

# COCKBURN INTEGRATED HEALTH

NEWSLETTER - NOV/DEC 2019

Welcome to the November/December edition of our newsletter. As we near the end of 2019, rather than slowing down, we are picking up speed, and showing no signs of stopping!

October saw the Men's Health and Wellbeing Day at the Men's Shed. 31 services came together to raise awareness for mens health and wellbeing. The sun shone, and from all accounts a good day was had by everyone.

Cockburn Integrated Health staff teamed up staff from the City of Cockburn at the Rotary Spring Fair on 27 October. Temperatures reached 36 degrees, and people lined up to have their free health checks (135 in total over the day). There were stalls, children's activities, and a whole host of other stalls and other activities.

18 Service providers got together at the Cockburn Health and Community Building on 30 October, for our first Aboriginal Health and Wellbeing Day. Southwell Primary School children were invited along to the day, and enjoyed watching traditional Aboriginal dancers, painting on canvas, stones and flags, and listened to Gina Williams and Guy Ghouse singing for an hour. Stall holders included Telethon Kids Institute, Marr Mooditj Training, Diabetes WA and Moorditj Koort. We were also fortunate to have Noongar Radio on site, and former Dockers players Roger Hayden and Troy Cook.

The Cockburn Healthy Lifestyle Program (CHLP) continues to expand, and currently has a number of programs running, from HEAL, exercise classes at Cockburn ARC, Dietetics and Nutrition classes and for the first time, are running Psychology sessions. For more information or to book an appointment with the CHLP please check out their website [www.ich.com.au](http://www.ich.com.au) or call them on 08 9494 3706.

On a completely different note, we feature the Perth Hypnosis Clinic in this edition. Kenneth Eldridge is an experienced clinical hypnotherapist based in Perth. He can help people to quite smoking, manage their weight, manage their depression and sleep better. For a full run down of his services, please read the article on page four.

Finally we feature another delicious Live Lighter Recipe, and discuss the benefits of walking every day.

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



COCKBURN  
CITY COUNCIL



PERTH  
HYPNOSIS  
CLINIC



LIVE LIGHTER  
RECIPE



WHAT'S ON?



Regards,  
Clory Carrello,  
Chief Executive Officer

## CONNECT WITH US

[info@cihealth.com.au](mailto:info@cihealth.com.au)

(08) 9494 3700

[www.cihealth.com.au](http://www.cihealth.com.au)

Cockburn Integrated Health

## ABORIGINAL HEALTH AND WELLBEING DAY - 30 OCTOBER 2019

On October 30, Cockburn Integrated Health hosted the Aboriginal Health and Wellbeing Day. 18 Service Providers set up stalls in the foyer of the Cockburn Health and Community building, Aboriginal Dancers from the Wadumbah Aboriginal Dance Group entertained the crowds with their traditional dance, and Gina Williams and Guy Ghouse sang songs in the conference room, to an enchanted crowd of Southwell Primary School children, their teachers and members of the public.

Stall holders included Telethon Kids Institute, Marr Mooditj Training, Communicare/Yorgum, Dental Health Services (Department of Health), Diabetes WA, Moorditj Koort and Noongar Radio. The City of Cockburn also had a stall with Financial Counselling, the Cockburn Support Service and gave free health checks throughout the day.



Staff from Telethon Kids Institute enjoying the day

Around 50 students from Southwell Primary School attended on the day, and joined in the traditional dancing, painted flags, canvases and rocks, and took part in a quiz which involved them visiting every service present. These lucky students were given 'showbags' at the end of the event, which included, amongst other items, a basketball for each child. They were wonderful children, who really enjoyed the day!



Former Dockers players Roger Hayden and Troy Cook joined in the festivities, much to the delight of staff and attendees.

Lunch was provided, and consisted of Kangaroo stew (a very popular choice), Crocodile and Emu sausages, Kangaroo kebabs and Damper. Over 100 sausages in buns were also cooked for the crowds.

All in all, it was a fantastic day, which everyone seemed to really enjoy.

## CITY OF COCKBURN - ROTARY SPRING FAIR - 27 OCTOBER 2019

On Sunday 27 October, staff from Cockburn Integrated Health teamed up with staff from the City of Cockburn, at the Rotary Spring Fair, held at Manning Park, and offered free health checks to the public.

