

COCKBURN

INTEGRATED HEALTH

NEWSLETTER - SEPTEMBER, OCTOBER, NOVEMBER 2021

In this newsletter edition, we have included an allied health spotlight on Psychology and the services provided at Cockburn Integrated Health (CIH), specifically at Curtin Clinic. Accessing the multidisciplinary allied health services at Curtin Clinic is free, however, a referral by your GP is required for psychology services.

Without a doubt, the global COVID-19 pandemic has changed the way that people interact in local, national & international communities. Despite the social, emotional and financial toll from this pandemic, the task of keeping physically fit and healthy remains. Therefore, please refer to the section in this edition detailing tips & strategies about keeping physically active at home, using homemade and/or low-cost exercise equipment. To complement this focus on physical fitness, we have also included a healthy recipe from the Live Lighter program.

Also in this newsletter, there is information about the services & programs on offer at Cockburn Youth Centre (CYC), Cockburn libraries & Cockburn Super Clinic Pharmacy, located on the ground level at CIH - many thanks to Stephane and Nicolas at the pharmacy for their continued assistance to the City of Cockburn community.

Finally, our healthy lifestyle program continues to be a priority so please do not hesitate to contact the Coordinator, Katherine Maryjewski at katherine.maryjewski@cihealth.com.au if you have any questions.

Stay Safe,
Clory Carrello
Chief Executive Officer



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Thank you to 4th year social work students, David & Elizabeth from Curtin University, for assisting in the production of this newsletter edition!

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Cockburn Integrated Health

ALLIED HEALTH SPOTLIGHT

What is Psychology?

Psychology is a science and a profession, dedicated to understanding how people think, feel, behave, and learn. As a science, psychology is the study of the human mind and its array of functions and influences. Psychology as a profession puts knowledge about the human mind into practice by helping people solve daily-living problems and improve quality of life.

What are the different fields of practice?

Many psychologists have general registration, which usually means they have completed a 4-year undergraduate degree and 2 years of supervised practice, or a 4-year undergraduate degree, one or more of a range of postgraduate degrees, and 2 years of supervised practice. Psychologists who have completed a 2-year Master degree and/or PhD and 2 years of supervised practice obtain endorsement in one of nine areas of practice endorsement. The nine areas of practice endorsement are: counselling, clinical, clinical neuropsychology, community, educational and developmental, forensic, health, organisational, and sport and exercise. Each area of practice endorsement focuses on different aspects of psychology, which can help psychologists provide services in specific areas of the community.

What do psychologists...do?

Psychologists provide services in many different settings across the government, private, and public sectors. Psychologists provide assessment, diagnosis, treatment and intervention to individuals, children, adolescents, couples, families and groups.

Psychologists help people across the lifespan, from prenatal and infants, children and adolescents, adults and older adults. Psychologists also write reports for legal proceedings, provide expert testimony in court hearings and influence policy making.

What is the training/qualification pathway?

Many psychologists have general registration, which usually means they have completed a 4-year undergraduate degree and 2 years of supervised practice, or a 4-year undergraduate degree, one or more of a range of postgraduate degrees, and 2 years of supervised practice.

What are common types of psychological interventions?

There are many types of psychological interventions. The most common include cognitive behavioural therapy (CBT), mindfulness-based CBT, acceptance and commitment therapy, dialectical behaviour therapy (DBT), trauma-informed practice, interpersonal process, and psychodynamic psychotherapy. Each type of intervention will focus on different aspects of psychology, and many psychologists will be well-versed in multiple types of intervention to tailor their approach with clients to best suit the individual. CBT is extensively shown to be evidence-based for many presenting problems; however, it has been argued that this is due to CBT being quantifiable, unlike many other types of therapeutic intervention. Some interventions have been designed for and have been shown to be most effective for particular disorders; for example, DBT is most effective for borderline personality disorder.

How can psychologists be accessed?

