



## Share the Dignity Period Packs

Thanks to our Nurse Practitioner Hollie, we now have Share the Dignity Period Packs available at Community Health, front reception. The rising cost of living can often lead to period poverty where it is difficult to afford sanitary items. Hollie found this issue was occurring frequently within her consultations and sourced period packs from Share the Dignity. This amazing organisation is helping to end period poverty in Australia. In August, you can support this organisation by donating sanitary products to their donation box at Woolworths. Another great way of supporting is through donating directly to the organisation on their website: [sharethedignity.org.au](https://www.sharethedignity.org.au)

## Cervical Screening Grant



Swan Hill District Health, Community Health has received funding from the Cancer Council to promote cervical, bowel and breast cancer screenings in Swan Hill. Cervical screening is an easy simple check up with the new self-collection process.

Our friendly Women's Clinic nurse, Maureen is here to help the community complete their cervical screenings. Women and people with a cervix aged 25 to 74 years, are invited to have a cervical screening every 5 years. To find out about cervical screening book an appointment by contacting Community Health reception on 5033 9337.

### In this newsletter:

Women's Health

Cancer Screenings

NAIDOC Week

Health Promotion

Breastfeeding

Smiles 4 Miles

Diabetes Week

Staff Profiles



## NAIDOC Week Family Fun Day

The Community Health team from Swan Hill District Health attended the NAIDOC week Family Fun Day held behind Swan Hill Aquatic and Recreation Centre.

Our Health Promotion Officers, Bronte and Tara, provided a hands on gardening activity. 74 pots were decorated and planted with seedlings including spinach, lettuce, spring onion and carrots. This activity is fantastic as families can start or add to their own garden at home. Lot's of conversations from children about gardening and having their own vegetables!

Huge thank you to the Swan Hill NAIDOC Committee who did an amazing job organising the events in our community for the whole community to join and celebrate.



## Community Health Involved in Possum Skin Burning

NAIDOC Week provides us all with the opportunity to learn about First Nations culture and history and celebrate the achievement of Aboriginal and Torres Strait Islander people.

To celebrate, Kapel Telkuna staff hosted a Possum Skin Burning NAIDOC Event for SHDH staff on Tuesday 9th July, which provided a chance for staff to be involved in the design of a possum skin to be used for future SHDH events.

Acting Community Health Manager, Ange Jewson, and Dietetics Manager, Kristi Germaine, contributed with the Community Health leaf design along with the work 'Putheka' which is the Wamba Wamba word for 'to come in'. Here at Community Health we invite everyone in our community to utilise our vast array of services to improve their health.





## Kids Create Rainbow Burritos

Community Health partnered with Swan Hill Regional Library during July school holidays to provide a free, non-cook food activity. Over two sessions 26 children enjoyed listening to the fun picture book, 'Alpacas with Maracas' by Matt Cosgrove before making some yummy vegetable burritos!

On the day, kids were provided with tomato, carrot, corn, leafy greens and cucumber provided along with wholegrain rice and wraps and black beans for protein. Involving children in food prep is a fantastic way for them to try new or familiar foods. Offering a variety of different coloured veg and fruit, and encouraging kids to 'Eat a Rainbow', is not only appealing but ensures that children are achieving a wide variety of nutrients.

## Dad's Riverside Coffee Stay and Play

Come along for fun Stay and Play sessions this September! For dad's and male carers with children from birth to 6 years. Mat play and ball activities provided along with FREE coffees!

**Time:** 12pm - 1pm

**Dates:** Thursdays  
5th September  
12th September  
19th September

**Venue:** Grass area outside House + Bean Cafe  
Riverside Park, 1 Monash Drive, Swan Hill.

For more information or to place an expression of interest please contact Courtney on 0418 157 923.



## Early Years Online Hub - Events page



Did you know you can find weekly activities, and local events such as school holiday activities, all on the Early Years Online Hub?

Find about events and services happening in Swan Hill, Robinvale and all the towns in between through the Early Years Online Hub!

<https://earlyyearsonlinehub.org.au/events>



Breastfeeding

## New Antenatal Breastfeeding Sessions

Join the Community Health Breastfeeding Support Service for a one hour session to learn all about breastfeeding before your baby is born.

Sessions are currently being held on the first Monday of each month from 9am - 10am at Community Health on 125 Campbell Street, Swan Hill. They are open to women at any stage of pregnancy with partners encouraged to come.

Antenatal breastfeeding education helps expectant parents to prepare for breastfeeding in the vital days, weeks and months after their baby is born. It is also a great opportunity to meet with Breastfeeding Support Service who have helped many women with their breastfeeding journeys in the Swan Hill District.

For more information or to book a session call Community Health at 5033 9337.



**Antenatal Breastfeeding Sessions**

Join the Community Health Breastfeeding Support Service for a one hour class to learn about breastfeeding before your baby is born.

**Time**  
9am - 10am

**Dates**  
first Monday of the month:  
• 5th August • 2nd September  
• 7th October • 4th November

**Location**  
Community Health  
125 Campbell St,  
Swan Hill

Topics covered include:

- What happens to breasts during pregnancy and the impact on feeding.
- Identifying your support team
- Benefits of breastfeeding
- Incorporating breastfeeding into your life
- Practical activities and more!

**NOTE:** Sessions open to women and partners at any stage of pregnancy.

For more information or to register your interest in attending, contact Community Health

    **5033 9337**

## Swan Hill & District Breastfeeding Group

Our Breastfeeding Group is run weekly on Thursdays from 9:30am - 11am at the Child and Family Hub on 63 McCrae Street, Swan Hill. Its a great opportunity to meet with other parents on their breastfeeding journey.

Morning tea, kids toys and books available, and Sonya from Breastfeeding Support Service in attendance!



