



Kapel
Telkuna

Through water we heal

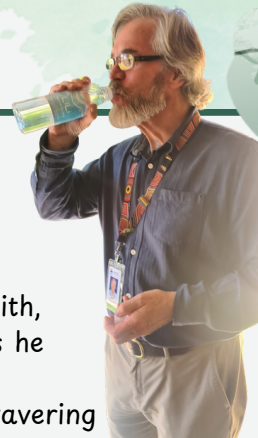
MESSAGE STICK

May – June 2026

Issue 17



Farewell Paul



After an incredible 39 years of dedicated service, we farewell Paul Smith, Executive Director of Community Care at Swan Hill District Health, as he begins his well-earned retirement.

Throughout his time with the organisation, Paul has demonstrated unwavering commitment, strong leadership, and a genuine passion for supporting the health and wellbeing of our community. His contribution has helped shape Community Care services and has left a lasting impact across Swan Hill District Health.

The Kapel Telkuna Unit (Aboriginal Health Unit) would like to sincerely thank Paul for his ongoing support, respect and advocacy over the years. His willingness to listen, learn and walk alongside our team has been deeply valued and appreciated.

To celebrate Paul's remarkable career, the Kapel Telkuna Unit hosted a special farewell lunch, bringing staff together to reflect on his contributions and share stories. During the event, Paul was presented with a commemorative award, honouring his years of service and the meaningful difference he has made within our organisation and community.

While Paul will be greatly missed, we wish him all the very best for this next chapter.

May retirement bring time to relax, enjoy life, and spend time doing the things he loves.

Thank you, Paul, for everything you have given to Swan Hill District Health — your legacy will not be forgotten.



Contact Info



(03) 5033 9323 or (03) 5033 9868



44 High Street, Swan Hill VIC 3585



AHU@shdh.org.au



Pictured: Auntie Charmain Bell, Auntie Nellie Flagg & Cree Clayton

STRENGTHENING CULTURAL UNDERSTANDING IN HEALTH CARE

Kapel Telkuna Unit is pleased to support the delivery of cultural education sessions for GPs and registrars at Swan Hill District Health in partnership with respected Wamba Wamba Elder, Auntie Nellie Flagg. Auntie Nellie recently met with Auntie Charmain to discuss the upcoming training opportunities, which will be facilitated through Joint Colleges Training Services. With many years of experience working in community-focused roles, Auntie Nellie brings valuable cultural knowledge, lived experience, and insight that will help strengthen understanding and connection between healthcare professionals and Aboriginal communities.

The sessions aim to support doctors and registrars in building culturally safe practices and improving the delivery of care for Aboriginal and Torres Strait Islander patients and families. These important conversations and learning opportunities help strengthen relationships, promote respect, and support more culturally responsive healthcare across our region.

VICTORIA ELECTORAL COMMISSION

Aboriginal Engagement Officers - Kura and Narrisa visited the Kapel Telkuna Unit on the 8th April 2026. Travelling from Melbourne, they were here to do some community outreach leading up to the state elections in November 2026. The team are planning to visit our community around August/September for early mobile voting.

Keep an eye out for flyer details of their next visit. They can support you with enrolments and how the voting process works. If you have any other question about voting they will assist you the best they can.



Pictures: Narrisa and Kura from VEC with SHDH CEO - Sandy, Executive Director of Community Care - Paul KTU staff - Auntie Deb & Cree and community members - Auntie Rosie, Ann & Bayden.

IMPROVING ACCESSIBILITY FOR COMMUNITY MEMBERS!

Swan Hill District Health would like to thank Swan Hill Rural City Council for recently converting the 5-minute parking space located in front of our Aboriginal Health Unit (Kapel Telkuna Unit) into a dedicated disabled parking space.

The request was submitted to Council following concerns raised through our Aboriginal Reference Group meetings, where community members highlighted the difficulties vulnerable clients and elderly people were

experiencing when trying to access our service. Limited close parking often created barriers for clients attending appointments, programs, and support services. The addition of an accessible parking space will help improve safety, accessibility, and ease of access for those who need it most.

