

# COCKBURN

## INTEGRATED HEALTH

**NEWSLETTER - August and September 2024**

### FROM THE CEO

Welcome to the August edition of our newsletter!

In this newsletter edition, we provide you with information on the St John of God Mental Wellbeing Service. They provide a bulk billing counselling service for those struggling with their mental health and financially unable to afford private services, a much needed service in our community.

We would like to introduce Nathan Hooper who has joined Communicare's Family Support Network as the new Alliance Manager. Nathan comes with a wealth of experience and passion for the role. See page three for more on Nathan and how to contact him at Communicare.

Wear it Purple Day takes place on 30 August with this year's theme, Your Passion, Your Pride. Wear It Purple strives to foster supportive, safe empowering and inclusive environments for rainbow young people. Details on how to celebrate at work and at school on page three.

R U OK? Day is on September 12, bringing awareness to mental health and encouraging everyone to check in with those around them with a simple conversation. See page three on how to get involved and host an event.

On page four you will find a range of free events being held in the City of Cockburn for kids and adults and on page five, there are details of how to register for the Bibra Lake Fun Run taking place Sunday 8 September.

We conclude this edition with a tasty and healthy fast fried rice recipe.

I hope you enjoy reading this newsletter.

Regards,  
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)**

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

St John of God Mental Wellbeing Services is a short-term and time-limited counselling service. They support persons aged 16 and older who experience mild 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 team is highly experienced and includes psychology, social work, occupational therapy and creative arts therapy. As a bulk billing service, their focus is to support persons experiencing disadvantage who may otherwise be unable to access counselling supports. The 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.



## Case example of the work done by St John of God Mental Wellbeing Services

A woman was referred to St John of God Mental Wellbeing Services by her GP. She presented with symptoms consistent with Post-Traumatic Stress Disorder on a background of chronic pain and multiple physical health issues following a major accident. She described significant stressors relating to a reportedly protracted legal and compensation claim related to the accident, significant financial stress due to being unable to return to work on account of her physical and mental health concerns, and challenges around accessing effective low-cost supports.

Treatment followed a solution focused therapy approach informed by Mindfulness-based Cognitive Behaviour Therapy. Our key short-term goals were (1) improving daily functionality and ability to engage with various tasks and activities within the limits of her physical and mental capacity; (2) improving immediate mood and mitigating unhelpful rumination centred on the accident, circumstances, and experience of hopelessness centred on these; (3) cognitive strategies for pain management; and (4) better managing trauma and intense anxiety experience when encountering trauma triggers.

The woman engaged well with these goals, and over the course of ten bulk-billed sessions had made some impressive improvements in her ability to better self-manage her mood and wellbeing, build greater acceptance around her circumstances, improve pain management, rediscover hopefulness for the future, and begin taking steps toward addressing her trauma triggers. On completion of therapy, she was offered the option of engaging with our Creative Arts Therapy program to build upon and consolidate change. She had declined this, stating that she preferred to now refocus on her physical health. She was therefore instead referred to the Cockburn Healthy Lifestyle Program to help manage her nutritional, physical and mental wellbeing needs.

## Family Support Network - Communicare

### Nathan Hooper, Alliance Manager

**COMMUNICARE**  
CREATING FUTURES

My Name is Nathan Hooper, I am an aboriginal man from Southwest Qld. My mob are the Kooma Tribe, my father was Aboriginal / Māori, my mother, of Irish descendant. I am a father to three beautiful children aged 9, 11 and 14 and I have a partner of 16 years.

We recently relocated to WA from QLD in February of this year. We decided to move to WA to be closer to my wife's family and for a fresh start. My background is with Community Services Child Protection with several direct support roles over the past twenty-one years, Youth Worker, Senior Youth Worker, Program Manager, Operational Management, Clinical Teams, and Practice and Quality Teams. My skills and knowledge are accompanied by study and on the job training.

