

# COCKBURN INTEGRATED HEALTH

**NEWSLETTER - JUNE / JULY 2022**

## FROM THE CEO

In this issue we share some information about our work with Imagined Futures to deliver the Alliance Against Depression's Action Against Depression Campaign. This involved promoting the campaign and community events for mental wellbeing, campaigning with local businesses in Cockburn, and delivering resource packs to GPs. With a huge rise in mental health concerns since COVID-19 and long wait lists with local psychologists, working with the Alliance has given us an opportunity to help raise awareness about depression, reduce stigma in the community, and connect people who need support to trained health care professionals. It's why we've also been hosting free mental wellbeing workshops with Consumers of Mental Health WA for the past few months.

We continue our work with the Aboriginal ear health program that was established in partnership with Telethon Kids Institute, Telethon Speech and Hearing, Hearing Australia, Moorditj Koort Aboriginal Corporation, Drs George Sim and Francis Lannigan, St John of God, Murdoch and Rockingham Hospital to improve access to ear health care. The impact of impaired, or a loss of, hearing can cause developmental delays which can significantly impact quality of life. This is why focusing on the health of children is another priority for CIH.

Also in this newsletter, we have an update from Southwell Primary about their sustainability grant received in late 2021, information about our community group for trans and gender diverse people, a reminder about Little Mumma Yoga and our Cockburn Healthy Lifestyle Service, and a recipe for a creamy cauliflower soup perfect for this winter weather. Until next time, stay safe.

Clory Carrello, Chief Executive Officer

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## CONNECT WITH US

**Phone: (08) 9494 3700**

**Email: [info@cihealth.com.au](mailto:info@cihealth.com.au)**

**Website: [www.cihealth.com.au](http://www.cihealth.com.au)**

**[www.facebook.com/CockburnIntegratedHealth](https://www.facebook.com/CockburnIntegratedHealth)**

# ACTION AGAINST DEPRESSION CAMPAIGN

We've been working with Imagined Futures, who are spearheading the Alliance Against Depression, to deliver the Action Against Depression Campaign.

Imagined Futures are a partnership of service providers, local and state government, businesses, philanthropy, and community, who deliver social impact projects in the Cockburn, Melville, and Fremantle community. The Alliance Against Depression is a community-led initiative promoting the improved treatment and care of people affected by depression to improve their quality of life, and the wellbeing of the community. The Action Against Depression Campaign is a local public awareness initiative, designed to reduce stigma and encourage people to reach out for support. The key messages of the campaign are: depression can be treated, depression can affect anyone, and depression has many faces.

The Alliance Against Depression framework was first trialed in Nuremberg where they saw a 24% reduction in attempted suicide over a two year period, and it works by building on the resources and strengths of local communities. The Alliance has created a directory of free and low-cost mental health services in the City of Cockburn where people can access support – to include crisis, local face-to-face, telephone, online, and community navigators. They have been running mental health training for sports clubs, front-line healthcare staff, and GPs.

As a part of the campaign our social work students have been mapping the community of Cockburn; promoting the campaign and community events for mental health training on social media; visiting local bars, cafes and restaurants with posters and mental health brochures; and delivering resource packs to local GPs.

If you want to get involved with the Alliance, you can get social by following the Alliance on Facebook and Instagram and sharing their posts, or by contacting them at ifaad@stpat.com.au to get free materials to display at your workplace, school, club or community organisation.

There is a free mental health workshop for GPs working in the local government areas of Cockburn, Melville and Fremantle taking place on Thursday 30 June at 6:00pm at the Blue Grill Café. The focus of the workshop is treating depression and anxiety in young people. The workshop is being delivered in partnership with acclaimed psychiatrist Associate Professor Mat Coleman. Register here: <https://bit.ly/GPdinner>.

For more information about the Alliance Against Depression, and Action Against Depression Campaign resources, head to: <https://imaginedfutures.org.au/mental-health/action/>.



**Depression can be treated.**

**Depression can affect anyone.**

**Depression has many faces.**

# LIFE LAUNCHPAD WITH COMHWA

Over the past few months we've been working with Consumers of Mental Health WA (CoMHWA) to deliver Life Launchpad – free, peer-facilitated mental wellbeing workshops held at Cockburn Integrated Health.

CoMHWA ran eight workshops at CIH, each with a specific focus to set and achieve goals, build support networks, and increase confidence and self-advocacy. It was wonderful to see members of our community attending these free workshops because we know that there are significant barriers for people with mental health concerns to access support.

The WA Mental Health Commission identified we need almost 400% growth in access to peer supports for navigation, community participation and self-advocacy support. The Life Launchpad Project aims to address a major shortage in capacity building programs in WA.

