

# Aboriginal Health Unit's Message Stick

March—April 2023

## SHDH Staff Profile

### Meet Dwayne

***Dwayne the YARNSAFE worker at headspace who's role is to connect with and promote mental health in the Indigenous community. Dwayne has worked with Indigenous Australian youth for the past decade in several roles across QLD, NSW and VIC... "I love working with young people and watching them grow to achieve their goals."***

***Dwayne is motivated to be a positive role model for young people in the community. His favourite saying is "give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime."***

***Dwayne's hobbies include playing and watching sport, being outdoors, doing Pilates, and spending time with family. He's also studying a Certificate IV in Mental Health at the moment!***

***Quirky fact: "I was bitten on the backside by a pig when I was five!"***



Deb  
5033 9323

Michelle  
5033 9868

SHDH  
5033



Swan Hill  
District Health  
Connected Care. Best Experience.

# SHDH Service Profile

## headspace

headspace Swan Hill is a free youth service for ages 12-25 aiming to improve the mental health and wellbeing of young people through access to support around mental health, physical and sexual health, issues with alcohol and other drugs, work and study, housing, legal issues and more. headspace offers a flexible delivery of services to meet young people where they are at. This includes individual and family support, group based interventions, single session consultations and secondary consultations. Headspace is a one stop shop with the goal of reducing barriers that young people face navigating multiple services. headspace services are available in person, online, or via telephone. headspace aims to be a safe space for young people, their family and friends to add a few extra tools to their tool kit.

Since opening in February 2017, the team has grown to include Social Workers, Psychologists, Occupational Therapists, Youth Workers and more. Over 2000 young people have made contact with the centre and approximately 45,000 community members have been engaged through a range of activities including school visits, headspace Football and Netball rounds, Harmony Day, NAIDOC Week, Mental Health Week and events at the centre!



Deb  
5033 9323

Michelle  
5033 9868

SHDH  
5033 9300



# Upcoming Events

## 15—21 March—Harmony Week

25 March Harmony Day—Riverside Park 4—8 pm

## 16 March—National Close the Gap Day

28 March Tuesday—Aboriginal Reference Group meeting  
11:30—1 pm Anglican Church Foyer

## 7 April—Good Friday

## 10 April—Easter Monday

Tuesday 25 April—ANZAC Day

## MDAS Play group at MDAS Community Hall:

<b>Mondays</b>	<b>Cultural Activities</b>	<b>9:30—10:30 am</b>
<b>Tuesdays</b>	<b>Sensory Group</b>	<b>9:30—10:30 am</b>
<b>Wednesdays</b>		<b>10—11 am</b>

***What bit Dwayne when he was five?*** Phone or text Deb or Michelle with the answer and the first person who provides the correct answer receive a \$20 gift card.

**Mia Korp was the winner of the last gift card.**

Follow Swan Hill District Health on

Facebook or

<https://www.shdh.org.au/>

for information and further updates.



Deb  
5033 9323

Michelle  
5033 9868

SHDH  
5033 9300



## Random tips from the mob for the mob

- A tennis ball in the clothes dryer cuts down time in drying your clothes.
- Toothpaste makes your sink shine.
- A lemon cut in half takes the smell from your sink, hands and benchtops and cleans your oven door.
- Bicarb soda in your fridge helps with smells.
- Apply dish washing liquid on stains on your clothes and then wash as normal.
- The plant pigface is great for getting rid of warts, skin irritations, bites and sunburn
- Lavender oil helps with stress, sleep headaches and is a natural antiseptic and good for bites.
- Apples and tomatoes keep longer in the fridge.

**Let us know your favourite tip so it can be shared**



**Deb**  
5033 9323

**Michelle**  
5033 9868

**SHDH**  
5033 9300



# SHDH Positions Vacant

## Clinical Management

Associate Nursing Unit Manager (ANUM) Aged Care – Logan Lodge

Associate Director of Nursing (ADON)

Associate Nurse Unit Manager- Emergency Department

Associate Midwifery Unit Manager

Perioperative Services Unit Manager (NUM)

## Nursing & Clinical Care Roles

Registered Nurse – Acute Ward

Casual Nurse Bank RN's & EN's

Clinical Midwife Educator – Closing 24th March

Registered Midwives

Registered Nurse – District Nursing & Hospital in the Home (HITH)

Registered Nurse – Emergency Department

Registered Nurse – Peri Operative Services

Rotating Registered Nurse 0.8 FTE

Quality Consultant – NSQHS & Community (HSS)

Quality, Experience & Safety – Project Officer

## Administration

Administration Officer Palliative Care – Closing 5th March

Finance Accounts Administration Office – Closing 12th March

Quality Experience & Safety Administration Officer – Closing 12th March

Workforce Trainer & Career Advisor 0.4 FTE



Deb  
5033 9323

Michelle  
5033 9868

SHDH  
5033 9300



## **Aged Care**

Endorsed Enrolled Nurse – Jacaranda Lodge

Endorsed Enrolled Nurse -Logan Lodge

## **Community Care Services**

Activity Leader – Social Support Group – Closing 5th March

Community Health Nurse Sexual & Reproductive Health 0.2FTE (Breastfeeding & Refugee Health Relief positions) – Closing 13th March

