

COCKBURN INTEGRATED HEALTH

NEWSLETTER - MARCH/APRIL 2019

Welcome to the March/April edition of our newsletter.

It has been a couple of very busy months here at Cockburn Integrated Health, and the next two months do not look like they are slowing down. We continue to expand and look at options to improve our Cockburn Healthy Lifestyle Program (CHLP).

For those of you unfamiliar with this program, the CHLP was established in 2017 to address overweight and obesity in the Cockburn community, and incorporates many different facets for weight loss, including exercise programs, health and nutrition sessions, cooking workshops and psychology.

Before commencing on this program, clients undergo a full health assessment by a Nurse Practitioner. If you are interested in learning more about this program please contact the CHLP coordinator on Sophie.nolan@cihealth.com.au or call her 0481 793 347.

Cockburn Wellbeing is a nurse practitioner led clinic which works with GPs, mental health services and community support agencies to provide ongoing health care and support to people living with mental health concerns. On page 2, we introduce you to three new staff members of Cockburn Wellbeing and give an overview of a new research program, MH SMILE, which will soon be launched at their clinics here at Cockburn Integrated Health. Colleen Crowley, our on-site Financial Counsellor, has written a fantastic article about the pitfalls of interest only loans. With falling house prices, and a high percentage of interest only loans taken out in more buoyant times, many home owners are facing heavy mortgage repayments, initially set up as interest only loans, as they discover that the value of their properties has fallen significantly below the sums lent against them. For further information and help contact Financial Counselling Services on 08 9411 3444.

Black Swan Health was established in 2014 as an independent, not for profit organisation. It is their mission to deliver primary and mental health services that achieve the best possible outcomes for the community and for individuals who require care and support. We are lucky to have two support facilitators on site as part of the Partners in Recovery program who are experienced in working with people living with severe and persistent mental ill health conditions. For more information please send them an email on PIR@blackswanhealth.com.au.

Last, but definitely not least, I would like to personally thank Aurizon for their generous grant for the Cockburn Ear Health project. Their grant has enabled CIHealth, working in collaboration with Telethon Speech and Hearing and Telethon Kids Institute, to purchase specialist audiology equipment which will enable children aged 0-4 years of age to be tested on site. For more information on this grant, please visit our website on www.cihealth.com.au

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

IN THIS MONTHS ISSUE



Cockburn Wellbeing



Cockburn Financial
Counselling



Cockburn Ear
Project



Telethon Speech
& Hearing



CHLP
(HEAL)



Black Swan
Health



What's On



Regards,
Clory Carrello,
Chief Executive Officer

CONNECT WITH US

info@cihealth.com.au

(08) 9494 3700

www.cihealth.com.au

Cockburn Integrated Health

COCKBURN WELLBEING

Cockburn Wellbeing is a nurse practitioner led clinic which works with general practitioners (GPs), mental health services and community support agencies to provide ongoing health care and support to people living with mental health concerns. We work with clients to connect them to health services in the community so they stay connected and receive continued quality health care that they need.



Cockburn Wellbeing

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

CURRENT PROJECTS

Cockburn Wellbeing is about to launch a new research project, MH SMILE. MH SMILE stands for "Mental Health Screening, Monitoring, Intervention and Literacy Education". MH Smile is free service for those 16 years and over with mental health and aims to reduce physical health risks, improve health literacy and improve health outcomes in people with a diagnosed mental health concern.

If you are interested in participating in the research please contact the research nurses Kate or Regan on (08) 6243 1747.

NEW STAFF

CALUM | COORDINATION TEAM



Calum emigrated to Australia in 2002, after becoming disillusioned with the Scottish weather. Throughout his career, Calum has seen an increase in drug and alcohol use and how patients are often disenfranchised between services. With his experience in mental health, he set up a community withdrawal service in Scotland. Since emigrating to Australia, Calum has provided support to GPs, managed a drug and alcohol service in Tasmania and currently provides drug and alcohol support at Midland hospital. Calum works part time at Cockburn Wellbeing as a Drug and Alcohol Nurse Practitioner, providing clinical interventions for clients and drug and alcohol training for local services.

RUSSEL | COORDINATION TEAM



Russell has worked for WA mental health services for the past 35 years. He has worked across several areas including; child and adolescent, youth, adult and older adult services, and homeless services. He has been at the forefront of several new services for youth and more recently forensic mental health. He has a keen interest in the physical health of mental health clients and their ongoing wellbeing.

