

COCKBURN INTEGRATED HEALTH

NEWSLETTER - APRIL/MAY/JUNE 2020

Welcome to the second edition of our newsletter for 2020. I hope that, given the current situation, that you are all managing to stay safe and well. 2020 has certainly thrown us a curve ball with COVID-19, with many of our programs on the Cockburn Healthy Lifestyle ending, as Social Distancing came into effect. We are working very hard behind the scenes to offer alternatives via teleconferences and videoconferencing. If you are interested in finding out more about what we will have on offer please contact Sophie Nolan on 0481 793 347 or Jessie Burke on 0429 621 044. Alternatively, you can ask to receive the Healthy Lifestyle Program newsletter, which will keep you informed of all the options available.

Since our last newsletter, we are pleased to let you know that Asthma WA now has a presence at CIHealth. We look forward to working with them in the future. For more information on this service, please read the article on page 2.

Finally, Colleen Crowley, Financial Counsellor - City of Cockburn, writes a very good article on financial abuse, and what you can do if you find yourself in this situation. There are many avenues of assistance for victims of financial abuse, and she gives numbers for several organisations who can help.

In these unprecedented times, there will be many people who will be affected financially, emotionally or mentally. Possibly all three. Services at Cockburn Integrated Health will continue as usual, however instead of face to face, many of these services will now be offered over the telephone or video conference link.

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

IN THIS ISSUE



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CITY COUNCIL



ASTHMA WA



CURTIN
UNIVERSITY



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APM



LIVE LIGHTER
RECIPE



WHAT'S ON?



Regards,
Clory Carrello,
Chief Executive Officer

CONNECT WITH US

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(08) 9494 3700

www.cihealth.com.au

Cockburn Integrated Health

ASTHMA WA



Asthma WA have commended a new service for children with asthma and other related respiratory conditions. This program has been developed following feedback from families describing the difficulties they experience in obtaining a diagnosis, responsive treatment and assessment for their children in a timely manner.

The Paediatric Respiratory Hub will combine paediatric respiratory testing, an appointment with Asthma WA Respiratory Health Educator as well as a consultation with the Paediatric Respiratory Specialist if required. This will aim to be a coordinated appointment in one location, feeding back to those people involved in the child's care.

We hope that through this service, we will be able to alleviate some of the stress and expense associated with time off school and work, dealing with waitlists and reducing the time and cost of travel to and from clinics, particularly for people who live in regional WA.

The service is made possible thanks to the generous support of Telethon 7 Perth, the Stan Perron Charitable Foundation (www.perronfoundation.org.au) and donors.

For more information on this exciting pilot project or how to refer, call Asthma WA on 1800 278 462, keep posted on Facebook or visit their website <https://bit.ly/37kToE5>

Know Asthma First Aid



Get your FREE Asthma Emergency Guide today



ASTHMAWA.ORG.AU

Paediatric Respiratory Hub – Asthma WA

Paediatric Respiratory Hub Photo: (left to right) We are proud to work alongside Clory Carella – CEO...



COCKBURN INTEGRATED HEALTH
CLINIPATH
PATHOLOGY

OPENING HOURS & CONTACT

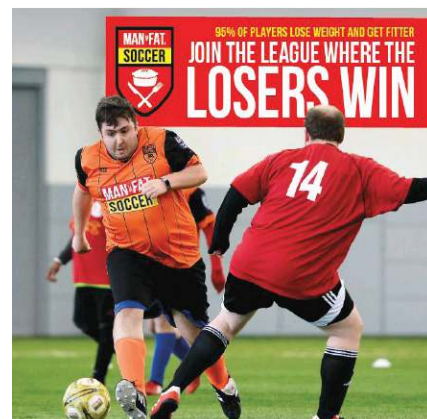
PHONE: 09 9434 0592
WEEKDAYS: 8AM - 1PM & 2PM - 5PM
SATURDAYS: 8 AM - 11.30AM
N/A SUNDAYS & PUBLIC HOLIDAYS



