

COCKBURN INTEGRATED HEALTH

NEWSLETTER - MAY/JUNE 2019

Welcome to the May/June edition of our newsletter. The last two months have seen us expanding services as part of the Cockburn Healthy Lifestyle Program (CHLP), with Dietitians being sent into ten local primary schools to deliver nutrition classes and educate youngsters from years 3 - 6 on healthy food choices. We have had several new Healthy Eating Activity and Lifestyle (HEAL) programs begin, and have hosted a series of successful Nutrition Seminars, including two on Gut Health. We are fortunate to have Megan Hardy, from Hardy Nutrition deliver these classes. For more information please visit our Facebook page which also gives you the option to book onto a class. But be quick, as these spots fill up fast. Also new to the CHLP is a series of one hour Psychology classes, led by Azure Psychology, addressing psychological links to overeating, anxiety and stress.

If you are interested in learning more about this program please contact the CHLP coordinator on healthylife@cihealth.com.au or call on 0481 793 347.

We are delighted to let you know that Ferns Community Mental Health Services have joined us at CIHealth, providing counselling at no cost (bulk billed) for clients referred by their GP on a Mental Health Care Plan. This service is offered to all lower income earners. For more information, please visit their website.

Telethon Speech and Hearing (TSH) have contributed to our bi-monthly newsletter with a fantastic article about always trusting your intuition. The article is about a young girl who at the age of 18 months, was not meeting her milestones, which was eventually discovered to be due to underdeveloped cochlear. With a lot of assistance from TSH, Elivia has been able to enjoy a mainstream education and excel at sports. Elivia's mother stresses the importance on regular hearing tests, and to listen to your gut instinct. It took several years before a diagnosis was found, but since then Elivia continues to go from strength to strength. For more information or to book an appointment with TSH please check out their website www.tsh.org.au or call them on 08 9381 9816.

Our final featured service is the Community Midwifery Program (CMP). Established in 1996, the CMP is the only publicly-funded home birth program of its kind in Australia. They pride themselves on protecting, promoting and supporting natural birth. The CMP is managed through King Edward Memorial Hospital. If you require further information about this service, please visit their website.

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

IN THIS MONTHS ISSUE



Midwifery Services



CHLP



HEAL



Telethon Speech & Hearing



Live Lighter Recipe



Ferns Community Services



Whats On



Regards,
Clory Carrello,
Chief Executive Officer

CONNECT WITH US

info@cihealth.com.au

(08) 9494 3700

www.cihealth.com.au

Cockburn Integrated Health

COMMUNITY MIDWIFERY PROGRAM (CMP)

Established in 1996, the Community Midwifery Program is the only publicly-funded home birth program of its kind in Australia. The Community Midwifery Program keeps healthcare closer to home by providing around 400 women per year with community based, midwifery-led care for low-risk women.

The Community Midwifery Program (CMP) is a public funded model of maternity care available to women experiencing a low risk pregnancy.

Our philosophy is to protect and support natural birth and to provide clients with evidence based holistic care from known midwives throughout their pregnancy, labour, birth and for up to two weeks of the postnatal period.

Our women are able to keep their care within the community and outside of a hospital setting by attending our antenatal and postnatal clinics and classes in the following four locations:

South: Cockburn Integrated Health Centre;

North: Joondalup;

East: Central: Subiaco

The south team consists of four clinical midwives who use this space to see both antenatal and postnatal clients. In addition, we hire space within the GP Super Clinic for parenting classes and for a monthly get-together for all our mums and babies.

The CMP offers low risk clients the option of giving birth in a public hospital, at the Family Birth Centre or in their own home within the metropolitan area. Their known midwife will accompany them to their preferred place of birth or attend their home during labour.

We pride ourselves on protecting, promoting and supporting natural birth with a high percentage of clients choosing to give birth in water.



After the birth we continue to care for our clients at home, encouraging and supporting breast feeding and early parenting skills.

The CMP is governed by King Edward Memorial Hospital.

