

# COCKBURN INTEGRATED HEALTH

NEWSLETTER - FEBRUARY & MARCH 2021

Welcome to the February/March edition of our newsletter. After a difficult year last year, due to COVID-19 across Australia we found ourselves in our first hard lock-down of the pandemic at the start of February. We have been very fortunate in comparison to other States, however the hotel quarantine worker who contracted COVID that put Perth into lock down, shows us just how vulnerable we are, and reinforces the need to not become complacent.

When you visit CIHealth, please remember to scan the Safe WA QR code using your phone, or manually at the front desk. This will assist us greatly should we be put into lock-down again. Also, if you feel unwell with any COVID symptoms, please do not visit the Centre, but, phone to arrange a phone consult with one of the GPs at the site or attend one of the COVID clinics in the community .

On a happier note, I'd like to formally welcome Kate Moore and Chiara Forestell, who head up the Curtin University Inter-professional Practice here on site at CIH. On page 2 they list a range of disciplines their students can assist with, under the supervision of a qualified expert.

The Cockburn Healthy Lifestyle Service continues to offer telephone and face to face health consultations to their clients. These programs are in high demand, and we continually try to find new options for our participants. If you are interested in finding out more about our program please visit our website, or call us to arrange an appointment.

Colleen Crowley, Financial Counsellor with the City of Cockburn, has taken on a new role as a small business financial counsellor, to provide support for small businesses who, for various reasons, are struggling. Her services are as always, confidential and free of cost.

Two of our staff CIHealth worked at the recent Australia Day festival at Coogee Beach, assisting with health checks and will be in attendance at the upcoming Coogee Live Festival held on 6 & 7 March. Why not pop down and have a free health check, and find out more about what your local Council and CIHealth can offer you. There will be a host of stalls, food trucks and services to visit.

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

## IN THIS ISSUE



CURTIN  
UNIVERSITY



NEW  
STARTERS



FINANCIAL  
COUNSELLING



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

## NEW STARTERS - CURTIN CLINICS



**Kate Moore - Coordinator Inter-professional Practice**

Kate has recently joined the Curtin Clinic in Cockburn from the School of Nursing, Midwifery and Paramedicine at Curtin University. Prior to this Kate worked in private practice and across a variety of nursing departments and hospitals as a Registered Nurse, where she learnt the importance of developing excellent inter-professional relationships in order to provide client-centered holistic care. Kate brings this enthusiasm for collaborative care to the clinic and hopes to inspire the students to adopt and integrate this approach into their current and future practice.



**Chiara Forestell - Administration Support Officer**

Chiara previously worked at the Curtin University Health Services and Curtin Counselling Services where she developed her excellent customer service skills. Chiara's IT prowess and bubbly personality have made her a delightful addition to the team and she takes great joy in supporting both the clients and students that visit the clinic. Chiara believes that providing an outstanding and supportive service to clients is key to helping them achieve their health goals.



Curtin Students work collaboratively at CIH to provide a free inter-professional health service across a range of disciplines.

These disciplines include:

- Dietetics (adult)
- Exercise Physiology (adult)
- Nursing (community)
- Occupational Therapy (adult)
- Provisional Psychology (adults/children)
- Social Work (adult)
- Speech Pathology (adult)

Community members can self-refer or be referred through their GP. Please note ALL Psychology referrals must be referred through a health professional or GP.

All clients will be involved in a comprehensive inter-professional assessment and be under the guidance of a qualified health professional.

For more information visit <https://health-sciences.curtin.edu.au/our-clinics/curtinclinics-cockburn/>

## NEW SERVICE - SMALL BUSINESS FINANCIAL COUNSELLOR



Colleen Crowley - Financial Counsellor - City of Cockburn

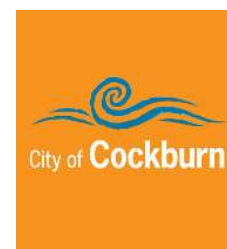
Life in a COVID world is a challenging one for people in small business and the City of Cockburn has received State Government funding under Mark McGowan for a Small Business Financial Counsellor to provide support.

At the end of the last financial year 216,372 business loans were deferred. In the next financial year we expect to see knock on effects such as difficulties with ATO debts due to inability to keep up with the PAYG and BAS requirements. There could also be additional debts due to entitlements received when eligibility requirements have not been met. The ATO have already taken back \$120 million in JobKeeper payments where businesses were not eligible to the wage subsidies.

The City of Cockburn is the only council in WA to receive the funding - two other community support organisations have also received similar funding from the Department of Communities as part of the State Government's WA Recovery Plan to help households and small businesses impacted by COVID-19. They6 are FinUCare located in Mandurah and Anglicare located in Joondalup.

The Service is free and confidential, and some of the services on offer to businesses with less than 100 employees experiencing difficulties, include negotiating with creditors such as banks or finance companies, ATO disputes/debts and business telecommunication contracts.

If you are a small business seeking assistance, please contact the City of Cockburn on 08 9411 3444 to make an appointment.



## COOGEE LIVE - COMMUNITY FESTIVAL - 6 & 7 MARCH 2021

Taking place across a number of hubs, this iconic community festival is a true celebration of beachside family fun, arts, music, food & discovery.

With the theme of BELONGING central to the 2021 festival, there is a strong focus on workshops and activities that you can really get involved in, from fishing lessons and making dumplings (with MasterChef Brendan Pang!!), to extracting native bush medicine, jewellery making and beyond.