## World Breastfeeding Week 2024

World Breastfeeding Week is held in the first week of August each year. For 2024, Community Health launched a Breastfeeding photo competition to promote and celebrate breastfeeding in our community!

Showcasing local mums breastfeeding can be inspiring and have an impact on other mothers making them feel more comfortable breastfeeding in public.

Two lucky draw winners will be announced on eat.move.smile social media on Monday 5th August!



**Breastfeeding Photo Comp**

Community Health are hosting a photo competition for World Breastfeeding Week!

To participate fill and send in a photo consent form with a breastfeeding photo to [thiggins@shdh.org.au](mailto:thiggins@shdh.org.au)

There are two \$50 vouchers up for grabs as prizes!

Competition ends on Thursday 31st July!

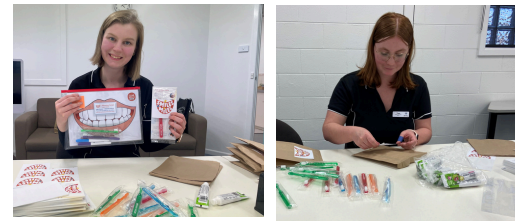
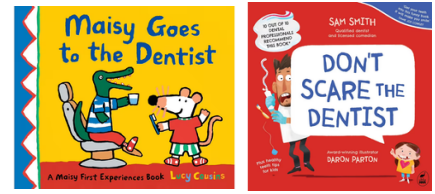


## 20 years of Smiles 4 Miles

Swan Hill District Health was lucky enough to receive one of twelve Dental Health Week grants provided by Dental Health Services Victoria. This grant is to celebrate Dental Health Week and 20 years of the Smiles 4 Miles program in Victoria.

Smiles 4 Miles is a program run in early childhood centres which promotes oral health through three messages; Drink Well, Eat Well and Clean Well. The program is managed by Dental Health Services Victoria and facilitated by the Health Promotion team at Swan Hill District Health. The grant is going towards activity packs for all 23 registered Smiles 4 Miles services in the area. These packs include a picture story book promoting dental health, an A3 poster and a hands on activity for children to complete to promoting brushing your teeth.

During term 3, The Dental Services and Health Promotion team work together to facilitate these Dental Screenings in the kinders and long day cares. These screenings aim to get children familiar with dental check ups in a peer environment. Our Health Promotion Officer and the Intereach Family Day Care Coordinator goes to the centres and provides a story and a chance for kids to show how they brush teeth on one of our brush puppets. Every child registered in Smiles 4 Miles is provided with a dental pack which includes a toothbrush, toothpaste and a flyer around how to brush your teeth.



## National Diabetes Week (14-20 July)

This year's theme is 'Unite in the Fight for Tech'. Diabetes technology is both life changing and life saving. Australians living with all types of diabetes should have equitable access to the lifesaving technology they need to live well. However, current access to technology such as continuous glucose monitoring devices and insulin pumps isn't equitable with some people being unable to access what they need to manage their diabetes. Diabetes Australia is advocating for fairer and more equitable distribution and access to technology for all people with diabetes in Australia. [Unite in the fight for diabetes tech | Diabetes Australia](#)

Swan Hill District Health has a multidisciplinary Diabetes Team who is able to provide education and support for all people in our community living with Type 1, Type 2 or Gestational Diabetes. Our Diabetes Team includes Diabetes Nurse Educator, Dietitian, Podiatrist, Exercise Physiologist, Optometrist and Dentist. A specialist Endocrinology Service is also available via the Diabetes Nurse Educators for people living with Type 1 or Type 2 Diabetes. It is recommended that people with Diabetes regularly visit their G.P and see their Diabetes Team at least once a year to monitor your diabetes and prevent complications.

Our Diabetes Nurse Educators can assist eligible people living with diabetes to access diabetes technologies such as continuous glucose monitors, Insulin Smart Pens and insulin pumps. We provide education and support to help you get the most benefit from your diabetes technology to manage your diabetes successfully.



**To access your local Diabetes Team contact Swan Hill District Health-**

Community Health:  
125 Campbell Street, Swan Hill  
**Phone:**  
03 5033 9337  
**Email:**  
[chreceptioneshdh.org.au](mailto:chreceptioneshdh.org.au)



**eat fruit & veg move more often smile together**

---

## Staff Profile Highlights



### Ange

Ange is our Community Health Nurse Clinical Lead and has had many years of experience in community nursing. Ange is a Credentialed Diabetes Educator and Certified Sexual and Reproductive Health Nurse.



### Maddi

Maddi is a member of the Diabetes Education team and is a Credentialed Diabetes Educator. Maddi is also the SHDH Better @ Home Coordinator .



### Kristi

Kristi is our Dietetics Manager and is an Accredited Practicing Dietitian with over 20 years experience. Kristi works with community clients including headspace and gestational diabetes.

## Easy pumpkin soup- perfect for lunch or dinners

### Ingredients:

- Olive Oil- 2tbsp
- 1 onion
- 1 garlic clove
- 1 tsp curry powder
- 1 kg Pumpkin, diced
- 2 large potatoes peeled, diced
- 1 litre chicken or vegetable stock

### Method:

- 1.Heat oil in a large saucepan over low heat, add onion and cook for 2-3 minutes until softened
- 2.Add the curry powder and garlic stirring for 30 seconds
- 3.Add remaining ingredients and simmer on low to medium heat for around 30 minutes or until pumpkin is soft
- 4.Cool in saucepan and blend into a smooth texture



*Thank you for reading!*

<b>COMMUNITY HEALTH</b>	PHONE: 03 - 5033 9337 FAX: 03 - 5036 4561
chreception@shdh.org.au	125 Campbell Street, Swan Hill, 3585

---