinating specialist appointments
- Referral to other services such as allied health
- Accessing the service



Refugee Health

All Swan Hill District Health services have access to interpreter services.



Dietetics

School Holidays

Save the Date for Fun For Little Gardeners!



FOOD FOR ALL
SWAN HILL REGION

FUN FOR LITTLE GARDENERS ACTIVITY

Date: Wednesday April 15th
Time: 10 am- 12 pm
Where: George Lay Park,
87 Murlong Street

FREE KID'S ACTIVITIES
Scavenger hunt, Swan Hill Regional Library
Storytime, Plant your own pot & craft
activities

**COME ALONG FOR A CHANCE
TO WIN A KID'S GARDEN PACK**

For any questions contact Bronte at Community Health on 5033 9337

Looking for a fun, free school holiday activity the whole family can enjoy? Join us for the Little Growers event! A hands on morning designed for kids of all ages.

What's happening on the day:

- Creative craft activities
- Planting your own pot to take home
- Storytime hosted by Swan Hill Regional Library

Bring family and friends along and enjoy a morning in the park learning about gardening and growing your own food.

Sushi Sandwiches School Holiday activity

School holidays are almost here! Looking for something fun, creative, and delicious for your little ones?

Come along to Swan Hill Regional Library for **Kids Create: Sandwich Sushi!**

Join Bronte for a healthy, hands on session designed especially for young children. We'll start with a beautiful story before the kids roll up their sleeves to make their own yummy sandwich sushi.

FREE activity for children aged 2-5 years
Swan Hill Regional Library
Thursday 16th April, 10:30am - 11:30am
Bookings are essential. To reserve a spot, call the library on 5036 2480.

For more details, check out the Library's Facebook page or newsletter.

Kids Create- Sandwich sushi

Date: Thursday April 16th
Time: 10.30 am - 11.30 am
Location: Swan Hill Regional Library



What's Cooking

Burrito Bowl

This quick and easy recipe can be used with different types of meats, vegetables and salads - whatever you can find in your fridge or pantry!

This recipe serves 4.

Ingredients

- 1 large chicken breast
- 400g can of black beans
- 1 packet taco seasoning, low salt
- 300g tin of corn, drained
- 4 cups baby spinach leaves
- 1-2 sweet potato, diced
- cheese to serve on top
- 1 Avocado diced
- Add or change any other vegetables depending on price and season
- 1 x 250g packet microwave brown rice
- Olive oil spray
- Greek yoghurt to serve

Method

- Coat the chicken in the taco seasoning
- Spray pan with olive oil spray and heat, add chicken and cook until browned
- Drain black beans, and heat until warm
- Heat the microwave rice according to the packet
- Chop sweet potato and microwave for 4-5 minutes until cooked
- In a bowl place $\frac{1}{4}$ of the microwave rice, top with the chicken, black beans, corn, baby spinach, cheese, avocado and sweet potato
- Serve with Greek yoghurt

As an alternative swap the chicken for beef mince.



Our team has a range of recipes for you to try at <https://eatmovesmile.shdh.org.au/> and at <https://www.foodforall.community/>



eat fruit & veg move more often smile together



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