

OCTOBER 2026



NEWSLETTER

Community Health

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Learn about our key healthy lifestyle messages and community services.

October is a time to focus on wellbeing, connection and health across our community. This month, we recognise Mental Health Month and celebrate Children's Week, highlighting the importance of supporting the wellbeing and development of children, families and individuals at every stage of life. We also celebrate the success of our Community Breast Screening Day and acknowledge Breast Cancer Awareness Month, encouraging everyone to prioritise their health and stay up to date with breast screening. Explore this month's newsletter for community updates, health information and ways to support your health and wellbeing.



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

Meet our team



Our McGrath Cancer Care Nurse team includes Leanne Bibby and Sonya Edwards providing holistic care to those with a breast cancer diagnosis.

Leanne and Sonya job share the role of McGrath Cancer Care Nurse (Breast) in Swan Hill.

Leanne has been working as a McGrath Cancer Care Nurse since 2015 and as a Registered Nurse since 1992. She holds a Bachelor of Nursing, Graduate Diploma of Midwifery, Master of Nursing Science and Graduate Certificate in Breast Cancer Nursing.

She believes an important part of her role is listening to patients and providing empathy and consistent support through the many experiences that come with a breast cancer diagnosis.

Sonya has been a registered nurse since 1993, and studied to become a McGrath Cancer Care Nurse in 2023. She holds a Bachelor of Nursing, Certificate of Midwifery, Certificate of International Board Certified Lactation Consultant (IBCLC) and a Graduate Certificate in Breast Cancer Nursing.

Sonya provides holistic care and guidance for cancer survivors going forward into their future. She recognises the personal impact cancer has on each individual, and supports them in their decisions, while also empowering them to advocate for themselves.



Leanne enjoys Pilates and volunteering with community



Sonya grew up in rural Victoria and is passionate about locals having access to excellent healthcare.

Breast Cancer Screening

Raising awareness this month of breast cancer could be the difference between a mother, sister, partner, or daughter being diagnosed early - with survival rates near 100% - or at stage 4, when they plunge to just 32%.

In Australia, 1 in 7 women (and around 1 in 700 men) will be diagnosed with breast cancer in their lifetime.

Check your breasts regularly and for women aged 40 to 75 years get a mammogram every two years. To book our local service go here:
<https://www.breastscreen.org.au/locations/swan-hill-breastscreen>

If you notice any changes in your breasts or something doesn't feel right, make sure you visit your doctor.

It's important to regularly check your breasts to be aware of any changes.

Things to look for:



Are your breasts their usual size, shape and colour?



Is there any dimpling, puckering or bulging of the skin?



Is there any redness, soreness, swelling or rashes?



Has your nipple changed position or become inverted?



Is there any fluid leaking from one or both nipples? This can be watery or even blood stained.



Cancer Services



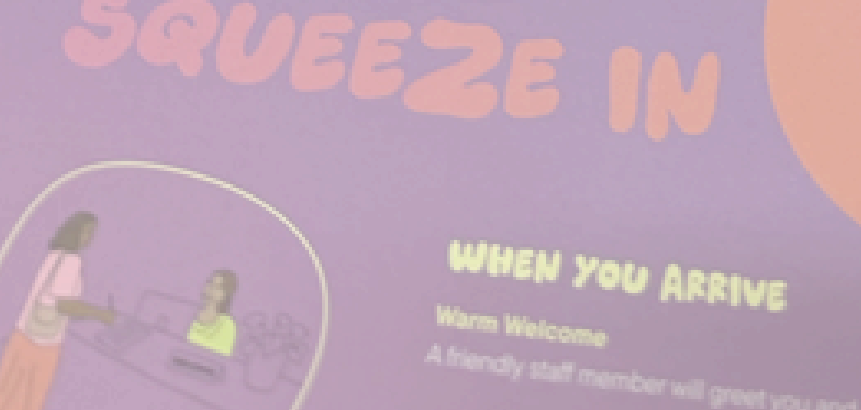
Sucessful Breast Screening Day at KTU



On Wednesday the 7th of October The Kapel Telkuna unit had a Breast Screening Awareness day. Emma and Leanne from Cancer services talked about breast, bowel, lung cancer screening. Nurse Practioner, Hollie provided an overview of cervical cancer screenings and sexual health services she provides. Felicity from radiology talked through the process of getting a Breast Screen at the Radiology Unit.

The day was all about connecting together while learning about cancer screenings. On the day, 6 participants had an Breast Screen appointment at SHDH Radiology unit supported by Kapel Telkuna staff. Other participants booked a Breast Screen appointment coming up through out October.