More info can be found at <https://coogeelive.com/>



Coogee Live 2021 is brought to you by the City of Cockburn, with Major Partners Lotterywest and Healthway promoting the Live Lighter message. Media Partners include Nova 937 and the Cockburn Gazette, and supporting partners Fremantle Ports, Alcoa and Port Coogee and a whole host of Business Partners and Local Collaborators.

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

## 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 special equipment or training.

To get the health benefits, try to walk for at least 30 minutes as briskly as you can on most days of the week. Brisk means that you can still talk but not sing, and you may be puffing slightly. Moderate activities such as walking pose little health risk, but if you have a medical condition, check with your doctor before starting any new exercise program or physical activity.

If it's too difficult to walk 30 minutes at one time,

do regular small bouts (10 minutes) three times per day but gradually build up longer sessions. Physical activity built into a daily lifestyle plan is one of the most effective ways to assist with weight loss and keep weight off once it's lost.

Some suggestions to build walking into your daily routine include:

- Take the stairs instead of the lift
- Get off public transport one stop earlier and walk to work or home
- Walk (don't drive) to the local shops
- Walk the dog (or your neighbour's dog)

A pedometer measures the number of steps you take and may motivate you to move more. The recommended number of steps accumulated per day to achieve health benefits is 10,000 or more.

Walking fast burns more kilojoules per hour than walking slowly, but this doesn't mean you have to push yourself until you are breathless. Pace yourself, so you can still talk.



## LIVE LIGHTER RECIPE - HEALTHY MAC & CHEESE BAKE RECIPE

### HEALTHY MAC & CHEESE

### BAKE RECIPE



#### Ingredients

- 50 g high-fibre or wholegrain pasta
- 1/2 head cauliflower, cut into small florets
- 1 zucchini, chopped
- 2 tbs olive oil
- 1 onion, finely chopped
- 2 tbs plain flour
- 1 1/2 cups reduced-fat milk
- pepper (to taste)
- 1 cup reduced-fat cheese, grated
- 1/3 cup panko bread crumbs
- 1/3 cup Parmesan cheese, grated

#### Method

1. Cook pasta in a large pot according to packet instruction. In the last 5 - 6 minutes of cooking, add the cauliflower florets and zucchini to the pot of boiling pasta. Drain and set aside.
2. Heat the oil in a saucepan and cook onions for 4 - 5 minutes until soft.
3. Add the flour to the pan and cook for 2 minutes, stirring. Gradually start adding the milk while stirring. Bring the sauce to the boil, then remove from the heat. Season with pepper and stir in grated cheese.
4. Combine the pasta, veggies and sauce.
5. Mix the breadcrumbs, Parmesan and pepper in a separate bowl.
6. Put pasta, veggies and sauce in an oven proof dish, sprinkle with breadcrumb mixture and place under the grill for 5 - 10 minutes until golden and crunchy.

Variations - Blitz some of the cooked cauliflower and zucchini into a puree and fold into the cheese sauce if you want to hide some of the vegetables.

## SETTLE IN - SETTLEMENT SERVICES



The Settle In program is a partnership between Communicare, Centrecare and Save the Children to assist newly arrived humanitarian entrants and eligible migrants to navigate and embrace life in Australia.

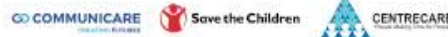
Settle In provides a wide range of services including individualised case work, play-groups, life-skills workshops and outreach support.

For more information call 08 9251 5777 or email on [info@settleinprogram.org.au](mailto:info@settleinprogram.org.au)

Do you need help with:

- Education and Training
- Understanding Australian rules
- Renting and accommodation
- Looking for employment
- Children and family playgroups
- Relationship issues
- Health and Medical needs
- Learning about Australian customs
- Citizenship support

Locations: Cockburn, Cannington and Rockingham



## LITTLE MUMMA YOGA



### Prenatal and Postnatal Classes

Venue: CIHealth

Classes are held on Thursday nights (8 week blocks)

5.30 pm - 6:45 pm and 7:00 pm - 8:15 pm

### Class Dates 2021

- 4th February - 29th March
- 15th April - 3rd June
- 17th June - 5th August
- 26th August - 14th October
- 28th October - 16th December

Classes are specifically designed for prenatal women, beginners and all stages of pregnancy. Classes are offered in two locations - Cockburn and Palmyra.

**Bookings are essential.**

To find out more go to [www.littlemum-mayoga.com.au](http://www.littlemum-mayoga.com.au) or call on 0432 340 380

## CIH SERVICE PROVIDERS

**GP Cockburn Central**  
[www.gpscockburncentral.com.au](http://www.gpscockburncentral.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) 9371 4200

**Cockburn Wellbeing**  
 Phone: 0481 908 705

**Communicare**  
 1300 951 190

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

**Curtin Clinics**  
[www.healthsciences.curtin.edu.au](http://www.healthsciences.curtin.edu.au)  
 Phone: (08) 9494 3751

**Dr Pankaj Kataria - Psychiatrist**  
[www.gpscockburncentral.com.au](http://www.gpscockburncentral.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 1711

**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 New?



### MAN V FAT SOCCER



**OPENING HOURS & CONTACT**  
 PHONE: 08 9494 3500  
 WEEKDAYS: 8:30AM - 5PM  
 SATURDAYS: 8:30AM - 12:00PM  
 N/A SUNDAYS & PUBLIC HOLIDAYS



**OPENING HOURS & CONTACT**  
 PHONE: 08 9494 8502  
 WEEKDAYS: 8AM - 1PM & 2PM - 5PM  
 SATURDAYS: 8 AM - 11:30AM  
 N/A SUNDAYS & PUBLIC HOLIDAYS