At the Curtin Clinic located at Cockburn Integrated Health, psychologists can be accessed by receiving a GP referral. In the community, psychologists who work in private practice, can be accessed by self-referral (and paying full price per session) or by GP referral with a Mental Health Care Plan (which provides individuals with a set number of Medicare subsidised sessions per year).

- Thank you Curtin psychology student
Chantal for your contribution!



Curtin University

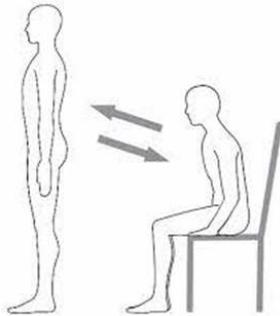
Get Moving at Home!

*** Disclaimer: Please obtain advice from your GP before starting any new exercise program.

3 PACK STRETCH BANDS \$7.50 FROM KMART!

2KG TO 6KG DUMBBELLS \$4 TO \$10 FROM KMART!

1. Sitting to standing



Muscles worked: Quadriceps, hamstrings, glutes.

Equipment needed: Chair

How to:

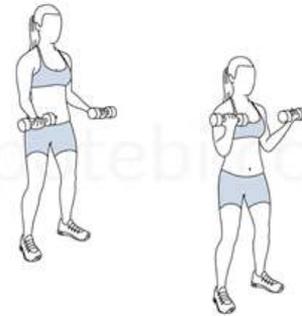
Start by placing a chair against the wall and sitting in the chair so that your feet are touching the floor and knees are bent at 90 degrees. Place your arms across your chest and keeping your back straight, rise from the chair to a standing position. Then lower your body back down to the chair until your bottom is touching the chair again. That is one repetition. Continue the movement until you have done the correct amount of repetitions.

Sets and reps: 2 sets, 10 reps.

Make easier: Use a higher chair

Make harder: Remove the chair and do a squat instead, can also hold a dumbbell or weight in hands during exercise.

2. Bicep Curl



DUMBBELL ALTERNATIVE - USE 2KG WATER BOTTLES

Muscles worked: Biceps

Equipment needed: Dumbbell/theraband, chair/bench

How to:

Start by sitting on a bench or chair with your back straight and your shoulders blades pulled back. Hold the dumbbell or theraband in one hand, and then slowly move your arm towards your torso by bending your elbow, and then slowly lower your arm back to starting position. Continue this movement for all 10 repetitions, before swapping to the other arm. If you are using a theraband, you can loop the theraband around your foot as an anchor point and then do the movement from there.

Sets and reps: 2 sets, 10 reps.

Make easier: Lower the weight used

Make harder: Increase weight, reps or sets

3. Overhead triceps extension



Muscles worked: Triceps

Equipment needed: Dumbbell or theraband

How to:

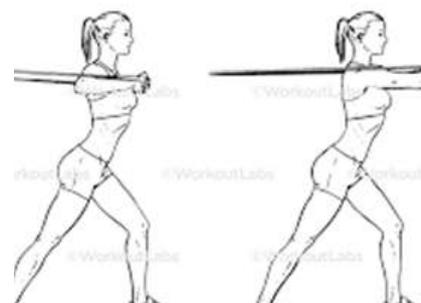
Standing with your back straight and shoulders back and relaxed. Holding a dumbbell or other weight in your hand, have your arm straight up overhead, and only bending through the elbow, lower your hand towards the back of your head. Then push the weight back up to overhead by straightening your elbow again. This is one repetition, continue the movements until all repetitions are complete.

Sets and reps: 2 sets, 10 reps.

Make easier: Lower the weight used

Make harder: Increase the weight, reps or sets

4. Chest press



Muscles worked: Chest, shoulder, triceps

Equipment needed: Dumbbells or theraband, bench/chair

How to:

Wrap the band around your back and underneath your arm pits. Keep your elbows tucked into your torso. Push the band away from the body. Control the band back to the start position and repeat.

Sets and reps: 2 sets, 10 reps.

