

COCKBURN INTEGRATED HEALTH

NEWSLETTER - JAN/FEB 2020

Welcome to the January/February edition of our newsletter. I hope that you all had a wonderful Christmas, surrounded by friends and family, and that you had a safe and happy start to 2020.

As I reflect over 2019, I am aware of how much we accomplished here at Cockburn Integrated Health. The Cockburn Healthy Lifestyle Program (CHLP) expanded to include not only an increased amount of HEAL™ programs (20 in total) but also Psychology sessions, nutrition classes, and individual dietetic consultations, food sensations, exercise programs and cooking workshops. We are constantly looking to expand on our current programs and will keep you updated. To find out what's happening in the next few months, please read about the CHLP on page 4, and if you would like to register to join our program, please call Sophie or Jessie on 08 9494 3706.

Cockburn Integrated Health works closely with the City of Cockburn, and staff from both will be giving free health checks on Australia Day at the Coogee Beach Festival. Come down and be entertained by dancing and singing groups, and stop by to have your blood pressure taken while you are there.

Together with the City of Cockburn, we will also be giving free health checks down at Bunnings in Bibra Lake on the 18th of January. So if you're in the area, why not stop by, pick up some power tools, and have a free health check? It might be the most important thing you do all week.

Our first newsletter of the year features APM Communities, who help people with disabilities to identify and access the support they need. They are based here at the Cockburn Health and Community Building, on the ground floor. To learn more about APM and what they can do, please visit them at www.apm.net.au/ndis

Clinipath Pathology have been on site since Cockburn Integrated Health opened its doors in 2014, and have been providing high quality services to the WA community for over 20 years. Opening hours are Monday - Friday between 8 am and 5 pm.

Megan Hardy, from Hardy Nutrition, works with the CHLP on both the HEAL™ programs and dietetic consultations. She provides one to one consults in weight management, diabetes, food allergies, food intolerances and has a wealth of experience with irritable bowel syndrome.

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

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Regards,
Clory Carrello,
Chief Executive Officer

CONNECT WITH US

info@cihealth.com.au

(08) 9494 3700

www.cihealth.com.au

Cockburn Integrated Health

APM COMMUNITIES

APM Communities helps NDIS participants and people with disability to identify and access the support they need.

Their Local Area Coordinators work directly with people with disability, carers and supporting family members.

APM helps participants with access and people with disability who are not eligible for the NDIS.

As part of their local services APM Communities also provides practical advice, information and support to businesses, organisations and groups to improve services for people with disability.

APM aims to increase inclusivity in the communities we work in through projects and partnerships that develop more opportunities for people with disability.

Learn more at www.apm.net.au/ndis

APM
Cockburn Health and Community Building
Unit 6b, 11 Wentworth Parade, Success, 6164
Tel :1300 76 522 Website: apm.net.au



CLINIPATH PATHOLOGY

Clinipath Pathology has been providing high quality services to the WA community for over 20 years.

Collection Centres are located at a number of locations throughout WA, including our well appointed Collection Centre at CIHealth where all Pathology Collection services are offered, including on-site drug screens.

Opening hours: Monday - Friday 8.00 am - 1.00 pm and 2.00 pm - 5.00 pm.

Bookings are not required and all pathology request forms are accepted.

For more information contact Clinipath Pathology on 6595 3731 or www.clinipathpathology.com.au



HARDY NUTRITION DIETARY CONSULTING



Megan Hardy - Director and Senior Dietitian

Megan Hardy is the founder of Hardy Nutrition, a Perth based Nutrition and Dietetics practice and has more than ten years of experience in the nutrition, health and wellbeing industry.

Megan is passionate about medical nutrition therapy as an approach to help people to achieve their health and wellness goals.

Megan has extensive experience in weight management, diabetes, food allergies, food intolerances, eating disorders and irritable bowel syndrome.

Call 08 9494 3970 or www.hardynutrition.com.au



AUSTRALIA DAY COOGEE BEACH FESTIVAL

8.00 AM - 12.00 PM

Come along for lots of family fun including slides, mermaids, free sausage sizzle (while stocks last) and watermelon and sandcastle building competitions. Enjoy entertainment by Binjareb Middars Aboriginal Dance Group, Bradley Hall Band, Chilli Con Curly and Down Town Band.

The Healthy Cockburn Team will be there to do free health checks. Stop by to have a chat and learn about the local Health Programs in the area.

Remember to bring: sunglasses, hat, sunscreen, water bottle, bathers, towel and some cash as there are no EFTPOS/ATM facilities.

Free bike checks and secure parking.

Powell Road will be closed between 6 am and 1 pm. Additional parking is provided across the road from the reserve with a traffic-managed crossing point.



Photo Compliments of Cockburn Council

DIY HEALTH - BUNNINGS HEALTH CHECKS

We all know Saturdays are for DIY and gardening, right? But, we'd all like to keep tabs on our health too!

Now you can do both as the City of Cockburn partner with the Cockburn Healthy Lifestyle Program (CHLP) and Bunnings to bring free health check-ups right in store!

Stop by to have a chat to the team, have your blood pressure taken and assess your risk for Diabetes Type 2, whilst hearing about our free to low cost programs to improve your health, provided and supported by the City of Cockburn and the CHLP.

