

COCKBURN INTEGRATED HEALTH

NEWSLETTER - JULY/AUGUST/SEPTEMBER 2020

Welcome to the July/August / September edition of our newsletter. It has certainly been a very unusual few months, with many of our services working from home and offering telehealth and video conferencing in place of face to face meetings, in response to the COVID-19 pandemic. Staff from CIHealth predominately worked from home during March and April, however as restrictions eased, services returned, and I am happy to say that all services are now back on site. We all had to adapt to our new "normal" and the Cockburn Healthy Lifestyle Program was no exception, offering programs and health assessments on line. While we are now able to offer face to face assessments and programs again, we will continue to offer on line as an alternative, for the foreseeable future.

We showcase Cockburn Wellbeing in this edition. They are a low-cost/bulk billed service that offers physical health care and mental health screening for people living with a mental health concern within the City of Cockburn. They are very pleased to welcome two new staff members - Kayla Theron and Sue York. If you are interested in knowing more about this very important service, or about Kayla and Sue, have a read of their article. They are currently asking for people to undertake a quick on line survey - details can be found on page 3 or on our website. The more responses they get, the better, so please take a few minutes to fill this in.

Colleen Crowley, Financial Counsellor with the City of Cockburn, writes an interesting article about accessing your superannuation early, due to COVID-19. While this may seem like an ideal solution to those who have very sadly lost their jobs during this pandemic, she urges people to look into the possible implications before applying.

Telethon Speech & Hearing write a very important article about speech and language development, and the importance of continuing these appointments even during difficult times. While COVID-19 has meant that many face to face appointments had to stop, Telethon Speech & Hearing have been offering teletherapy as an option during this pandemic.

Finally, our recent Curtin University Social Work student, has written an article about the social work profession in the Australian community. Well worth a read, as you wait for your appointment.

As always, I hope that you enjoy reading this newsletter. Please do not hesitate to contact me if you have any feedback.

IN THIS ISSUE



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COCKBURN
WELLBEING



CITY OF
COCKBURN



CURTIN
UNIVERSITY



TELETHON
SPEECH &
HEARING



LIVE LIGHTER
RECIPE

what's
on

WHAT'S ON?



Regards,
Clory Carrello,
Chief Executive Officer

CONNECT WITH US

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(08) 9494 3700

www.cihealth.com.au

Cockburn Integrated Health

SOCIAL WORK IN THE COMMUNITY SU AUNG - CURTIN UNIVERSITY SOCIAL WORK STUDENT

The social work profession in Australia is rich in diversity with many social workers undertaking numerous roles within the healthcare and community setting. Social workers work alongside individuals, families and groups and communities in a range of different practice contexts, such as their physical, social and cultural environments, while also taking into account factors such as past and current experiences as well as their cultural and belief systems.

Social workers may undertake roles in case-work, counselling, advocacy, community engagement and development and social action to address issues at both the personal and social level. Social workers also work in areas such as policy development, education and research, particularly around issues of social justice, disadvantage and the marginalisation of people in their communities or in society.

While the areas of practice are broad and diverse, the common values shared by all social workers include social justice, equity or opportunity, enabling the most disadvantaged, working within a systems based philosophy, and preserving and upholding the inherent dignity and rights of the individual.



The social worker role within the community engagement and development setting has grown in recent years, with more local councils and community agencies utilising social work services to address gaps in the community. As a result, social workers in the community setting are often seen engaging with different community groups, conducting community needs assessments, advocating for change and designing and implementing community programs.



Community engagement and development work often address larger-scale social and systemic issues and therefore can be classified under 'macro' level social work.

However, social workers in the community setting can also work in community health centres or crisis centres or provide mental health services to members of their community through an agency or organisation.

In all contexts, social workers maintain a dual focus on assisting with and improving human and community wellbeing as well as identifying and addressing any external issues (known as system or structural issues) that may impact on wellbeing or may create inequality, injustice and discrimination.