On the day there was a gum leaf painting activity and a lunch provided for participants. The day was well attended with around 12 participants and is a great example of connecting community to Swan Hill District Health services and providing education on cancer screenings.



Physical Activity Options

Staying active regularly is essential for good physical and mental health and wellbeing. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

The **Australian Government** has developed the following guidelines for adults:

- moderate- to vigorous-intensity physical activities for 30 minutes or more on most days
- muscle-strengthening activities on 2 or more days per week
- Break up long periods of sitting as often as possible.

For more information go to [Physical Activity Guidelines](#).

We have recently updated our Physical Activity Options for Adults which is a list of local options for planned and unplanned physical activity for adults in Swan Hill and surrounds. [Click Here for the resource](#).



Step, skip or ride into Summer!



In 2026 National Nutrition week is being held between the 12th to the 18th of October. National Nutrition Week aims to inspire a connected and nourished Australia.

Food nourishes more than just our bodies. It connects us to family, community, culture, wellbeing and the places we live, learn and work.

A theme being focused on in 2026 is positive food experiences and messaging for children and young people – because food should feel safe, pressure free, inclusive and enjoyable.

Asking simple engaging questions can help to create a positive relationship with food, these include:

- What colours and shapes do you see?
- How does it look when you break it apart or cut it open? How is it different from the outside?
- What does it feel like?
- How does it smell? Does it remind you of anything?
- What does the texture feel like?
- What is the temperature (warm, cool, icy)?
- If you could describe this food in three words, what would they be?



SUPPORT THE SWAN HILL FOOD HUB

Anti-Poverty Week Food Drive Together we can fight poverty and hardship.

ALL DONATIONS GOING TO THE SWAN HILL FOOD HUB

Examples of Food items to donate

When:

Sunday 11th October 2026 -
Saturday 17th October 2026



Drop off locations:

- Community Health, 125 Campbell St
- Swan Hill Library, 53-67 Campbell St
- Woolworths Swan Hill
- Dandy Lion Studio, 7 Rutherford St
- Swan Hill Neighbourhood House, 98-100 Gray St

For more information contact Tania at Community Health on
5033 9337

Anti-Poverty Week focuses on reducing poverty and hardships such as food Insecurity.

The Swan Hill Food Hub Anti-Poverty Week Food Drive will be held between the 11th-17th October 2026. All donations will be go directly to support our local community.

If your business/organisation would also like to conduct a food drive please complete the online form to receive more information
<http://www.foodforall.co/mmunity/antipoverty-week-food-drive>

Mental Health Month

October is Mental Health Month, it is a great opportunity to check in with yourself and others around us and reflect on how we can look after our own mental health and wellbeing. The 2026 theme is 'Together we thrive' which highlights that in a busy world where everything can become overwhelming connecting with others is a significant thing we can do to boost our mental health.

Ways to connect with others:

- Going for a walk together
- Having a coffee at a cafe or at home
- Calling or facetimeing someone for a chat
- Catching up and doing an activity you both enjoy together
- Sending a message checking in on someone

Connecting with each other either big or small can look very different but is a great way to support and thrive together around mental health



Gender Equity

Dad's Do Hair: Connecting Through Care

Dad's Do Hair was a fantastic opportunity for dads and father figures to bond with their children while learning how to style hair in a fun and supportive environment.

Held at the Swan Hill Regional Library, the workshop brought together 17 children and 17 dads and carers, including 3 mums, for an interactive session led by local facilitator Kylie Boxall.

The event provided much more than practical hair-styling tips. It created a welcoming space for fathers and father figures to spend quality time with their children, building confidence and connection through a shared activity. From learning to create ponytails and braids to tackling tricky tangles, participants embraced the opportunity to try something new together.

For some Dads, it was their first experience styling their daughter's hair. One Dad shared that one of the most valuable lessons he learned was how to make brushing knots less painful, learning a simple technique that will make daily routines easier and more enjoyable for both him and his daughter.

The workshop highlighted how everyday moments of care can help strengthen relationships and create lasting memories. Activities like Dad's Do Hair encourage fathers and father figures to be actively involved in all aspects of family life, demonstrating that even simple tasks can become meaningful opportunities to support and engage with their children. The library hopes to hold similar sessions in the near future.



Children's week 2026

Children's week is held between the 24th of October and the 1st of November in 2026. Children's week focuses on the rights of children to live healthy happy lives. In 2026 the specific right that is being highlighted is '**Children have the right to use their own language, celebrate their culture and practice their religion**'. This is an important right as being able to express and experience your culture and religion is a part of our identity and belonging.