I am very passionate about my roles in the Community Services field as I have an opportunity / privilege to help those who are less fortunate or may not have had the best start to life or have been faced with adversity which has led to overall impacts on their life physically, emotionally and or psychologically. It is with great pleasure to take up the role as Alliance Manager for the Family Support Network at Communicare. I lead an amazing and passionate team of Intensive Case Managers and Assessment and Coordination Practitioners who support families in overcoming daily challenges and barriers they face to improve their overall quality of life.

I look forward to this next journey in my career to better families lives and making the world a happier place for those whom we support in the community.



**Contact Communicare - FSN**

**P: 1300 951 190**

**E: [fsn@communicare.org.au](mailto:fsn@communicare.org.au)**

## Awareness days



### Wear It Purple Day - 30th August

**Wear It Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.**

**Link on how to celebrate at work and at school:**

**<https://www.wearitpurple.org>**

**Everyone is welcome to wear their best purple outfit on this day!**

### R U OK? Day - 12th September

R U OK? Day brings awareness to mental health and encourages people to connect on a daily basis. Ask "are you ok?" and support those struggling with life.

Information on how to get involved and host an event can be found:

<https://www.ruok.org.au/>



**RUOK?**  
I'm **here** to **hear**



# Free community workshops/ events in the City of Cockburn for adults and children!



## Froggy's Fun on the Green

**Runs from 15/07-17/09**

**Mondays: 9.30am-11.30am at Manning Park,  
Azelia Road, Hamilton Hill**

**Tuesdays: 9.30am-11.30am at Coolbellup Hub,  
90 Cordelia Ave, Coolbellup**

Froggy's Fun on the Green is a free, family-friendly mobile outdoor play session for Cockburn families or carers with children aged 0 to 5 years.

It offers fun activities for children and a chance for mums, dads, grandparents or carers to connect with others, and also access information and support.

Please read City of Cockburn website for further details before attending.

**Email:** [customer@cockburn.wa.gov.au](mailto:customer@cockburn.wa.gov.au)

**Ph:** 08 9411 3444



## Micro Business Networking Group

**Friday 27/09**

**9.30am-11am**

**Cockburn Health and Community Facility  
1 Wentworth Pde, Success**

Calling all micro, solo and home-based business owners  
Do you want to connect with other micro business owners?  
Are you ready to build your local Cockburn network?

Do you want to find a group that's welcoming and fun?

If you want to get out of the home office and make new business connections, then the Micro Business Networking Group is for you!

Come along for a relaxed morning of informal networking.

Take the time to get to know your fellow Cockburn micro business owners and hear from our expert speakers over coffee and morning tea.

Each month we have an expert speaker who delivers a skill booster session.

**Email:** [business@cockburn.wa.gov.au](mailto:business@cockburn.wa.gov.au)

**Ph:** 08 9411 3444



## Winter Yoga

**Runs from 30/07-17/09**

**Tuesdays, 6.15am-7am**

**Coogee Community Hall  
19 Arlington Loop, Coogee**

Healthy minds and bodies can be made all year round so don't let winter stop you!

An experienced instructor will tailor each movement and pose to what you can achieve comfortably.

Suitable for all skills levels, 18+.

Please register for this program at [healthycockburn@cockburn.wa.gov.au](mailto:healthycockburn@cockburn.wa.gov.au) so that we can keep you up to date on any changes.



## nom! Children

**Runs from 29/08-19/09**

**Thursdays, 9.30am-12pm**

**Yangebup Family Centre  
11 Dunraven Dr, Yangebup**

Attention, parents and caregivers with children up to five years old!

Embark on a four-week journey alongside a qualified nutritionist, who will guide you through the secrets of healthy eating for the entire family. Say goodbye to mealtime stress as you learn invaluable techniques to teach your children to embrace nutritious meals with enthusiasm.

Uncover the mysteries of food labels, become a lunchbox expert and gain confidence in the kitchen as you master the art of preparing quick, healthy, and cost-effective family meals that will leave everyone satisfied and nourished.

Providing free creche.

