



NEWSLETTER

Community Health

Learn about our key healthy lifestyle messages and community services.

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June happenings!

As winter arrives, we're proud to showcase the fantastic work happening across our teams and communities. This month's newsletter features Bowel Cancer Awareness Month, Men's Health Week, Refugee Health Week, welcomes new staff members, and shares practical winter wellbeing ideas, including a warming recipe and budget-friendly tips.

As colder weather brings an increase in seasonal illnesses, remember to prioritise your health by staying up to date with vaccinations, eating well, staying hydrated and getting plenty of rest.

Thank you to everyone whose hard work and dedication continue to make a positive impact in our community.



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

Meet our team

Meet Charlotte, she's recently joined the SHDH team as an Accredited Practicing Dietitian.

Charlotte spent the last year working across various Melbourne clinics in a private practice setting, focusing on chronic disease management, before making the move to Swan Hill this year.

As an early career dietitian, Charlotte is keen to continue upskilling in an inpatient setting, but also to continue supporting her patients in an outpatient clinic, to ensure they receive the individualised care they deserve.

In her spare time, Charlotte enjoys staying active by going to the gym, as well as staying connected with friends and family back home.



Iron is crucial in winter because it maintains your body's core temperature, fights seasonal fatigue and supports immune function...

With ¾ of infants aged 6-12 months are not meeting their daily iron needs, every small bite helps.

Offer iron-rich foods like red meat, chicken, fish, eggs, leafy greens, legumes, hummus, peanut butter and iron-fortified cereals, then let kids choose what and how much they eat.

Iron is critical for growth, cognitive development and behaviour.

While we may not know how many children are truly iron deficient, early food habits can make a difference.

With the INFANT Program an Accredited Practicing Dietitian supports families through the program to build healthy eating habits early in life.

Call Community Health at 5033 9337 to join INFANT program or discuss your child's needs individually.



Kerri's top iron tip!

"Offer your infant a small amount of iron rich food at every meal"

INFANT

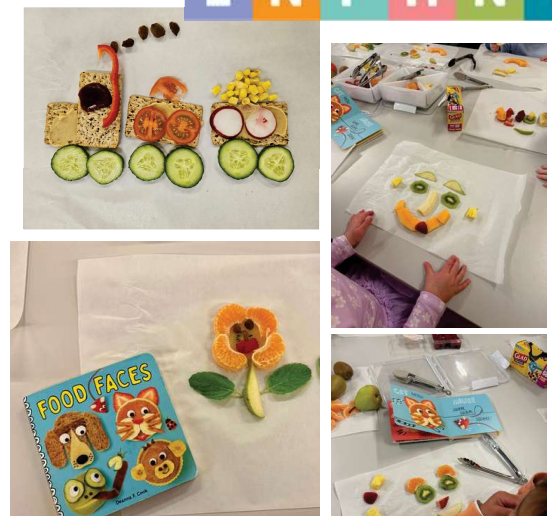
A Joyful Start to Nourishing Little Minds

Nourishing Little Minds has started again at the Swan Hill Regional Library and what a beautiful morning Tuesday was! Children enjoyed Storytime, songs, and rhymes before getting creative and making their own fun fruit faces.

Kerri, our Practicing Accredited Dietitian, shared tips on offering children a variety of fruits and vegetables and encouraging them to explore both new and familiar foods.

There are three more sessions to the Nourishing Little Minds program! For details, visit the Early Years Online Hub in the link below:

[Early Years Online Hub- Local Events](#)



Be active this Winter.. brrrr



Move more without a gym

As the weather cools down, it's important to keep moving and stay active throughout winter. Regular physical activity supports both physical and mental wellbeing, boosts energy levels, and can help ward off the winter blues. The good news is that staying active doesn't have to mean expensive gym memberships or fancy equipment. Simple activities like walking, gardening, stretching at home, or taking the stairs can easily be incorporated into your daily routine, helping you stay healthy and connected during the colder months.

6 Affordable ways to get active without blowing the budget

1. Get walking

A walk is one of the easiest and most affordable ways to stay active this winter. Take advantage of Swan Hill's beautiful Murray River walking tracks, enjoy the fresh air, listen to your favourite podcast or music, or catch up with a friend while you walk. To keep it interesting, try a new section of the river trail or challenge yourself, your family, or your workmates to a 10,000-step challenge. Every step counts towards better health and wellbeing.



2. Workout with household items or do bodyweight exercises

You don't need a gym membership to stay active. Create a workout space at home and use everyday items like water bottles, books, or canned foods as weights. Bodyweight exercises are also a great way to build strength, improve fitness, and stay moving.