The Swan Hill Region is a multicultural community with lots of diverse cultures, languages and religions. This Children's week reflect on your own and other cultures around you and how they shape children and their identity and belonging.



Events

Antenatal Breastfeeding Session

Learn about breastfeeding before your baby is born.

 Wed, 4 Nov 2026

 6pm – 7pm

 Child & Family Hub
63 McCrae Street
Swan Hill

How to book:
Call Community Health at 5033 9337 to secure your position



Check out feedback from our last session!

WALK AGAINST FAMILY VIOLENCE SWAN HILL



FRIDAY 27 NOVEMBER, 11 AM

**CAMPBELL STREET SWAN HILL
CNR. RUTHERFORD STREET TO CLOCK TOWER**

**RESPECT IS KNOWING YOU CAN
HELP PREVENT VIOLENCE AGAINST WOMEN**

Safe Steps 1800 015 188 | 1800RESPECT 1800 737 732 | Men's Referral Service 1300 766 491
If you believe someone is in immediate danger, call 000 and ask for the police.

Kapel Telkuna Community Garden Day

COME AND JOIN US!

Our Bush Tucker Garden is growing, and we'd love to have community join us in caring for it!

Come along for a morning of gardening, planting, maintaining our native plants, sharing knowledge and having a yarn.

We will also be doing some painting of wooden animals to place up in the garden.

Whether you have a green thumb or just want to lend a hand, everyone is welcome!

Come together. Care for Country. Grow community.

Community, Bush Tucker Garden Day!

Growing, Caring & Connecting Together
Come along and help us care for our Bush Tucker Garden, learn about our native plants and spend some time connecting with community while enjoying morning tea supplied by the KTU team.

Friday 16th October 2026
10am – 11:30am

Kapel Telkuna Unit
44 High Street





Office Contact Details
03 5033 9323
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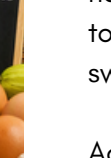
FRESH FOOD SWAP

HELP US CELEBRATE FIRST ANNIVERSARY!

SHARE • CONNECT • REDUCE WASTE

SATURDAY 17 OCTOBER 2026
10AM – 12PM
SWAN HILL LIBRARY



MONEY-FREE PRODUCE SWAP
Share what you have, take what you need.

LIGHT MORNING TEA
Enjoy a cuppa and catch up with others.

PLANT-A-POT ACTIVITY FOR KIDS
Fun for the little ones, thanks to Bunnings Swan Hill.

BRING YOUR EXCESS PRODUCE TO SHARE AND SWAP!

PROUDLY SUPPORTED BY BUNNINGS SWAN HILL

Come along and help us celebrate a great first year of SHARING, SUSTAINABILITY and COMMUNITY CONNECTION.

The Fresh Food Swap is turning 1!

At the Fresh Food Swap community members are encouraged to bring any home grown produce, eggs and preserves to share on the day, If you have nothing to swap don't worry still come along.

Additional to the Fresh Food Swap there will be a light morning tea with tea and coffee and a plant a pot activity for all to enjoy!

Events

Swanning with Pride



Rainbow Network, Zoe Belle Gender Collective and the Centre for Excellence in Rural Sexual Health (CERSH) are teaming up and heading to Swan Hill on October the 21st for an all day event that will help you support our LGBTIQ+ young people with confidence.

The program begins with a Community of Practice session and an evidence overview, followed by a networking lunch, workshops and resource sharing.

🕒 **WHEN:** Wed Oct 21, 10am – 3:30pm

📍 **WHERE:** Swan Hill Art Gallery

💰 **COST:** Free! Lunch provided.

Register now - <https://events.humanitix.com/swanning-with-pride>

AFFIRMATION STATION
in Swan Hill
October 16-17, 2026

Transgender Victoria has partnered with Swan Hill District Community Health and headspace Swan Hill to bring Affirmation Station to the local community.

Join us for two days of social activities, workshops, and gender affirmation services for trans, gender diverse, and non-binary folks age 16+.

TGV TRANS GENDER VICTORIA



PEER NAVIGATION



TRANS SOCIAL CLUB



VOICE THERAPY



SUPPORTING TRANS FAMILY WORKSHOP



STYLING WORKSHOP



AFFIRMING PRODUCTS WORKSHOP

All events require registration to attend. Location for events will be provided upon registration.

To register or to learn more about each of these events, scan the QR code or visit tgv.org.au/events



AFFIRMATION STATION



Swan Hill District Health
Connected Care. Best Experience.



headspace
Swan Hill