

COCKBURN INTEGRATED HEALTH

NEWSLETTER – November 2023- January 2024

FROM THE CEO

Welcome to the November to January edition of our newsletter!

In this issue, we recognise the important milestone and contributions of Cockburn Support Service as they celebrate their 30th Anniversary in 2023. During these 30 years of service CSS has created safe spaces in which clients and staff have built close support networks and relationships. These relationships in combination with staffs' compassionate care have been lifelines in times of personal or health crisis, positively guiding clients in their wellbeing journeys. To read more about the impact and lives touched by CSS see page 2.

We continue to provide you with additional information about the local Cockburn Area, including children and youth programs such as the Employ ME program, in which youths can receive free career advice and job application assistance. For the Mum's and Bubs don't miss out on Pram Jams, the musical learning program held every Wednesday and Thursday. There are also a variety of exciting free community events coming up soon. To find out more check out page 3.

We conclude this edition with some local self-care programs and a healthy sweet treat recipe from Live Lighter. This Plum Pudding Recipe will have you coming back for seconds.

I hope you enjoy reading this newsletter. Wishing you all a safe and joyful Christmas Season and a prosperous New Year!

Regards,

Clory Carrello
Chief Executive Officer



CONNECT WITH US

Phone: (08) 9494 3700

Email: info@cihealth.com.au

Website: www.cihealth.com.au

Facebook: www.facebook.com/CockburnIntegratedHealth

COCKBURN SUPPORT SERVICE



During the Cockburn Support Services' 30 years of practice, more than 7,000 people in the last decade alone have received expert help and guidance from the capable staff. Established at the Coolbellup Hub in 1993, the free service enables clients to access short-term individual counselling, advocacy, referrals and information.

While continuing to support the Coolbellup Hub community, they expanded into a second hub in 2014 at Cockburn Health and Community facility in Success. This facility offers a variety of health care providers in one central location improving clients ability to access CSS, Medicare, GPs and Centrelink.

To make an appointment call **08 9411 3859** or
08 9411 3851 or
email **supportservice@cockburn.wa.gov.au**

Find out more at
www.cockburn.wa.gov.au/CockburnSupportServices

This service is funded by WA Department of Communities.



"To see an individual in crisis, move to a situation where they were in a better place mentally and physically, and then be able to become a volunteer and participate in social groups and then help lead the groups, was amazing and so rewarding."

-Gail Bowman.

City of Melville CEO

**Former City of Cockburn Chief of Community Service
CSS Family Counsellor**



City of **Cockburn**

"It's true to say that Cockburn Support Service has been a lifeline for some but, it's also a vital conduit to a broader network of resources and services."

"By connecting individuals with vital information and referrals, the service facilitates access to financial counselling, employment opportunities, children's services and parenting support."

"Cockburn Support Service has been a symbol of COMMUNITY STRENGTH, RESILIENCE AND UNITY. As we celebrate this milestone, we honour the countless lives transformed and the bonds nurtured."

- Linda Walker

**City of Cockburn Family and Community Service
Manager**

Cockburn Support Services' objective is to improve holistic wellbeing by offering a range of support groups and workshops that promote connection and personal growth.

These include:

- **Wise Women Workshops:** Empowering women aged 45 and above. Sessions delve into various topics, including wellbeing, mindfulness, heart health and assertive communication
- **My Time (Ngaany Djang):** A space for Aboriginal parents and caregivers to share experiences, nurture connections and forge friendships over a friendly yarn
- **Beeliar Hub Parents Group:** An inviting haven for parents and young children, fostering community ties and a vibrant social circle
- **Baby Makes 3:** A nurturing workshop that guides parents through the transformative journey of adapting to life with a new baby.

WHAT'S HAPPENING IN COCKBURN?

CHILDREN & YOUTHS PROGRAMS



Employ Me is a no-cost youth service that provides aid in securing and preparing youth for career and employment opportunities. They offer 30 minute one-on-one sessions at the Cockburn Youth Centre or online/phone consults with Youth Development Officer Kerri. These sessions are available Monday to Friday for young people 14-24 years old.

Services include: resume writing, tailoring cover letters, job applications, improving professional interview skills and career advice.

**For more information call Cockburn Youth
Centre on**

**08 9411 3888 or contact them via
youth@cockburn.wa.gov.au**

PRAM JAMS



Pram Jams is a musical and reading learning program that engages babies 0-2 years in active movement and songs. These songs teach new words, rhythm, sounds, body awareness and counting. Pram Jams is a bonding opportunity for parents and children that encourages love of language.