If you would like to contact a social worker, the Australian Association of Social Work (AASW), the professional governing body of social workers in Australia, recommends contacting your nearest Community Health Centre or local government office to ask for information. You can also contact an agency directly and ask to speak to a social worker.



Curtin University

COCKBURN WELLBEING



Cockburn Wellbeing

Physical health care for people with mental health concerns
Proudly supported by Curtin University

New Staff

Cockburn Wellbeing welcomes two new staff members to the team.

Kayla Theron - Health Promotion Research Officer

Following completion of her student practicum placement with us on the MH-SMILE Program late last year, Kayla took up a position in the team to help translate health information via diverse media and educational approaches. Kayla believes that translating health communication is a key strategy to building healthier communities, particularly among those marginalised and most vulnerable in our community.



Kayla Theron



Sue York

Sue York - Nurse Practitioner

Sue has an impressive background in a number of diverse areas such as primary healthcare, community care and assisting in the administration of a hospital substitution program. Sue has key interests in mental health and aged care; with the belief that providing individuals with the best holistic practice can deeply improve the wellbeing and quality of health within our community.

A COCKBURN COMMUNITY SURVEY



Cockburn Wellbeing Clinic is a low-cost/bulk billed service that offers physical health care and mental health screening for individuals living with a mental health concern within the City of Cockburn.

Cockburn Wellbeing is a specialist nurse-led clinic that provide easily accessible and affordable holistic health care services to people to improve mental health and wellbeing. Our nurses have expertise in mental health and drug and alcohol issues, and specialist skills in managing physical health conditions that affect a person's mental health and wellbeing.

OUR SERVICES INCLUDE:

- Comprehensive health assessments and plans
- Management and support for chronic diseases that are common in people with mental health concerns
- Mental health support and referral
- Drug and alcohol support and treatment
- Referrals to other health and community services
- Healthy lifestyle and weight management support

Cockburn Wellbeing also provide a continuous care HCV clinic to support people at risk of Hepatitis C virus infection or have Hepatitis C to get the treatment and support they need. New antiviral medications are available to treat Hepatitis C. Hepatitis is cured in 95% of people in 8 - 12 weeks with new antiviral medication.

If you are a smoker and looking for some support to quit, we offer a free 4-week cessation program that is tailored to your needs,. Support is offered on-line, in person, individually or in groups.

RESEARCH PROJECT

Researchers from Curtin University are conducting a project to determine how people living in the Cockburn region of Western Australia find, understand and use health information. This is a Healthway supported project.

If you are 16 years of age or over become involved. It will only take about 15 minutes of your time. You can access the survey on the Cockburn Integrated Health Website <https://cihealth.com.au/>

If you have any questions or would like more information prior to completing the survey please contact Professor Dianne Wynaden at Curtin University on d.wyndaden@curtin.edu.au or (08) 9266 2203

COVID-19 ACCESSING SUPERANNUATION - IS IT THE ANSWER?

On the 22nd March Scott Morrison announced the second economic stimulus package would include early access to superannuation. This would be tax free and not affect Centrelink benefit payments.

To apply for early release, you must be able to meet one or more of the following requirements: you are unemployed, you are eligible to receive a job seeker payment, youth allowance or jobseekers, parenting payment, special benefit or farm household allowance.

The application process reportedly does not require people to submit proof of financial hardship or job losses. This should only be considered as a last resort. All other options and financial resources should first be utilised. Contact your bank to request assistance as many lenders are offering up to six months hardship assistance. Speak to a financial counsellor who will offer confidential and independent information. Contact can be made by calling the National Debt Helpline on 1800 007 007. The Department of Human Services also has Financial Information Services (FIS), a free service to all Australians no matter their situation by calling 132 300.

