

COCKBURN INTEGRATED HEALTH

NEWSLETTER - JAN/FEB 2019

In this edition of the newsletter, we wish to introduce you to the services provided by Telethon Speech and Hearing (TSH), which is a Western Australian based not for profit organisation offering quality diagnostic, therapy and support services for children with hearing loss and speech and language delays, and also to the Cockburn Parenting Service, run through Cockburn City Council. We would also like to introduce you to the staff at Communicare, and introduce our new coordinator of the Cockburn Healthy Lifestyle Program (CHLP), Sophie Nolan.

Telethon Speech and Hearing have been a part of Cockburn Integrated Health since we opened our doors in 2014. They are committed to helping children reach their full potential in life despite the hurdles they face due to hearing loss or speech and language disorders. Between 17 January and 31 January, they are offering ear health screenings for the reduced rate of \$20.00. These appointments are limited, so if you have any concerns about your child's hearing, please give them a call to arrange a screening test.

The Cockburn Parenting Service is a partnership between the City of Cockburn, Kwinana Early Years (KEYS) and Meerilinga Parenting Services. It is a free service for families with children aged 0 – 18 years in the City of Cockburn. The service provides practical advice on children's development, parent education and information, emotional support and strategies to assist those in a parenting role. Appointments are available fortnightly beginning January 14th here at Cockburn Integrated Health. Contact details can be found on page 4.

We are pleased to introduce you to the staff at Communicare. Communicare joined our services here at CIHealth in September last year. Their diverse range of Family Services aim to increase the confidence and wellbeing of families within the local community, reduce social isolation and improve the health and wellbeing of parents, carers, guardians and children. Communicare have been busy recruiting, and have now filled all of their positions. You can read about the wonderful Communicare staff on page 2.

Closer to home, we would like to introduce you to Sophie Nolan, who has taken over as the Coordinator of the Cockburn Healthy Lifestyle Program (CHLP). Sophie has recently returned to Perth from London, where she worked as a Paediatric Dietitian. She holds a Bachelor of Arts in Politics and International Studies, a Bachelor of Food Science and Nutrition and a Master of Dietetics. The CHLP was established in 2017 to address overweight and obesity in the Cockburn community, and we know with Sophie's qualifications and experience, she will quickly add value in her new role. On page 3 we give you an overview of the HEAL program (Healthy eating, activity and lifestyle), which Sophie will coordinate, and give you some dates for upcoming programs. If you are wanting to make a lifestyle change, and want help to achieve your own health and wellbeing goals, then please contact Sophie to arrange an appointment.

Finally, Colleen Crowley, our on-site Financial Counsellor, writes an article on the dangers of Afterpay and similar pay-later options. With Christmas just behind us and sales everywhere you look, the temptation of Afterpay can be overwhelming. Please take a moment to read this article – it may just change your mind-set and save your credit rating!

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

Regards,
Clory Carrello, Chief Executive Officer

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Speech & Hearing



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(CACH)



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Service



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Counselling



What's On



CONNECT WITH US

info@cihealth.com.au

(08) 9494 3700

www.cihealth.com.au

Cockburn Integrated Health

NEW STAFF

Cockburn Healthy Lifestyle Program (CHLP)



Sophie Nolan- CHLP Coordinator

Sophie Nolan - Cockburn Healthy Lifestyle Program (CHLP) Coordinator

Sophie started at Cockburn Integrated Health in January his year as the Cockburn Healthy Lifestyle Program Coordinator.

As a dietitian and public health nutritionist she has witnessed how economic and social conditions impact on health, creating a passion for reducing health inequalities. The common theme connecting all the previous positions that Sophie has occupied is a focus on assisting the most vulnerable. She believes how society treats its most vulnerable is a measure of its greatness.

As the Cockburn Healthy Lifestyle Program Coordinator, Sophie is excited to collaborate on such an innovative, multifaceted approach to healthy lifestyle change that is responsive to the needs of participants and low cost.



