

COCKBURN INTEGRATED HEALTH

NEWSLETTER – March & April 2023

FROM THE CEO

We are delighted to announce that the Cockburn Aboriginal Ear Health Program (CAEHP), has won the Best Practice in Health and Wellbeing Award in the 2022 Institute of Public Administration Australia (IPAA) Awards Program. You can read all about this award on page two of this newsletter.

We provide information about T1DES Diabetes Education Services run by tertiary level diabetes experts who provide tailored advice, education and support to people living with diabetes.

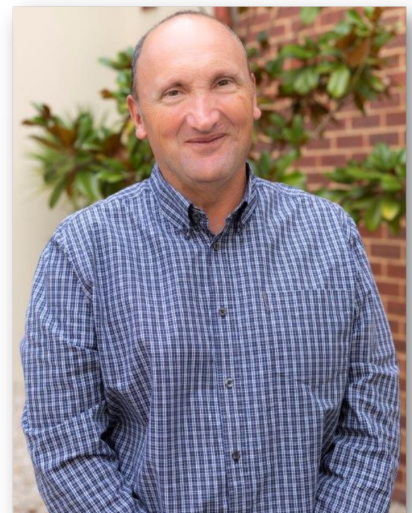
You will find details on upcoming events in the Cockburn area in the coming months.

Lastly, we highlight a recipe from Live Lighter for healthy corn noodle cakes – a nice snack!
Until next time, all the best.

Clory Carrello
Chief Executive Officer

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COCKBURN ABORIGINAL EAR HEALTH PROGRAM WINS INSTITUTE FOR PUBLIC ADMINISTRATION AUSTRALIA AWARD

The Cockburn Aboriginal Ear Health Program (CAEHP), has won the Best Practice in Health and Wellbeing award in the 2022 annual Institute of Public Administration Australia (IPAA) Awards Program. The program has been established by Cockburn Integrated Health, in partnership with:

Telethon Kids Institute
Moorditj Koort Aboriginal Corporation
Telethon Speech and Hearing
Hearing Australia
Child and Adolescent Community Health Services
St John of God Murdoch Hospital
Rockingham Hospital
Dr George Sim and Dr Francis Lannigan



Government of **Western Australia**
South Metropolitan Health Service
Rockingham Peel Group



Government of **Western Australia**
Child and Adolescent Health Service

The CAEHP has been operational since late 2019 and has seen over 500 Aboriginal children and provided access to surgery to over 100 children requiring surgical intervention for middle ear disease. The program was established in response to long waitlists for access to services in the public health system.



Children referred to the CAEHP are seen within a month of referral with the aim of surgery provided to those requiring this intervention within three months. The CAEHP has a strong focus of working in partnership across agencies to provide support and services to children who require follow up treatment and/or surgical intervention.

The Chairperson of the Board of Cockburn Integrated Health, Mike Board OAM JP, acknowledged the contribution of all organisation's involved in making this program a success. "This program would not be possible without the significant contribution of all the organisations involved and their commitment to improving the lives of Aboriginal children. The recognition by the IPAA validates the integrated approach taken in establishing this program and the outcomes achieved. We look forward to enhancing the program going forward."



TIDES

Type 1 Diabetes Education Service



At TIDES, we provide tertiary-level diabetes experience in the primary care setting. We work alongside other members of the multidisciplinary team to ensure holistic, individualised care to our clients in a non-judgemental patient-centred approach.

Services Provided

Pre-diabetes, Type 1, Type 2, and other diabetes education, newly diagnosed education, optimisation of glucose levels, bolus calculator set up, continuous glucose monitoring, insulin pump starts and upgrades young adult consultations.

Age requirements : 16yo +

Billing requirement ~ Privately Billed. Bulk billing is available for pension card and concession card holders.

Opening hours : 9am – 5pm, every second Friday



Curtin Clinic Cockburn Service Update

Curtin Clinic continues to offer a range of services to people over 16 years of age and are living in the Perth Metropolitan area. They continue to offer services in speech pathology, dietetics, nursing, occupational therapy and more.

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.

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



Curtin University

Cockburn Healthy Lifestyle

Girls Get Up Get Active

6 Week Coogee Beach Gym Program

A free and fun 6 week program for young women aged 15 - 20 years. Girls of all fitness and skill levels are encouraged to attend. A qualified Exercise Physiologist will help you to learn and improve skills every week.

Days: Every Monday and Wednesday for 6 weeks

Dates: : April 24th - May 31st

Times: 4.15-5.15pm

Location: Coogee Beach Fitness Club: 20 Poore Grove, Coogee

What to bring: Water bottle, comfortable clothing and a gym towel



Cultural Fair Cockburn

The Cultural Fair is all about acknowledging the diverse cultures within Cockburn. Come along to enjoy live musical entertainment, foods, stalls and the grand final of Cockburn's Got Talent.

What makes Cockburn the best place to be? Could it be the many different cultures and communities that call it home? We love the fact that Cockburn is made up of all different cultures, infact, according to the 2016 Census data the most common ancestries in Cockburn were English 25.1%, Australian 21.1%, Italian 6.5%, Irish 6.2% and Scottish 6.1%. Plus stats also show a growing diversity for Indian 2.24%, Chinese 4.87% & Filipino 2.12%.

This event is about celebrating our diversity and we encourage you to come along and immerse yourself in the cultures.

3pm-7pm

Saturday 8th of April 2023

Located at Harmony Oval: Harmony Avenue ATWELL WA 6164



LIVE LIGHTER RECIPE — Corn Noodle Cake



Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 4 people

INGREDIENTS

- 100 g angel hair pasta or spaghetti, broken into 5cm lengths
- 6 eggs
- pepper, to taste
- 400 g can creamed corn
- 400 g can reduced-salt corn kernels, drained
- 3 spring onions (including green tops), chopped
- 1 small red capsicum, seeded and diced
- 1 cup fresh coriander, chopped
- olive or canola oil spray
- 2 tbs sweet chilli sauce, to serve
- homemade salsa (chopped tomatoes, chilli and coriander) or green side salad, to serve

METHOD

1. Add pasta to a medium pot of boiling water. Cook for 6-8 minutes or according to packet instructions. Drain then set aside to cool.

2. Whisk eggs in a large bowl. Season with black pepper then mix in creamed corn, kernels, spring onion, capsicum, coriander 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 reverse side. Transfer to a plate and repeat with remaining mixture.

Serve with sweet chilli sauce and salad or salsa, if desired.

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

Dr Pankaj Kataria - Psychiatrist

www.gpcockburncentral.com.au

Phone: (08) 94994 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

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

Forrest Personnel

www.fp.org.au

Phone: 1800 224 548

Hardy Nutrition - Dietary Consulting

www.hardynutrition.com.au

Phone: (08) 9494 3790

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

Just Kids Health

www.nurseprac.com.au

Phone: (08) 6243 1711

Perth Hypnosis Clinic

www.perthhynoclinic.com.au

Phone: 0431 959 204

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

Multicultural Futures

www.multiculturalfutures.org.au

Phone: (08) 9494 3780

Thank you to Louisa and Ekram, Social Work students from Curtin University, for assisting in producing this newsletter edition!