



**Kapal
Telkuna**
Through water we heal

MESSAGE STICK

July – August 2026

Issue 18

Bush Tucker Garden Planting Day

Despite the rainy weather, the opening of our Bush Garden and Yarning Circle was a wonderful success, with great turnout from community members and SHDH staff who came along to celebrate with us on Tuesday 30th June 2026.

Everyone enjoyed a delicious meal prepared by Allira and Bayden, featuring native flavours, before adding their handprints to our community mural and planting native plants in the garden beds. It was a fantastic day filled with community connection, learning, laughter and shared experiences.

While there are still a few finishing touches to complete the Yarning Circle, everything is coming together beautifully. We are excited to continue developing this space and look forward to seeing it become a place where our community can gather, connect, learn and share for many years to come.

A heartfelt thank you goes to everyone who contributed to making this project and opening day such a success. Thank you to the FLO students and staff for constructing the raised garden beds, Ann Rowe and Tulla Native for generously supplying our beautiful native plants, Peter Clarke Landscaping for the incredible transformation of the space, and to all of the volunteers who helped with the setup on the day.

A very special thank you goes to Bronte Rayner from the Health Promotion team. Your dedication, planning, design work, communication and countless hours behind the scenes were instrumental in bringing this project to life. We are incredibly grateful for your commitment and support through every stage of the journey.



Contact Info



(03) 5033 9323 or (03) 5033 9868



44 High Street, Swan Hill VIC 3585



AHU@shdh.org.au



Pictured: Acting Executive Director of Community Care, Kate Corrie and Tobie Cameron.



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ANNOUNCING OUR ABORIGINAL ARTWORK COMPETITION WINNERS!

We are excited to share the talented winners of our recent Aboriginal artwork competition.

- 👉 Sandra Kropenyeri's artwork was selected for the design of our new SHDH scrubs
- 👉 Tobie Cameron's artwork was selected for the design of our NAIDOC Week t-shirts

A huge thank you to everyone who submitted their incredible artwork—your creativity, culture, and storytelling made this an inspiring and rewarding process for all involved.

Staff proudly wore Tobie's artwork on t-shirt's throughout NAIDOC Week.

Thank you Tobie!

We can't wait to see Sandra's beautiful design brought to life and proudly worn. Stay tuned!



TO CELEBRATE NAIDOC WEEK INDIVIDUALS IN OUR AGED CARE FACILITY -

Logan Lodge enjoyed a special cultural activity with Kapel Telkuna Unit's Aboriginal Health Liaison & respected Elder Aunty Deb Chaplin and cultural leader Parj Pettit, who shared their knowledge, stories and experiences of Aboriginal culture. Through dot painting and open conversations, everyone had the opportunity to learn, ask questions and share aspects of their own cultural backgrounds.

Participants were particularly interested in Aboriginal art and how traditional didgeridoos are made. Parj shared fascinating insights into the process, explaining how didgeridoos are crafted from branches naturally hollowed out by termites and white ants before being shaped into instrument

A special highlight of the day was when Barry joined Parj for an impromptu musical performance, playing his guitar alongside Parj on the didgeridoo. The collaboration was enjoyed by everyone and added a memorable touch to an already engaging session.

Thank you, Aunty Deb and Parj for creating such a meaningful and engaging experience that encouraged cultural understanding, respectful discussion and community connection.



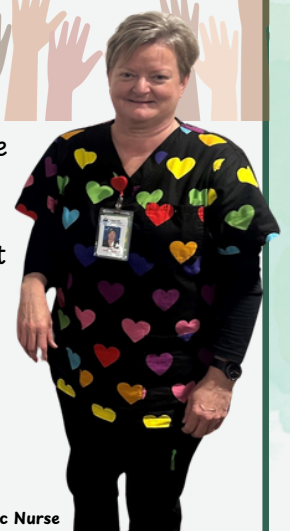
Picture: Cultural Leader Parj Pettit and resident Barry.

COMMUNITY FEEDBACK

Kellie Walker, Senior Manager of Health Independence Program recently shared some feedback from a patient about Paula Keane our Cardiac Nurse:

"I've been in and out of hospital my whole life, and Paula has been the one consistent face through it all. She's helped me understand my healthcare, sat with me in GP appointments, and supported me in ways that go far beyond her job. She knows my family, she knows our history, and she's always made me feel genuinely cared for. To me, she's like a guardian angel — more of a friend than someone who's simply paid to do a job".

Well done Paula!



Picture: Paula Keane, Cardiac Nurse



DIABETES SERVICES FOR ABORIGINAL & TORRES STRAIT ISLANDER MOB



Living with diabetes? You don't have to manage it on your own.

Swan Hill District Health has a range of health services available to support Aboriginal and Torres Strait Islander people living with diabetes to stay healthy and look after their wellbeing.