SKG
RADIOLOGY

OPENING HOURS & CONTACT

PHONE: 08 9454 3500
WEEKDAYS: 9.30AM - 6PM
SATURDAYS: 9.30AM - 12.00PM
N/A SUNDAYS & PUBLIC HOLIDAYS



RECOGNISING AND RESPONDING TO ECONOMIC AND FINANCIAL ABUSE

The most under-reported and under-recognised form of Family and Domestic Violence (F&DV) is financial abuse. It can take many forms:

- Controlling household finances - having an allowance or proof of where money was spent
- Being forced or coerced to sign contracts or have bills and accounts in your name
- Forced access to bank accounts, cards and pin numbers
- Your partner preventing you from working or earning your own money
- Have you ever had to sign business or tax documents you don't understand?
- Have you ever been forced to sell assets or household belongings?
- Pressure, tricks or threats to get you to use your money on things that have no benefit for you?

Financial and economic abuse can take many forms and can affect any person regardless of their background, age, income or gender. It can be cultural, a partner, sibling, parent, child/ grandchild and may also include emotional or physical abuse. Financial abuse is also the type of abuse most likely to continue after the relationship ends.



What can you do if this is happening to you or someone you care about? Firstly safety is paramount and taking back financial control must start with being safe. Contact your bank, the Australian Banking Association recognise and support Australia's banks to ensure people who identify as being abused are supported.

If your accounts have been compromised they will assist to set you up safe and secure avenues for banking. If you are a party to a lending product through pressure or coercion there are guidelines the banks must follow to assist you with fair solutions.



Where to go for help...

- 1800RESPECT (1800 737 732) National F&DV Helpline
- 1800 050 321 Family Relationship Advice Line
- 1800 007 007 National Debt Helpline
- 1800 353 374 Elder Abuse Support Line

If you know someone who is in crisis please call Lifeline on 13 11 14 and if you, or someone you know is not safe and is at risk of harm call the Police on 000.

This article was written by Colleen Crowley, Coordinator Financial Counselling Services at the City of Cockburn.

Colleen is an experienced Financial Counselor with a demonstrated history of working in the Government administration industry. Skilled in Nonprofit organisations, negotiation, debt consolidation and public speaking. Colleen is a strong community services professional graduated from TAFE Beaconsfield. She is passionate about serving the community through empowering people by building skills, and knowledge.



CIH SERVICE PROVIDERS

GP Cockburn Central
www.gpcockburncentral.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: (08) 9494 3751

Dr Pankaj Kataria - Psychiatrist
www.gpcockburncentral.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
www.multiculturalfutures.org.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



LIVE LIGHTER RECIPE



INGREDIENTS

- 400 gr no added salt diced tomatoes with basil, onion and garlic
- 2 small skinless chicken breasts, fat trimmed
- 20 basil leaves
- 270 gr jar sundried tomato, drained
- 270 gr char-grilled capsicum or roasted pepper strips, drained
- 2 cups baby spinach leaves
- 1 cup reduced fat mozzarella cheese
- 800 gr sweet potato, peeled and cut into 1/2 cm cubes
- 1/2 cup low fat milk
- basis leaves, extra, to serve
- 1/2 red chilli, chopped (optional)

METHOD

1. Pre-heat oven to 200 degrees Celsius (180 degrees fan forced)
2. Spread 1/4 cup diced tomato in the base of a large ovenproof dish
3. Halve each chicken breast lengthwise to form four thin breast steaks. Using a rolling pin, pound steaks between 2 sheets of plastic wrap to 5 mm thickness. Arrange chicken on tomatoes in pan base, layer each with basil leaves, sundried tomato pieces and capsicum. Pile on spinach, spoon over remaining diced tomatoes and sprinkle with mozzarella. Bake for 20 minutes until chicken is cooked and melted cheese has browned.
4. Place sweet potato in a steaming basket over a medium saucepan of boiling water. Steam for 10 - 15 minutes or until potato is tender. Discard water and return potato to the hot dry saucepan. Add 1/4 cup milk and mash with a potato masher until smooth, adding additional milk for desired consistency.
5. Divide sweet potato and chicken between serving plates, sprinkle with basil
6. Serve with fresh chilli for extra heat.