



NEWSLETTER

Community Health

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Learn about our key healthy lifestyle messages and community services.

Welcome to our July Community Health Newsletter.

It's hard to believe we're already halfway through 2026! As winter continues, there are plenty of opportunities to stay healthy, connected and engaged in our community.

This month we celebrate NAIDOC Week, National Diabetes Week and International Day of Friendship, while also sharing some handy winter gardening tips to help your garden thrive through the colder months.

There are lots of great things happening across Community Health, and we're excited to share updates, programs and community stories with you. We hope you enjoy this month's edition and find inspiration to stay active, connected and well this winter.



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

Meet our Diabetes Team

Say Hi to Ange, Maddi & LeahAnn

The Diabetes Team at Swan Hill District Health Community Health is dedicated to supporting people living with diabetes to confidently manage their health and wellbeing.

Our Credentialed Diabetes Educators provide personalised education, guidance and practical support to help individuals understand their diabetes, monitor blood glucose levels, manage medications, and make sustainable lifestyle changes.

Working closely with GPs, dietitians, podiatrists, exercise physiologists, endocrinologists and other health professionals, the team helps people access the care, resources and support they need to live well and reduce the risk of diabetes-related complications.

You can book with a Diabetes Educator through a GP referral or you can self-referr online: <https://www.shdh.org.au/referrals/>



National Diabetes Week
12- 18 July 2026

Living Out Loud

At SHDH, we're proud to support National Diabetes Week 2026. This year's Living Out Loud campaign gives a platform to the real, lived experiences of 2 million Australians, and we're committed to listening, learning, and doing more.

Every day, people living with diabetes navigate a world that misunderstands them. They explain, clarify, correct, again and again. This campaign gives them a moment to stop explaining and start being heard.

During National Diabetes Week (12-18 July), Diabetes Australia is turning up the volume, so those voices are heard, louder, clearer, and further than ever.

The Living Out Loud campaign invites 2 million Australians living with diabetes, along with their carers, researchers, health professionals, and clinicians, to share the one thing they've always wished others understood about diabetes. A real, human declaration spoken out loud, without apology.

Declarations will be added to a growing wall of voices seen across the country and taken to the IDF Western Pacific Region Congress in Melbourne as Australia's collective call to the world. This isn't a traditional awareness campaign. It's a platform for real voices across every type of diabetes and every lived experience.

At SHDH, we're committed to understanding the real experiences of people living with diabetes. This week, we stand with Diabetes Australia to help amplify those voices and support a community that shows strength every day.

Visit diabetesaustralia.com.au/national-diabetes-week to learn how to add your voice.

I wish people knew...

Better diabetes care changes lives

Share your wish

diabetes AUSTRALIA NATIONAL DIABETES WEEK 12-18 JULY 2026

I wish people knew...

Diabetes care is a team effort

Share your wish

diabetes AUSTRALIA NATIONAL DIABETES WEEK 12-18 JULY 2026

I wish people knew...

YOU CAN
DO *anything* WITH DIABETES

diabetes AUSTRALIA NATIONAL DIABETES WEEK 12-18 JULY 2026

I wish people knew...

Diabetes can affect people of any age

Share your wish

diabetes AUSTRALIA NATIONAL DIABETES WEEK 12-18 JULY 2026

National Diabetes Week
12-18 July 2026



Get Active in Swan Hill

Did you know that adults should aim for 150-300 minutes of moderate physical activity each week, along with muscle-strengthening activities on at least two days?

The good news is that every bit of movement counts, and there are plenty of opportunities to get active right here in Swan Hill and surrounding communities. Whether you enjoy walking groups, fitness classes, swimming, cycling, social sport, yoga, strength training or simply being active outdoors, there are options available for all ages, abilities and interests. Joining a local activity group is a great way to improve your health, meet new people and stay motivated.

To help residents find opportunities to move more, we maintain the Adult Physical Activity Options in Swan Hill resource. We want to ensure this information remains current and comprehensive.

Do you know of a local exercise group, fitness class, walking group, sporting activity or recreation program that should be included? Has information changed for an existing group?

We'd love to hear from you. Please send through any additions, updates or corrections so we can continue to connect our community with local opportunities to be active.