**Email:** [healthycockburn@cockburn.wa.gov.au](mailto:healthycockburn@cockburn.wa.gov.au)

**Ph:** 08 9411 3444

# KEEP MOVING THIS WINTER

## BIBRA LAKE FUN RUN

Morning of fun, fitness and community spirit!

Register before midday 6th September

8am warm up, 8.30am start

Cash prizes to be won

Entertainment for the whole family:

free sausage sizzle, zumba warm up, games, DJ,

reptiles from WA Wildlife and more.

For more information and to register:

[https://www.cockburn.wa.gov.au/City-and-Council/Events-and-Workshops/Bibra-Lake-Fun-Run-\(1\)](https://www.cockburn.wa.gov.au/City-and-Council/Events-and-Workshops/Bibra-Lake-Fun-Run-(1))



## WALKING GROUPS IN THE CITY OF COCKBURN!

Heart Foundation Walking is Australia's largest network of free community based walking groups coordinated locally by the City of Cockburn.

Heart Foundation Walking groups makes regular physical activity enjoyable and easy. Walking groups walk at various times and distances. If you prefer to walk alone, you can join as a 'virtual walker' and track your progress online. To see group locations and times please visit:

<https://www.cockburn.wa.gov.au/Community/Health-and-Wellbeing/Heart-Foundation-Walking-Groups>

## HEALTHY FAST FRIED RICE

### Ingredients

- 1 tsp oil
- 250g pouch microwave brown rice (or leftover rice)
- 2 cups frozen peas, carrots and corn
- 1 tbs salt-reduced soy sauce
- chilli flakes or hot sauce, to taste
- 4 eggs

### Method

1. In a large wok or fry pan, heat oil and fry rice, stirring often, till hot
2. Add the frozen vegies and cook, stirring, till defrosted
3. Add sauces and mix well
4. Push rice and vegies over to one side of the pan and crack the eggs into the free space. Break the eggs up a bit, turn the heat down and cover wok with a lid.
5. Cook for 2-3 minutes, until eggs are almost cooked to your liking (they will keep cooking a little in the hot rice).
6. Mix eggs into rice and veggies and serve with extra chilli sauce, if desired



## COCKBURN INTEGRATED HEALTH SERVICE PROVIDERS

### GP Cockburn Central

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

Tel: (08) 9494 3711

### Black Swan Health

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

Tel: 1800 606 906

### Child and Adolescent Community Health

[www.health.wa.gov.au](http://www.health.wa.gov.au)

Tel: (08) 9494 3777 or 08 9494 3778

### City of Cockburn

[www.cockburn.wa.gov.au](http://www.cockburn.wa.gov.au)

- Support Service: (08) 9411 3859

- Financial Counselling: (08) 9411 3444

### Clinipath Pathology

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

Tel: (08) 9494 3711

### Cockburn Wellbeing

[www.cockburn-wellbeing.com.au](http://www.cockburn-wellbeing.com.au)

Tel: (08) 9266 2883

### Communicare

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

Tel: 1300 951 190

### Cockburn Healthy Lifestyle Service

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

Tel: (08) 9494 3706 or 0481 793 347

### Curtin Clinics

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

Tel: (08) 9494 3751

### Hardy Nutrition - Dietary

### Consulting

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

Tel: (08) 9494 3790

### Just Kids Health

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

Tel: (08) 6243 1711

### Perth Maternity

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

Tel: (08) 6558 0330

### Perth Hypnosis Clinic

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

Tel: 0431 959 204

### Respiratory Care WA

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

Tel: 1800 278 462

### St. John of God Mental Wellbeing Services

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

Tel: 1800 313 016

### St. John of God Raphael Services

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

Tel: 1800 524 484

### South Metropolitan Health Service

[www.southmetropolitan.health.wa.gov.au](http://www.southmetropolitan.health.wa.gov.au)

Tel: (08) 6152 2222

### TSH

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

Tel: (08) 9387 9810 or (08) 9381 9816

### Total Health

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

Tel: (08) 9494 3760

**Thank you to Dani, Social Work student from UWA,  
for assisting in producing this newsletter edition!**