3. Use outdoor workout facilities

Take advantage of Swan Hill's outdoor exercise spaces and equipment, such as Riverside Park, along the river walk and George Lay Park. These free facilities make it easy to stay active, enjoy the fresh air, and add some variety to your workout routine.



4. Bike riding

Have you ridden out to Murray Downs on the bike track? Bike riding is a great way to stay active in Swan Hill. Ride to work, school, or simply enjoy a leisurely cycle along local paths and river trails with family and friends. No magpies in Winter!

5. Join a free running or walking club

Staying active is easier when you do it with others. Join a local group such as the Swan Hill Mum Walk, Lake Boga Foreshore Parkrun, or PACE Run Club to get moving, meet new people, and stay motivated.



6. Take stretch breaks



Whether you're at work, school, or home, taking short breaks to stretch can do wonders for your flexibility and to ease stiffness. Stretching also helps you relax and feel better overall. The best part is, that you don't need any fancy gear or a big area to stretch just a few minutes and a quiet spot to unwind. So, the next time you're feeling tense or tired, take a breather, step outside if you can, and give your body a good stretch to recharge.

For more inspiration on ways to stay physically active, Queensland health put together these 20 fun ways to get 30 minutes of physical activity today. Click [here](#)



Cooking Up Connection at Kapel Telkuna Unit with Bianca & Bronte!

The past four weeks was filled with delicious food, learning, and plenty of laughter at the Kapel Telkuna Unit (KTU), where community members came together for a four-week cooking program.

Led by Bianca from our Dietetics Team and Bronte, Health Promotion Officer, participants enjoyed hands-on cooking sessions focused on building confidence in the kitchen, learning about nutrition, and preparing healthy, affordable meals. The program also welcomed special guest appearances from Jess from the Health Promotion Team and Anne Rowe, who shared her knowledge of traditional bush tucker ingredients and their cultural significance.

Using recipe cards developed by VACCHO and incorporating a variety of local bush tucker ingredients, participants explored new flavours while developing practical cooking skills. Each week provided opportunities to connect with others, share stories, enjoy a meal together, and take home nutritious food to share with family and friends.

A few crowd favourites quickly emerged, with the Cauliflower Mac & Cheese, traditional Damper, and hearty Minestrone Soup receiving rave reviews from participants.

The program was a wonderful example of how food can bring people together, fostering social connection, confidence, and wellbeing. The smiles around the table each week were a testament to the success of the program.

We are already looking forward to the next cooking series and are excited about the opportunity to incorporate fresh ingredients from the soon-to-be-established Bush Tucker Garden at KTU. Watch this space for more cooking, more connection, and more community fun!



Winter warming soup recipe

(that was a big hit in our KTU cooking!)

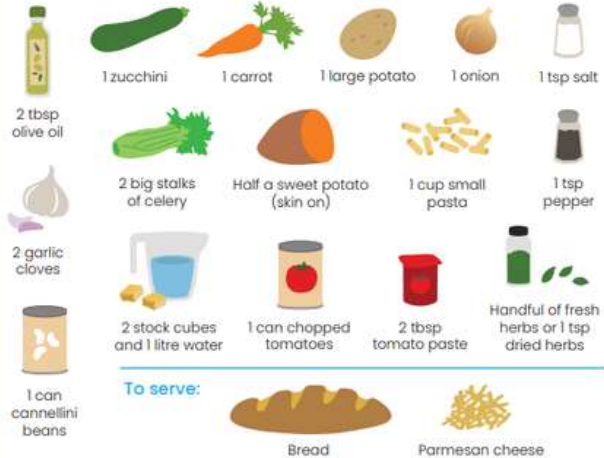
HOW TO MAKE

Hearty Minestrone Soup



INGREDIENTS

Tablespoon: tbsp Teaspoon: tsp



Indigenous additions and swaps

- Swap salt for saltbush flakes.
- Swap pepper for ground pepperberry.
- Add 1 tsp ground bush tomato.
- Swap Italian herbs for 1 tsp native thyme or bush basil.

Tips and variations

- You can use any vegetables in season - beans, squash, silverbeet, pumpkin, capsicum etc.
- Any small pasta works well.
- For a non-vegetarian version, add bacon for extra flavour.



Step 1: Prepare the vegetables

Chop the vegetables into even-sized pieces: 1 onion, 1 carrot, 1 zucchini, 1/2 sweet potato (skin on), 1 large potato, and 2 stalks of celery.



