

COCKBURN INTEGRATED HEALTH

NEWSLETTER – August & September 2023

FROM THE CEO

Welcome to the August/September edition of our monthly newsletter!

In this issue, we introduce you to National Child Protection Week taking place from the 3rd -9th of September. This is an opportunity to educate us all on the issue of child abuse and neglect. Communicare and the Department of Communities invite you to attend their event on Thursday the 7th of September, further details are on page 2.

We continue to provide you with additional information about the local Cockburn Area. Have you heard about My Time - the Aboriginal Support Group? See page 3 for further information.

Colleen Crowley from the City of Cockburn Financial Counselling Service shares a good new story explaining how a little help can go a long way and shows just how financial counselling services can be of use to others.

Interested in learning about the diverse youth community programs happening this month? We provide you with an overview of some programs held in the area.

We conclude this edition with a Healthy Mexican Mince Nachos-style recipe - perfect to spice things up in the kitchen.

I hope you enjoy reading this newsletter.

Regards,

Clory Carrello
Chief Executive Officer

IN THIS ISSUE

National Child Protection Week

My Time - Aboriginal Support Group

**City of Cockburn Financial
Counselling Service**

Youth Diversity Inc

Transpire Group

Talking with your teen

R U OK DAY ?

Winter Yoga Program

Healthy Mexican Mince Nachos



CONNECT WITH US

Phone: (08) 9494 3700

Email: info@cihealth.com.au

Website: www.cihealth.com.au

Facebook: www.facebook.com/CockburnIntegratedHealth

National Child Protection Week 3- 9 September 2023



FREE

Stalls, Babies corner, play with bubbles, Colouring, arts & crafts and balloons for kids.

National Child Protection Week: An annual initiative that aims to raise awareness of the prevalence of child abuse and neglect in the community. This year's theme is
“Every child in every community needs a fair go”



Thursday 7th of September
9:30 AM - 11:30 AM



Cockburn Health and Community Facility
Ground Floor, 11 Wentworth Parade,
Success (Outside the Library)

KEEPING CHILDREN SAFE AT HOME



Government of **Western Australia**
Department of **Communities**



COMMUNICARE
CREATING FUTURES

WHAT'S HAPPENING IN COCKBURN ?



My Time – Aboriginal Support Group



City of Cockburn Financial Counselling Service

About: My Time is an Aboriginal Parent Support Group. The group yarns about experiences and learning about family connections over food and friendships.

It's open to Aboriginal families at the **Coolbellup Hub** on **Tuesdays** during school terms from **midday-2pm**. Lunch is provided and free creche for the children. Free transport is also provided.

Come along and make new friendships and memories while sharing food, craft and learning about interesting topics

For more information
customer@cockburn.wa.gov.au
Phone 08 9411 3444

The City of Cockburn offers free, confidential financial counselling services to local residents facing financial difficulties. Our team of qualified counselors provides comprehensive non-judgmental support, information, and advocacy to help those experiencing financial hardships. Appointments are available in person, by phone, or through video calls on weekdays from 8am to 4pm.

Good News Story: How a little help can go a long way

Story: Last month a man walked into an Optus store looking for a new pair of EarPods and charger. He walked out with a new mobile phone and glass protector under a business plan contract, new 5G modem also contracted under a new business plan, and anti-virus software. He did also leave with the EarPods and charger.

Many stories have been told about a visit to the local telecommunications store and walking out with something you did not expect. This situation was a little different. This man had Down Syndrome impacting his appearance and intellectual capacity. He has difficulties with communication, understanding, problem-solving, and fine motor skills. While being employed part-time and engaging in many ways with his community he was not a small business owner, he already had internet provided by his parents and a new model iPhone.

After he came to the service with his father we contacted Optus and discussed the concerns about the sales practices of their store the contracts were cancelled. The phone was returned with the modem to follow and all costs were refunded to the account and then cancelled. The EarPods and charger were given to the gentleman free of charge by way of an apology.

We don't have to have hurdles to be taken advantage of. It happens to all people from all walks of life. The Cockburn Financial Counselling Services is free and can assist with financial concerns and options available to resolve them

For more information:
Colleen Crowley: Small Business Financial Counselling Coordinator
P 08 9411 3444
E ccrowley@cockburn.wa.gov.au

YOUTH COMMUNITY PROGRAMS



Youth Diversity Inc. is a supportive and inclusive space for LGBTQIA+ young people aged 15 to 24 to socialise with peers. Sessions run every Thursday from 6-8pm during the school term.

For more information call Cockburn Youth Centre on 08 9411 3888 or contact us via youth@cockburn.wa.gov.au

COCKBURN YOUTH CENTRE (CYC)

YOUTH DIVERSITY EVENTS

- 3 August** - I'm a BYO-arbie
- 10 August** - Let's have a ball
- 17 August** - Yes, Yep, No and Nah
- 24 August** - Wear It Purple Fest
- 31 August** - Full Moon Magic
- 7 September** - Let's have a ball (of yarn)
- 14 September** - R U OK?
- 21 September** - It's an End of Term Party!



TRANSPIRE



Is a community group run by Curtin Clinic Psychology 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. **Tuesdays 1:30pm - 3:00 pm**



Curtin University

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

TALKING WITH YOUR TEEN

Online Event for Parents

Date: Monday, 14 August 2023

Time: 10-11.30am

The teenage years can be a challenge to navigate for both parents and teens.

This free webinar will provide information about your teen's development and the changes they are experiencing.

Discover ways to encourage communication and build a closer connection. For parents and carers of teens and pre-teens

Please visit the website City of Cockburn Events and Workshop page to register your attendance, including your name, phone number and email address

More information and contact

Contact: Cockburn Parenting Service

Email: parenting@cockburn.wa.gov.au

Phone: 08 9411 3855



HEALTH—CHECK



RU OK? Day is our national day of action dedicated to reminding everyone that any day is the day to ask, 'are you OK?' and support those struggling with life.



WINTER YOGA PROGRAM



Join us for our free winter yoga program every Tuesday at the Coogee Community Hall starting **18 July** and running **until 19 September**.

No need to register for this program but for more information email:

healthycockburn@cockburn.wa.gov.au to keep you up to date on all our programs.

HEALTHY MEXICAN MINCE - NACHOS STYLE RECIPE



LIVELIGHTER

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 6 people



INGREDIENTS

- 1 tsp canola oil
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 250g lean beef mince
- 1 medium zucchini, grated
- 2 medium carrots, grated
- 400g can no-added- salt red kidney beans, drained and rinsed
- 400g can no-added salt diced tomatoes
- 1 tbs sweet chilli sauce
- 2 tbs paprika
- 1 tbs ground cumin
- 1 tbs ground coriander
- 1 tbs chilli flake, optional

METHOD

1. Heat oil in a large frypan and fry onion, garlic, and mince for about 5 minutes, till onions are clear and meat is brown
2. Add the rest of the ingredients and simmer for 10 minutes with the lid off stirring occasionally

SERVING SUGGESTIONS

Use scissors to cut up a tortilla or flat bread into triangle shapes. Cook in the oven (10 minutes at 180° C) or in a sandwich press until golden and crunchy. Top these crispy triangles with a spoonful of Mexican Mince, a sprinkle of reduced-fat cheese and a spoonful of low-fat natural yoghurt. Add spring onions and chilli flakes for extra spice.

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.perthhypnoclinic.com.au

Phone: 0431 959 204

Perth Maternity

www.perthmaternity.com.au

Phone: (08) 6558 0330

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 Sophie Mumbi - a Social Work student from the University of Western Australia, for assisting in producing this newsletter edition!