REGAN | COORDINATION TEAM



As a dual registered community pharmacist and registered nurse, Regan is excited to be a research officer and educator, and contribute to the expansion of services within Cockburn Wellbeing and Curtin University in contributing to research and provision of physical health care to the Cockburn community with mental health concerns.

COCKBURN FINANCIAL COUNSELLING SERVICES

BEWARE THE INTEREST ONLY LOAN EXPIRY DATE

Falling house values and rental incomes have seen an increase of financial hardship directly related to investment lending. Investment and owner occupier properties are transferring back to principle and interest repayments after the interest only period expires.

The recent release of Fitch Ratings research report has forecasted a further decline of 5 per cent for 2019, on top of a 6.7 per cent decline from the peak making Australia, the worst performer out of 24 countries for the second consecutive year.

Moreover, CoreLogic's December 2018 figures showed Australian house prices had experienced the sharpest drop since the global financial crisis and would continue to trend lower.

This creates a concern for those who have properties now valued below the sums lent against them.

Don't rely on an extension of your interest only loan. Do a financial health check and check your capacity to make full interest and principle repayments on your property today to plan for the future.

The end of the interest only era for property investors has seen continued increases in clients put under financial strain once capital payments become due. Three years ago 40% of loans were structured interest only with current rates reduced to 15% of lending today.



City of Cockburn:
www.cockburn.wa.gov.au or
www.cihealth.com.au
Financial Counselling 9411 3444

COCKBURN EAR HEALTH PROJECT

AURIZON GRANT

I wish to thank the Aurizon Community Giving Fund for the grant for the Cockburn Ear Health Project. The funding will assist Cockburn Integrated Health, working with Telethon Speech and Hearing and Telethon Kids Institute, to purchase specialist audiology equipment to be able to undertake hearing testing on children, particularly those aged under 4 years of age in Cockburn and the surrounding region. Currently these children have to travel to other locations such as Rockingham, Armadale or Perth to have their hearing assessments undertaken. We will also be working with other specialist service providers to improve access to health services to prevent hearing loss and reduce the impact of ear infections and hearing loss on child development. This will assist in reducing the reliance on the Public Health system for this specialist care. We appreciate the support provided by Aurizon in providing funding for this important community initiative.

For further information contact: www.cihealth.com.au

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TELETHON SPEECH AND HEARING

The amount of information and advice you receive as a parent can be intense. Here are six common myths around hearing, speech and language to help you separate the fact from the fiction.

MYTH ONE: HEARING AIDS WILL FIX MY CHILD'S HEARING LOSS

FACT: Hearing aids help your child hear however early intervention is vital for the development of your child's listening, speech and language development.

MYTH THREE: CHRONIC MIDDLE EAR INFECTIONS WON'T AFFECT SPEECH & LANGUAGE DEVELOPMENT

FACT: An untreated middle ear infection can cause a non-permanent hearing loss. This will affect your child's speech and language development.

MYTH FIVE: HE'S A BOY. BOYS ARE OFTEN LATE TALKERS

FACT: There is a normal range in which children acquire certain language milestones, and help should be sought if these milestones are not met.

MYTH TWO: MY CHILD ONLY HAS MILD HEARING LOSS SO THEY DON'T NEED A HEARING AID

FACT: A child with a mild loss in both ears will need some amplification in each ear to hear clearly at school, in groups, or at a distance.

MYTH FOUR: HEARING LOSS IN ONE EAR MEANS MY CHILD SHOULD BE OKAY.

FACT: An untreated middle ear infection can cause a non-permanent hearing loss. This will affect your child's speech and language development.

MYTH SIX: MY CHILD'S DIFFICULTY TALKING IS GOING TO IMPACT THEIR CLASSROOM PARTICIPATION

FACT: Developmental Language Disorder impacts a child's ability to use language and understand language in school. It can impact reading, writing, learning, joining in with others, and self-esteem.

Most children who are born with a hearing loss can be diagnosed through a hearing screening. But in some cases, the hearing loss is caused by things like infections, trauma and damaging noise levels, and the problem doesn't appear until later in childhood.

It is important to have your children's hearing checked regularly, as hearing loss has been shown to increase by school age. Even a mild or partial hearing loss can affect a child's ability to speak and understand language.

If you have concerns with your child's hearing, speech or language contact Telethon Speech & Hearing today.