Step two: Cook the vegetables

In a large pot, add 2 tbsp of oil and the chopped vegetables. Fry for 5 minutes on low heat until soft and lightly browned. Keep stirring so they don't stick to the bottom, then add 2 garlic cloves and cook for another minute.



Step 3: Add the soup base and simmer

Add 2 stock cubes (dissolved in 1 litre of boiling water), 1 can of chopped tomatoes, 2 tbsp tomato paste, a handful of fresh herbs or 1 tsp dried Italian herb mix, 1 tsp salt and 1 tsp pepper, then cook the soup on low heat for 20 minutes.



Step 4: Add the pasta

Add 1 cup of dried pasta and cook on medium heat for another 10 minutes.



Step 5: Add the beans and finish the soup

Add one can of cannellini beans and cook on a low heat for another 10 minutes until the pasta is cooked. If the soup looks too thick, add another 2 cups of water.



Step 6: Serve

Serve with grated parmesan cheese on top and bread.

Enjoy!

Smiles 4 Miles

This term Smiles 4 Miles Coordinator Bronte and her team mates have been visiting kinders and long day cares for Eat a Rainbow sessions. SHDH have been able to deliver an amazing **21 sessions** this Term **reaching over 438 children!!** Well done team!!



Eat a Rainbow sessions involves children trying fruit and vegetables in colours of the rainbow in a peer environment. The aim of the sessions is for children to have a try of touching, smelling, or eating different fruits and vegetables. This is an activity under the Smiles 4 Miles program which promotes dental health in the Early years and a program all long day cares, family day cares and kinders are a part of in the Swan Hill Region.



Exciting funding - Food for All Projects

Road to Relief: Partnering for Food Security in North West Victoria (DFFH Food Relief Coordination Grant with Bendigo Foodshare)

We're excited to share that Swan Hill Neighbourhood House in conjunction with Food For All is currently recruiting a Food Relief Project Officer to help strengthen food security initiatives across our community. This exciting role will support local food relief programs, build partnerships, and help ensure people experiencing hardship can access nutritious food and practical support. It's fantastic to see continued investment in community-led solutions that make a real difference, and we look forward to seeing the positive impact this position will have for local individuals and families.

FRRR - Investing in Rural Communities Futures Program

Swan Hill Food for All & Neighbourhood House are also very excited to announce we have been successful in receiving an FRRR funding grant for a Feasibility Study of the Food Hub. The study will aim to investigate and recommend a governance model, financial model, a lead and potential location, engage and consult with partners, volunteers and interested community organisations, and support sustainability of food relief for the region. A consultant will be engaged to undertake the Feasibility Study and provide recommendations back to Food For All. A massive thanks goes to FRRR for their support and for the opportunity to improve food relief systems for the region.



Food Hub volunteers

Thank you again to all the Food Hub volunteers for all you do to support food relief and the Food Hub. During National Volunteers Week a 'thank you' afternoon tea was held to give back to those who give so much to our community.



Wish list for the Food Hub this week...

- 1 Tinned Spaghetti
- 2 Pasta Sauce
- 3 Chunky Soups (Meat based please)
- 4 Adult toothbrush
- 5 2-in-1 Shampoo & Conditioner
- 6 Pads (we have tampons)

TOP **6**

Bowel Cancer Awareness Month



Bowel Cancer Awareness Month
GET BEHIND IT!

June is Bowel Cancer Awareness Month – Bowel Cancer Australia’s signature event to raise awareness of Australia’s second deadliest cancer and funds for the leading community-funded charity dedicated to championing what matters most to people impacted by bowel cancer and empowering everyone affected to live their best life.

Bowel cancer is preventable and treatable

Bowel cancer claims the lives of 103 Australians every week (5,372 people a year) – but it’s one of the most treatable types of cancer when detected early.

While the risk of bowel cancer increases significantly with age, the disease doesn’t discriminate, affecting people of all ages.

286 Australians will be diagnosed with bowel cancer this week (14,904 people a year).

Screen from age 40

Purchase a screening test here:

<https://shop.bowelcanceraustralia.org/products/bowelscreen-australia-screening-kit?variant=8461310197815>

If you are aged 45-74

The Australian Government introduced the National Bowel Cancer Screening Program (NBCSP) to reduce the number of deaths from bowel cancer in Australia.

You are eligible to participate in the National Bowel Cancer Screening Program every 2 years if you:

- are aged between 45 and 74
- have a Medicare card and entitlement type of either Australian citizen, permanent migrant or register as a Department of Veteran Affairs customer
- have an Australian mailing address.