We will even let you spin the wheel for a prize!!



WHERE: BUNNINGS, BIBRA LAKE

LOCATION: INSTORE (NEAR FURNITURE DISPLAY)

WHEN: SATURDAY 18TH JANUARY 2020

TIME: 10 AM - 2 PM



HAVE YOU HEARD OF HEAL™?

The Cockburn Healthy Lifestyle Program (CHLP) run a low-cost and popular service called the Healthy Eating Activity & Lifestyle (HEAL™) Program. HEAL™ is a six or eight week exercise and nutrition education program with on-going health consultation support.

Participants attend a 2-hr session each week, involving one hour of lifestyle education with a Dietitian and one hour of group fitness with an Exercise Physiologist. Participants are also required to do a pre and post health consultation, and have the free opportunity to continue receiving this support for 12 months.



CHLP have had a huge year in 2019, running approximately 20 HEAL™ Programs at numerous venues across Cockburn, including Harvest Lakes, Success, Southlake, Spearwood, Jandakot and Yangebup. Many participants find this particular service very informative and easy-going, especially for those who haven't exercised in a while or have let life and bad habits get the better of them! The CHLP have big plans for HEAL™ in 2020, and want you to get involved. What better time than the new year to get your health in order?

To find out when the next HEAL™ Programs begin or to learn more, call Sophie or Jessie on 0481 793 347 or email healthylife@cihealth.com.au

HEAL HEALTHY EATING ACTIVITY & LIFESTYLE™

FOOD SENSATIONS

Throughout 2019, the Cockburn Healthy Lifestyle Program and Healthy Cockburn Team have teamed up with Foodbank WA to deliver Food Sensations® for Adults.

Food Sensations® is a free nutrition and cooking program that is hands on, fun and provides a safe environment to learn new recipes and skills. The program consists of 2-hr sessions that run weekly over a four week period. In these sessions, you have the opportunity to cook a range of delicious, budget-friendly, healthy meals, that you get to eat or take home.

The Nutritionists and Dietitians go through label reading, budgeting, meal planning, lunchboxes and snacks, healthy mind, healthy body, supermarket tours and gardening for health. In 2019, two Food Sensations® for Adults program ran for residents of Cockburn and an addition MAN V FAT for men also ran.

Looking forward to 2020, once again Foodbank will be running a number of Food Sensations® programs in the Cockburn Area. One of these will be a Foodbank First – Food Sensations® for



Parents (0-5 years). This program is designed to provide parents and carers with the tools to create a positive eating experience for the whole family. Run over 5 weeks, each 2.5 hour session includes 1 hour of learning through fun, interactive activities and discussion, 1 hour of hands-on cooking using quick, tasty, budget friendly recipes, followed by a shared meal with parents and children.

If you are interested in getting involved in any of the Food Sensations® for Adults or Food Sensations® for Parents programs in 2020. Please email healthycockburn@cockburn.wa.gov.au or contact the Healthy Cockburn team on 9411 3444, alternatively visit <https://www.cockburn.wa.gov.au/Community-Support/Healthy-Living/Food-sensations-program>

LIVE LIGHTER: HEALTHY HOMEMADE BURGER RECIPE

METHOD

1. Use a grater to grate the bread into bread crumbs
2. Place mince, vegetables and egg in a large bowl and mix. Add enough breadcrumbs to make a soft texture that holds together
3. Divide mixture into four and shape into patties slightly wider than the rolls
4. Spray a frypan with a little oil and cook patties for 5 minutes on each side, until brown and cooked through
5. Serve on a roll with salad and sauce

HEALTHY TIP!!

Swap a large portion of meat for a smaller portion with extra vegetables.



INGREDIENTS

- 400 gr chicken mince or lean beef mince
- 100 gr mushroom, finely chopped
- 1 stalk celery, finely chopped
- 1 onion, finely chopped
- 1 tsp dried mixed herbs
- 2 tbs reduced-salt soy sauce
- 2 slices wholemeal or multigrain bread
- 4 lettuce leaves
- 2 tomatoes, sliced
- 1/2 medium cucumber, sliced
- sweet chilli sauce
- 1 egg
- olive or canola oil spray
- 4 wholemeal or wholegrain rolls



SHOULD YOU EAT HOT DOGS?

Hot dogs are a delicious, nostalgic tradition for many people, but they are not the most nutritious choice.

They are highly processed and typically contain large quantities of saturated fat and sodium - nutrients many people need to limit.

Additionally, many varieties are made from poor-quality meat and animal byproducts and contain lots of preservatives, additives, and artificial flavourings and colourings.

The foods that usually accompany hot dogs - like the bun and the condiments - are often heavily processed too.

A bulk of research suggests that diets high in ultra-processed foods like hot dogs may increase your risk of chronic disease, including heart disease and certain types of cancer.

You can make your meal a little healthier by choosing a hot dog made with higher quality meat and opting for more nutritious accompaniments, such as a whole grain bun.

That said, there's nothing wrong with indulging in an occasional hot dog if you enjoy it. Just remember to build the foundation of your diet on whole, minimally processed foods, such as fruits, vegetables, whole grains, legumes, lean proteins, nuts and seeds.



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
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



WHAT'S ON



HealthyCockburn
 live better