Remember: doing some physical activity is better than doing none. Find an activity you enjoy and take the first step today!

Physical Activity Options



Swan Hill and District have a lot to offer!

Check out our Physical Activity Options Guides here:

- [Physical Activity Options for Adults](#)
- [Physical Activity Options for 5-12 years](#)
- [Physical Activity Options for 0-5 years](#)

Go to our website under Health Promotion to download a copy if you can't access the above links.



Men's Sexual Health Clinic - Confidential Professional Care

Looking after your sexual health is an important part of your overall wellbeing

Looking after your sexual health is an important part of your overall wellbeing. Swan Hill District Health's Men's Sexual Health Clinic provides a free, confidential service delivered by a Nurse Practitioner, offering sexual health check-ups, STI screening, testing and treatment, as well as mpox vaccination where eligible.

Whether you have concerns, need a routine check-up, or simply want reliable information and advice, our friendly team is here to help in a safe and supportive environment.

Contact Community Health to make an appointment
03 5033 9337

Take Charge of Your Health!



MEN'S SEXUAL HEALTH CLINIC

Call us for a free sexual health check-up, including full STI screen and mpox vaccination as required.

Find out more about mpox here 

A strictly confidential service provided by a Nurse Practitioner.



CONTACT INFO
☎ 03 5033 9337
✉ Email: chreception@shdh.org.au
Community Health
125 Campbell Street Swan Hill



Sexual and Reproductive Health

Jess Merrett & Hollie Timmins

Community Health staff Jess and Hollie had the opportunity to present a poster at the La Trobe Rural Health School Conference, showcasing the successful Cruisin' for Condoms campaign. The poster highlighted the strong partnership approach behind the initiative, which aims to improve access to free condoms and promote sexual health awareness across the community.

The conference provided an invaluable opportunity to share local health promotion successes, connect with rural health professionals, and learn from researchers and practitioners from across the sector. Hollie's concurrent presentation, Shifting the Paradigm in Rural Novice Nurse Leadership, generated significant interest from universities and researchers, sparking valuable discussion around innovative approaches to developing leadership capability in early-career rural nurses.

A key message throughout the conference was The Rural Advantage—the idea that relationships are our superpower. The work showcased by Jess and Hollie embodied this message, demonstrating how strong local partnerships and collaboration can deliver meaningful health outcomes for regional communities. Their Cruisin' for Condoms poster was exceptionally well received by delegates and, capping off an outstanding learning experience, they were awarded the People's Choice - Best Poster award.



Gender Equity

Are you over 40? Have you had your breast screen?

[BOOK NOW](#)

Early breast cancer detection saves lives

As a population screening program, BreastScreen Victoria reduces the impact of breast cancer and saves lives through early detection.

BreastScreen Victoria encourages women to have a breast screen every 2 years to detect breast cancer as early as possible - and to feel reassured about their breast health.

- Our service is free
- Screening takes only about 10 minutes
- All our radiographers are women
- No doctor's referral needed
- Available in Swan Hill!

- 49%** decrease in breast cancer mortality in women aged 50 to 74 since 1991
- 31%** of all breast cancers in Victoria are diagnosed by BreastScreen Victoria
- 92%** 5-year relative survival rate in Australia - one of the world's best breast cancer survival rates
- 282,878** women and trans and gender diverse people were screened this year (reporting period 1 July 2023 to 30 June 2024)



Swan Hill BreastScreen
13 20 50
48 Splatt Street

20mm of Rain Didn't Dampen Our Spirits!

Despite 20mm of rain, the Kapel Telkuna Bush Planting Day went ahead with plenty of enthusiasm, connection and community spirit on 30th June!

Guided by the theme "Through Water We Heal," community members and Swan Hill District Health staff came together to connect, plan, paint, celebrate and enjoy delicious bush tucker. The day was a wonderful opportunity to strengthen relationships, share knowledge and begin creating a welcoming space that celebrates culture, health and wellbeing.

This is just the beginning of many exciting things to come for the Kapel Telkuna Bush Tucker Garden. Keep an eye on this space for future working bees, events and volunteer opportunities. If you'd like to get involved and help grow this special community space, we'd love to hear from you!

