NOVEMBER 2026



NEWSLETTER

Community Health

Learn about our key healthy lifestyle messages and community services.

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November at Community Health!

This month, we're focusing on safe, healthy and connected communities. We recognise **16 Days of Activism Against Gender-Based Violence** and **World Children's Day**, highlighting the importance of respect, equality, safety and wellbeing for everyone. We're also getting moving, sharing simple ways to **increase physical** activity and **add more fruit and vegetables** to our everyday lives. **Small changes can make a big difference!**

60 30 2+5 eat. move. smile.

Swan Hill District Health
Connected Care. Best Experience.

Meet our team

Meet Tara Mirabito from our Health Promotion Team!



Tara

Tara is part of our health promotion team who works across a range of priority areas, including promoting Vic Kids Eat Well, smoking cessation, physical activity and gender equity.

At the moment, Tara is busy working in the gender equity space, coordinating the Swan Hill District Gender Equity Network and supporting 16 Days of Activism Against Gender-Based Violence campaign and events across the Swan Hill region. Tara helps bring community partners together to promote gender equality, respectful relationships and safer communities for everyone.

Working in the health promotion space, Tara often works on giving children the best start in life. You may have spotted Tara out and about in a veggie costume, encouraging children to eat their fruits and vegetables. More recently Tara has been involved in providing families of newborns with children's books to read to their children to promote gender equity and respectful relationships.



Whether it's behind the scenes or out in the community, Tara enjoys working with community to make a positive difference.

In Tara's spare time she loves to SWIM! **Fun fact:** She's signed up to this Year's Bank 2 Bank open water swim at Lake Boga!



World Children's Day – Supporting Children to Thrive

World Children's Day is celebrated on **20 November** and is an opportunity to recognise the rights, wellbeing and potential of every child.

At Swan Hill District Health, supporting children and families is an important part of our Community Health and Health Promotion work. Our Early Years priority focuses on creating environments where children can have the best possible start in life, with access to the support, information and services they need to grow, learn and thrive.



Our Paediatric Nurse Clinic is one way we support local children and families. The clinic provides assessment and support for children and young people, helping families access appropriate care and advice when they have concerns about their child's health and development.

Supporting children's health is about more than treating illness. It includes promoting healthy eating, physical activity, positive relationships, emotional wellbeing and safe, supportive environments. Early support can make a meaningful difference to children's health and wellbeing throughout their lives.

This World Children's Day, let's celebrate the children in our community and continue working together to ensure every child has the opportunity to grow up healthy, safe, supported and included.

Paediatrics

Gender Equity

Join us!!

16 Days of Activism Against Gender Based Violence - Swan Hill 2026





Swan Hill Walk Against Family Violence

COME ALONG - Friday 27 November 2026 at 11am.

Join us for the **Swan Hill Walk Against Family Violence** and stand together as a community to say no to family and gender-based violence.

Everyone is welcome to walk, listen to local speakers, connect with others and show our support for a safer, more respectful community.

The Walk is part of the 16 Days of Activism against Gender-Based Violence, a global campaign working to prevent and end violence against women and girls.

- Wear **orange** if you can!
- Bring a hat, water bottle and comfortable shoes.

If you or your organisation or community group would like support to get involved, please contact Tara at tmirabito@shdh.org.au.



1800RESPECT is the national domestic, family and sexual violence counselling, information and support service. If you or someone you know is experiencing, or at risk of experiencing, domestic, family or sexual violence, you can call 1800RESPECT on 1800 737 732, text 0458 737 732 or visit their website for online chat and video call services - Available 24/7.

Building Connections and Celebrating Inclusion



TRANS GENDER VICTORIA



Community members, service providers and allies recently had the opportunity to connect, learn and celebrate inclusion through a series of events supporting the local LGBTIQA+ community.

A highlight was a unique visit from Transgender Victoria, coordinated by Hollie and Jess from Community Health. The visit provided valuable opportunities for community members and professionals to engage in meaningful conversations, build understanding and strengthen local support networks.