Exercise Physiologist Grade 1 or 2

Speech Pathologist Grade 1 or Grade 2 – Closing 2nd March

Dentist

Lead Dental Officer

Occupational Therapist Grade 1 or Grade 2 – Closing 19th March

## **Corporate Services**

Security Officer

## **Medical Services**

Nurse Practitioner Emergency Department

Nurse Practitioner – Residential in Reach

Senior Sonographer

For further details look on SHDH website <https://www.shdh.org.au>

Or contact

Kristy Casey

Talent Acquisition and Recruitment Officer

5033 9499



**Deb**  
5033 9323

**Michelle**  
5033 9868

**SHDH**  
5033 9300



# SHDH Contact Numbers

<b>Swan Hill District Health (SHDH)</b>	<b>5033 9300</b>
SHDH Dental Services	5033 9336
<b>SHDH Well Women's Clinic</b>	<b>5033 9337</b>
SHDH Diabetes Services	5033 9337
<b>SHDH Emergency Department</b>	<b>5033 9231</b>
Headspace	4010 7100
<b>SHDH Midwifery</b>	<b>5033 9269</b>
SHDH Physiotherapy	5033 9390
<b>SHDH Social Support Groups</b>	<b>5033 9359</b>
SHDH Alcohol and Other Drug Services	5033 9880
<b>SHDH Podiatry</b>	<b>5033 9300</b>
SHDH Breast Care Nurse	5033 9202
<b>SHDH Speech Pathology</b>	<b>5033 9300</b>
SHDH Cancer Services	5033 9201

*Do you have idea or item to be included in this newsletter? We would love to hear from you — contact Deb or Michelle. With your idea.*



Deb  
5033 9323

Michelle  
5033 9868

SHDH  
5033 9300



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

## FRITTERS

- 2 eggs, whisked
- ½ cup self raising flour
- ¼ cup milk
- ½ cup of diced cooked lamb (or ham or cheese)
- ½ cup grated zucchini (or potato -squeezed to remove liquid, or carrot)
- 1 tbsp fresh chopped herbs, such as parsley or chives
- ¼ cup diced cooked onion if desired.
- ground pepper
- vegetable oil for cooking

Mix all ingredients together except vegetable oil. Heat oil in pan (just enough to cover the base) and add large spoonful's of fritter batter allowing room for spreading, cook until bubbles appear then flip and cook the other side. Remove and add more fritters until all mixture is used.

Serve with salad vegetables and a dipping sauce as preferred.



*Fun ways to feed  
your little ones!  
Try these easy and  
nutritious fritters*

eat fruit & veg move more often smile together  
**eat.  
move.  
smile.**  
eatmovesmile.shdh.org.au





## SHDH Aboriginal Health Unit (AHU) Survey

The AHU are seeking information and feedback from Aboriginal Community members to improve services delivered by SHDH. Your participation in this short survey is greatly appreciated and will be used to plan and develop the Aboriginal Health Unit.

1. What services would you like to see the Aboriginal Health Unit provide whilst you are in hospital and when discharged?

---

---

---

---

---

2. What works for you or what do you like at SHDH?

---

---

---

---

---

3. What can SHDH do better?

---

---

---

---

---

4. If the Aboriginal Health Unit needed to promote an event or service what way or how would you be more likely to hear about it—please circle your choice.

- SHDH Facebook page      local radio      local paper      flyers at different locations  
Other

---

---

Please provide completed surveys to Deb 0428 147 658 or Michelle 0486 017 986 or leave in feedback boxes at SHDH or MDAS front receptions

Thank you



Music | Culture | Food

South-Sudanese  
music with  
Ajak Kwai

Free  
Entry

# SWAN HILL HARMONY DAY

Riverside Park  
25 March 2023, 4pm-8pm

Welcome to Country. Kids activities. Billabong Ranch Animal Nursery. Traditional Dress Parade. Punjabi Folk Dance. Food stalls from the Harmony kitchen.

We acknowledge the Traditional Owners of the land on which we gather and pay our respect to Elders past, present and emerging.



swanhillharmonyday@gmail.com

**YARN WITH US!**

**Swan Hill District Health's Aboriginal Health Unit are seeking local Aboriginal Community members to be involved in an Aboriginal Reference Group by sharing their knowledge and experiences to better support SHDH and Community.**

**Join us for a light lunch to hear more about how you can have a voice in shaping the future of the service delivery at SHDH:**

**WHEN: Tuesday 28th March 2023**

**WHERE: Anglican Church Function Centre,  
46 Splatt Street**

**TIME: 11.30am - 1pm**

**light lunch provided**

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

**For further info contact either Michelle: 0486 017 986  
or Deb 03 5033 9323**