Our families report high satisfaction levels demonstrated by the yearly CMP Maternal Satisfaction Survey and the large amount of compliments we receive.

During 2017-18 statistics show the CMP low-risk program had a vaginal birth rate of 85 per cent and a breast feeding rate at discharge of 99 per cent.

If you require any further information about our service please visit our website <https://kemh.health.wa.gov.au/For-patients-and-visitors/Pregnancy-patients/Community-Midwifery-Program>



COCKBURN HEALTHY LIFESTYLE PROGRAM (CHLP)

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
						INFORMATION SESSION
05	06	07	08	09	10	11
12	13	14	15	16	17	18
		8 WEEK TUESDAY PROGRAM COMMENCE S				8 WEEK TUESDAY PROGRAM COMMENCE S

From the publishing of our previous newsletter CHLP has introduced their own monthly newsletters. These will be sent to all HEAL participants. So keep your eyes peeled.

For further information visit www.cihealth.com.au. or call
Phone: 9494 3706
Mobile: 0481 793 347.



HEAL PROGRAM

The next HEALTM (Healthy Eating Activity and Lifestyle) programs commence Tuesday 14/5/19 12pm at Harvest Lakes Community Centre and Saturday 18/5/19 9AM at Cockburn Integrated Health.

For those who are not aware of HEALTM, it is a low-cost, 8 week exercise and nutritional information program delivered by qualified Dietitians and Exercise Physiologists. We have run HEAL over the past 18 months with large numbers of clients losing weight, feeling happier and healthier!

To register your spot please contact one of our program co-ordinators on 0481 793 347



COMING UP SOON: BODY SEMINARS SERIES

Do you try to eat well and exercise, but still can't seem to lose weight? What if we told you that stress, anxiety and other mental challenges could be sabotaging your results!

The Cockburn Healthy Lifestyle Program are partnering with Azure Psychology to present a series of healthy mind and body seminars for Cockburn Residents.

Thursday 16/5/19 1-2pm Why sleeping is good for your weight management

Thursday 20/6/19 1-2pm Managing stress and weight

Book your FREE ticket online at Eventbrite or via our Facebook page @cockburnintegratedhealth.

TELETHON SPEECH & HEARING

PERTH MUM ENCOURAGES PARENTS TO TRUST INTUITION

Always trust your motherly intuition, Perth mum Berna Robbins knows this better than most.

When she noticed her fiercely independent 18-month-old Elivia was getting frustrated at life and not meeting the same goals as other children her age, she knew something wasn't right. "She might call out for me and I would reply but then she wouldn't respond. Or she wouldn't pick up on social cues; such as not being able to tell if I had a grumpy face," she said. I knew I had to be brave because I was her only voice." And courageous Berna was, taking Elivia to professional after professional even though her toddler continued to pass standard behavioural tests time after time.

"I come from a big family myself, so I knew something wasn't quite right. It took a long time to trust my mother's intuition though," she said.

"At the time we kind of felt like we were a bit hung out to dry; living rurally in Victoria at the time made it difficult, frustrating and devastating especially not knowing where to turn to."

At three and a half Elivia was diagnosed with severe to profound sensorineural hearing loss in both ears. Her cochlears were underdeveloped and had only one and half turns as opposed to three turns. Compared to a typical hearing loss diagnosis, this was considered a late diagnosis.

The next few years were testing, as the family went through a whirlwind of appointments, surgery for left and right cochlear implants, and rehabilitation. The process was often invasive and exhausting, testing their determination and patience. "Like training for a marathon," Berna said. With the assistance of Telethon Speech & Hearing's network of experts, Elivia has been able to attend mainstream school, and excels in everything she puts her mind to from gymnastics to netball.

Berna said if they hadn't moved to Perth, Elivia wouldn't have the regular access to this support and her journey to sound would have had a very different outcome.