The program included a range of social gatherings, professional networking opportunities and educational sessions, creating spaces for connection, learning and collaboration. These activities helped foster greater awareness of the experiences of LGBTIQA+ people while strengthening relationships between community organisations and local services.



The momentum continued with a visit from the Victorian Commissioner for LGBTIQA+ Communities, Joe Ball, whose presence highlighted the importance of inclusive communities and the value of local efforts to support diversity and wellbeing. Commissioner Ball's visit provided an opportunity to discuss the challenges and opportunities facing regional LGBTIQA+ communities and to showcase the commitment of local organisations working to create safe, welcoming and inclusive environments.

These visits reflect the strength of partnerships across the region and the shared commitment to ensuring that LGBTIQA+ people feel seen, valued and supported. By bringing together community members, health services, young people, professionals and advocates, the events helped build understanding, strengthen connections and reinforce the message that everyone deserves to belong.



Community Health and its partners look forward to continuing this important work and creating further opportunities for education, connection and inclusion across the region.

AFFIRMATION STATION in Swan Hill

INFANT

Key messages from

Are FAMILY MEALS really that important? YES... and the research might surprise you

In our busy lives, sitting down together for a meal can sometimes feel like one more thing to squeeze into the day. Between school, work, sport, appointments and everything in between, family meals don't always happen.

But sharing a meal together is about much more than what's on the plate. **It's about connection.** Regular Family meals have been associated with a range of positive outcomes for children and young poeple, uncluding better social and emotional wellbeing, healthier eating habbits and stronger family relationships.

Check out our Eat Move Smile socials for a bit more of a break down!





Breastfeeding



Spring

5 Ways to add more fruit & vegetables into your life - every little bit counts!

Getting enough fruit and vegetables doesn't have to be complicated. Small changes throughout the day can add up and help you enjoy a greater variety of foods.

1. Add fruit to breakfast

Top cereal, porridge or yoghurt with berries, banana, apple, fresh stone fruit or whatever fruit is in season. There are some many yummy options coming up in Swan Hill!

2. Make snacks count

Keep easy options on hand, such as whole pieces of fruit, chopped vegetables with hummus, or cherry tomatoes.

3. Add an extra vegetable to dinner

Throw some extra vegetables into pasta sauce, curries, stir-fries, soups, casseroles or omelettes.

4. Try something new

Challenge yourself to try a fruit or vegetable you haven't had before. Frozen and canned options can be affordable, convenient and nutritious too.

5. Make it easy for the whole family

Wash, chop and store fruit and vegetables so they're ready to grab and eat. Get children involved in choosing, preparing and trying different varieties.

Remember: Fresh, frozen and canned fruit and vegetables can all contribute to a healthy diet. **Every little bit counts!**



Anti-Poverty Week Food Drive - held between 11th & 17th October 2026

Unfortunately our Anti-Poverty Week Food Drive didn't receive many donations this year. In total we only received 44kg of food but thank you those that did make generous donations.

The Swan Hill Food Hub had its busiest month on record during September 2026. 1,875kg of food went out to the community, providing food for approximately 800 people and equating to 3,750 meals. Did you know the Swan Hill Food Hub:

- has provided food for over 5,500 people this year?
- has been accessed by service providers over 650 times this year?
- has given out over 11,000kg of food since February this year? That equates to 22,000 meals provided.
- has given out over 500kg of bread this year?
- has 25 local agencies/groups as members of the Food Hub?
- has 11 volunteers who support the Food Hub work?

There are a number of locations locally that food donations can be dropped to at any time. These include Woolworths Swan Hill, Community Health, The Dandy Lion Studio and Swan Hill Neighbourhood House, so please consider supporting food relief in our region.