Food Systems



Breastfeeding



Breastfeeding



Breastfeeding Support Service

Our experienced midwives, including a qualified Lactation Consultant, are here to support you in your breastfeeding journey. Appointments are available during pregnancy as well as after birth, and we also have antenatal groups running each month. Phone, telehealth, centre based or home visit appointments are available.

Contact Community Health for an appointment on 5033 9337, or complete a self referral here: <https://www.shdh.org.au/referrals/>



BREASTFEEDING GROUP

BREASTFEEDING. MIXED FEEDING. BOTTLE FEEDING.

When: Join us from 9:30–11:00 am, first Thursday of the month.

Where: Child and Family Hub, 63 McCrae St, Swan Hill.

Connect with other parents and carers, share experiences, and get support for your infant feeding journey.

The local Breastfeeding Support Service will be there to answer your questions.



Keeping Warm and Well This Winter



As temperatures drop, staying warm is important for your health and wellbeing. The Loddon Mallee Public Health Unit's Keeping Warm in Winter resource encourages people to keep their homes warm, dress in layers, stay active, eat regular hot meals, and check in on family, friends and neighbours who may be more vulnerable to the cold. Simple actions such as sealing draughts, using heating safely, and maintaining social connections can help everyone stay healthy, safe and comfortable throughout winter.



Find out more:



Smart Renting



Environment Victoria



Winter Wellness

KEEPING WARM IN WINTER

Easy, low cost ways to use less electricity and gas while keeping warm this winter.



Keep yourself warm, not the whole room

Use a blanket, beanie, hot water bottle, or electric heated rug



Only heat the space you use

Close off rooms you are not using, and spend most of your time in one room with the door shut



Stay in the warmest parts of your home

Rooms that face north usually get more sun and stay warmer



Cover your windows

Putting bubble wrap or shiny material on windows helps keep heat inside. It may look a bit funny, but it works!



Stop drafts under doors

Use a draft stopper or rolled-up towels. Use Velcro on each end to keep them in place and prevent tripping



Stop heat escaping

Close your curtains, or use a sheet or blanket to cover windows



Seal small gaps and cracks

Check around doors, windows, and walls. Blocking gaps stops cold air from getting in



Add floor coverings

Rugs or spare carpet pieces on hard floors help keep rooms warmer

Improving your home's energy efficiency can save you money. It can also help you stay healthier and more comfortable in winter.





Every Vape is a Hit to Your Health

While vapes are relatively new and the full long-term effects are still emerging, we already know enough about potential health harms to be concerned.

Vaping has been linked to short-term health impacts, including an increase in heart rate, blood pressure, inflammation and a narrowing of blood vessels. There are real concerns that the long-term health impacts of vaping may be similar to smoking due to the exposure to chemicals that are known to cause cancer. Some people who vape have shown reduced lung function and signs of lung damage. These are real people with real damage and real stories to tell.

Vapes contain nicotine, which is highly addictive. People can quickly become addicted, especially young people. Addiction to nicotine can cause long-term vape use. This in turn can increase the risk of multiple cancers. The chemicals found in vapes are known to cause cancer. Some of these include acrolein, arsenic, benzene, benzo[a]pyrene, cadmium, formaldehyde, styrene, and toluene.

High levels of nicotine also carry immediate risks. Nicotine poisoning can cause nausea and seizures.

The good news is the benefits of quitting begin almost immediately. Your body starts to recover, and your risk of harm decreases over time.

Every vape is a hit to your health.

Visit quit.org.au for free confidential support, information and tools to help you quit.

Free NRT for eligible Victorians

Victorians and South Australians trying to quit may now be eligible to access free combination nicotine replacement therapy (NRT) through Quitline 13 7848.

This pilot program is available to all eligible Victorians and South Australian residents, and includes:

- Combination nicotine replacement therapy for free
- Tailored quit plans
- Behavioural support from trained Quitline counsellors, with ongoing call-back service throughout the quit journey.

