

COCKBURN INTEGRATED HEALTH

NEWSLETTER - APRIL & MAY 2021

Welcome to the second edition of our newsletter for 2021. It's hard to believe that we are already in April, and that the year is already a quarter way through.

Our services have continued to grow, and despite COVID-19 still being present in our society, it has very much been business as usual. Please remember when you visit any service in the building, to scan the SAFE WA QR code using your phone, or manually at the front desk.

We are also very happy to let you know that the COVID-19 vaccination is offered here by our GPs. To make an appointment to get the vaccine, please call reception on 08 9494 3711.

I would like to welcome our own new starters on our own program, the Cockburn Healthy Lifestyle Service. You can find out more about Katherine, Alex and Amira on page three of this newsletter. They have quickly added value in a busy service and are always ready with a smile to assist anyone who is looking to start their own healthy lifestyle journey. For more information about the service, please call them on 0481 793 347.

We have had a few third year Social Work Students on site for the past month, who have written two articles about what social work involves and who can benefit from it. The reach is surprisingly wide.

Finally, I would encourage you all to attend the Cultural Fair on the 10th of April. There will be a host of stalls selling food, produce and crafts, amongst other items. There will also be live music and several of our own staff will be giving free health checks at the City of Cockburn stall.

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

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UNIVERSITY



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Regards,
Clory Carrello,
Chief Executive Officer

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Cockburn Integrated Health

WHAT IS SOCIAL WORK?



What is Social Work?

Social work is a practice-based professional that seeks to enhance and enrich the needs of all people, though meeting basic and complex needs. Social workers draw upon legislations and social policies to guide them in their practice. Social work principles emphasize service, social justice, dignity of persons, integrity and respect when working with people.

Role of Social Workers

The key role of social workers is to uphold the human rights of the individuals, groups and communities. This can be achieved by supporting all people who have access to social, political and economic resources. Social workers also seek to bring social change through addressing social barriers, injustices, discrimination and inequality.

Social Work Scope of Practice

The scope of social work practice is broad and diverse. Social workers can work in the following roles:

- **Case management** - Social workers help clients and their support systems to evaluate and understand care options
- **Care coordination** - The process of helping individuals access appropriate support services
- **Advocacy** - Social workers speaking on behalf of clients in addressing their needs to service providers
- **Assessment** - Reviewing client information and developing strategies to address issues/challenges
- **Intervention** - This involves social workers and clients working together to accomplish their goals
- **Counselling** - Social workers work with clients to address their thoughts, feelings and attitudes towards events or situations and find coping strategies.
- **Community Development** - planned approaches to improve the lives and wellbeing of communities.

- **Group Work** - Working with groups to meet socio-emotional needs while supporting them to achieve individual goals.
- **Educational and Research** - carrying out research on issues affecting groups and communities to educate others.

Social Work Fields of Practice

The key fields of practice for social workers are:

- Child Welfare
- Family Services
- Drug and Alcohol/Addictive Behaviours
- Healthcare/Public Health
- Mental Health
- Disability
- Ageing
- Education and Training
- Criminal Justice/Corrections
- Military Support
- Women



Clients

Social Workers work with a diverse range of individuals, groups and communities, and can work with the following:

- Children and Young People
- Families
- Refugees
- Immigrants
- Individuals with disabilities
- Aboriginal and Torres Strait Island communities
- LBGTQI+
- Ageing and the Elderly
- Incarcerated and medical patients

Professionals

Social workers work closely with other professionals when supporting clients. This is known as 'inter-professional teamwork'. Social workers can work with the following professionals in their practice:

- Psychologists, Doctors, Psychiatrists
- Nurses and Occupational Therapists
- Physiotherapists Dietitians
- Speech Pathologists and Exercise Physiologists

COCKBURN HEALTHY LIFESTYLE SERVICE - NEW STAFF



Katherine Maryjewski - Coordinator CHLS

Katherine joined the Cockburn Healthy Lifestyle Service in January this year as the Coordinator. She holds a Graduate Diploma (Health Promotion) and a Bachelor of Science (Nutrition) - both from Curtin University.

Katherine is a passionate and motivated advocate of health education and prevention initiatives and comes to us with a wealth of experience.

Alex Cookson - Assistant Coordinator CHLS

Alex is a recent Curtin University graduate, who completed her Bachelor of Science with a double major in Nutrition and Health Promotion in 2020.

She joined the CHLS in December 2020, working closely with Katherine and Amira, as one of the two new Assistant Coordinators of the Cockburn Healthy Lifestyle Service.

Alex has quickly added value to the service and the team and is always ready with a smile to help out in any area of the service.



Amira Hassan - Assistant Coordinator CHLS

Amira holds a Master of Dietetics and a Bachelor of Science (Nutrition) from Curtin University. She is also a member of the Dietitian Association of Australia.

Amira joined the CHLS early this year, and works three days a week on site. She is a welcome addition to the team, and has taken on, amongst other duties, the Cooking with Confidence courses at the Seniors Centre.

COCKBURN CULTURAL FAIR - SATURDAY 10 APRIL 3 -PM - 7 PM

The annual Cockburn Cultural Fair aims to bring to light the many different cultures of Cockburn and with it, delicious food and diverse music.

Enjoy entertainment by:

- Chilli Con Curly
- Sega Loya Dance
- Italycious
- Soukouss Internationale
- Grand final of Cockburn's Got Talent

There will also be roving performers, a Caricaturist and a kids craft tent.

Food will be available to purchase.



Address: Harmony Oval, Harvest Lakes, Atwell.

So come on down and support your local event - we hope to see you there!!!

This is an accessible event with accessible parking and toilets.

MAN V FAT IS BACK!!!



