Simple Steps
Local Stories
Healthier Lives

SWELL

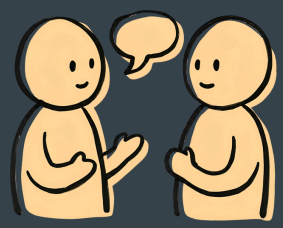
South West Well

In this newsletter:

Upcoming events
Services in spotlight
Seasonal health information
Health screening information
Awesome apps
Connect, move, thrive

Client Stories

Want to share your story?



Have you used one of our Community Health Clinic's? We would love to hear how our service has helped you with your health.

If you would be happy to have your story in a future edition of our newsletter please get in touch using the QR code below

Welcome to our first edition!
In our newsletter, you will find helpful tips, community health service information, and fun activities that support healthy living. We hope you enjoy learning new ways to stay healthy and feel your best.

Fact vs Fiction

Hear it from our experts!

Dr Rosy Buchanan
Gynaecologist and
Clinical Director SWH

Fiction: Menopause is a part of life and you just have to live with it.
Fact: No, you don't have to put up with menopausal symptoms! A number of options are available to treat any bothersome menopause symptoms. This includes lifestyle, diet and medication options. Information is available on the Jean Hailes website, from your own GP clinic and also from our new Menopause Clinic at SWH. See inside for more details!
www.jeanhailes.org.au

Upcoming Events

Oct 7
SWH Aged Care Information Session
Know your options before you need them
SWH Community Health Building 6-8pm

Learn about aged care options and staying independent at home. Find out about making a plan so that you and your family can make informed choices with confidence
RSVP: Community Health 55634000

Oct 27
Health at home Expo!
Archie Graham Community Centre
2-3pm

A chance to connect with our staff from the Community Health Centre and learn about programs and services to support people to remain living safely at home and to return home from hospital more easily.
RSVP: Contact Archie Graham Centre

South West Healthcare

Summer is coming!

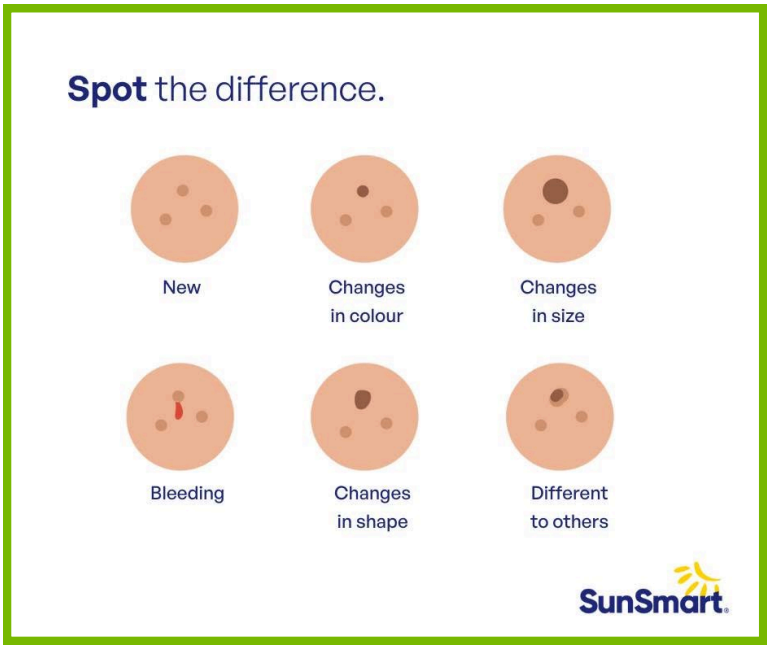
Did you know...
Australia has one of the highest rates of skin cancer in the world. More than 2 in 3 Australians will be diagnosed with skin cancer in their lifetime.

Keep an eye on your skin

- Check your skin often for any new spots or changes in shape, colour or size of existing spots.
- If you notice anything unusual, see your doctor as soon as possible.
- Most skin cancer can be treated with success if found early.
- **Remember**, if you have any concerns or questions, please contact your doctor.

Scan the QR code to access Sun Smart Tools!

www.sunsmart.com.au/resources

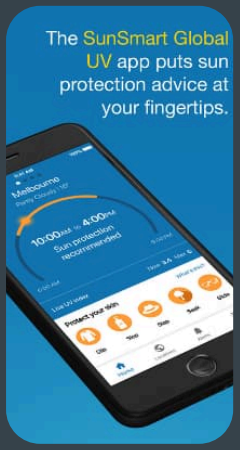


Awesome apps!