For more information:



Quit
Free combination NRT
and counselling

↓

We're here to help
→ quit.org.au 13 7848

Visit quit.org.au



A Message from the UN:



United Nations

**International Day of Friendship
30 July**

In a time when the noise of division grows louder — fueled by wars, conflicts, inequality, and fear — friendship feels almost radical in its simplicity. It doesn't arrive with fanfare or policy; it doesn't need speeches or signatures. It begins with something quieter: a conversation, a shared moment, a willingness to see one another not as strangers but as fellow travelers through the human experience.

In this year's observance of the International Day of Friendship, we're reminded that real peace is forged not only in negotiation halls or by writing into treaties — it's built, thread by thread, in the trust we extend to one another in daily life.

Friendship, especially among young people, holds a special kind of power. It can cross languages, faiths, and histories that might otherwise divide us. It invites us to listen before we judge, to stay when it's easier to walk away. And when nurtured across cultures and communities, friendship becomes more than a bond—it becomes a blueprint for reconciliation. It teaches us that understanding isn't a grand achievement; it's a habit, a practice, a way of moving through the world that says 'your well-being matters to me too'.

This year, as the world faces profound ruptures — between nations, within societies, even within families — the call to friendship is not sentimental. It's essential. It's about reaching across what breaks us and daring to believe in something better. It is a call to imagine a future where difference doesn't mean distance, where trust is stronger than fear. Through friendship, we don't just cope with the world as it is — we begin to shape the world as it could be.



What is your favourite winter veg?

- Freshly picked Kale

One of the best vegetables to grow during a Victorian winter is kale. This hardy leafy green thrives in cool weather, is packed with vitamins and minerals, and becomes even sweeter after a light frost. Kale is easy to grow, produces leaves over many months, and can be used in soups, salads, stir-fries, and smoothies, making it a versatile addition to any winter garden.



Winter Gardening Tips

Winter might seem quiet in the garden, but it's actually a great time to get growing in Victoria. Cool-season vegetables like spinach, kale, broccoli, and peas thrive in the colder months and often produce excellent crops.

Winter is also perfect for improving soil. Adding compost, manure, or mulch now helps build healthy, nutrient-rich garden beds ready for spring. It's a good time to prune roses and deciduous fruit trees too, encouraging strong new growth when warmer weather returns.

Be careful not to overwater... winter rain often provides enough moisture, and soggy soil can harm plant roots.

A little winter gardening goes a long way. Spend a few sunny days planting, pruning, and preparing, and your garden will reward you when spring arrives.



eat fruit & veg move more often smile together

Early Years Online Hub - always has new information.. have you visited it this month?



Early Years Online Hub

Early Years Online Hub

Access early years' information and services within the Swan Hill Local Government Area.

The Early Years Online Hub covers just about everything parents and carers need to know about raising children.

- Early childhood services
- Resources and information for families
- Playgrounds & family friendly walks
- Breast feeding & changing facilities
- Services specific to your town
- Event listings for young children



www.earlyyearsonlinehub.org.au



Để tìm thông tin, sự kiện và các dịch vụ tại địa phương, vui lòng truy cập Early Years Online Hub. Các bản dịch sang nhiều ngôn ngữ cũng có sẵn trên trang web này. www.earlyyearsonlinehub.org.au.

For access to local information, events and services go to the Early Years Online Hub. Translations are also available on this site. www.earlyyearsonlinehub.org.au.

Early years

“ Amazing ❤️ this is going to help so many.

NOT A LUXURY

**FREE
PADS &
TAMPONS.
PERIOD.**



In November 2025 Swan Hill Library introduced Free Pads and Tampons for the Community!!

Swan Hill Regional Library Service is taking an important step toward supporting health, wellbeing, and inclusion by installing a free pads and tampons dispensing machine in the all-access toilet.

Mayor, Cr Stuart King said the machine provides essential period products to anyone who needs them, completely free of charge.

“This initiative is part of the Victorian Government’s Free Pads and Tampons program, which aims to remove barriers to menstrual products across the state. By making pads and tampons freely available in public spaces, the program supports equitable access, helping to ensure that no one misses school, work, or community activities because they cannot access the products they need,” Cr King said.

Libraries Manger, Camille Cullinan said Library patrons could now access pads and tampons during all library opening hours, making it easy and convenient for everyone.

“The service reflects Swan Hill Library’s ongoing commitment to creating an inclusive, supportive, and safe environment for all members of the community.