135 people undertook a free health check, with 26 expressing an interest in the Cockburn Healthy Lifestyle Program, which is a fantastic result.

There were numerous stalls with merchandise, and also stalls with free activities for children. The highlight of the day for me, was the petting zoo, which hosted a myriad of farm animals that children were allowed to hold.



## THE COCKBURN HEALTHY LIFESTYLE PROGRAM (CHLP)

The CHLP has had a very busy October, promoting its services at a number of Community events in partnership with the City of Cockburn. Events have included the Mens Health Day on October 9, the Teddy Bears Picnic on October 23, the Spring Fair on October 27 and finally the Aboriginal Health and Wellbeing Day on October 30.

The CHLP has a number of programs currently running, from HEAL, exercise classes at Cockburn ARC, Dietetics and Nutrition Classes, and Psychology sessions. If you are interested in changing your lifestyle, please contact Sophie or Jessie on [healthylife@cihealth.com.au](mailto:healthylife@cihealth.com.au), or call them on 0481 793 347.

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

## COCKBURN WELLBEING - MENS HEALTH AND WELLBEING DAY

Whilst men's health is no joke, Cockburn Wellbeing can at least help people to smile by improving their mental health through focusing on improving their physical health! To help raise awareness about men's health, the City of Cockburn teamed up with the Men's Shed to host a day filled with health services, manning stalls.

They gave them the opportunity to discuss their health and wellbeing, be provided with practical information on how to improve their quality of life and eat some fresh, healthy and seasonal food.

Cockburn Wellbeing's new **FREE MH-SMILE** has been created to improve **Mental Health** through **Screening and Monitoring** physical health, brief **Intervention** and healthy **Literacy Education**.

The 12 month program is for people with a mental health diagnosis or concern who would like to improve their physical health. Once enrolled in the MH-SMILE program, a nurse practitioner provides clients with a comprehensive health assessment and ongoing support to improve their physical health, which will subsequently improve their mental health!



Kate Lebedev and Karen Heslop (Cockburn Wellbeing) at the Mens Health and Wellbeing Day.

## MENS HEALTH AND WELLBEING DAY - 9 OCTOBER



Sophie Nolan (centre) - coordinator of the Cockburn Healthy Lifestyle Program, at the Mens Health Event.



The City of Cockburn, in partnership with the Cockburn Mens Shed, hosted a Mens Health Day on the 9th of October. The event was to raise awareness for mens health and wellbeing, particularly around mental health, with stall holders from Cockburn Wellbeing, Cancer Council WA, Black Swan Health, City of Cockburn and Cockburn Integrated Health (amongst others) in attendance. Attendees were welcomed by a musician at the front gate, there were raffles on offer, and a selection of healthy food was available for purchase.



Lynda Burdett (City of Cockburn) with some of the Mens Shed Members at the Mens Health Event on 9 October.



## PERTH HYPNOSIS CLINIC

### What are the benefits of hypnotherapy? Is this for me?

Definitely. Everybody can use a surge of positivity in their life. Hypnotherapy is when the practice of hypnosis is used as a therapeutic tool. Our aim is to make your next step brighter than the last. At Perth Hypnosis Clinic, we work with your subconscious mind in treating a myriad of general, mental and health concerns, unwanted habits, phobias and general day-to-day happiness.

Nothing makes us happier than seeing you smile and relishing the benefits of hypnotherapy. Whether you want to kick a bad habit, are constantly anxious, want your negative thoughts to go away or are struggling to aid an ongoing health issue - we are here for you.

The feeling of empowerment and joy is something we all crave. We congratulate you on taking the first step in the right direction. Perth Hypnosis Clinic will walk beside you on your journey to a brighter future.

### Hypnotherapy can help you achieve the following positive changes in your life:

- Quitting smoking
- Manage your weight
- Conquering depression
- The end of nail biting
- Pain management
- Reduced anxiety
- Regaining your self confidence
- Confident public speaking
- Reducing stage-fright
- Stop gambling
- Beat phobias
- Sleeping better



### Kenneth Eldridge

Kenneth is an experienced clinical hypnotherapist based in Perth. Passionate about people and the proven benefits of hypnotherapy, he decided to open Perth Hypnosis Clinic in 2010.

