

COCKBURN INTEGRATED HEALTH

NEWSLETTER - OCTOBER, NOVEMBER, DECEMBER 2020

Welcome to the October/November/December (and in fact our final newsletter for 2020) edition. After a difficult start to the year with COVID-19 bringing uncertainty all across Australia, we have managed to get back to a “new” normal. We still have social distancing rules in place in our building, and have a limit of two people in the elevator at one time, however we have been fortunate to have escaped the hard lock downs that other States have experienced.

The Cockburn Healthy Lifestyle Service is back up to full speed, with both telephone and face to face health consultations being offered. Our programs continue to be in high demand, as 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.

Just Kids Health is featured in this edition. They have been on site here at Cockburn Integrated Health for 3 1/2 years, offering advice to parents about eczema, toilet training, asthma and weight concerns to name a few. If you have any concerns about your child or teen, please give Stephanie Dowden a call to make an appointment (number can be found on the back of this newsletter).

Colleen Crowley, Financial Counsellor with the City of Cockburn, writes an interesting article about managing your financial concerns after COVID-19 assistance ends. During this pandemic, many of us have had to defer mortgage payments and other bills, and/or been affected by job loss. If you are in financial difficulty and would like some advice on how to improve your situation, please call Colleen, who offers a free financial counselling service right here at CIHealth.

Megan Hardy, Dietitian and Director of Hardy Nutrition, has recently completed the Monash University FODMAP (Fermentable Oligosaccharides Disaccharides Monosaccharides and Polyols) and IBS course and is now a registered specialist in the management of IBS (Irritable Bowel Syndrome). We feature Hardy Nutrition on page 3 of our newsletter, and list other areas where Megan may be able to help you achieve better health.

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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WHAT'S ON?



Regards,
Clory Carrello,
Chief Executive Officer

CONNECT WITH US

info@cihealth.com.au

(08) 9494 3700

www.cihealth.com.au

Cockburn Integrated Health

JUST KIDS HEALTH BY NURSEPRAC AUSTRALIA

What is a Nurse Practitioner?

A nurse practitioner is a registered nurse educated and authorised to function autonomously in an advanced and extended clinical role. Seeing a nurse practitioner has been shown to improve health outcomes and boosts people's satisfaction due to the longer consultations and the nursing focus on the whole person. Nurse practitioners can access, diagnose and treat, prescribe medicines, order and interpret blood tests and x-rays, provide Medicare rebates, refer to hospitals and specialists.

Director - Stephanie Dowden RN, Paed Cert, Med, MN(NP)

Stephanie is a highly educated Children's Nurse Practitioner with a vision to improve child and youth health, strengthen families and reduce childhood adversity in Western Australia. Stephanie is passionate about Social Determinants of Health and Adverse Childhood Experiences (ACEs) and the impact of these on health and wellbeing.



Julie McLean RN, Grad Dip Clinical Nursing (Paed), Grad Cert (PICU Nursing), BN, Mphil, MN(NP)

Julie is with Just Kids Health on Fridays and has a wealth of knowledge with children and families. Julie is highly educated within the health care industry and has a Masters of Nursing focused in Nurse Practitioner from Flinders University.



Just Kids Health has been onsite at CIHealth for the last 3 1/2 years. During that time they have had many students through the practice, and they have gained a wealth of experience working with and alongside children and their families with high levels of diversity. As they continue to grow Just Kids Health, they welcome new students to develop their knowledge on how to deliver high quality and evidence-based, equitable healthcare for children from birth to late teens.

just **kids** health

by NursePrac Australia



Their Values: Caring, Empowerment, Collaboration, Equity and Respect.

Their Mission: Delivering high quality, evidence based, integrated and equitable healthcare for children 0 - 18 years old.

A sample of what Just Kids Health does is:

- Eczema - ItchyScratchySkin
- Unsettled babies
- Behavioural/developmental worries
- Parent Coaching
- Toilet training/constipation
- Weight Concerns - Optimal Weight for Life (OWL)
- Asthma
- Health Checks
- Teen wellbeing and more



How do you make an appointment with Just Kids Health?

