

COCKBURN INTEGRATED HEALTH

NEWSLETTER - SEPT/OCT 2019

Welcome to the September/October edition of our newsletter. In the last newsletter I commented that it had been very busy here at Cockburn Integrated Health, and as I write this three months later, I am conscious that it has not slowed down at all! Our Cockburn Healthy Lifestyle Program (CHLP) continues to expand, with participants taking part in the HEAL™ program, exercise classes at Cockburn ARC, attending Nutrition classes and attending Psychology seminars. We are continually looking to add to our program. If you are interested in learning more about the Cockburn Healthy Lifestyle Program, please contact the CHLP Coordinator on healthlife@cihealth.com.au or call her on 0481 793 347.

Men's Health also features in our newsletter, with a Men's Health and Wellbeing Day happening at the Men's Shed in Cockburn Central on October 9. In WA, 77.3% of males are overweight and/or obese, 58.3% of insulin-treated type 2 diabetics are male, and 31.4% of males exceed the recommended guidelines for alcohol consumption. So come along and learn a bit more about the challenges and issues facing men's health here in WA.

Telethon Speech and Hearing (TSH) have launched their audiology booth and speech pathology services at Cockburn Integrated Health. The official launch took place on June 20th, where the City of Cockburn Mayor, Logan Howlett helped with the opening proceedings. Mr Mark Fitzpatrick, Chief Executive of Telethon Speech & Hearing, made note that the extension of TSH services was only possible because of the community grants from Aurizon, the City of Cockburn and with support from Cockburn Integrated Health. 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.

To wrap up this edition, Colleen Crowley, from the City of Cockburn Financial Counselling Service, writes an article on Debt Collection Bullies, and what your rights are. From time to time, many of us may find ourselves in financial difficulty for any number of reasons. Colleen suggests that the first step should be to inform and lenders/agents of your situation and ask them for assistance. Creditors will always more amendable if you keep them updated. Colleen also stresses that regardless of the situation, you have a right to be treated with respect. For more information about your rights, or if you need assistance, I encourage you to read the article. I hope that you enjoy reading this newsletter. Please do not hesitate to contact me if you have any feedback.

Regards, Clory Carrello

IN THIS QUARTERLY ISSUE



CHLP



City of Cockburn



Telethon Speech & Hearing



Live Lighter Recipe



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 HEALTH LIFESTYLE PROGRAM (CHLP)

The Cockburn Healthy Lifestyle Program (CHLP) at Cockburn Integrated Health (CIH) aims to help you achieve your long-term health and weight management goals. The program is open to people who have concerns about their weight or lifestyle (including children). To begin your journey with us, you will receive a free health assessment. We can link you to a range of low-cost services and programs suited to you and provide ongoing support.

As of June 30th 2019, the CHLP has 416 adults registered. 56% of CHLP clients reviewed in the first six months of 2019 had reduced their weight since their initial assessment, and a substantial number of clients demonstrated improvements in physical activity, fruit and vegetable consumption and scores for depression, anxiety and stress.

In addition to providing individualised support for those who are overweight or obese the CHLP recognises the importance of prevention and has engaged with 8 schools and 3 childcare centres, reaching 1800 students between January and June of this year, providing nutrition education and other supports.

HEALTH-RELATED BEHAVIOUR OR CLINICAL OUTCOME



42%
INCREASED
FREQUENCY
OF PHYSICAL
ACTIVITY



28%
INCREASED
FRUIT INTAKE

49%
INCREASED
VEGETABLE INTAKE



90%
INCREASED
6 MINUTE
WALK TEST



39%
DECREASED
LONG TERM
SEDENTARY
ACTIVITY



56%
INCREASED
PLANNED
EXERCISE



59%
INCREASED
TOTAL
PHYSICAL
ACTIVITY



60%
INCREASED
WEEKLY
AMOUNTS OF
CONTINUOUS
WALKING



36%
INCREASED
INCIDENTAL
EXERCISE



56%
LOST WEIGHT



59%
DECREASED THEIR
WAIST
CIRCUMFERENCE

Positive changes in health related behaviour or clinical outcomes among CHLP clients

CLIENT SATISFACTION SURVEY



95%
FELT THAT STAFF
SHOWED RESPECT
FOR HOW THEY
WERE FEELING



97%
FELT THAT THEIR
CULTURE, BELIEFS
AND VALUES WERE
RESPECTED



90%
AGREED THEY HAD
OPPORTUNITIES TO
DISCUSS THEIR
SUPPORT OR CARE
NEEDS WITH STAFF



86%
FELT THAT THE
CARE THAT THEY
RECEIVED WOULD
HELP THEM
MANAGE THEIR
CONDITION
BETTER



93%
SAID THEY WOULD
RECOMMEND THE
SERVICE TO
FRIENDS AND
FAMILY IF THEY
NEEDED IT



79%
FELT THAT THEIR
HEALTH WOULD
IMPROVE AFTER
THE CARE THAT
THEY RECEIVED

Results from a client satisfaction survey showed that 5 of respondents were either likely or extremely likely to recommend the CHLP to friends and family, 95% felt they were respected by CHLP staff, and a whopping 97% felt their culture, beliefs and values were respected.