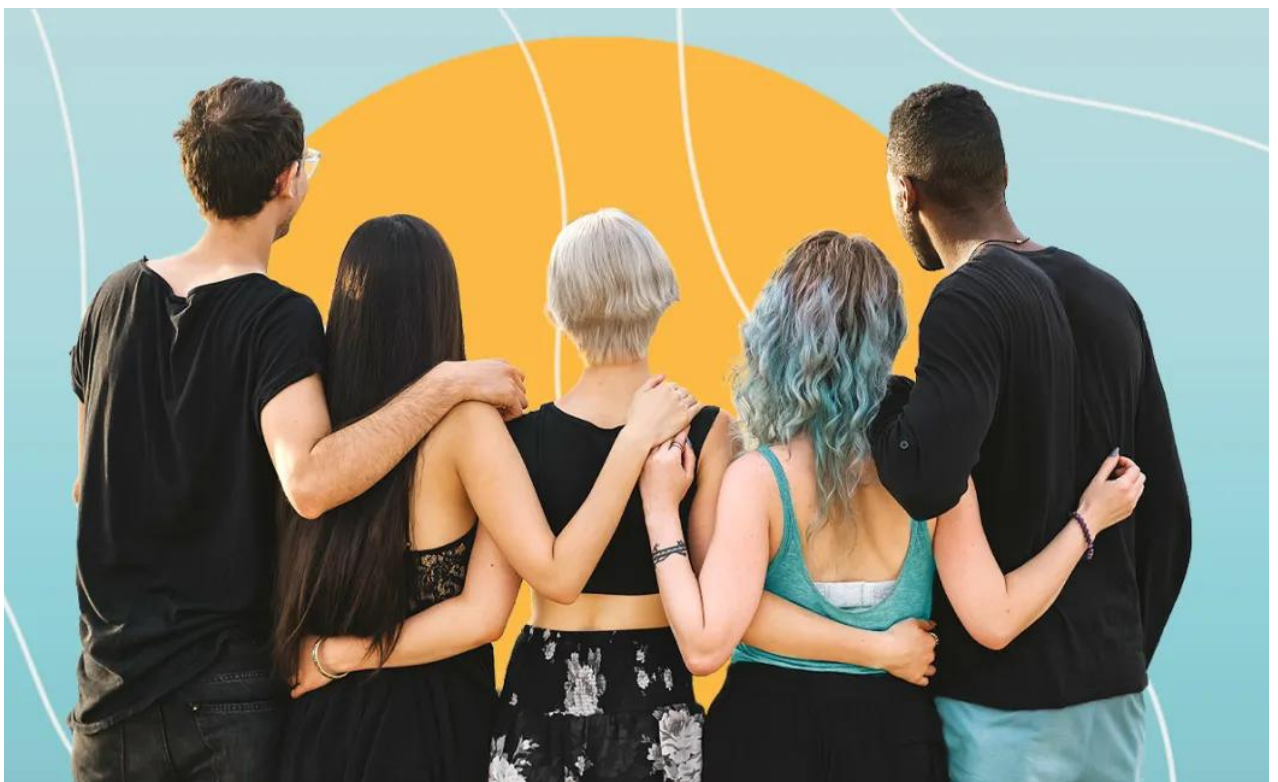
If you're interested in learning more about CoMHWA, the Life Launchpad Project, or hosting workshops at your own organisation, visit <https://comhwa.org.au>.

## TRANSPIRE COMMUNITY GROUP

Transpire is a community group run by Curtin Clinic social work students for trans and gender diverse people. It is a safe space for the community to meet and have meaningful interactions. Each week the group decides what topic they would like to discuss, or what activity they would like to do, for the following week. The group creates a supportive environment for individuals to connect and build confidence.

The group meets every Thursday from 2:00pm to 3:30pm in Clinic Room 5 of Curtin Clinic at CIH.

People are welcome to drop in, or register their attendance at [CockburnClinic@curtin.edu.au](mailto:CockburnClinic@curtin.edu.au) or by calling their office on (08) 9494 3751.



# SUSTAINABILITY AT SOUTHWELL PRIMARY

Southwell Primary School received funding from the City of Cockburn in 2021 as part of their Sustainability grant process and Southwell's Principal Julie Denholm sent us an update about what the funds have been used for.

They have erected a new, larger shed alongside their vegetable garden and they've been able to use a portion of it for storage, to include space for new items they purchased including hooks for hanging shovels and forks, watering cans, and gardening gloves in children sizes. There's also space for the new wheelbarrow and trolleys that the students use when gardening. Julie said the soil in the vegetable garden was replenished and shade covers have been erected over them to protect them from the sun and from insects. The garden was planted with a variety of vegetables that grew well and were used by the students in their cooking classes.

