

City of
Cockburn



wetlands to waves

CO-HEALTH PROGRAMS
FREE AND LOW COST
Physical activity and healthy
lifestyle programs for adults



City of Cockburn Co-Health Programs
www.beactivecockburn.com.au

This initiative is funded by the Australian Government

Which program is right for you?

Do you have a chronic condition such as type 2 diabetes or heart disease?

- BEAT IT
- HEAL
- Journey of Living with Diabetes
- Heartmoves
- Heart Foundation Walking

Are you Aboriginal or Torres Strait islander?

- Aboriginal men's exercise group
- Aboriginal women's exercise group
- Aboriginal camps
- Journey of living with diabetes

Are you not in full-time employment?

- Lifeskills
- Financial assistance program

Note: All programs are free or low cost

Do you have young Children?

- Healthy Family program
- Heart Foundation Walking

Haven't exercised for months? Or even Years?

- Heartmoves
- Heart Foundation Walking
- BEAT IT
- HEAL
- Nordic Walking
- Financial assistance program

Do you suffer from limited mobility?

- Nordic Walking
- Financial assistance program
- BEAT IT – run by an exercise physiologist (once per year)



Co-Health Lifestyle Directory

Beat It

- Ten week group based physical activity and healthy lifestyle education program
- Run by exercise professionals trained by Australian Diabetes Council
- Ideal for people who are:
 - ✓ looking to lose weight
 - ✓ at risk of diabetes
 - ✓ at risk of heart disease
 - ✓ trying to manage obesity and other chronic lifestyle related conditions
- For programs run at South Lake Leisure Centre phone **9411 3355**
- For programs at other community venues, phone **9411 3503** to ask about this *FREE PROGRAM*



HEAL

- **Healthy Eating, Activity & Lifestyle** program
- Eight week exercise and healthy lifestyle education program
- Ideal for people who:
 - ✓ are looking to lose weight
 - ✓ have stable long-term health conditions such as heart disease, diabetes or obesity
- For programs run at South Lake Ottey Family & Neighbourhood Centre phone **9417 2372** or **0421 547 665** to ask about this **FREE PROGRAM**



Co-Health Lifestyle Directory

Heartmoves

- Gentle physical activity program
- Suitable for everyone
- Safe for people with stable long term health conditions such as:
 - heart disease
 - diabetes
 - obesity
- For classes run at Success and Hamilton Hill phone **0466 584 467** or **9411 3503** to ask about this *FREE ACTIVITY*
- For over 50s classes run at the City of Cockburn Seniors Centre, phone **9411 3871** to ask about this *LOW COST ACTIVITY*

Heart Foundation

Heartmoves

Heart Foundation Walking

- Led by volunteer Walk Organisers
- Coordinated locally by the City of Cockburn
- Join an existing group or start your own
- To find groups in the City of Cockburn or find out about free HFW Walk Organiser training phone **9411 3503** to ask about this *FREE ACTIVITY*



Co-Health Lifestyle Directory

The Lifeskills Program

- Come and learn valuable skills to help you in your everyday life such as:
 - ☑ Budgeting
 - ☑ Cooking
 - ☑ Cleaning
 - ☑ Gardening and more!
- Run by financial counsellors at community venues in the City of Cockburn
- For information about the next course phone **9411 3503** to ask about this *FREE PROGRAM*

Healthy Family Programs

- Learn new and exciting ways to create healthy eating options for you and your family
- Sessions are fun and interactive
- Run by a qualified nutritionist
- Phone **9411 3503** to ask about this *FREE PROGRAM*

Nordic Walking

- Fitness walking with specially designed poles
- Achieve a total body workout with the correct technique taught by a qualified instructor
- If you are suffering from a minor pain condition, Nordic Walking can provide you with the support you need!
- Contact South Lake Ottey Family Centre on **9417 2372** or **0421 547 665** to ask about this *FREE ACTIVITY*

“Takes your walking to a new level”
Heather Thorne (Nordic Walking Instructor)



Co-Health Lifestyle Directory

Aboriginal women's exercise groups with health education - Coolbellup

- Upbeat
- Culturally appropriate
- Combined with health education based on the SNAP (smoking, nutrition, alcohol and physical activity) framework
- Phone **0413 706 225** or **9411 3503** to ask about this *FREE ACTIVITY*

Opportunity to become a fitness instructor

- Free certificate 3 and 4 training in fitness / personal training for eligible applicants
- For more information phone **9411 3503**



Aboriginal men's exercise groups

- Includes a cycling program and a gym-based exercise program
- 1 ½ hour cycle sessions run by Cycling WA as part of the Be Active Cycle Instead Bike Skills Program, suitable for beginners and experienced riders
- Phone **0418 571 917** or **9411 3503** to ask about this *FREE ACTIVITY*

“Fitness means you’re thinking far further than tomorrow”

Dean Wynne, Co-Health Champion



Co-Health Lifestyle Directory

Aboriginal Health Camps

- A cultural experience involving physical activity and healthy lifestyle education
- Mens camps contact **0418 571 917** to ask about this *FREE ACTIVITY*
- Womens camps contact **0433 082 459** to ask about this *FREE ACTIVITY*
- For information on both camps phone **9411 3503**



The Journey of Living with Diabetes

- Group programs led by a trained Aboriginal health worker

You will:

- learn about your diabetes, improve your health and look after yourself!
- learn helpful ideas about shopping, cooking and exercising
- Phone **9431 0200** to ask about this *FREE PROGRAM*



Co-Health Lifestyle Directory

Health Checks

- At events during Healthy Lifestyle Fortnight October/November 2012
- At other community events, see www.beactivecockburn.com.au for details
- Fremantle GP Network operate the FREO Street Doctor at the following venues:
 - Burdiya Aboriginal Corporation, Hamilton Hill (Wednesday 9:30am - 12:30pm)
 - South Lake Ottey Family and Neighbourhood Centre, South Lake (Friday 10am - 1pm)

For further information on the FREO Street Doctor service please phone **9319 0555**. The FREO Street Doctor also has sessions in Fremantle and Melville

Financial Assistance Program

- Vouchers will be available to subsidise costs at various sports clubs, leisure centres and other health or exercise programs
- Phone **9411 3503** to ask about this *FREE ACTIVITY*

Co-Health Innovation Grants

- Grants of up to \$2500 available for community groups and not-for-profit organisations
- Funding application forms available from all Co-Health partners
- Funding application dates available from www.beactivecockburn.com.au

Who can benefit from Co-Health?

Co-Health programs are for:

- those not in the full-time workforce
- people at risk of weight-related chronic conditions
- single parents
- Aboriginal and Torres Strait Island people

To increase accessibility, Crèche and transport are available for some programs.

Co-Health Partners:

- Fremantle GP Network
- South Metropolitan Public Health Unit (SMPHU)
- St John of God Murdoch Hospital, Ferns House
- Burdiya Aboriginal Corporation
- Women's Health Service
- South Lake Ottey Family and Neighbourhood Centre
- Solid Women Aboriginal Corporation



General enquiries:

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www.beactivecockburn.com.au



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