Sun Smart app

UV radiation can't be seen or felt and can be harmful on warm, sunny days and on cool, cloudy days too.

This free SunSmart Global UV app gives you current sun protection advice, so you know when UV levels can damage your skin. When the index hits 3, cover up from UV.



Scan the QR code to download the app today!

Service spotlight!

South West Healthcare Menopause Clinic

Women in Southwest Victoria can now access menopause care close to home, at no cost.

South West Healthcare has opened a free public Menopause Clinic at Warrnambool Base Hospital.

The clinic offers women appointments to understand menopause and peri-menopause.

This may include:

- Menopause Hormone Therapy (MHT) advice and management
- referrals to other services: to assist with symptoms such as clinics assisting in mental health, sexual health and pelvic pain
- referrals to assist with sleep, diet and overall health.

The clinic will be on level 4 at the Women's Health Service at Warrnambool Base Hospital.

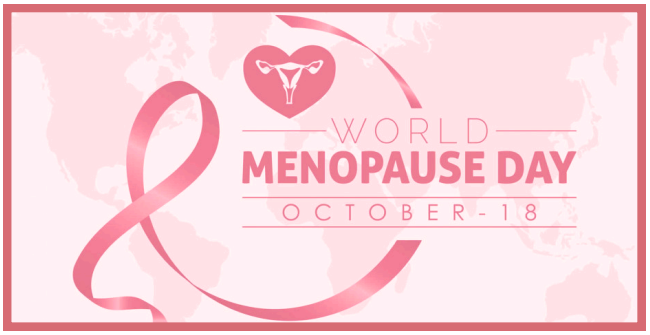
Referrals are currently being accepted.

Please speak to your GP or Nurse Practitioner about obtaining a referral.

For women who cannot see a GP for a referral, they can use the free Women's Health Virtual Clinic. It provides free access to healthcare for all Women in Victoria.

The virtual clinic is open Monday to Friday, 9am - 5pm.
You can book a free appointment over the phone: 1300 003 224 or online via www.each.com.au

Scan the QR Code to book into the Women's Health Virtual Clinic for a referral today!



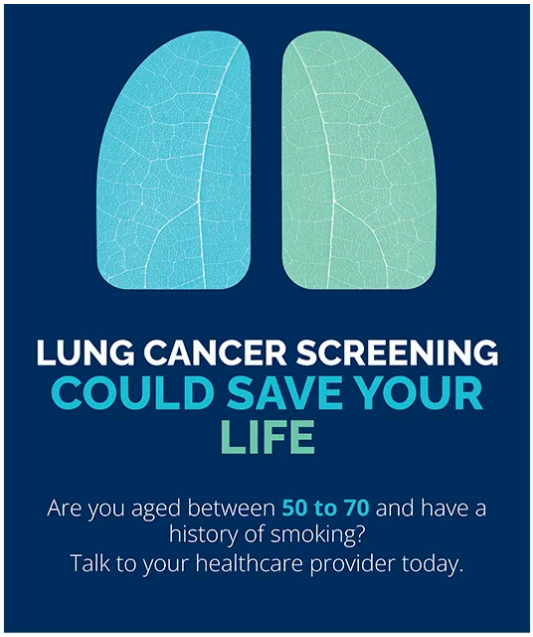
Health screening corner

November is lung cancer awareness month

The National Lung Cancer Screening Program commenced on 1 July 2025. The Program aims to find lung cancer early and reduce deaths from lung cancer. Early detection can lead to more effective treatment options and better outcomes for patients.

www.lungcancerscreen.org.au

Scan the QR code to see if you are eligible



For more information scan the QR code or visit www.health.gov.au/nlcsp

Australian Government | NATIONAL LUNG CANCER SCREENING PROGRAM

Connect, move, thrive

Mental health

Write down one thing you are grateful for each week

Share it with someone else and encourage them to do the same!

www.blackdoginstitute.org.au

Connection/environment

Say hello challenge!

Start a conversation with someone new or reconnect with someone you haven't spoken to in a while

neighbourseveryday.org

Physical health

Steps Challenge!

Pick a Goal:

- Walk to the end of the street
- Walk around the block
- Walk for 10 minutes

Start small and increase over time

www.heartfoundationwalking.org.au

See how many tasks you can complete over the month of November!

Next edition coming early 2027

We want to hear from you!

What do you want to see in our next newsletter?

Let us know via the QR code!

To read this edition or previous copies online please visit https://southwesthealthcare.com.au/health-promotion

Disclaimer: information in this newsletter is for general health education only and should not be considered medical advice.