Make easier: Do wall pushups

Make harder: Do standard push ups

WHAT'S ON IN YOUR COMMUNITY



COCKBURN LIBRARIES! YOUTH CENTRE! CIH PHARMACY!

Cockburn Youth Centre

Address: 25 Wentworth Parade, Success WA 6164

Operating Hours: Monday-Friday 9am to 7pm
Thursday 9am to 9pm Saturday 9am to 4pm

About

Cockburn Youth Centre (CYC) is a safe and welcoming environment for all young people aged 10-24, located at 25 Wentworth Parade, Success WA 6164. CYC is a 'drop in space' offering

- A pool table
- Ping pong table
- Fozzball
- Gaming consoles
- Indoor and outdoor basketball
- Computers
- Free WiFi
- Recording studio & music rooms*

*conditions and charges apply

How do I join?

Membership is free and is required for anyone using the Centre and its programs. Joining also enables you to book into our great programs each school term and school holidays.

To complete the membership form, go to <https://www.cockburn.wa.gov.au/> & type in 'youth centre' in the search bar at the top of the page.

WANT TO KNOW MORE?

P 08 9411 3888
E YOUTH@COCKBURN.WA.GOV.AU

FOLLOW ON FACEBOOK OR INSTAGRAM
(@COCKBURNYOUTHSERVICES) FOR UPDATES ON
PROGRAMS & SUBSCRIBE TO RECEIVE LATEST
NEWS ABOUT WHAT'S ON.

Cockburn Libraries

Addresses:

Success: 11 Wentworth Parade (Ground Floor - Cockburn Health & Community), Success, 6164

Spearwood: 9 Coleville Crescent, Spearwood, 6163

Coolbellup: 90 Cordelia Avenue, Coolbellup, 6163

Children's programs



Weekly Story time - for children aged 2-5. Hear great stories and join in on songs and rhymes, before making a craft masterpiece to take home.

Success: Tuesdays & Fridays @ 09:30am

Spearwood: Tuesdays & Fridays @ 10:30am

Coolbellup: Wednesdays @ 10:30am

STEAM club - for primary school-aged children.

Explore the world of science, technology, engineering, arts and mathematics at our weekly STEAM club each Tuesday week at Coolbellup library from 3:30pm to 4:30pm.

Upcoming dates:

19/10, 26/10, 2/11, 9/11

Pram Jams - for children aged 0-2.

Come along to learn some new songs for bedtime, bath time, or when you're stuck in the car.

Success: Wednesdays & Thursdays @ 10:00am

Spearwood: Thursdays @ 10:30am

Coolbellup: Mondays @ 10:00am

WANT TO KNOW MORE?

BOOKINGS REQUIRED & CAN BE MADE HERE:
[HTTPS://WWW.COCKBURNLIBRARIES.COM.AU/EVENTS-FOR-KIDS/](https://www.cockburnlibraries.com.au/events-for-kids/)

WHAT'S ON IN YOUR COMMUNITY CONT'D



Teddy Bears Picnic

Come along to the Teddy Bears Picnic event at Manning Park on Wednesday 20th October from 10am to 1pm.

The City's Health Promotion Team will be there, offering free apple slinkies, to showcase how healthy eating can be appealing to children.

Free resources and recipe books will also be available.



Cockburn Community Trek

The annual Cockburn Community Trek will be held on Friday 12th November at 8.30am starting from Coogee Beach Surf Lifesaving Club Function Venue.

Join in on a 3km walk or a 6km bike ride, with free refreshments to follow.

COCKBURN SUPER CLINIC + PHARMACY

- Cockburn Super Clinic Pharmacy is a family business established by 2nd generation pharmacists.
- Co-owners and brothers Stephane and Nicolas Ng have a combined 30 years of Pharmacy experience between them.

Specialities include:

- Snoring, Sleep Apnoea and CPAP treatment
- GUT health
- Ecal Metabolic testing
- myDNA medication profiling

"We believe in a personalised approach to your health needs, and value the trust you place in us to look after you and your family."