HOW TO MAKE

Cheesy bolognese pasta bake



INGREDIENTS

Tablespoon: tbsp Teaspoon: tsp

- 500g beef mince
- 500g pork mince
- 1 onion
- 1 zucchini
- 1 carrot
- 2 garlic cloves
- 1 jar passata
- 1 beef stock cube & 1 litre boiling water
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp olive oil
- 1 cup parmesan cheese
- 1 cup mozzarella cheese
- 1 can chopped tomatoes
- 1 packet of any large shape pasta
- 1 tsp Italian herbs or fresh oregano or thyme

Indigenous additions and swaps

- Swap salt for saltbush flakes.
- Swap pepper for ground pepperberry.
- Swap Italian herbs for native thyme or bush basil.
- Add 2 tbsp ground bush tomato.

Tips and variations

- Use kangaroo mince instead of beef and pork.
- Use more cheese if you like it cheesier, or use a light cheese variety for a lower fat content.
- Add extra seasonal vegetables such as silverbeet, celery, mushrooms, or spinach.
- Use wholemeal pasta for a nutritious boost, or any pasta shape you like.



Step 1: Prepare the vegetables

Chop 1 onion and 2 small garlic cloves and grate 1 zucchini and 1 carrot.



Step 2: Cook the vegetables

Heat the olive oil in a pan and add the chopped onions, carrots, zucchini and fry them on low heat for 5 minutes. Add the garlic and cook for another minute.



Step 3: Brown the mince

Add 500g beef mince and 500g pork mince (kangaroo mince as a swap) for about 5 minutes on medium heat.



Step 4: Combine

To the pan, add 1 jar passata, 1 can of chopped tomatoes, dried Italian herbs or fresh herbs from the garden and 1 beef stock cube (dissolved in 1L of boiling water). Stir well and let it simmer on low heat for 30 minutes until the sauce thickens.



Step 5: Cook the pasta

Cook pasta according to packet instructions, then drain.



Step 6: Combine and bake

Mix the cooked pasta with the bolognese sauce, then transfer into an oven dish. Top with 1 cup mozzarella and 1 cup parmesan cheese. Bake for 15 minutes or until the cheese is melted and golden.

A Full Circle Moment - Growing Community Connections



Growing More Than Food: A Partnership That Continues to Bear Fruit

Sometimes the seeds we plant today take years to reveal their true impact. Twenty years ago, a small Swan Hill school planted the first citrus tree in what would become its thriving edible garden. Supported by a Swan Hill District Health grant and planted alongside then Dietitian Kerri Curran, the tree represented more than just fresh produce. It symbolised a commitment to healthy eating, hands-on learning and community wellbeing.
Two decades later, that commitment continues to flourish.

As part of Children's Week celebrations, the Swan Hill District Health's Health Promotion team returned to Australian Christian College to add the next chapter to this story, planting two new apple trees in the school's garden, chosen by the students. In a fitting full circle moment, Kerri Curran was once again there with students, this time helping plant trees alongside a new generation of young gardeners.
The day was about much more than planting.



Students rolled up their sleeves to help establish new fruit and vegetable crops that will complement the school's agriculture program, learning firsthand where food comes from and how it is grown. They were also given the opportunity to taste some of the fruits and vegetables being planted, helping build positive relationships with fresh, healthy foods.
At the same time, the students experienced the rewards of their existing garden efforts, harvesting more than ten bags of fresh produce including silverbeet, spring onions, cauliflower, oranges and mandarins. The harvest was donated to the Swan Hill Food Hub, ensuring local families could benefit from the students' hard work and generosity.
This is community partnership at its best.



Schools play a critical role in shaping healthy habits, while health services help provide the expertise, resources and encouragement needed to support those efforts. Together, Swan Hill District Health and Australian Christian College are creating opportunities for children to learn practical life skills, connect with healthy food and understand the importance of contributing to their community.

The donation to the Food Hub also demonstrates an important lesson for young people: what grows in a school garden can have an impact far beyond the school fence.
The story of one citrus tree planted twenty years ago has now grown into something much bigger. It has become a lasting partnership that nurtures health, education, sustainability and community connection.
As more growing projects are planned to support the Swan Hill Food Hub in the future, there is no doubt the seeds planted during Children's Week will continue to bear fruit for many years to come.

After all, the strongest communities are built when people come together to grow something that benefits everyone.









eat fruit & veg move more often smile together

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