The orchard has received a new reticulation system so the watering can be regulated, and new fruit trees have been planted, including avocado trees the students grew from seeds.

Congratulations to the teachers and children at Southwell on their hard work!



## LITTLE MUMMA YOGA

Little Mumma Yoga classes are for pre and postnatal women. Beginners and women at all stages of their pregnancy are welcome. Wednesday classes are at GP Cockburn Central and run from 5.30pm to 6.30pm, and 7.00pm to 8.00pm. To find out more visit [www.littlemummayoga.com.au](http://www.littlemummayoga.com.au). or to book email [contact@littlemummayoga.com.au](mailto:contact@littlemummayoga.com.au) or call 0432 340 380.



# COCKBURN HEALTHY LIFESTYLE SERVICE

Our Healthy Lifestyle Service continues to support people in our community so if you're interested in eating healthier, increasing your fitness, reducing stress, losing weight, or enhancing your overall health, we can assist you through our free or low-cost coordinated approach that connects people to local health service providers across the City of Cockburn.

To join or attend a free health consultation with the Healthy Lifestyle team, email [healthylife@cihealth.com.au](mailto:healthylife@cihealth.com.au) or call 0481 793 347

## LIVE LIGHTER RECIPE – CAULIFLOWER SOUP



**Preparation time:** 10 minutes

**Cooking time:** 25 minutes

**Serves:** 6 people

### INGREDIENTS

- 1 head of cauliflower
- 3 medium potatoes, peeled and diced
- 1 large onion, peeled and diced
- 2 cloves of garlic, peeled and crushed
- 1 litre salt-reduced chicken or vegetable stock
- 500 millilitres water
- 500 millilitres reduced-fat milk
- pepper, to taste
- chives, chopped to serve
- 6 wholegrain dinner rolls, to serve

### METHOD

1. Roughly chop cauliflower, including stalk to no larger than 1 centimetre cubes.
2. Add to a large pot with potato, onion, garlic, stock and water. Place over high heat, bring to the boil then simmer over medium heat, covered, for 20 minutes until cauliflower stalk is tender.
3. Remove from heat, add 400mL milk and puree with a stick blender or in batches in a food processor. If desired, stir through more milk for a thinner consistency.
4. Ladle soup into bowls, season with pepper, sprinkle with chives and serve with a dinner roll.

Find more recipes and resources for healthy living at <https://livelighter.com.au>.

# COCKBURN INTEGRATED HEALTH SERVICE PROVIDERS

## GP Cockburn Central

[www.gpcockburncentral.com.au](http://www.gpcockburncentral.com.au)

Phone: (08) 9494 3711

## 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 phone: (08) 9411 3859

Financial Counselling phone: (08) 9411 3444

## Clinipath Pathology

[www.clinipathpathology.com.au](http://www.clinipathpathology.com.au)

Phone: (08) 9494 3711

## Cockburn Wellbeing

[www.cihealth.com.au](http://www.cihealth.com.au)

Phone: 0481 908 705

## Communicare

[www.communicare.org.au](http://www.communicare.org.au)

Phone: 1300 951 190

## Cockburn Healthy Lifestyle Service

[www.cihealth.com.au](http://www.cihealth.com.au)

Phone: (08) 9494 3706

## Curtin Clinics

(Speech pathology, OT, social work)

[www.healthsciences.curtin.edu.au](http://www.healthsciences.curtin.edu.au)

Phone: (08) 9494 3751

## Dr Pankaj Kataria - Psychiatrist

[www.gpcockburncentral.com.au](http://www.gpcockburncentral.com.au)

Phone: (08) 9494 3711

## Forrest Personnel

[www.fp.org.au](http://www.fp.org.au)

Phone: 0428 697 360

## Hardy Nutrition - Dietary Consulting

[www.hardynutrition.com.au](http://www.hardynutrition.com.au)

Phone: (08) 9494 3790

## Just Kids Health

[www.nurseprac.com.au](http://www.nurseprac.com.au)

Phone: (08) 6243 1711

## Multicultural Futures

[www.multiculturalfutures.org.au](http://www.multiculturalfutures.org.au)

Phone: (08) 9494 3780

## 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

## St. John of God Mental Wellbeing Services

[www.sjog.org.au/our-services](http://www.sjog.org.au/our-services)

Phone: 1800 313 016

## 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

(Speech pathology, OT, physiotherapy)

[www.totalhealthwa.com.au](http://www.totalhealthwa.com.au)

Phone: (08) 9494 3760

**Thank you to Jay, a 1st year Master of Social Work student from Curtin University, for assisting in the production of this newsletter edition!**