This positive outcome reflects the importance of listening to community voices and working together to create more inclusive and accessible spaces for all people.

We appreciate Swan Hill Rural City Council for supporting this initiative and responding to the needs of our community.

SHDH "ARE YOU ABORIGINAL OR TORRES STRAIT ISLANDER?" POSTERS -

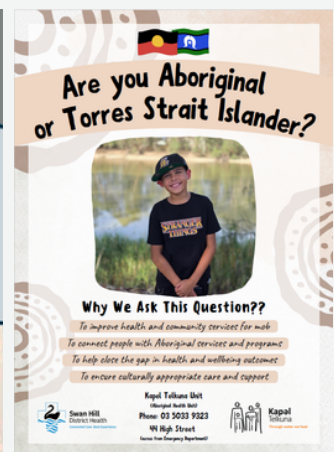
Kapel Telkuna Unit is refreshing our "Are you Aboriginal or Torres Strait Islander?" posters - and we would love our community to be part of it. We're inviting community members to have their photo included to help represent and celebrate our mob.

If you would like to take part, please contact the unit on 5033 9868 or message 0486 017 986.

We're happy to come to you - whether at home, at the park, by the river, or here at our unit - wherever you feel most comfortable.



Current Poster



New Poster



SOCIAL SUPPORT GROUPS

Swan Hill District Health's Social Support Groups provide a safe and welcoming space for older people and community members living with disability to stay connected, active, and engaged.

Delivered at the Neighbourhood House in Swan Hill, these group activities are designed to support social wellbeing, build friendships, and encourage participation in meaningful and enjoyable experiences. Each person is supported in a way that reflects their individual needs, interests, and goals.

The team also works alongside participants to identify any additional supports that may benefit their health and wellbeing, helping connect them with the right services when needed.

Support for Carers

Carers are recognised for the vital role they play in our community. Flexible respite options are available to support carers in balancing their responsibilities, whether that's attending work, study, appointments, or taking time to rest and recharge. Options include in-home respite, community outings, and group-based support.

A Place for Everyone

The team at Social Support Groups are committed to providing a culturally safe and inclusive environment where all people feel respected, valued, and welcome. They recognise the importance of culture, connection, and community in supporting strong health and wellbeing, and we strive to create a space where everyone feels a sense of belonging.

FOR MORE INFORMATION CONTACT: JAMIE GARAHY, MANAGER

Address: 98-100 Gray Street, Swan Hill

Phone: 03 5033 9359 or 0427 840 217

Email: socialsupport@shdh.org.au Web: www.shdh.org.au



MANAGER
Social Support Groups /
Support for Carers Program
JAMIE GARAHY



Pictured: Social Support Group Team Members.

My name is Jamie Garahy, and I currently manage Social Support Groups and the Support for Carers Program in Swan Hill. I'm originally from New Zealand, where I studied Physiotherapy in Auckland, before moving to Swan Hill 13 years ago.

I began my career here working as a physiotherapist, and eight years ago I stepped into my current role managing Social Support Groups. While my role has evolved over time, I continue to enjoy staying connected to clinical work and still work as a paediatric physiotherapist on Mondays.

Social Support Groups provide a variety of fun and engaging social programs for seniors in the community, running Monday to Friday at various locations across Swan Hill. These programs focus on connection, enjoyment, and maintaining wellbeing, with regular activities and outings that support people to stay socially active.

The Support for Carers Program offers in-home and community-based respite for unpaid carers, supporting those who provide care to family members or loved ones. The program aims to give carers time to rest, recharge, and feel supported in their important role.



When I'm not at work, I'm usually being kept very busy by my two young boys, or heading outdoors to enjoy water-skiing and caravanning with my family whenever we get the chance.