If you would like to register and become a part of the Cockburn Healthy Lifestyle Program, please call on 0481 793 47 or email us at healthylife@cihealth.com.au



Testimonials

"I was very happy with what I got and I feel more confident which helps me".

"Found it a great support network and am excited to continue"

"Excellent service, all staff were wonderful..."

The CHLP gratefully acknowledges the funding we receive from the City of Cockburn and the WA Primary Health Alliance.

CITY OF COCKBURN - MENS HEALTH 101



FREE EVENT

MEN'S HEALTH IS NO JOKE



WEDNESDAY 9 OCTOBER

10am-2pm

Cockburn Community Men's Shed,
2 Sullivan Street,
Cockburn Central

Come to our Men's Health and Wellbeing Day

- ✓ Connect with local groups
- ✓ Find out about men's health services
- ✓ Activities throughout the day
- ✓ Free health checks
- ✓ Sausage sizzle and refreshments by gold coin donation
- ✓ Major raffle prize
- ✓ Close to public transport

For further information or to book, contact:
healthycockburn@cockburn.wa.gov.au or call 08 9411 3542.

cockburn.wa.gov.au/events

This information is available in alternative formats upon request.

In Australia...

- 75%** of suicides are male¹
- 93%** of workplace fatalities are males
- 72%** of illicit drug-related deaths are male¹⁰
- 73%** of road user deaths are males¹²
- 11%** males experienced high or very high levels of psychological distress in 2017-18⁹
- 18%** males had a mental health or behavioural condition in 2017-18⁹
- 60%** males do not meet minimum health literacy requirements¹³

In WA...

Males are most over-represented in:¹²



77.3%
Males are overweight or obese³



14.2%
Males report being current smokers³



31.4%
Males exceed alcohol consumption guidelines; the highest in Australia⁴

58.3%
Insulin-treated type 2 diabetics are male²

89.3%
Prisoners in full-time custody are male⁵

63.1%
Hospitalisations due to assault and other injury caused by other person(s), are male⁶



Males are less likely than females to use allied health services³

Life expectancy at birth is



TELETHON SPEECH & HEARING NOW SUPPORTING CHILDREN OF ALL AGES AND FAMILIES IN THE CITY OF COCKBURN

Telethon Speech & Hearing (TSH) has extended its support for the southern suburbs of Perth, with the launch of their audiology booth and speech pathology services at Cockburn Integrated Health.

To celebrate the occasion, an official launch was held on Thursday 20th June, where the City of Cockburn Mayor Logan Howlett helped with opening proceedings.

Previously TSH only offered in-house services including audiology and speech pathology from the northern suburb of Wembley, where the not-for-profit charity has been based for over 50 years.

With a new audiology booth installed in Cockburn, children of all ages can now benefit from TSH's range of audiology services, including hearing tests, assessments for cochlear implants and ear health care.

Adults can also see TSH for audiology support, bringing great benefit to the entire family.

During the official launch, TSH Chief Executive Officer Mark Fitzpatrick made note that the extension of TSH services was only possible with community grants from Aurizon, the City of Cockburn and support from Cockburn Integrated Health.

Mr Fitzpatrick also thanked partners from Connecting Communities for Kids and Meerilinga who helped support a screening program for children aged 2-3 years within Cockburn, and provided factual confirmation that an audiology booth was needed in the area to support children under four.

"Thanks to many supporters, including those from Aurizon, the City of Cockburn and Cockburn Integrated Health, TSH can provide much needed relief for families in the local area.", Mr Fitzpatrick said.

"We had been looking at ways to help more children in and around Cockburn so the extension of our audiology and speech pathology services into the southern suburbs of Perth is a very exciting development for us."

Bookings to see a TSH audiologist or speech pathologist are now open. Request an appointment online at www.tsh.org.au or call 9387 9888.



Telethon Speech & Hearing CEO Mark Fitzpatrick and the City of Cockburn Mayor Logan Howlett.