Kerry Wadsworth – Alliance Manager

Kerry has worked in family support for over three years now and loves supporting families, getting to know children and seeing the changes families make to their lives.

Sue Nickisson – Intensive Case Manager

Sue has a great passion for supporting families who are facing a multitude of difficulties and empowering them to make a difference in their lives.

Bridget Viney – Assessment & Coordination Facilitator

Bridget focuses on working with drug and alcohol rehabilitation and homelessness. In her spare time, Bridget enjoys taking Noonjar language classes.

Vanessa Batistich – Assessment & Coordination Facilitator

Vanessa has been working with families in different roles for over twenty years. She describes her role as being highly satisfying, and that she wouldn't want to be anywhere else. She hopes to continue her rewarding work indefinitely.

Annabel Campbell – Program Support Worker

Annabel is passionate about experiencing a different field of supporting families in the community and loves being provided with the opportunity through the family support network.

Benjamin Hall - Assessment and Coordination Team

Ben is excited to extend his skills and experiences with the challenges associated in working with at-risk families. He looks forward to working with other organisations within the network to achieve further success.

Emmily De Camargo - Assessment and Coordination Team

Emily joins Communicare with qualifications in Social Work and a plethora of experience in domestic violence services with women and children. With her background and qualifications, we know that Emily will be a great asset to the Communicare team.



*From left to right
(Top Row) Ben Hall, Emmily De Camargo, Vanessa Babstich,
Kerry Wadsworth
(Front) Bridget Viney, Sue Nickisson, Annabel Campbell*

HEALTHY EATING, ACTIVITY & LIFESTYLE (HEAL) PROGRAM

The HEAL program is designed to help people of all ages and fitness levels develop healthy lifestyle habits they will adopt for the rest of their life. The program runs for either 6 or 8 weeks.

During the 6 or 8 weeks' individuals have 2 contact hours per week, which includes:

- 1 hour of gentle exercise, inclusive of low to moderate physical activity
- 1 hour of lifestyle education.

The various topics of education include meal planning, mind-set of eating and exercise, myths and misconceptions, label reading and maintenance of a healthy lifestyle.

Before and after the program individuals receive health consultations which assess their health status, fitness level and progression. At just \$60 (or \$35 with a healthcare provider) the HEAL Program is a promising way to kick start your new year's resolutions.

The next HEAL Program commences on February 2nd 2019 .

For further information visit the Cockburn Integrated Health website on www.cihealth.com.au or on their Facebook page. Alternatively, you can email them on healthylife@cihealth.com.au

FEB2019

SUN	MON	TUE	WED	THU	FRI	SAT
		29	30	31	01	02
		INFORMATION SESSION				Saturday Program Commences (6 weeks)
03	04	05	06	07	08	09
Monday Program Commences (6 weeks)						
10	11	12	13	14	15	16
		Tuesday Program Commences (6 weeks)		INFORMATION SESSION		
17	18	19	20	21	22	23
24	25	26	27	28	29	
				Thursday Program Commences (6 weeks)		

NEWS FOR 2018

In December, the Cockburn Healthy Lifestyle program said goodbye to our previous program coordinator Jenni Vallance. Jenni's contributions to the program were outstanding and she was able to connect with each and every healthy lifestyle program participant. We wish Jenni all the best with her future endeavours. She will be missed.

On that same note, we welcome new coordinator Sophie Nolan into the position. With her experience and passion for healthy lifestyles, we know that she will quickly add value in this role.

In December, the Cockburn Healthy Lifestyle Program saw the end of a pilot Mental Health HEAL Program in Rockingham.

The program was extremely successful and generated a lot of interest, with some sessions having up to 24 people attend

The program initially scheduled for 6 weeks, was extended by a further week due its popularity. With this recent success and overwhelming interest in our program, we will be running further tailored HEAL programs across Cockburn and the surrounding areas in 2019.



