

COCKBURN INTEGRATED HEALTH

NEWSLETTER - August/September 2022

FROM THE CEO

In this issue of the newsletter, we provide information about the Curtin Clinic here at Cockburn Integrated Health. The Clinic is a student-led interprofessional service that aims to meet clients' functional goals by helping them maintain quality of life, participate in daily activities, return to meaningful occupational activities, and be active in the community.

Connect with Confidence is an upcoming program facilitated by Curtin University social work and occupational therapy students. This programme aims to help you increase your confidence and provide an opportunity to learn mindfulness techniques.

We also highlight some of our services here at Cockburn Integrated Health, including the St John of God Mental Wellbeing Service. This service provides bulk-billed counselling for people who experience mental concerns with ten sessions on a mental health care plan.

Hardy Nutrition is another notable service here at Cockburn that provides nutrition consultations. The dieticians at Hardy Nutrition can assist with planning nourishing meals, learn how to eat mindfully and provide support to overcome emotional eating.

National Child Protection Week 2022 is taking place 4-10 September with a free event taking place here in Cockburn on 8 September.

Cockburn Healthy Lifestyle service continues to support community members by reducing stress and strengthening your fitness and overall health. We also highlight some recipes from Live Lighter and provide a recipe for a healthy grilled pumpkin chicken salad.

Until next time, stay safe.

Clory Carrello, Chief Executive Officer

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Clory Carrello
Chief Executive Officer

CONNECT WITH US

Phone: (08) 9494 3700

Email: info@cihealth.com.au

Website: www.cihealth.com.au

www.facebook.com/CockburnIntegratedHealth

Curtin Clinic Cockburn

Curtin Clinic is a student-led interprofessional service across various disciplines. It is a FREE service. The clinic aims to meet clients' functional goals by helping them maintain quality of life, participate in daily activities, return to meaningful occupational activities, and be active in the community.

Curtin Clinic offers a range of services to people over 16 years old and over living in Perth Metropolitan. They address health conditions including:

- Neurological conditions
- Chronic disease
- Musculoskeletal conditions
- Dementia and memory difficulties
- Gender affirming voice therapy
- Metabolic conditions
- Cardiac rehabilitation
- Communication
- Dysphagia
- Mental health conditions include anxiety, depression, stress, relationship difficulties, gender diversity and chronic pain.



Opening Hours

8am-4pm Mon-Fri (closed public holidays)

Cockburn Integrated Health

Level 1, Suite 14, 11 Wentworth Parade, Success

Tel: 08 9494 3751

Email: cockburnclinic@curtin.edu.au

Disciplines available

- Dietetics
- Occupational Therapy
- Provisional Psychology (August - December)
- Social Work
- Speech Pathology



Curtin University

Referrals

Community members may self-refer to the clinic or be referred via their treating allied health professional or GP. Please note that all Psychology referrals must be referred by a GP.

HARDY NUTRITION - Dietary Consulting

Hardy Nutrition Dietary Consulting provides clients with face-to-face dietetic consultations. A consultation at Hardy Nutrition will get you on the right track with your health, whether you want to control your weight, manage disease, reduce pain and symptoms, or improve your overall nutritional status. With extensive training and clinical experience, the dietitians are uniquely placed to provide general healthy eating advice and create specialised therapeutic diets to assist with managing various health conditions.

Your dietitian can help you to:

- Understand and overcome emotional eating, including binge eating
- Learn how to eat mindfully and increase your awareness of the type and amount of food you eat
- Satisfy cravings without overeating
- Plan nourishing meals and snack

T: 9494 3790 F: 6315 6413
Email: admin@hardynutrition.com.au
Website: www.hardynutrition.com.au



Connect with Confidence

Connect with Confidence is an upcoming program facilitated by Curtin University social work and occupational therapy students. The program aims to increase confidence, learn mindfulness techniques and help you connect with others. This will be a 6-week program, run every Tuesday from the 23rd of August between 1 pm to 2 pm. The program will explore topics such as healthy friendships, self-care, mental health with guest speakers, mindfulness and wellbeing, creativity and movement meditation and art therapy with a guest speaker.

Contact us for registration:

Telephone: 0481 793 347

Email: healthylife@cihealth.com.au

Location: Group Room, Level 1, Cockburn Integrated Health, 11 Wentworth Parade, Success WA 6164.

Facilitated by Curtin
University Social Work
and Occupational Therapy
students



CONNECT WITH CONFIDENCE

6 WEEK PROGRAM - EVERY TUESDAY
FROM 23RD AUGUST - 1PM TO 2PM

CONTACT US FOR REGISTRATION

Telephone - 0481 793 347

Email - healthylife@cihealth.com.au

Location: Group Room, Level 1

Cockburn Integrated Health

11 Wentworth Parade, Success WA 6164

**Increase your confidence | Learn mindfulness
techniques | Connect with Others**

St John of God Mental Wellbeing Services

St John of God Mental Wellbeing Services is a short-term counselling service. They support persons aged 16 and older who experience mid to moderate mental health concerns with up to a maximum of ten sessions.