Having helped countless people from all walks of life, Kenneth takes great comfort in seeing his clients thrive. Kenneth has a diploma in Paediatric Hypnotherapy and Clinical Hypnotherapy, and is a member of the Professional Hypnotherapists Association of Australia (PHA), The International Society of Paediatric Hypnotherapists (TISPH), is registered with the Hypnotherapy Council of Australia (HCA) and is a Certified Practitioner of the of The Simpson Protocol.

### This is your time

We stand by your side. What if we told you that you hold the pen for your future? Each one of us the author of our life story. Empowered with this knowledge, wouldn't you accelerate the process to recovery or eliminate some of those unwanted thoughts?

Hypnotherapy is when the power of hypnosis is used as a therapeutic tool to resolve an array of unwanted issues that people may experience during their life. We are dedicated to assisting you on your life journey. We are passionate about what we do and by utilising proven techniques, we continue to create a positive impact in the lives of our clients.

Our holistic approach ensures we look after you and your best interests. We want you to rediscover happiness and we work endlessly to make things possible. A life that is filled with light and positivity is something each one of us deserves. Remember, that you are worthy. It is time to experience relief and wellness, with us by your side.

What does your story say about you? Have you ever sat down and asked yourself, am I genuinely content with the trajectory of my life course? We all have elements of our life that we would gladly amend, if we could.

- Are you experiencing PTSD, depression or anxiety?
- Feeling overwhelmed?
- Want to improve your skills (thinking, life, social, sport or other)?
- Suffering chronic pain?
- Is addiction getting the better of you?
- Fear or phobia negatively impacting your life?
- Want to give up that habit (smoking, biting-nails or other)?
- You have tried everything but can't lose those extra kilos?
- Are you or your child falling behind at school or college?



### Locations in Cockburn and Dianella

Cockburn Integrated Health and  
1 Ashington Street, Dianella

Email: [kenneth@perthhypnoclinic.com.au](mailto:kenneth@perthhypnoclinic.com.au)

Tel: 0431 959 204

Website: [www.perthhypnoclinic.com.au](http://www.perthhypnoclinic.com.au)

## LIVE LIGHTER: HEALTHY PAD THAI RECIPE

### METHOD

1. Add 6 cups boiling water to a large bowl, add noodles and soak for 5 - 10 minutes . Drain noodles using a strainer.
2. Mix fish sauce, soy sauce, 1/4 cup water, lime juice and sugar in a small bowl.
3. Turn fry pan onto medium heat and spray with oil. Cook chicken for 5 minutes until brown. Set aside.
4. Spray fry pan with oil, add garlic, carrots and capsicum and stir fry for 5 minutes.
5. Add sauce, chicken, bean sprouts and noodles to fry pan, mix together and turn frypan off. Sprinkle nuts on top.

### HEALTHY TIP!!

Watch your portion size by using our guide:  
<http://livelighter.com.au/top-tips/watch-your-portion-size>



### INGREDIENTS

- 250 grams rice noodles
- 2 tbs fish sauce
- 2 tbs reduced-salt soy sauce
- 1 lime, juiced
- 1 tbs sugar
- 500 grams skinless chicken breast, sliced into strips
- 1 spray olive or canola oil spray
- 2 cloves garlic, crushed
- 2 carrots, sliced into strips
- 12 snow peas, sliced into strips
- 2 cups bean sprouts
- 4 tbs unsalted peanuts, crushed



### Walking for Good Health

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other forms of exercise, walking is free and doesn't require any specialist equipment of training.

### Health Benefits of Walking

You carry your own body weight when you walk. This is known as weight-bearing exercise. Some of the benefits include:

- Increased cardiovascular and pulmonary (heart and lung) fitness
- reduced risk of heart disease and stroke
- Improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscle pain or stiffness,

- Reduced risk of diabetes
- stronger bones and improved balance
- increased muscle strength and endurance
- reduced body fat.