Upcoming Events/Notices



Kap̩l Telkuna
Through water we heal

- Share your knowledge and experiences to better support SHDH and Community
- Light lunch provided!**
- Help shape the future of the service delivery at SHDH

Join Us for Our Next
ABORIGINAL REFERENCE GROUP
WEDNESDAY
10TH JUNE 2026
KAPEL TELKUNA UNIT
(44 HIGH STREET)
11 AM - 12:30 PM

EVERYONE IS WELCOME
AND EVERYONE'S EXPERIENCE & KNOWLEDGE IS VALUED

For more information, contact us on:
(03) 5033 9868 or (03) 5033 9323
AHU@shdh.org.au



ABORIGINAL ART COMPETITION

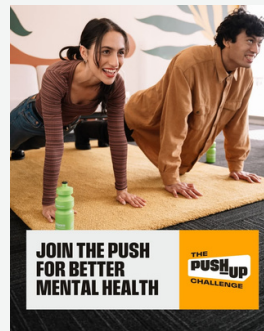
We are looking for entries from local Aboriginal artists to join our art competition for the design of two separate artworks.

One to be worn with pride on our SHDH scrubs and one for our NAIDOC week t-shirts. Artists can enter their work into one or both categories.

Themes:
SHDH Scrubs- healthcare, compassion, respect, inclusivity
NAIDOC Week- "50 Years of Deadly"

The competition opens Wednesday 29th April 2026. Entries are to be dropped off to SHDH Front Reception @ 48 Splatt Street, Swan Hill. The winner from each category will take home \$500! Winners will be announced on Friday 5th June 2026.

COMPETITION CLOSING 29TH MAY

In June, we're joining the push for better mental health, will you join us? 💪

The Push Up Challenge runs from June 3rd to June 26th and the aim is to complete 3,307 (or 1,654) push ups in that time.

In 2024, there were 3,307 reported deaths by suicide. The Push Up Challenge highlights the need for ongoing mental health awareness and support. ❤️

Want to join in but don't like push ups? That's no problem at all, you can modify your push ups or do a different movement like squats, star jumps, sit ups, planks, lunges- or any other movement you're comfortable with! 🙌👩

You can join our team by simply:

♥️ Registering yourself here

<https://www.thepushupchallenge.com.au/>

♥️ Select headspace Swan Hill as the service that receives your donations

♥️ Then join our team! Type in 'headspace Swan Hill' If you have any trouble with the registration process, just give us a call on 03 4010 7100.

All donations that our Push Up Challenge team receive will go towards additional support to our outreach communities.

Let's work together to reduce that figure in years to come and do a push up for every single person that lost their life to suicide in 2024. ❤️



National Volunteers Week 2026!

This National Volunteer Week, we take a moment to recognise and celebrate the incredible contribution of our volunteers at Swan Hill District Health. Our volunteers are at the heart of our organisation, generously giving their time, energy and compassion to support our patients, residents, staff and community. Whether it's offering a friendly smile, lending a helping hand, manning the op shop or simply being a comforting presence, their impact is felt every single day.

We are deeply grateful for the dedication and kindness our volunteers bring to their roles. Their contribution helps create a welcoming, supportive environment.

To all our volunteers – thank you for everything you do. You truly do make a difference.

Is it *Your year to volunteer*? If so, give our Volunteer Coordinator a call today- she would love to chat to you about volunteer opportunities at SHDH- 5033 9406

Slow Cooker Beef Stroganoff

Prep - 15m / Cook - 4h 15m / Serves - 4

enjoy!

Step 1

Season beef. Heat 1 tablespoon of the olive oil in a large frying pan over high heat. In batches cook beef for 3 minutes each or until browned. Transfer to a 3L (12 cup) slow cooker.



Step 2

Heat remaining 1 tablespoon of olive oil in same pan over medium-high heat. Cook onion, stirring, for 3-4 minutes or until light golden. Add mushrooms and cook for a further 1-2 minutes. Add garlic and flour and cook, stirring, for 1 minute. Transfer to cooker with paprika. Combine beef stock, tomato paste and Worcestershire sauce in a jug until smooth. Pour over beef. Stir to combine. Cover and cook on high for 4 1/2 hours or until beef is tender. Stir in sour cream and season.