People aged 45 to 49 can request a free (taxpayer-funded) bowel cancer screening test by calling 1800 627 701. People aged 50 to 74 receive a free (taxpayer-funded) bowel cancer screening test in the post every 2 years.



B BLOOD IN YOUR POO
O OBVIOUS CHANGE IN YOUR BOWEL HABIT
W WEIGHT LOSS YOU CAN'T EXPLAIN
E EXTREME TIREDNESS FOR NO REASON
L LUMP OR SWELLING IN YOUR ABDOMEN

SUPPORT #BOWELCANCERAUSTRALIA



WWW.BOWELCANCERAUSTRALIA.ORG

Get Involved: 16 Days of Activism 2026

Planning is underway for the 2026 16 Days of Activism Against Gender-Based Violence, and the Swan Hill District Gender Equity Network wants you involved. We're inviting community members, service providers, advocates, and anyone passionate about creating safer, more equitable communities to help shape this year's campaign. Whether you have an idea, want to support local events, or simply want to be part of the conversation, your voice matters. Together, we'll create a bold, visible campaign that reflects the needs and strengths of our community.

To join the network or learn more, contact Tara tmirabitio@shdh.org.au



Celebrating - A Million Stories

Refugee Health Week is an opportunity to recognise the strength, resilience and valuable contributions of people from refugee backgrounds in our communities. The 2026 Refugee Week theme, "**A Million Stories**", celebrates the milestone of one million refugees being welcomed to Australia since World War II and acknowledges the unique journeys, experiences and contributions that have helped shape our nation.



At Swan Hill District Health, we are proud to support local refugees and asylum seekers through our Refugee Health Program. The program provides free, confidential healthcare support, helping people access primary health services, understand and navigate the healthcare system, attend appointments, and connect with a range of health and wellbeing services. Interpreters are available when needed to ensure everyone can access care in a culturally safe and supportive environment.

Refugee Health Week reminds us that every person has a story worth hearing and that welcoming, inclusive communities help everyone thrive. Together, we can continue to create a community where people from all backgrounds feel supported, connected and valued.

To learn more about the Swan Hill District Health Refugee Health Program, visit [Swan Hill District Health Refugee Health Program](#) or contact Community Health on (03) 5033 9337.



GET READY FOR NAIDOC WEEK 2026

More details will be released on the Swan Hill NAIDOC Week Facebook Page

SWAN HILL NAIDOC WEEK
JULY 2026

CELEBRATING 50 NAIDOC WEEK

MONDAY 6TH
FLAG RAISING & MORNING TEA
 Location: MDAS Swan Hill
 Time: 10am - 11:30am

TUESDAY 7TH
COMMUNITY CONNECTION DAY
 Location: Pioneer Settlement
 Time: 11am - 2pm

TUESDAY 7TH
KIDS DISCO & YOUTH BALL
 Location: Swan Hill Resort
 Time:
 3pm - 5pm (Primary School Age)
 7pm - 10:30pm (High School Age)

WEDNESDAY 8TH
YOUTH BASKETBALL/FAMILY FUN DAY
 Location: Swan Hill Basketball Stadium
 Time: 11am - 3pm

THURSDAY 9TH
ELDERS LUNCH
 Location: Swan Hill Racecourse Bowls Club
 Time: 11am - 3pm

FRIDAY 10TH
ENVIRONMENTAL DAY
 Location: Pioneer Settlement
 Time: 11am - 2pm

FRIDAY 10TH
KOORI-OKE
 Location: Federal Hotel
 Time: 6pm - Late
 18+ event

MORE EVENT DETAILS WILL BE INCLUDED ON EVENT FLYERS RELEASED IN THE NEAR FUTURE.

Sponsors: Ability and Ambition, Blue Sky outdoor experts, Tyrepower, PEARSONS GROUP, RUTHERFORD STREET INSURANCE SERVICES, NGWALA WILLUMBONG ABORIGINAL CORPORATION, Anglicare Victoria, THE SALVATION ARMY, Swan Hill District Health, THE MARRUK PROJECT, WARRABERIE PHARMACY, SWAN HILL, VE, BusBiz, Best&Less, MDAS, Jarrah, mfc mallee family care.

BUSH TUCKER GARDEN PLANTING DAY!

Date: Tuesday 30th June

Time: 10am - 12pm

Where: Kapel Telkuna

44 High Street, Swan Hill



**Come to help plant a new
Bush Tucker Garden!**

FREE EVENT!