One of the most important factors in this widely

LIVE LIGHTER RECIPE

HEALTHY SINGAPORE

NOODLES RECIPE



METHOD

1. Place noodles in a large heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften, then drain well.
2. Spray a wok or large non-stick frypan with oil and heat. Add half the egg and swirl to form a thin omelette. Remove omelette from the pan, roll up and cut into thin slices. Set aside and repeat with the remaining egg.
3. Spray pan with oil and place on high heat. Stir-fry onion until soft. Add garlic, chilli and curry powder to cook, stirring for 1 minute until heated through.
4. Add cabbage, capsicum, carrots and sauces. Cook until vegetables are just tender. Stir through spring onions and bean sprouts before adding noodles and egg. Gently toss to combine.
5. Stir fry for 1 - 2 minutes until heated through.



publicised quick cash option has been left out. Many people are not aware of the repercussions if they access super and are not eligible. The ATO will review applications in detail and any that have obtained their superannuation when not eligible face penalty fines of up to \$12,500.00. Once your tax return is submitted the assessment may come with a nasty surprise.

Other impacts people may not be aware of is if this pushes the superannuation balance too low it could mean you lose your insurances including income and disability protection. Please consider this option with the caution it deserves and further information and advice is free.

COLLEEN CROWLEY - FINANCIAL COUNSELLOR, CITY OF COCKBURN

INGREDIENTS

- 150 grams rice noodles
- olive or canola oil spray
- 4 eggs lightly beaten
- 1 onion, thinly sliced
- 2 cloves garlic, crushed
- 1 chilli, seeded and thinly sliced (optional)
- 1 tbs curry powder
- 3 cups Chinese cabbage (Wombok), finely shredded
- 1 capsicum, seeded and sliced into thin strips
- 2 carrots, thinly sliced
- 2 tbs kecap manis (sweet soy sauce)
- 2 tbs oyster sauce, optional
- 6 spring onions (including green tops), ends trimmed, thinly sliced, diagonally
- 3 cups bean sprouts
- coriander leaves, to serve.



Comment - to make this dish completely vegetarian, don't include the oyster sauce.

DON'T LET YOUR CHILD FALL BEHIND - HOW TELETHERAPY SERVICES CAN HELP

When it comes to speech and language development, consistency and repetition are key. This is why it's important to continue to support and maintain the speech and language development of children experiencing delays, even in this challenging time.

Early speech and language therapy encourages and supports children to use and strengthen the neural connections in the language areas of the brain, ensuring a stronger foundation for language development and learning.

Telethon Speech and Hearing (TSH) Principal Janene Hall said that TSH recognises that the current COVID-19 situation is presenting difficulties for families, but teams are passionate in their belief that children should not fall behind in their learning.

"It is very important for a child to maintain their hearing, speech and language development in order to make consistent progress," she said. "As children are currently spending more time at home, speech pathologists are doing a fantastic job at working collaboratively with parents so they can reinforce language goals in the home setting in ways that are fun and embedded in daily routine."

One of the ways that TSH is adapting to the current situation is through their Teletherapy offering for their Talkabout program - a specialist language program school to support children with speech, language and literacy concerns.

Teletherapy is the online delivery of speech, occupational and auditory-verbal therapy services,



over the internet, through a live video connection. Teletherapy is very similar to what a child receives during a face-to-face session, it's just done using a computer or mobile device. A session runs the same amount of time as a normal face-to-face session and you will be guided by a TSH therapist the entire time.

The teletherapy services allow families who have children with hearing, speech and language literacy challenges to continue to receive ongoing, regular support from our specialist team of allied health professionals while at home. No referral is needed.

Services currently offered by teletherapy at TSH include Speech Pathology and Auditory-Verbal Therapy.

If you're concerned your child may be experiencing a speech or language delay, visit ww.tsh.org.au/teletherapy-access-our-services-online to find out more or contact 08 9387 9888.



Be in the draw to win!

Buy Tickets

AMAZING WA GETAWAYS AND CASH PRIZES TO WIN

TELETHON SPEECH & HEARING - MAKE A DIFFERENCE LOTTERY

GET YOUR TICKETS EARLY TO BE IN THE \$1000 DRAW

Tickets purchased before 30 June also go into a \$1000 cash prize draw.