 **Diabetes Educators** - Our Diabetes Educator can help you understand your diabetes, medications and blood sugar levels. They can also support you with checking your blood sugar and using technology such as Continuous Glucose Monitoring (CGM)

 **Dietitian** - A Dietitian can help you find healthy eating choices that work for you and your lifestyle, and support you to manage your blood sugar, cholesterol and healthy weight.

 **Podiatrist** - Diabetes can affect your feet. It is recommended that people living with diabetes have their feet checked by a Podiatrist at least once a year. You can also get advice about looking after your feet and choosing the right footwear.

 **Physiotherapy & Exercise Physiology** - Our team can help you stay active safely, improve your strength and movement, and support you with exercise and health weight management.

 **Endocrinology Service** - Specialist diabetes support is available for people living with Type 1 and Type 2 diabetes through telehealth. A referral from your GP is required, and there may be a small fee for this service.

HOW CAN I ACCESS THESE SERVICES?

You can ask your GP to refer you, or you can self-refer to Swan Hill District Health.

 **Community Health** - 125 Campbell Street, Swan Hill  5033 9337

Looking after your diabetes can help you stay strong, healthy and connected to the things and people that matter to you. If you need support, yarn with your healthcare team.



Pictured (L to R): Maddi Hoare, Ange Jewson & Leah Stephenson.

STAFF PROFILE

Ange Jewson

Credentialed Diabetes Nurse Educator for 20+ years at SHDH.

I am passionate about providing education and tools to our people living with diabetes to make it easier to best manage their diabetes and how to improve their overall health.

 **I play the Piano accordion. I can sing too but apparently "no one needs to hear that!"**

Maddi Hoare

I work across Community Health as a Credentialed Diabetes Educator and also with the Hospital Admission Risk Program (HARP) as a Chronic Disease and Complex Care Nurse at Swan Hill District Health.

I enjoy educating and supporting individuals, families and communities on improving their health, build confidence in self management and help people achieve their personal health goals.

 **I love camping on the river with family and friends.**

Leah Stephenson

Credentialed Diabetes Nurse Educator for 3 years, Registered Nurse for 10 years with SHDH.

I'm passionate about helping people make diabetes management fit into their everyday lives, and I'm continually inspired by the evolving research and technology that is transforming diabetes care.

 **I'm originally from Canada, and outside of work, my family and I travel around Australia with our horses playing polocrosse.**



Upcoming Events/Notices



**Kapel
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
7TH OCTOBER 2026

KAPEL TELKUNA UNIT
(44 HIGH STREET)
11 AM - 12:30 PM

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

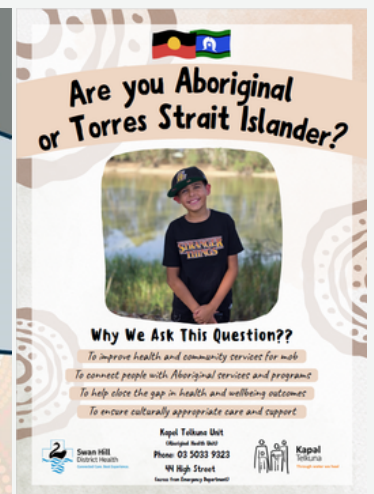
For more information, contact us on:
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AHU@shdh.org.au



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.



Introducing Solids workshop

FREE workshop with a Paediatric Dietitian and Occupational Therapist around introducing solids for your little one.

Friday the 28th of August at 10 am - 11.30 am at the Child and Family Hub at 63 McCrae street, Swan Hill

Call Maternal Child Health on 5033 0300 to secure your spot!



1800MEDICARE
is a free national
phone service,
website and app.

Expert health information and advice,
24 hours, 7 days a week.
Call 1800 633 422
Visit www.medicare.gov.au/1800
Connect via the 1800MEDICARE app

1800 medicare
1800 633 422

50 YEARS OF DEADLY SWAN HILL NAIDOC Ball

7 NOVEMBER 2026

TICKETS & TABLES
ON SALE SOON

Proudly organised by the
Swan Hill NAIDOC Committee



Chicken and Vegetable Soup

Prep - 10m / Cook - 45m / Serves - 4

enjoy!

Step 1

Place chicken stock in a large pot, add the chicken and bring to the boil. Add potato, carrots, leeks and garlic. Simmer for 30 minutes. Remove chicken from pot and when cool enough to handle, remove all the chicken off the bones.

Reduce heat of the pot to low while chicken cools.

Step 2

Return chicken to the pot, add lemon juice and kale. Bring to the boil and simmer for a further 5 mins.

Step 3

Serve with a drizzle of olive oil and a sprinkle of smoked paprika.



Ingredients (10)

- 1 litre Chicken Stock
- 4-6 chicken drumsticks
- 2 potatoes, peeled and diced
- 2 large carrots, peeled and diced
- 1 leek, white part only
- 6 garlic cloves, crushed
- ½ lemon, juiced
- 60g chopped kale
- Olive oil, to garnish (optional)
- Paprika, to garnish (optional)

Lemon Myrtle Dampers

Prep - 20m / Cook - 15m / Makes - 6

Step 1

Preheat oven to 200C/180C fan-forced.