- Get involved in a community garden
- Learn about Bush Tucker plants
- Contribute to the mural painting at the Yarning Circle
- Light lunch provided!



Swan Hill
District Health
Unleash Your Best Possibilities



Kapel
Telkuna
Through words we heal



Gender Equity

Final Weeks to See the Elephant in the Room

Swan Hill District Health has been proud to host The Elephant in the Room installation in recent weeks. A striking and emotional reminder of the often unspoken issue of violence against women and girls. Its presence has encouraged powerful conversations across our community, prompting reflection, awareness, and a shared commitment to creating safer lives for women and children.

The installation will be leaving the Swan Hill LGA in the last week of July, so there is still time to visit the new Swan Hill District Health 1860 Café and experience this impactful display before it moves on. Please let us know your thoughts about the Elephant in the Room via the link: [Elephant in the Room Feedback](#)

If you or someone you know is experiencing family violence, support is available:

- 1800RESPECT – 1800 737 732
- Safe Steps Victoria – 1800 015 188 (24/7)
- In immediate danger, call 000



Sandy Chamberlin- SHDH CEO and Tara Mirabito- SHDH Health Promotion Officer standing with the Elephant in the Room.



Men's Health Week 2026

Men's Health Week is celebrated every year around the world in the middle of June. It is an opportunity to highlight the importance of men's health, and to promote and support the health and wellbeing of men and boys in our communities. Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing.

One of the key goals of Men's Health Week is to break down barriers that prevent men from accessing healthcare. Encouraging regular check-ups, open conversations, and lifestyle changes can lead to earlier detection of health issues and improved overall well-being.

Each year, Men's Health Week is celebrated around the world under a variety of themes.

The 2026 theme in Australia is 'See a GP' – highlighting the importance of seeing a doctor if something seems wrong with your physical, mental or emotional wellbeing.

101 Reasons to See Your GP

101 REASONS TO SEE YOUR GP

Contact Swan Hill Primary Health Medical Centre to make your appointment today



03 5033 9900

MENSHEALTHWEEK.COM.AU



Local Opportunity -
Food Relief Coordination Project
Officer

Events & Opportunities



Food Relief Coordination Project Officer
15hrs week, July 2026-June 2027

We are seeking an enthusiastic, highly motivated and suitably skilled individual to join the Swan Hill Food Hub team at Swan Hill Neighbourhood House. In this role, you will deliver initiatives as part of "The Road to Relief: Partnering for Food Security in North West Victoria" project. This is a part-time position for up to 12 months.

What does the job entail?

The Swan Hill Food Hub provides food relief to those in need in Swan Hill and district, via local services and agencies. The Road to Relief project is an exciting opportunity to undertake local food relief mapping and needs analysis, refine processes and develop the current Food Hub further, and maximise food relief into the Swan Hill LGA. You will be working in partnership with Bendigo Foodshare, SMECC Mildura and SecondBite to deliver outcomes that enhance food security locally and improve supply chains and partnerships within the region.

The successful applicant must have:

- A Tertiary qualification in a relevant field or experience in logistics
- An understanding of food security and its impacts on community
- Current National Police Record Check
- Current Working with Children Clearance

Skills and abilities

- Well-developed interpersonal and communication skills
- Computer literacy
- Excellent telephone manner
- Flexibility and ability to adapt to changing priorities.
- Excellent time management skills
- High attention to detail

For further information contact Tania Lawry on 5033 9337 or by email tlawry@shdh.org.au

Applications including the names of three referees should be forwarded to: Swan Hill Neighbourhood House Manager, manager@shnh.org.au

Applications will only be accepted if they address the Key Selection Criteria.

Closing Date: Thursday 11th June 2026

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
Community Health

DID YOU KNOW? FREE PADS & TAMPONS ARE AVAILABLE
AT SWAN HILL REGIONAL LIBRARY?

ABUNDANCE - LOCAL PRODUCE - SWAN HILL

Join the Abundance Local Produce Swan Hill Facebook Group to buy and sell farm-fresh food, fruit, and vegetables directly from local growers in the Swan Hill region. A great way to source fresh local & often free food!



KIDS CREATE: BURRITO BOATS

SWAN HILL LIBRARY

TUESDAY, JULY 7
AT 10:30 AM

AGES 3+

BOOKINGS ESSENTIAL
5036 2480

swan hill regional library | FOOD FOR ALL SWAN HILL REGION | Community Health | SWAN HILL Rural City Council