Referrals are not needed. Parents can self-refer. They also accept referrals from school health nurses, child health nurses, schools in general, Paediatricians, Family Support Networks and other Nurse Practitioners and GPs.

- Online bookings
- Video conferencing appointments
- Long appointments
- Medicare rebates
- No gap charges for Health Care Card holders.



HARDY NUTRITION DIETARY CONSULTING - MEGAN HARDY



While dietitian Megan Hardy has been working in the area of Irritable Bowel management for many years now, she decided to make it official and become a recognised specialist in the area.

She has recently completed the Monash University FODMAP and IBS course and is now a recognised specialist in the dietary management of IBS.

If you are after support and relief with your IBS from a specialist then give her a call today to make an appointment on 08 9494 3790 or email her admin@hardynutrition.com



ARE YOU EXPERIENCING BLOATING, CONSTIPATION, ABDOMINAL PAIN, REFLUX OR SIMILAR?

This may be a sign that you have Irritable Bowel Syndrome (IBS). IBS is experienced by 1 in 5 Australians and is a common problem affecting the large bowel or colon.

It is important not to confuse IBS with Coeliac Disease of Inflammatory Bowel Diseases such as Crohn's Disease or Ulcerative Colitis. We recommend speaking to your GP firstly to rule out any of the above conditions.

Yes, IBS can be managed through a tailored diet, regular exercise, stress management and/or medications.

Firstly consider are you eating a healthy and well-balanced diet consisting of:

- Brown or wholemeal breads, high fibre cereals, rice, pasta, legumes
- Dairy products
- Fruit
- Vegetables
- Meat, cheese, poultry and fish
- AND drink 8 glasses of water or herbal teas per day

Secondly, there is no underlying cause of IBS, however there is evidence to suggest it may be due to the bowel's function to have increased sensitivity. Triggers to sensitivity can include:

- Infections, such as gastroenteritis, which can lead to bacterial changes in the GUT
- Stress, affecting the nerves in the bowel
- Food intolerance, leading to impaired absorption of different nutrients
- Medications, ie. antibiotics or painkillers

If you have any questions and would like more information, Hardy Nutrition specialise in IBS and food intolerance management.

We can help end your discomfort. Book an appointment with a dietitian at Hardy Nutrition on 098 9494 3790 or book online at <http://hardynutrition.com.au/online-booking.html>



MANAGING YOUR FINANCIAL CONCERNS AFTER COVID-19 ASSISTANCE ENDS?

According to the Australian Banking Association (ABA), as of 4 June, one in 14 mortgages has been deferred:

- Number of mortgages deferred 485,063
- Number of business loans deferred 216,372
- Total number of COVID loan deferrals 779,458
- Value on mortgages deferred \$175.5 billion
- Total value of all loans deferred \$236 billion



If you were experiencing financial difficulty due to COVID-19, you may have put your home loan repayments on hold for up to six months. During this time, interest continued to be charged on your loan. This interest needs to be repaid and will increase your mortgage payments depending on the size, interest rate and length of assistance. The reason for this is because you'll be paying off a higher balance in the same period of time.

Please access independent information and advice before deciding which option is best for your situation.

The credit Consumer Legal Service WA (CCLS-WA) has auto letter generators, fact-sheets, and step by step guides on many financial issues. They have information on repossession, credit files, how to manage missed payments and many helpful tools. They can be contacted on 08 9221 7066 or visit their resources page <https://cclswa.org.au/cclswa-online-resources/>

MoneySmart is also an excellent site which includes loan calculators. Visit <https://moneysmart.gov.au>

The National Debt Helpline - when you're in financial trouble the helpline is ready to assist you. If you can't find the answer to your situation on our website, call 1800 007 007. One of our trained financial counsellors will assess your situation and provide you with free advice to help you move on. If your matter is more complex, they can refer you to your closest face to face counselling service. They'll also put you in touch with the right service you require, such as legal services, crisis food and accommodation services, and health services. <https://ndh.org.au>

**Colleen Crowley, Financial Counsellor
City of Cockburn**

LIVE LIGHTER RECIPE - HEALTHY FLUFFY SPINACH & MUSHROOM OMELETTE



Ingredients

- 2 eggs, yolks and whites separated
- 1 tbs reduced-fat milk
- olive or canola oil spray
- 4 button mushrooms, sliced
- 1/2 cup baby spinach leaves
- 1 tbs reduced-fat cheddar cheese, grated
- 1 tbs chives, chopped
- pepper, to taste

Serving suggestion - substitute the chives with other fresh herbs such as basil, parsley or thyme.