### Making Walking a Pleasure

Some suggestions to help make walking a pleasurable form of physical exercise include:

- varying where you walk
- walking the dog
- walking with friends
- joining a walking club



## CIH SERVICE PROVIDERS

**GP Cockburn Central**  
[www.gpcockburncentral.com.au](http://www.gpcockburncentral.com.au)  
 Phone: (08) 9494 3711

**Azure Psychology**  
[www.azurepsychology.com.au](http://www.azurepsychology.com.au)  
 Phone: (08) 9494 3760

**Black Swan Health**  
[www.blackswanhealth.com.au](http://www.blackswanhealth.com.au)  
 Phone: 1800 606 906

**Bridging the Gap**  
[www.bridgingthegap.org.au](http://www.bridgingthegap.org.au)  
 Phone: 0429 541 172

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

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

**Clinipath Pathology**  
[www.clinipathpathology.com.au](http://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](http://www.cihealth.com.au)  
 Phone: (08) 9494 3706  
 Mobile: 0481 793 347

**Coeliac Western Australia**  
[wa.coeliac.org.au](http://wa.coeliac.org.au)  
 (08) 9494 3734

**Curtin Clinics**  
[www.healthsciences.curtin.edu.au](http://www.healthsciences.curtin.edu.au)  
 Phone: 9494 3751

**Dr Pankaj Kataria - Psychiatrist**  
[www.gpcockburncentral.com.au](http://www.gpcockburncentral.com.au)  
 Phone: (08) 9494 3723

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

**Forrest Personnel**  
[www.fpi.org.au](http://www.fpi.org.au)  
 Phone: 1800 224 548

**Hardy Nutrition - Dietary Consulting**  
[www.hardynutrition.com.au](http://www.hardynutrition.com.au)  
 Phone: (08) 9494 3790

**Multicultural Futures**  
[www.multiculturalfutures.org.au](http://www.multiculturalfutures.org.au)  
 Phone: (08) 9494 3780

**NursePrac Australia**  
[www.nurseprac.com.au](http://www.nurseprac.com.au)  
 Phone: (08) 6243 1702

**Perth Hypnosis Clinic**  
[www.perthhynoclinic.com.au](http://www.perthhynoclinic.com.au)  
 Phone: 0431 959 204

**St John Of God Raphael Services**  
[www.sjog.org.au](http://www.sjog.org.au)  
 Phone: 1800 524 484

**South Metropolitan Health Service**  
[www.southmetropolitan.health.wa.gov.au](http://www.southmetropolitan.health.wa.gov.au)  
 Phone: (08) 6152 2222

**Telethon Speech & Hearing**  
[www.tsh.org.au](http://www.tsh.org.au)  
 Phone: (08) 9387 9810 or  
 (08) 9381 9816

**Total Health**  
 (Physio, OT, Speech Pathology)  
[www.totalhealthwa.com.au](http://www.totalhealthwa.com.au)  
 Phone: (08) 9494 3760

**360 Health & Community**  
[www.360.org.au](http://www.360.org.au)  
 Phone: (08) 6595 8900



## WHAT'S ON



### OPENING HOURS & CONTACT

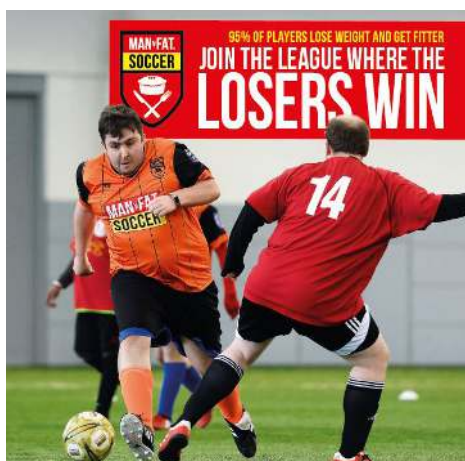
PHONE: 08 9494 0502  
 WEEKDAYS: 8AM - 1PM & 2PM - 5PM  
 SATURDAYS: 8 AM - 11:30AM  
 N/A SUNDAYS & PUBLIC HOLIDAYS



### OPENING HOURS & CONTACT

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

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



\$100 COLES MYER VOUCHER