TSH's Cockburn Clinic received support from Aurizon, the City of Cockburn and Cockburn Integrated Health.

NOW OPEN IN COCKBURN!

See us for:

- Hearing tests
- Cochlear implant assessments
- Speech pathology

Telethon Speech & Hearing

We're 'hear' for your family

BOOK NOW ▶

9387 9888 | TSH.ORG.AU

 Telethon Speech & Hearing	 Telethon Speech & Hearing
Struggling with background noise?	Need help with speech?
NOW OPEN IN COCKBURN	NOW OPEN IN COCKBURN
Hearing tests for all ages. No referral needed. Telethon Speech & Hearing is a Registered NDIS Provider	Speech pathology for kids. No referral needed. Telethon Speech & Hearing is a Registered NDIS Provider
BOOK NOW ▶ 9387 9888 TSH.ORG.AU	BOOK NOW ▶ 9387 9888 TSH.ORG.AU

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: HEALTHY ZUCCHINI SLICE

METHOD

1. Preheat oven to 200 degrees (180 degrees fan forced)
2. Whisk eggs in a medium jug, season with black pepper and set aside.
3. In a large bowl combine remaining ingredients except tomato. Add eggs and stir mixture until well combined.
4. Spray a large baking dish with oil. Pour in zucchini mix and flatten with a spoon. Cover with tomato slices arranged in a single layer.
5. Bake for 40-45 minutes or until firm and golden brown.
6. Rest in the pan for 10 minutes before dividing into 6 pieces and cutting into slices. Serve with a green side salad.



INGREDIENTS

5 eggs
pepper
1 large zucchini, grated
400 g carrot, sweet potato or pumpkin, peeled and grated.
1 1/2 cups canned corn kernels or frozen peas
1 medium brown onion, peeled and diced
2 tsp dried mixed herbs
3/4 cup wholemeal self-raising flour
1 cup reduced fat cheddar cheese, grated
olive or canola oil spray
3 large tomatoes, sliced (optional)
green side salad, to serve

VARIATIONS.

Substitute other vegetables including baby spinach, cherry tomatoes, broccoli florets, chopped asparagus or mushrooms, grated parsnip or potato and add fresh parsley, basil or dill.

SERVING SUGGESTION

Serve hot or cold, as a healthy favourite for toddlers, children and adults alike. Great to take on a picnic, served as finger food cut into small square.



CITY OF COCKBURN - FINANCIAL COUNSELLING SERVICES

DEBT COLLECTION BULLIES!!!

In current times many people have debt for an assortment of reasons. Some people rely on credit to manage, others for the loyalty programs and some for the luxuries in life they can't wait for and savings goes out the window. Whatever the debt and reason sometimes life just does not go to plan and things can get on top of us, resulting in non or late payment of debts. The first step is to communicate with the lender or agent and explain your difficulty or reason for non payment and ask for assistance. This should result in a manageable plan for you and your creditor to follow moving forwards.

Hardship can sometimes last longer than expected and additional things happen to make the situation take a turn for the worse. Remember you always have the right to be treated with respect and if you are left feeling upset or belittled after a conversation with a lender or agent it is **unacceptable**.

You have rights as a consumer and below are some helpful contacts to get support.

National Debt Helpline	1800 007 007
Financial Counsellor's Assn of WA	financialcounsellors.org
Financial Counselling Network	financialcounsellingnetwork.org.au
ASICs Money Smart	moneysmart.gov.au
ACCC	1300 302 502



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 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) 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

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

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

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

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

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



WHAT'S ON



OPENING HOURS & CONTACT
 PHONE: 08 9494 0502
 WEEKDAYS: 8AM - 1PM & 2PM - 5PM
 SATURDAYS: 8 AM - 11:30AM
 N/A SUNDAYS & PUBLIC HOLIDAYS



OPENING HOURS & CONTACT
 PHONE: 08 9494 9500
 WEEKDAYS: 8:30AM - 5PM
 SATURDAYS: 8:30AM - 12:00PM
 N/A SUNDAYS & PUBLIC HOLIDAYS



WEDNESDAY 9 OCTOBER
10am-2pm
Cockburn Community Men's Shed, 2 Sullivan Street, Cockburn Central

Come to our Men's Health and Wellbeing Day

- ✓ Connect with local groups
- ✓ Find out about men's health services
- ✓ Activities throughout the day
- ✓ Free health checks
- ✓ Sausage sizzle and refreshments by gold coin donation
- ✓ Major raffle prize
- ✓ Close to public transport

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