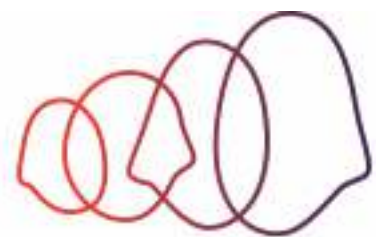


When Elivia was getting frustrated at life and not meeting the same goals as other children her age, her mum Berna knew something was not right.

"Ellie is proof that even after such a late diagnosis, if you put in the hard work your effort is rewarded," Berna said. "She continues to work hard every day; it's tiring and still a little frustrating for her at times, but she happily takes on life's challenges with her determined and very spirited attitude."

Berna encourages Perth parents to trust their instinct, and listen to their gut, even if it goes against a professional opinion. "You live with your child and know them better than anyone else. Always dig a little deeper and push a bit harder," she said.

Children should be having regular hearing checks to ensure any diagnosis can be made early. If your gut is telling you there may be issues with your child's hearing, Telethon Speech & Hearing will be able to assist with your concerns.



Telethon Speech & Hearing

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

LIVE LIGHTER: BLUEBERRY BANANA BREAD RECIPE

METHOD

1. Preheat oven to 220°C (200°C fan forced). Spray a 20 x 10cm loaf tin with oil; line base and sides with non-stick baking paper.
2. Reserve one whole banana for presentation and mash remaining 3 bananas in a large bowl (1½ cups mashed).
3. Add sugar, milk and eggs and mix with a fork until well combined.
4. Sift flours and cinnamon on top of banana mixture, returning husks from the sieve to the bowl. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries.



INGREDIENTS

- 1x can olive or canola oil spray
 - 4 ripe bananas, peeled
 - 1/4 cup sugar
 - 1/2 cup low-fat milk
 - 2 eggs
 - 1 cup self-raising flour
 - 1 cup wholemeal self-raising flour
 - 1 tsp ground cinnamon
 - 1 cup frozen blueberries
5. Spoon mixture into prepared loaf tin and smooth the surface. Slice remaining banana thinly and overlap slices through the centre of the loaf.
 6. Bake for 35-40 minutes then cover with foil and bake for a further 20 minutes. Centre of loaf will remain moist but not wet when tested with a skewer. Allow to cool in tin for 5 minutes then turn onto a wire rack.
 7. Cut into 1 cm slices and toast before serving, if desired.



FERNS COMMUNITY MENTAL HEALTH SERVICES

Ferns Community Mental Health Service has opened at Cockburn Integrated Health, providing no cost (bulk billed) counselling services (up to 10 sessions via Medicare) for clients referred by their GP on a Mental Health Care Plan.

Ferns Community Mental Health Service, part of St John of God Social Outreach, is staffed by a multidisciplinary team of qualified professionals to provide psychological counseling and evidence-based interventions for people experiencing a wide range of concerns.

Operating hours are 8:30am to 4:30pm, Wednesday, Thursday and Friday.

To book an appointment call (08) 6226 9400 or email ferns@sjog.org.au.
For more information, visit sjog.org.au/cmhs.



ST JOHN OF GOD



CIH SERVICE PROVIDERS

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

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

Black Swan - Partners In Recovery
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) 971 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

Coeliac Western Australia
wa.coeliac.org.au
 (08) 9494 3734

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

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

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

Multicultural Futures Centre
www.fmcwa.com.au
 Phone: (08) 9494 3780

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

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

Moorditj Koort
www.moorditjkoort.com.au
 Phone: (08) 6174 7000

NursePrac Australia
www.nurseprac.com.au
 Phone: (08) 6243 1702

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 Kids Institute
www.telethonkids.org.au
 Phone: (08) 9489 7776

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

WHAT'S ON

FOOD SENSATIONS FOR ADULTS

4 WEEK PROGRAM ON HOW TO PREPARE, COOK AND EAT HEALTHY FOODS.

HEALING
 May 2-23
 Thursday 10AM-11AM
 Yangebup Family Centre

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. There are fun activities and free onsite crèche available every week.

FREE

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

cockburn.com.au/support | 9411 3444

Accessible event, contact us for details

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 FOR THE COCKBURN COMMUNITY