Sessions are free, no booking needed and run at the times and locations below:

- **Coolbellup Library - Mondays - 10am**
- **Spearwood Library - Thursdays - 10:30am**
- **Success Library - Wednesdays and Thursdays - 10am**
(only run during school terms)

COMMUNITY EVENTS



21 November to 12 December- Healthy Food for all Abilities

- *Len Packham Hall (10AM-12:30PM)*
- four-week inclusive nutrition education program for people with Disability (18+) living independently.
- Interactive and fun activities
- Easy dinners, snack and meal ideas
- Friendly social environment
- Take home free resources and recipes

25 November 2023-Beeliar Sun Sets Yangebup

- *Nicholson Reserve, Yangebup (5PM-10PM)*
- live music from local WA artists
- Take along a picnic rug and chairs to relax
- Food & Drink Trucks

26 November 2023 - Make your Own Christmas Trees

- *Cockburn Community Men's Shed (9am)*
- Transform old wooden pallets into sustainable Christmas trees.
- Any skill level welcome aged 16 and over.
- Tickets \$5 including light refreshments and all tools provided.

2 December 2023-International Day of People with Disability

- *Cockburn Gateway Shopping Centre (10am-4pm)*
- Pizza, music/entertainment and prizes.

20 January 2024 -Mosaic Street Festival

- *Cockburn Aquatic & Recreation Centre (5-9pm)*
- Global music, cultural dance, diverse cuisine and vibrant fashion.

26 January 2024 -Australia Day Festival

- *Coogee Beach (8am-12pm)*
- Free sausage sizzle
- Free inflatable activities
- Free Face Painting
- Free health checks
- Arts and crafts activities
- Food and drink vans

TIS ALMOST THE SEASON



Thursday 30th November

8AM - 1PM



**Cockburn Seniors Centre
9 Coleville Cres, Spearwood**

Christmas Markets

Markets Include:

- Handmade crafted items
- Plants
- Bric a brac
- Books galore
- Delicious food

(Cafe open 8:30 am-12:30pm)

- Celebration of the season
- Community Connection

Christmas on the Coast

The Christmas Trail Includes:

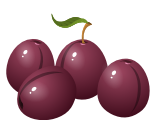
- Inflatable Christmas characters.
- Christmas light displays and projections.
- Meet and greet & photos with characters.
- Christmas-themed photo booth.
- A variety of food trucks.
- Christmas craft activities.
- Stage performances (5pm - 7pm) from local community groups, dance schools, and church choirs.
- Community concert at 7.15pm with the Murphy Brothers band.



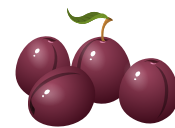
**Sunday 7th of December
5PM - 9PM**



**Coogee Beach Reserve
4 Powell Rd, Coogee**



HEALTHY PLUM PUDDING



Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serves: 8 people

METHOD

1. Preheat oven to 180°C fan-forced
2. Remove pits from plums if desired and add to the baking dish. Sprinkle over the lemon zest.
3. Crack egg into a large bowl and lightly whisk with a fork. Mix in oil, milk, vanilla essence and $\frac{1}{4}$ cup of the plum juice from the can.
4. Add flours and sugar and mix until combined.
5. Drizzle the batter over the plums.
6. Bake for 20 minutes or until top is golden.

SERVING SUGGESTIONS

Portion into 8 slices and serve with Greek yogurt. Pudding can also be made with canned apple, frozen berries, tinned peaches or freshly cooked fruit.

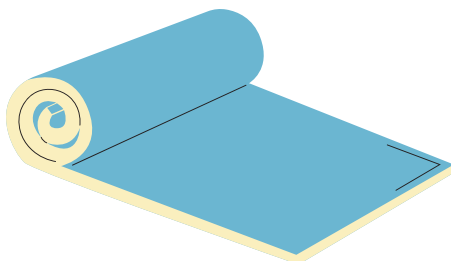
INGREDIENTS

- 1 canned plums in juice
- 1 tsp lemon zest
- 1 egg
- 3 tbs canola oil
- $\frac{1}{2}$ cup reduced-fat milk
- 1 tsp vanilla extract
- $\frac{1}{2}$ cup wholemeal self-raising flour
- $\frac{1}{2}$ cup white self-raising flour
- $\frac{1}{3}$ cup sugar



SELF-CARE SUGGESTIONS

BEACH YOGA TUESDAYS



Join Cockburn's early risers for free morning yoga meditation sessions every Tuesday 6:15-7am at the Coogee Beach Reserve. Sessions running from **7th of November until 12th of December.**

No need to register for this program but for more information email: healthycockburn@cockburn.wa.gov.au

WORKOUT WEDNESDAY



Free Workout classes tailored for all adult fitness levels using static exercise equipment in the beautiful outdoors environment of Anning Park, South Lake. The classes run every Wednesday at 6pm from **November 8th-December 13th.**

Sign-up is free however places are limited so it is recommended you register online or for more information email: healthycockburn@cockburn.wa.gov.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 Rhiannon Mills - a Psychology student from the University of Western Australia, for assisting in producing this newsletter edition!