Step 3

Serve with mashed potatoes or rice. Sprinkle with parsley.

Ingredients (13)

- 650g Coles No Added Hormone Beef Brisket, trimmed, cut into 3cm pieces
- 2 tbsp Coles Classic Olive Oil
- 2 brown onions, thinly sliced
- 400g cup mushrooms, halved
- 3 garlic cloves, thinly sliced
- 2 tbsp Coles White Plain Flour
- 1 tbsp paprika
- 1 cup beef stock
- 1 tbsp tomato paste
- 1 tbsp worcestershire sauce
- 1 1/2 tbsp light sour cream
- Mashed potatoes or steamed rice, to serve
- 2 tbsp finely chopped parsley

Fairy Bread Scones

Prep - 10m / Cook - 18m / Makes - 16

Ingredients (4)

- 525g (3 1/2 cups) self-raising flour
- 250ml (1 cup) lemonade
- 185ml (3/4 cup) thickened cream, plus 1 tbsp extra
- 30g (1/4 cup) hundreds and thousands, plus 1 tbsp extra



Step 1

Preheat oven to 220C/200C fan forced. Line a large baking tray with baking paper. Place the flour in a large mixing bowl and make a well in the centre. Add the lemonade and cream and use a spatula to stir until just combined.

Step 2

Bring the dough together. Turn out onto a lightly floured surface. Press the dough out to disc about 1.5cm thick. Divide into 4 portions. Divide 1 tbs sprinkles into thirds then scatter over 3 portions. Stack portions, finishing with plain portion.

Step 3

Use a rolling pin to roll out on a lightly floured surface to a disc about 2cm. Use a 6cm round cutter to cut out scones from dough. Press scraps together to form last scones. Place scones 1.5cm apart on prepared tray.

Step 4

Brush tops with extra cream then sprinkle with extra hundreds and thousands. Bake for 18 minutes or golden.

Cooking Classes Bring Community Together



On the 7th May, the Kapel Telkuna Unit with support for Community Health officially launched its new Community Cooking Classes, creating a welcoming space for community members to come together, learn new skills, and connect with one another.

The classes were developed to encourage healthy cooking, social connection, and cultural learning, while exploring ways native ingredients can be incorporated into everyday meals and cooking practices.

The program has already had a fantastic start, with participants enjoying the hands-on experience, sharing stories, and learning new ideas in a relaxed and supportive environment.

We look forward to continuing the classes and seeing connections, confidence, and knowledge grow throughout the program.

Nursing & Clinical Care Roles

- ANUM
- CNE sub-acute
- Graduate Nurse Program External



YARN SAFE Worker

(Aboriginal Engagement)

Only Aboriginal and/or Torres Strait Islander people are eligible to apply.

headspace Swan Hill are looking for a dedicated worker to join their team as the YARN SAFE Worker. Working alongside the headspace team, this role will focus specifically on facilitating and improving relationships with headspace Swan Hill and the Aboriginal and Torres Strait Islander community. For more information/Position Description, please contact Hayley Neuschafer, headspace Manager on 03 4010 7100.

Community Care

- Physiotherapy – Clinical Lead
- Occupational Therapy Manager

Corporate & Administration Services

- Talent Acquisition Officer
- Consumer Feedback and Compliance Officer

For more information visit our website on www.shdh.org.au or contact our People and Culture Department on 03 5033 9315

National Reconciliation Week 2026

27th May – 3rd June

National Reconciliation Week is held each year from 27 May to 3 June and provides an opportunity for all Australians to learn about our shared histories, cultures, and achievements, while reflecting on how we can contribute to reconciliation in Australia.

