

COCKBURN INTEGRATED HEALTH

NEWSLETTER – May & June 2023

FROM THE CEO

Welcome to the May/June edition of our newsletter!

In this edition, we provide you with information regarding events taking place in the Cockburn area to mark National Reconciliation Week (27 May-3 June). This is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

We also provide you with information on the Cockburn Youth Centre. They offer a range of social and recreational programs for young people including their Employ Me Program.

We include a good news story from Communicare Family Support Network regarding one of many families who engage in their services and have achieved a positive outcome.

An overview of the services that the Curtin University social work students provide at Cockburn Integrated Health Clinic is attached.

Do you know that the Cockburn Success Library offer informal introductory sessions to increase confidence in using computers and mobile technology? Further information on page 5.

Wrapping up this edition is a delicious and healthy cauliflower & broccoli cheese recipe - perfect for this cooler weather.

I hope you enjoy reading this newsletter.

Regards,

Clory Carrello
Chief Executive Officer

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Phone: (08) 9494 3700

Email: info@cihealth.com.au

Website: www.cihealth.com.au

Facebook: www.facebook.com/CockburnIntegratedHealth

NATIONAL RECONCILIATION WEEK

27th of May to the 3rd of June



Reconciliation week is when Aboriginal and Torres Strait Islanders and non-Aboriginal peoples unite through respect and the value of justice and equity for all Australian peoples. It is a time for all Australians to learn about the histories, cultures, and achievements and explore how each person can contribute to achieving reconciliation across Australia.

This year's theme for National Reconciliation Week 2023 is **Be a Voice for Generations!**

It encourages all Australians to voice for reconciliation within our work, social life and everyday living. For the work of generations past, the development of ages future, and today for a more just, equitable and reconciled country for all Australians.



25th May - FREE Community Breakfast & Flag raising at
**City of Cockburn Function Room,
9 Coleville Crescent Spearwood**

- 7:30am - 8am breakfast
- 8am-10am - presentation with Reconciliation WA
- 10:15am-11am - flag raising

25th May - Visual Presentation
at Cockburn ARC, 31 Veterans Parade, Cockburn Central

- 8am-10am with light refreshments provided
- RSVP at customer@cockburn.wa.gov.au or call 08 9411 3444

30th May - Cockburn Success Library, **11 Wentworth Parade, Success WA 6164**

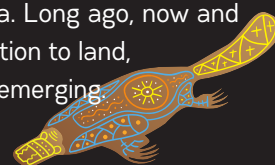
Performance by Gina Williams and Guy Ghouse of their latest four part Kalyakoorl (Forever) song cycle which is about Ginas own journey, stolen generation and breaking the cycle of intergenerational trauma.

6pm-7.30pm, \$5 per ticket at [eventbrite.com.au](https://www.eventbrite.com.au)



The City of Cockburn acknowledges the Nyungar people of Beeliar boodja. Long ago, now and in the future, they care for the country. We recognise a continuing connection to land, waters and culture and pay our respects to the Elders, past, present and emerging.

City of Cockburn



Cockburn Youth Centre

Cockburn Youth Centre (CYC) is a safe and welcoming environment for all young people aged 10-24.

Our drop in space offers:

- Free WiFi
- Gaming consoles
- Pool table
- Foozball
- Ping pong
- Indoor and outdoor basketball
- Computers
- Recording studio and music

For more information:

P: 08 9411 3888 E: youth@cockburn.wa.gov.au

**Opening Hours - Mon-Wed 9am-7pm, Thur 9am-9pm,
Fri 9am-7pm, Sat 9am-4pm**

**Follow on Facebook or Instagram @Cockburnyouthservices
for more information on programs & subscribe to our latest news
to keep up to date about what's on!**

**Membership is free, and it enables you to book into our
great programs each school term and school holidays.**



Looking for some help getting into the workforce or landing that dream job?
The Employ Me program has you covered.

Employ Me is a FREE service helping young people with all things career and work-related, which is especially useful in these changing times. Young people aged 14-24 can book in and get assistance with writing resumes and cover letters, applying for jobs, building your interview skills and general career advice.

**Employ Me is one-on-one support in 30-minute sessions
every Thursday from 3.30pm-5 pm.**

Bookings are essential - call 08 9411 3888



The Communicare-Family Support Network (FNS) is a specialised service to support families and children. They aim to create community safety, facilitate social inclusion, and establish healthy communities. They work collaboratively with individuals, families and communities. They support families living in the local catchment areas of Fremantle, Melville, Cockburn and Kwinana.

Case Study: How can the Communicare - FSN help?