“Access to menstrual products is a basic health and wellbeing need.

“By providing free pads and tampons at the library, we are helping to remove a practical barrier for many people in our community and supporting dignity and equality,” Ms Cullinan said.

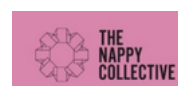


The Nappy Collective

We're excited to share that the Swan Hill Food Hub is now a registered Charity Partner with the Nappy Collective. With newly established nappy collection points across Swan Hill, we'll be able to access more nappies for local families who receive support through the Food Hub.

Nappies are an everyday essential, yet the cost can place significant pressure on family budgets. Through this partnership, community donations can help ensure local children have access to the nappies they need while easing some of the financial burden on parents and carers.

A big thank you to everyone who supports the Nappy Collective and helps make a difference for families in our community!





Celebrating 50 Years of Deadly

NAIDOC WEEK ELDERS LUNCH

THURSDAY JULY 9
11AM - 3PM

DOORS OPEN AT 11AM - LUNCH AT 12PM - ACTIVITIES UNTIL 3PM

**SWAN HILL RACECOURSE
BOWLS CLUB
GRAY STREET SWAN HILL**

PLEASE REGISTER YOUR ATTENDANCE BY
WEDNESDAY 1ST JULY
CALL OR TEXT LAUREL BAXTER
0474 731 352

*This event is an RSVP only event and is for Elders located in the swan hill and surrounding areas by registration only

SWAN HILL NAIDOC COMMITTEE PRESENTS



KOORIOKE Night



HOSTED BY



FRIDAY 10TH JULY 2026
DOORS OPEN AT 6PM
The Federal Hotel

Scan the QR code to purchase tickets!




SCAN ME

Will you be the 2026 Koorioke King & Queen?

Finger Food Provided
Door Prizes
Drinks at Bar Prices

18+

For more information or to contact us, follow - Swan Hill NAIDOC Week



SWAN HILL NAIDOC WEEK

JULY 2026

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.





Call **1800MEDICARE** to speak with a registered nurse anytime, day or night

1800 medicare
1800 633 422

Virtual Emergency Department



- ✓ Free video call
- ✓ 24/7 service
- ✓ Easy to use
- ✓ No waiting in hospital emergency

Urgent Care Services
Victoria



Student-led research helping improve rural reproductive healthcare



A student-led research project supported by Hollie Timmins has highlighted the challenges women in rural Victoria face when accessing reproductive healthcare, including limited local services, travel costs and delays in accessing ultrasounds.

The project explored the experiences of local women and identified opportunities to improve access to timely, compassionate care. As a result, a clearer referral and care pathway has been developed for local health services, along with funding to purchase an ultrasound machine to support faster diagnosis and treatment.

This project demonstrates how local research can drive meaningful improvements in healthcare, helping ensure women in our community have better access to safe, equitable reproductive health services close to home.

Women in rural Victoria continue to experience significant barriers when accessing medical termination of pregnancy services, including limited providers, delays in ultrasound access, and travel-related costs. Medical student Kayla, from Charles Sturt's School of Rural Medicine explored these challenges through a supervised qualitative study, receiving structured training in research design, ethics applications, interviewing and thematic analysis. Guided by Senior Research Fellow Catherine Keniry, Kayla interviewed nine women to understand how these barriers shaped their experiences.

The study concluded that women face persistent, interrelated structural barriers to medical termination of pregnancy access despite legal availability. This highlighted the need for policy reform, stronger promotion of services, nurse-led models of care and better support for rural practitioners. In response, the project produced a clear referral and care pathway now used by local health services, and funding enabled the purchase of an ultrasound machine, strengthening timely diagnostic access.

This student-led project supports more equitable reproductive healthcare for rural communities.

Image: Medical student Kayla Chrisp with Hollie, Nurse Practitioner Sexual and Reproductive Health

125 Campbell Street, Swan Hill
Phone: 03 5033 9337 Fax: 03 5036 4561
Email: chreceptioneshdh.org.au



Swan Hill District Health
Connected Care. Best Experience.



Community Health



Find out more about reproductive health



eat fruit & veg move more often smile together