Locations in Cockburn and Wembley.
Telephone: 9387 9888
Email: speech@tsh.org.au
Facebook: [@telethonspeechhearing](https://www.facebook.com/telethonspeechhearing)
Website: www.tsh.org.au



Telethon Speech & Hearing

COCKBURN HEALTHY LIFESTYLE PROGRAM

With 2019 now in full swing we have already seen the completion of 6 HEAL programs.

The completed programs have seen many successes including:

- 15-29 Participants for the Rockingham HEAL program
- 12 Participants for the Christmas HEAL program
- 15 Participants for the Tuesday February HEAL program

It is not over yet, however. HEAL have 2 more programs running up until June and the updated time table will be out soon for the second half of 2019.

Visit www.cihealth.com.au. or call 9494 3706.



APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
			6 WEEK WEDNESDAY PROGRAM CONCLUDES	8 WEEK THURSDAY PROGRAM CONCLUDES	GOOD FRIDAY	EASTER SATURDAY
EASTER SUNDAY	21	22	23	24	25	26
		EASTER MONDAY		ANZAC DAY		
28	29	30				
		INFORMATION SESSION				

BLACK SWAN HEALTH

Black Swan Health was established in 2014 as an independent, not-for-profit organisation. Black Swan Health's mission is to deliver primary and mental health services that achieve the best possible health outcomes for the community and for individuals who require care and support. It leads the way in the delivery and coordination of flexible solutions that improve health and mental wellbeing for individuals in the community.

Black Swan Health has an office inside the GP Clinic, within the Cockburn Integrated Health building, which is run by Support Facilitators Aroha Jacobsen and Gavin Long. Aroha and Gavin are experienced in supporting consumers participating in the Partners-in-Recovery (PiR) program or requiring Support Coordination under the National Disability Insurance Scheme (NDIS).

As the NDIS rolls out, people living with severe and persistent mental ill-health conditions will need to test their eligibility

for NDIS funding, under the psychosocial disability' eligibility criteria. This is an area in which the PiR team have already shown their knowledge, skills and ability to assist consumers to gain funding packages and access life-changing supports.

If you would like to speak with Aroha or Gavin regarding any potential referrals for either PiR or NDIS support you can contact the PiR team by phone on (08) 9201 0044 or (08) 9201 0033 and/or by email PIR@blackswanhealth.com.au. Alternatively, please visit the Black Swan Health website for further information.



Staff Members from Black Swan Health.



CIH SERVICE PROVIDERS

GP Cockburn Central
www.gpscockburncentral.com.au
 Phone: 9494 3711

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: 0429541172

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
 9494 3734

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

Communicare
www.communicare.org.au
 Phone: 1300 951 190

Dr Pankaj Kataria - Psychiatrist
www.gpscockburncentral.com.au
 Phone 9494 3723

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

Multicultural Futures
www.fmcwa.com.au
 Phone: 9494 3780

NursePrac Australia
www.nurseprac.com.au
 Phone: 6243 1711

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

Ferns Community Mental Health Service
 Email: ferns@sjog.org.au
 Phone: (08) 6226 9400

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

Telethon Kids Institute
www.telethonkids.org.au
 Phone: 9489 7776

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

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

City of Cockburn
 Supported by
 GOVERNMENT OF WESTERN AUSTRALIA

Free

The Wellness Group
 Tools for Mind, Body and Emotions

Third Tuesday of the month | 5.30-7.30pm
 Level 1, Cockburn Health & Community
 11 Wentworth Pde, Success

Learn techniques to improve mental health using yoga and mindfulness plus much more.

Register with Cockburn Support Service on 08 9411 3859

cockburn.wa.gov.au/support

This information is available in alternative formats upon request

FUEL UP AT
 CIH'S COFFEE
 SHOP, LOCATED
 ON GROUND
 FLOOR.

yellow raven Cafe

LIKE US ON FACEBOOK

FOR A CHANCE TO WIN 1 OF 5 \$50 COLES MYER GIFT VOUCHER

DRAWN APRIL 30 2019

City of Cockburn
 Supported by
 GOVERNMENT OF WESTERN AUSTRALIA

WOMEN OF THE WORLD

Welcome!
 Join our free group for women new to Perth and looking to form new connections and friendships.

Where
 Yangebup Family Centre, 11 Dunraven Drive, Yangebup

When
 Thursdays, 9 - 10.30am (During school terms)

Bookings essential
 Please contact Linda Walker on 9411 3859 or email lwalker@cockburn.wa.gov.au

FREE

cockburn.com.au/support | 9411 3444

Accessible event, contact us for details

Curated by Rhiannon Barrett | March 2019