Method

1. Place the egg yolks in a medium bowl. Add the milk and mix well.
2. In a separate bowl, whisk the egg whites until soft meringue-like peaks are formed. Gently fold egg whites into the egg yolk mixture and set aside
3. Spray a small non-stick frying pan with oil and place over medium heat. Add mushrooms and cook on medium heat for 3 minutes until softened. Add baby spinach and cook for a further minute until wilted. Remove from pan and wipe pan clean.
4. Spray pan again and return to medium heat. Pour in the egg mixture and cook for 2 - 3 minutes or until surface is nearly firm. Sprinkle the cheese, mushrooms, spinach and pepper over half the omelette, then fold over the other side to enclose the filling. Garnish with chopped chives.

Variations - vary the filling to include any combination of vegetables you prefer, such as asparagus, tomato, rocket leaves, leek or capsicum.

GET FIT AND MEET NEW PEOPLE - JOIN A FREE LOCAL WALKING GROUP!

Heart Foundation
Walking



City of Cockburn

Current September 2020

Join our **free** local walking groups!

Heart Foundation Walking groups are not only good for your health but also a great way to meet people. New walkers are welcome and it's free.

<u>Where</u>	<u>When</u>	<u>Starting point</u>	<u>Contact the Walk Organiser</u>
Coogee	Thursdays 8:30am	Coogee Café, Powell Rd, Coogee.	Barbara 0415 402 450 or 9418 1897 Coogee Cruisers barbara47@westnet.com.au
South Fremantle	Friday 8.00am	The Meeting Place, 245 South Terrace, South Fremantle.	Lis + June 9335 3208 or 0408 986 395 South Beach Striders lisfremantle@gmail.com
Hamilton Hill	Wednesday 9.30am	Carpark in front of Azelia Ley Homestead, Azelia Rd, Hamilton Hill.	Crawford 0407 998 958 - Manning Park Exercise Group andrew.gilmore@ruah.org.au
Spearwood	Wednesday & Friday 7.45am	Phoenix Shopping Centre outside the Post Office. Mall walking group.	Naomi 0423 833 674 - Phoenix Walkers naomi51@homemail.com
Success	Tuesday 7.45am	Cockburn Gateway Shopping Centre, outside Cole's entrance. Mall walking group.	Ron 0408 852 925 or Dianne 0429 109 992 tblack5@bigpond.com maspo6713@bigpond.com
South Fremantle	Tuesday 9.30am	Beachside of South Beach Café 9 Ocean Rd, South Fremantle	Crawford 0407 998 958 – South Beach Exercise Group andrew.gilmore@ruah.org.au



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) 9371 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

Curtin Clinics
www.healthsciences.curtin.edu.au
 Phone: (08) 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 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 New?

Cockburn Community TREK

13 November 2020
 8.45-11am

Registrations from 8am and warm up 8.30am

Coogee Surf Life Club,
 20 Poore Grove, Coogee

WALK 3km or RIDE 6km
 Free morning tea provided

COVID-19
 This event is subject to change or cancellation - check the City website and social media for the latest information. We recommend downloading the COVID app and adhering to social distancing while attending City events. If you feel unwell or are showing symptoms please seek medical advice and do not attend these events.

RSVP by 6 November 08 9411 3444 healthycockburn@cockburn.wa.gov.au

cockburn.wa.gov.au/events

Teddy Bears PICNIC

WEDNESDAY -
 21 October
 2020
 10AM-1PM



MAN V FAT SOCCER

COCKBURN ROTARY SPRING FAIR

SUNDAY -
 25 October
 2020
 11AM-8PM