Step 2

Lightly grease a baking tray. Sift flour and salt into a large bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine crumbs.

Stir in lemon myrtle. Season with pepper. Make a well in centre of flour mixture. Add milk. Stir to form a soft, sticky dough.

Step 3

Turn dough out onto a lightly floured surface. Knead lightly for 1 minute or until just smooth. Shape dough into 6 balls.

Step 4

Place on prepared tray. Cut shallow slits across the top of each ball. Brush with a little extra milk. Dust with a little extra flour.

Step 5

Bake for 15 minutes or until rolls sound hollow when tapped on top. Serve warm or at room temperature with butter.



Ingredients (8)

- 2 cups self-raising flour
- ½ tsp sea salt
- 50g butter, chilled, chopped
- ½ tsp dried lemon myrtle
- ¾ cup milk
- Extra milk, for brushing
- Extra plain flour, for dusting
- Softened butter, to serve

**Lemon myrtle will need to be purchased from a health food store or online. Check out local business on Facebook - Boorrongie Native Food for local supply.*

DID YOU KNOW?

Lemon myrtle is one of Australia's most well-known native bush foods and has a long history of use by Aboriginal Peoples.

- Lemon myrtle is native to the subtropical rainforests of eastern Australia.
- For thousands of years, Aboriginal Peoples have traditionally used the leaves for their fresh citrus aroma, as a flavouring, and in traditional healing practices.
- The leaves can be used fresh or dried to flavour teas, fish, chicken, desserts, vegetables and baked goods.
- Lemon myrtle is naturally rich in antioxidants and has antimicrobial properties, making it popular in herbal teas, skincare products and essential oils.



✨ "Today, lemon myrtle is one of Australia's most popular native ingredients and is enjoyed around the world." ✨

Nursing & Clinical Care Roles

- ANUM Midwifery – (YW11-YW12)
- Deputy Director – Emergency Medicine
- Aged Care – Enrolled Nurse
- Pharmacist
- Registered Nurse – Emergency Department
- Registered Nurse – Community Palliative Care
- Registered Nurse – Perioperative Services
- Registered Nurse – Student Midwife
Employment Model 2027
- Senior Medical Officer – Emergency Medicine
- Hospital Discharge Coordinator

Community Care

- Advanced Musculoskeletal Physiotherapist
- Clinical Lead – Physiotherapy
- Occupational Therapist (Grade 2)
- Physiotherapist (grade 1 or 2)
- Speech Pathologist Grade 1 (Parental Leave Replacement)
- Speech Pathologist Grade 2

Corporate & Administration Services

- Accountant (Parental Leave Replacement)
- Medical Workforce Manager
- Security Officer
- Administration Support, Reception (Parental Leave Replacement)



YARN SAFE Worker (Aboriginal Engagement)

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

For more information/Position Description, please contact Hayley Neuschafer, headspace Manager on 03 4010 7100.

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

Men's Health Week 15th – 21st June 2026

Men's health Week is an opportunity to yarn about the health and wellbeing of our men and boys. Looking after your health isn't just about going to the doctor when you're sick - it's about staying strong for yourself, your family, your Culture and your community.

Aboriginal and Torres Strait Islander men continue to experience poorer health outcomes than non-Indigenous Australian's. Many of these health issues, including heart disease, diabetes, kidney disease and some cancers, can be prevented or managed through regular health checks, staying active, eating well and seeking support early.

Men's Health Week is also a reminder that mental health is just as important as physical health. It's ok to ask for help. Having a yarn with a trusted mate, Elder, family member, Aboriginal Health Worker or GP can make a real difference.



Why your health matters?

- Have a yearly Aboriginal and Torres Strait Islander Health Check (Medicare Item 715)
- Keep up with your blood pressure, diabetes and heart health checks.
- Stay active by getting out on Country, walking, fishing, playing sport or spending time with family.
- Eat plenty of healthy foods and drink water.
- Look after your social and emotional wellbeing by connecting with family, Culture and community.
- If something doesn't feel right - don't wait. Get it checked early.

Strong men build strong families and strong communities. Take time to look after yourself and encourage the men around you to do the same. Even one health check could make a life-changing difference.

Local Confidential Services Available:

Mallee District Aboriginal Services

70 Nyah Road, Swan Hill
Ph: 5032 8600

Swan Hill Primary Health Medical Centre

54-56 McCrae Street, Swan Hill
Ph: 5033 9900

Men's Sexual Health Clinic (No referral needed)

Community Health
125 Campbell Street, Swan Hill
Ph: 5033 9337



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



**Virtual
Emergency
Department**



The 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 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.**



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**Swan Hill
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Connected Care. Best Experience.