MAN V FAT soccer is for men in Cockburn who want to lose weight in a social and fun environment. The program promotes regular exercise, healthy eating and lifestyle changes with an element of competition. Players earn points for their team by kicking goals in their weekly games and losing kilos. Players are supported by a professional weight loss coach and WhatsApp groups help the players to stay focused.

For more information contact city of cockburn at healthycockburn@cockburn.wa.gov.au or call on 08 9411 3444.

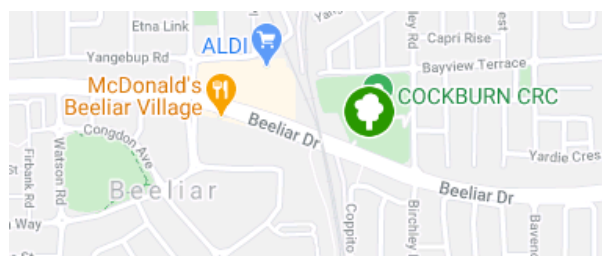
Games are played at the Cockburn Bowling and Recreation Facility which is located at Visko Park. The Address is:

40 Birchley Road, Yangebup 6164

This program runs all year in 14 week seasons.

There is a \$10 registration fee (one off payment) and a monthly subscription fee of between \$45.00 - \$49.00, depending on your league.

Why not come on down and join like minded men take that first step to a healthier you. You have nothing to lose but some kilos!!!



LIVE LIGHTER RECIPE - HEALTHY MEXICAN MINCE - NACHOS

HEALTHY MEXICAN MINCE -

NACHOS STYLE RECIPE



METHOD

1. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, til onions are clear and meat is browned
2. Add the rest of the ingredients and simmer for 10 minutes with the lid off, stirring occasionally.

Serving Suggestion - Use scissors to cup up a tortilla or flat bread into triangle shapes. Cook in oven for 10 minutes at 180 degrees. Top triangles with mince, fat reduced cheese and a spoonful of low fat yoghurt.

INGREDIENTS

- 1 tsp canola oil
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 250 g lean beef mince
- 1 medium zucchini, grated
- 2 medium carrots, grated
- 400 g can no-added-salt red kidney beans, drained and rinsed
- 400 g can no-added-salt diced tomatoes
- 1 tbs sweet chili sauce
- 2 tbs paprika
- 1 tbs ground cumin
- 1 tbs ground coriander
- 1 tbs chili flake, optional

Helpful Hint - double the recipe and freeze individual servings for an easy dinner another day.

CURTIN CLINICS -

Curtin Clinics Cockburn has a partnership with Cockburn Integrated Health (CIH) to provide a platform for current and future health professionals to develop their skills in delivering free primary health care services that will benefit the City of Cockburn, as well as the areas within the South Metropolitan corridor. Established in 2014, the Curtin Clinics Program located in CIH is a student-led placement program which provides an inter-professional fieldwork experience for health science students. This enables students of occupational therapy, speech pathology, nursing, dietetics, psychology, social work, exercise physiology and medicine to acquire knowledge within their discipline and develop their skills and experience or working together in a collaborative inter-professional team.

Curtin University's inter-professional practice (IPP) program is underpinned by a framework which has client-centred service, client safety and equality and collaborative practice as its core.



Figure 1 - Curtin Interprofessional Capability Framework (Brewer & Jones, 2010)

Curtin Clinics and CIH have set an agreement upon its establishment and their united visions are outlined below :

1. To be international leaders in inter-professional health education, developing new health-workforce models for the future.
2. All Curtin health sciences graduates have the capabilities to advocate for an inter-professional approach in their future endeavours to impact positively on their communities and the world.
3. To improve the health and wellbeing of the Cockburn population by providing coordinated multi-disciplinary primary health care services that are responsive to the needs and priorities of the local community.

IPP Coordinator



Kate Moore

Speech Pathology Clinical Supervisors



Natalie Macri



Denise Bain

The primary goals for establishing Curtin Clinics Cockburn are for Curtin University to:

- Demonstrate leadership in developing health science students to gain relevant work experience and inter-professional capabilities
- Provide an exceptional education and training opportunity for health science students
- Improve health of the community by addressing gaps in services particularly those related with ageing

Curtin Clinics has a dedicated fieldwork team who embody their expertise and experience to guide students in providing quality health care. The team is comprised of an IPP Coordinator and discipline-specific supervisors who are supported by and Administration Support Officer.

Exercise Physiology Supervisors



Ray Seaby



Emma Koontz

Social Work Supervisor



Pauline Dixon

Occupational Therapy Supervisor



Katarina Zubonja

Administrative Support Officer



Chiara Forestell



Curtin University

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) 9371 4200

Cockburn Wellbeing
Phone: 0481 908 705

Communicare
1300 951 190

Cockburn Healthy Lifestyle Service
www.cihealth.com.au
Phone: (08) 9494 3706
Mobile: 0481 793 347

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 1711

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?



HEAL HEALTHY EATING ACTIVITY & LIFESTYLE™

DO YOU WANT TO KICK-START YOUR NUTRITION AND EXERCISE JOURNEY IN A SOCIAL ENVIRONMENT?

Join HEAL™ to develop lifelong healthy eating and exercise habits. Each HEAL™ course involves a weekly two hour group session; one hour of lifestyle education with a dietitian/nutritionist and one hour of gentle exercise with an exercise physiologist/physiotherapist.

**NEXT PROGRAM:
SATURDAY'S
10TH APRIL -
15TH MAY
2021**

8 WEEKS
9:00AM - 11:00AM
COCKBURN INTEGRATED
HEALTH
\$30 ADULT
\$10 CONCESSION

Supported by