Referrals to the service can be made via a GP, who will need to complete a Mental Health Treatment Plan as part of the referral. To learn more, or to discuss the service, please call 1800 313 016

Their multi-disciplinary GP team is highly experienced and includes psychology, social work, occupational therapy and creative arts therapy. As a free service, their focus is to support persons experiencing disadvantage who may otherwise be unable to access a mental health service. This service strives to work with people to build effective coping strategies, with the ultimate goal of empowering them to independently manage their mental health and wellbeing.



National Child Protection Week 4-10 Sept 2022



CHILD PROTECTION WEEK

FREE EVENT

Babies corner, play with bubbles.
Arts & crafts with an Indigenous theme.
Colouring and balloons for kids.



THURSDAY 8 SEPTEMBER

10:30 AM - 12:30 PM



COCKBURN INTEGRATED
HEALTH FACILITY

11 WENTWORTH PARADE,
SUCCESS

KEEPING CHILDREN
SAFE AT HOME



Government of Western Australia
Department of Communities

Find out more about keeping the
family home safe for everyone.

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.

For a free health consultation with the Healthy Lifestyle team, please email healthylife@cihealth.com.au or call 0481 793 347.

LIVE LIGHTER RECIPE – Healthy Grilled Pumpkin, Asparagus and Chicken Salad



Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 4 people

INGREDIENTS

- olive or canola oil spray
- 8 chicken tenderloins
- 1 clove garlic, crushed
- 1 lemon, juiced
- 2 bunches asparagus, ends trimmed
- 450 g Japanese, Kent or butternut pumpkin, peeled, cut into 5mm thick slices
- 420 g no-added-salt brown lentils, drained and rinsed
- 1/3 cup balsamic vinegar
- 150 g baby spinach or mixed leaves
- 250 g punnet cherry tomatoes, halved
- 1/2 cup parsley, chopped

METHOD

1. Spray a barbecue, char-grill or griddle with oil, pre-heat to medium-high.
2. Place chicken in a small dish with ½ the crushed garlic and lemon juice; stir to coat and set aside to marinate.
3. Place asparagus on heated grill and cook for 7 minutes or until lightly charred, turning occasionally. Remove from grill, cut into 5cm pieces then set aside.
4. Respray grill and cook pumpkin in batches for 2-3 minutes each side until charred and just tender. Remove from heat, cut into 3cm triangles and set aside.
5. Respray grill and cook chicken for 2-3 minutes each side until cooked through.
6. Meanwhile, in a small bowl combine lentils, remaining ½ clove crushed garlic and balsamic.
7. To serve, divide spinach or salad leaves, tomatoes, lentils with dressing, asparagus and pumpkin among serving plates.
8. Sprinkle with parsley then top with chicken; serve immediately.

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

Phone: (08) 9494 3711

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 phone: (08) 9411 3859

Financial Counselling phone: (08) 9411 3444

Clinipath Pathology

www.clinipathpathology.com.au

Phone: (08) 9494 3711

Cockburn Wellbeing

www.cihealth.com.au

Phone: 0481 908 705

Communicare

www.communicare.org.au

fsn@communicare.org.au

Phone: 1300 951 190

Cockburn Healthy Lifestyle Service

www.cihealth.com.au

Phone: (08) 9494 3706

Curtin Clinics

(Speech pathology, OT, social work)

www.healthsciences.curtin.edu.au

Phone: (08) 9494 3751

Dr Pankaj Kataria - Psychiatrist

www.gpcockburncentral.com.au

Phone: (08) 9494 3711

Forrest Personnel

www.fp.org.au

Phone: 0428 697 360

Hardy Nutrition - Dietary Consulting

www.hardynutrition.com.au

Phone: (08) 9494 3790

Just Kids Health

www.nurseprac.com.au

Phone: (08) 6243 1711

Multicultural Futures

www.multiculturalfutures.org.au

Phone: (08) 9494 3780

Perth Hypnosis Clinic

www.perthhynoclinic.com.au

Phone: 0431 959 204

Perth Maternity

www.perthmaternity.com.au

Phone: (08) 6558 0330

St. John of God Raphael Services

www.sjog.org.au

Phone: 1800 524 484

St. John of God Mental Wellbeing Services

www.sjog.org.au/our-services

Phone: 1800 313 016

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

(Speech pathology, OT, physiotherapy)

www.totalhealthwa.com.au

Phone: (08) 9494 3760

Thank you to Ekram, a Social Work student from Curtin University, for assisting in producing this newsletter edition!