TELETHON SPEECH & HEARING

3 SIGNS
YOUR CHILD HAS A
LANGUAGE DELAY

- 1. LIMITED VOCABULARY**
Does your child have a limited vocabulary and only rely on a small bank of words to communicate?
AGE 2: KNOWS 50-100 WORDS | AGE 3: KNOWS 450 WORDS
- 2. SHORTER SENTENCE LENGTH**
Does your child speak in shorter sentences of one, two or three word combinations? Or speak in sentences that are missing words such as 'the', 'is', 'was'?
"I want the book."
- 3. DIFFICULTY TELLING STORIES**
Does your child have difficulty telling stories about things that have happened to them?
? + ?

WHAT'S NEXT?
Contact Telethon Speech & Hearing if you have concerns about your child's hearing, speech or language.
Visit our website or call 9387 9888.

Telethon Speech & Hearing
tsh.org.au

Telethon Speech & Hearing provides advice and support on difficulties such as language delay. Language delay is when children have speech and understanding difficulties that are unusual for their age. Three signs that might indicate that your child has a language delay are:

- 1. Limited vocabulary:** By the age of 2, your child can be using anywhere between 50-300 words. By the age of 3, they are typically using more than 450 words to communicate.
- 2. Shorter sentence length:** Children with a language delay may speak in shorter sentences of single, two or three word combinations. Older children with a delay may speak in sentences that are missing words such as 'the', 'is' and 'was'.
- 3. Difficulty telling stories:** Children that find it difficult to tell stories about things that have recently happened to them.

What next?

If you have any concerns about your child's hearing or language development, please call Telethon Speech & Hearing on 9387 9888 or visit www.tsh.org.au.

Locations in Cockburn and Wembley.

Telethon Speech and Hearing is a Registered NDIS Provider. Therapy groups are eligible for health care rebates in 2019.

\$20 SPECIAL OFFER!
FOR CHILDREN AGED 4+
(REGULAR PRICE \$40)

17TH & 21ST JANUARY 2019 ONLY
EAR HEALTH SCREENINGS

Cockburn Integrated Health
Bldg 14, 11 Woorworth Parade, Success WA 6164

COCKBURN PARENTING SERVICE

COCKBURN PARENTING SERVICE

FREE PARENTING SUPPORT & ADVICE

Fortnightly starting from
January 14th-December 2nd 2019
9AM-5PM
At Cockburn Integrated Health
Service Level 1

Learn more by contacting
Cockburn Parenting Service
Coordinator on 94113855

Partners: Meritlinga, vKEYSt*

Cockburn Parenting Service supports parents with children aged 1 month to 18 years. The service provides information and strategies to encourage:

- Children's and teen development, emotional development and behaviour.
- Children's learning, play and positive behaviour to build relationships and
- To support you as a hard working parent

Cockburn Parenting Service offers outreach support from Cockburn Integrated Health Facility fortnightly on a Monday. Providing individual, group and short term programs or counselling. Referrals and links to, relevant community supports, are also available.

Please contact the Cockburn Parenting Service Coordinator for further information on (08) **94113855**.

CHILD AND ADOLESCENT COMMUNITY HEALTH (CACH)



Child and Adolescent Health Service's Community Health (CACH) focuses on growth and development in a child's early years and promotes wellbeing during childhood and adolescence; Services are both universal and targeted with a focus of groups at risk of poorer health outcomes.

Child development services provides assessment, early intervention and treatment services to children with development delays or difficulties.

Currently, CACH uses the Purple Book initiative to keep a universal record of a child's health and development. This ensures progression and success of a child from birth to school start age.

For further information and professional resources: <http://ww2.health.gov.au> or call (08) 9494 3777, Monday-Friday.

COCKBURN FINANCIAL COUNSELLING

BUYER BEWARE: PROCEED WITH CAUTION

Buy now pay later schemes are quickly gaining popularity amongst Australian consumers. After being introduced to the market in 2016, experts are questioning if this is the new credit card? By making us think we need more than what we already have; it is creating financial strife amongst consumers.

These new digital services make it possible to buy something now and pay it later in fortnightly installments; in the best of scenarios, you'll pay nothing more.