Case: MA was a 57-year-old female whose family was referred to Communicare Family Support Network by the local high school due to the behaviour of her 15-year-old grandson, BA, at school.

MA had recently become the carer of BA who was struggling with the adjustment, not attending school, and displaying antisocial behaviours. MA was concerned for his declining mental health. The family also faced financial difficulties. BA had a diagnosis of ADHD and was reading and writing at a Year 5 level.

A home visit to deliver a food hamper took place which enabled an in-person chat with MA and to further build rapport and complete assessment with the family. In consultation with the family, an action plan of support was then created including brief interventions, coordination of referrals, and services information provided to the family.

MA details were registered with emergency relief organisation AYLA, enabling the family to access food hampers. Referrals were made to Headspace for BA, and to Cockburn Counselling for MA. A referral was made to Cockburn Youth Service for potential mentoring and community engagement for BA, which was something he was interested in.

MA's main goal was to re-engage BA in education. Joint support with the Department of Education was initiated regarding enrolment at TAFE and how to overcome potential barriers to future attendance, including a payment plan for the enrolment fees.

The worker followed up with MA to make sure that she had heard from the referred services, and subsequent referrals to other community supports were provided to the family, including MyLocalMind for potential therapy, and Cockburn Parenting for advice and workshops. BA's enrolment in TAFE was successful, and he began his Cert 1 study. The case was closed with a reminder to MA she can contact the FSN any time in the future.

Contact Communicare - FSN:

P: 1300 951 190 E: fsn@communicare.org.au

SOCIAL WORK STUDENTS

COCKBURN INTEGRATED HEALTH CLINIC

Social work students at Curtin Clinic Cockburn focus on supporting adults' psychosocial and social well-being, working predominately with individuals and groups. Social work students collaborate with other professions and the broader community to facilitate referrals and advocate for clients.

Within the Cockburn Clinic setting, social work students can;

- conduct psychosocial, risk assessments and safety plans
- provide individual and psychosocial support
- provide short term counselling to enhance social and emotional functioning
- facilitate groups such as Transpire for gender-diverse people
- facilitate referrals and linkages for individuals and families to the community. This includes supporting them in advocating for themselves through the referral process and provide ongoing support if necessary (external and internal services).



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. The group creates a supportive environment for individuals to connect and build confidence.

Thursdays 2pm - 3:30pm



As social work students, we act as a helping hand to hold along people's healthcare journey.

Because. We. Care.

Opening Hours
8am - 4pm Monday to Friday
(Closed public holidays)

Cockburn Integrated Health
Level 1, Suite 14, 11 Wentworth Parade, Success

☎ 08 9494 3751

✉ cockburnclinic@curtin.edu.au



Curtin University

WHAT'S ON IN YOUR COMMUNITY

COCKBURN / SUCCESS LIBRARY

Do you need help with your technology?

Our Individual 30-minute Tech Help free sessions for basic technology is available for all ages:

We have informal introductory sessions to increase confidence in using computers and mobile technology:

- Getting started with ebooks & eAudiobooks
- Basic word processing
- Setting up an email account
- Basic Facebook
- Basic help with installing apps to your phone or tablet

Tuesdays - 11:30am -12:30pm

Thursdays - 2-2:30pm

Bookings Required - contact 08 9411 3800

Address:

Ground Floor, Cockburn Health & Community facility,
11 Wentworth Parade, Success, 6164



LIVELIGHTER



HEALTHY CAULIFLOWER & BROCCOLI CHEESE RECIPE

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 4 people



INGREDIENTS

- 1/2 head cauliflower, cut into florets
- 1 head broccoli, cut into florets
- 1/3 cup water
- 2 tbs plain flour
- 2 cups reduced-fat milk
- pepper, to taste
- 1/2 cup reduced-fat cheese

METHOD

1. Preheat the oven to 180°C.
2. Place cauliflower, broccoli florets and water into a microwave safe and ovenproof dish. Microwave on HIGH (100%) for 5 minutes. Carefully drain off the water and set aside.

3. Put the flour into a tall microwave-safe jug. Add 2 tablespoons of milk and whisk to a smooth paste with no lumps. Season with pepper. Add the remainder of the milk and stir.
4. Microwave the milk mixture on HIGH (100%) for 1 minute. Stir. Heat again for 1 minute and stir. If needed, heat again for 30 seconds intervals and stir until thick and creamy.
5. Add grated cheese and stir until melted through.
6. Top cauliflower and broccoli with cheese sauce.
7. Bake in oven for 15 minutes or 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

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

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 Jeff, Ellessea, Deborah - Social Work students from Curtin University, for assisting in producing this newsletter edition!