"We take personal pride in looking after you."

Free Health Check

The City of Cockburn's Health Promotion Team will be at Bunnings, Bibra Lake on Tuesday 12th October and Saturday 16th October from 10am to 2pm.

Come say hello and receive a free health check for the chance to spin the wheel for a prize!



Location & Contact Details

Cockburn Health & Community Facility
Unit 2/11 Wentworth Parade
SUCCESS WA 6164

Cnr Beeliar Dve & Wentworth Pde
(Behind BP Service Station)
Ph: 08 9414 3851 Fax: 08 9414 3061
E info@csclinicpharmacy.com.au
www.csclinicpharmacy.com

CIH SERVICE PROVIDERS

GP Cockburn Central
www.gpcockburncentral.com.au
Tel: (08) 9494 3711

Black Swan Health
www.blackswanhealth.com.au
Tel: 1800 606 906

Bridging the Gap
www.bridgingthegap.org.au
Tel: 0429 541 172

Child and Adolescent Community Health
www.health.wa.gov.au
Tel: (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
Tel: (08) 9494 3711

Cockburn Wellbeing
www.cihealth.com.au
Tel: 0481 908 705

Communicare
www.communicare.org.au
Tel: 1300 951 190

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

Curtin Clinics
www.healthsciences.curtin.edu.au
Tel: (08) 9494 3751

Dr Pankaj Kataria - Psychiatrist
www.gpcockburncentral.com.au
Tel: (08) 9494 3711

Forrest Personnel
www.fp.org.au
Tel: 0428 697 360

Hardy Nutrition - Dietary Consulting
www.hardynutrition.com.au
Tel: (08) 9494 3790

Multicultural Futures
www.multiculturalfutures.org.au
Tel: (08) 9494 3780

Just Kids Health
www.nurseprac.com.au
Tel: (08) 6243 1711

Perth Hypnosis Clinic
www.perthhynoclinic.com.au
Tel: 0431 959 204

St. John of God Raphael Services
www.sjog.org.au
Tel: 1800 524 484

St. John of God Mental Wellbeing Services
www.sjog.org.au/our-services
Tel: 1800 313 016

South Metropolitan Health Service
www.southmetropolitan.health.wa.gov.au
Tel: (08) 6152 2222

Telethon Speech & Hearing
www.tsh.org.au
Tel: (08) 9387 9810 or (08) 9381 9816

Total Health
(Physio, OT, Speech Pathology)
www.totalhealthwa.com.au
Tel: (08) 9494 3760

World Vegetarian Day

1 ST OCTOBER 2021

HEALTHY CORN NOODLE

CAKES RECIPE



☰ Prep: 10 mins
🕒 Cook: 20 mins
👤 Serves: 2
★ ★ ☆ ☆ ☆
Print

Let's try out this **easy, quick** recipe from **LIVELIGHTER** that provides you 3 serves of vegetables, 2 serves of grains and 1 serve of meat alternative to celebrate **World Vegetarian Day!**

Method

1. Break spaghetti strands in half. Add spaghetti to a medium pot of boiling water. Cook according to packet instructions. Drain then set aside to cool. Should make about 2 cups of cooked noodles.
2. Whisk eggs in a large bowl. Season with black pepper then mix in creamed corn, spring onion, capsicum and pasta.
3. Spray a large non-stick frypan with oil and place on medium to high heat. Drop heaped tablespoons of mixture evenly spread around the pan. Cook for 2-3 minutes or until golden and firm. Flip noodle cake and brown on the other side. Transfer to a plate and repeat with remaining mixture.
4. Serve with sweet chilli sauce and salad, if desired.

Ingredients

- ▲ 120 g angel hair pasta or spaghetti
- ▲ 4 eggs
- ▲ to taste pepper
- ▲ 1 x 400g can creamed corn
- ▲ 3 spring onions (including green tops), finely chopped
- ▲ 1/2 capsicum, finely chopped