In the worst of scenarios late fees are charged. Most of the purchases will be paid in fortnightly installments, but when a payment is failed to be processed; the consumer will incur a 'late fee', these are inclusive of a \$10 fee with Afterpay, \$5 fee for Zippay and \$6 with Oxipay. Late fees can become ongoing creating a snowball effect of overdue payments and interest charged.

The Australian Securities and Investment Commission (ASIC) found that 40% of consumers using the schemes earned less than \$40,000 a year and one in six Afterpay consumers have ended up in financial difficulties, from overdrawn accounts or over borrowing money.

With the consideration of popularity amongst vulnerable consumers; failing to perform a credit check make these schemes different to other forms of credit, allowing the risk of defaults being shown on personal credit history and credit ratings being tarnished.

With a loophole in Australian credit laws it creates a non-existent protection for consumers, using the schemes. There is no ombudsman or higher authority of complaint for consumers, due to a lack of requirements to comply with Australian laws and obligations.

To book an appointment or contact the Cockburn Financial Counselling call 9411 3444

For more information visit www.moneysmart.gov.au



What are the risks?



CIH SERVICE PROVIDERS

GP Cockburn Central

www.gpcockburncentral.com.au
Phone: 9494 3701

APM

www.apm.net.au
Phone: 1800 276 276

Azure Psychology

www.azurepsychology.com.au
Phone: 0422 182 967

Black Swan - Partners In Recovery

www.blackswanhealth.com.au
Phone: 1800 606 906

Bridging the Gap

www.ridgingthegap.org.au
Phone: 0429 541 172

Child and Adolescent Community Health

www.health.wa.gov.au
Phone: 9494 3777 or 9494 3778

City of Cockburn

www.cockburn.wa.gov.au
- Family Support 9411 3859
- Financial Counselling 9411 3444

Clinipath Pathology

www.clinipathpathology.com.au
Phone: 6595 3731

Cockburn Wellbeing

Phone: 6243 1747

Cockburn Healthy Lifestyle Program

www.cihealth.com.au
Phone: 9494 3706
Mobile: 0481 793 347

Coeliac Western Australia

wa.coeliac.org.au
94943734

Curtin Clinics

www.healthsciences.curtin.edu.au
Phone: 9494 3751

Dr Pankaj Kataria - Psychiatrist

www.gpcockburncentral.com.au
Phone 9494 3723

Fremantle Family Support Network

www.stpats.com.au
Phone: 1300 951 190

Fremantle Multicultural Centre

www.fmcwa.com.au
Phone: 9494 3780

Forrest Personnel

www.fpi.org.au
Phone: 9451 5888

Hardy Nutrition - Dietary Consulting

www.hardynutrition.com.au
Phone: 9494 3790

Moorditj Koort

www.moorditjkoort.com.au
Phone: 08 9494 3766

NursePrac Australia

www.nurseprac.com.au
Phone: 6243 1711

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: 6152 2222

Sleep Australia

www.sleepaustralia.com.au
Phone: 6298 8314

Telethon Kids Institute

www.elethonkids.org.au
Phone: 9489 7776

Telethon Speech & Hearing

www.tsh.org.au
Phone: 9387 9888

Total Health

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

Vision Australia

www.visionaustralia.org
Phone: 1300 847466

360 Health & Community

www.360.org.au
Phone: 6595 8900

WHAT'S ON



WISE WOMAN WORKSHOPS

5:30PM - Last Tuesday of Every Month
Cockburn Health & Community - Group Room

LITTLE MUMMA YOGA CLASSES

5:30PM & 7PM - Tuesday & Thursday
GP Cockburn Central

FROGGY'S FUN WITH FATHERS

9AM - January 19th
Meller Park, Bibra Lake - Toddlers to 10Year Olds



PRAM JAM

WEDNESDAY & THURSDAYS WEEKLY
COCKBURN LIBRARY @ 10 AM
BRING YOUR BUB AND BE READY TO BOOGIE
FREE OF CHARGE



Compiled by Rhiannon Barrett - 2019