CIH SERVICE PROVIDERS

GP Cockburn Central
www.gpcockburncentral.com.au
 Phone: (08) 9494 3711

Azure Psychology
www.azurepsychology.com.au
 Phone: (08) 9494 3760

Black Swan Health
www.blackswanhealth.com.au
 Phone: 1800 606 906

Bridging the Gap
www.bridgingthegap.org.au
 Phone: 0429 541 172

Child and Adolescent Community Health
www.health.wa.gov.au
 Phone: (08) 9494 3777 or
 (08) 9494 3778

City of Cockburn
www.cockburn.wa.gov.au
 - Support Service: (08) 9411 3859
 - Financial Counselling: (08) 9411 3444

Clinipath Pathology
www.clinipathpathology.com.au
 Phone: (08) 9371 4200

Cockburn Wellbeing
 Phone: 0481 908 705

Communicare
 1300 951 190

Cockburn Healthy Lifestyle Program
www.cihealth.com.au
 Phone: (08) 9494 3706
 Mobile: 0481 793 347

Curtin Clinics
www.healthsciences.curtin.edu.au
 Phone: (08) 9494 3751

Dr Pankaj Kataria - Psychiatrist
www.gpcockburncentral.com.au
 Phone: (08) 9494 3723

Ferns Community Mental Health Services
 Phone: (08) 6226 9400

Forrest Personnel
www.fpi.org.au
 Phone: 1800 224 548

Hardy Nutrition - Dietary Consulting
www.hardynutrition.com.au
 Phone: (08) 9494 3790

Multicultural Futures
www.multiculturalfutures.org.au
 Phone: (08) 9494 3780

NursePrac Australia
www.nurseprac.com.au
 Phone: (08) 6243 171

Perth Hypnosis Clinic
www.perthhynoclinic.com.au
 Phone: 0431 959 204

St John Of God Raphael Services
www.sjog.org.au
 Phone: 1800 524 484

South Metropolitan Health Service
www.southmetropolitan.health.wa.gov.au
 Phone: (08) 6152 2222

Telethon Speech & Hearing
www.tsh.org.au
 Phone: (08) 9387 9810 or
 (08) 9381 9816

Total Health
 (Physio, OT, Speech Pathology)
www.totalhealthwa.com.au
 Phone: (08) 9494 3760

360 Health & Community
www.360.org.au
 Phone: (08) 6595 8900



HEAL

HEALTHY
EATING
ACTIVITY &
LIFESTYLE™

Date	Duration	Time	Location	Cost
Thursday 16th July - Thursday 20th August 2020	6 weeks	12.30pm- 2.30pm	Yangebup Family Centre 11 Dunraven Dr, Yangebup	Free creche \$30 adult \$10 concession
Saturday 25th July- Saturday 12th September 2020	8 weeks	9am- 11am	Cockburn Integrated Health, group room	\$30 adult \$10 concession
Wednesday 5th August- Wednesday 23rd September 2020	8 weeks	10.30am- 12.30am	South Lake Ottey Family & Neighbourhood Center 2 S Lake Dr, South Lake	\$30 adult \$10 concession
Saturday 19th September- 24th October 2020	6 weeks	9am- 11am	Cockburn Integrated Health, group room	\$30 adult \$10 concession

The Cockburn Healthy Lifestyle Program and the City of Cockburn are excited to announce the Healthy Eating Activity & Lifestyle Program (HEAL™) is back delivering in-person group sessions!

HEAL™ helps individuals to develop lifelong healthy eating and lifestyle habits as well as helping individuals manage their weight, health conditions (diabetes, high blood pressure, high cholesterol) and diet and nutrition habits. The topics include:

- Your health and choices
- What is healthy eating?
- Physical activity
- Fat in your diet and eating out
- Recipe modification, meal planning and budgeting.
- Making and maintaining a healthy lifestyle
- Myths, misconceptions and non-hungry eating

HEAL™ offers one-on-one health consultations and two hour group sessions including one hour of gentle exercise and one hour of lifestyle education.

To register please contact us on 0481 793 347 or email healthylife@cihealth.com.au and book in for a free initial health consult prior to the start of your chosen program.