The 2026 theme, “All In,” is a call for everyone to actively support reconciliation - not just during this week, but every day. The theme reminds us that reconciliation is not something that happens on its own, and it is not solely the responsibility of Aboriginal and Torres Strait Islander peoples. Real change requires all Australians to listen, learn, build respectful relationships, and work together toward a more inclusive future.

National Reconciliation Week also recognises significant milestones in Australia’s reconciliation journey, including the successful 1967 Referendum and the High Court Mabo decision, both of which were important steps toward acknowledging the rights of Aboriginal and Torres Strait Islander peoples.

Reconciliation Week is a time to celebrate culture, strengthen connections, and continue important conversations around truth, respect, equity, and healing. It encourages communities, workplaces, and individuals to reflect on the role we each play in creating a more united and culturally safe Australia.

“We all have a role to play in reconciliation. Being ‘All In’ means choosing connection, respect, and action every day.”



For more information visit: www.reconciliation.org.au

DID YOU
KNOW?

Understanding Welcome to Country & Acknowledgement to Country

A Welcome to Country is a formal welcome performed by a Traditional Owner or recognised Elder of the land where an event or gathering is taking place. It is an important cultural protocol that welcomes visitors onto Country and recognises the deep spiritual and cultural connection Aboriginal and Torres Strait Islander peoples have to the land.

An Acknowledgement of Country can be delivered by anyone – Aboriginal or non-Aboriginal – and is a way of showing respect to the Traditional Owners of the land, as well as Elders past and present. It is often shared at meetings, events, and gatherings when a Welcome to Country is not possible.

Both practices play an important role in recognising Aboriginal and Torres Strait Islander cultures, histories, and continuing connection to Country. They also support reconciliation by encouraging respect, understanding, and cultural awareness within our communities and workplaces.

Contact Numbers

SHDH Contact Numbers

- Swan Hill District Health 5033 9300
- Dental Services 5033 9336
- Community Health Services 5033 9337
 - Women's Clinic
 - Diabetes Services
 - Dietetics
 - Health Promotion
 - Men's Sexual Health Clinic
 - Clinic 60 (Youth Health Services)
 - Breastfeeding Support Services
 - Refugee Health Nurse
 - Nurse Practitioner Clinic
- Emergency Department 5033 9231
- headspace 4010 7100
- Midwifery 5033 9269
- Allied Health Services 5033 9390
 - Physiotherapy
 - Podiatry
 - Speech Pathology
- Cancer Services 5033 9201
- Swan Hill Primary Health Medical Centre 5033 9900
- Counselling and AOD Services 5033 9880
- Palliative Care Community Services 5033 9236
- Community Rehabilitation Centre 5033 9321
 - Physiotherapy
 - Exercise Physiologist
 - Cardiac Nurse
 - Respiratory Nurse
 - Continence Clinic
 - Falls & Balance Clinic
 - Persistent Pain Services
- Radiology Service 5033 9286

Other Contact Numbers

- Mallee District Aboriginal Services 5032 8600
- Rumbalara 5032 1580
- Domestic Violence 5033 1899
- Victorian Aboriginal Legal Services 1800 064 865
- The Salvation Army 5033 1718
- Victims' Assistance Program 5036 3200

Free and Confidential Phone Support for Aboriginal & TSI People Available 24hours, 7 days a week.

- Yarning Safe 'N' Strong 1800 959 563
- 13 YARN 13 92 76



The Victorian Virtual Emergency Department allows you to access care for non-life-threatening emergencies, 24 hours a day, 7 days a week. You will be connected to our doctors and nurses via a video call, and receive medical advice from the comfort of your home.

How do I register?

- You will need a phone, tablet or computer with a camera to use this service.
- To register, please use your phone camera and scan the QR code.

You can also visit vved.org.au



**Do you have an idea or item to be included in this newsletter? We would love to hear from you.
Contact the Kapel Telkuna Unit on details listed below.**



Contact Info

- ☎ (03) 5033 9323 or (03) 5033 9868
- 📍 44 High Street, Swan Hill VIC 3585
- ✉ AHU@shdh.org.au

