

# COCKBURN INTEGRATED HEALTH

## NEWSLETTER- MARCH & APRIL 2024

### FROM THE CEO

Welcome to the March edition of our newsletter!

In this issue, we would like to introduce Andre Chan who has joined the Cockburn Support Service as a Financial Counsellor. If you require more information or financial assistance, the contact details are available on page two.

We include a good news story from Claire Philipps, one of our child health nurses regarding one of many families who engage in their services and received significant support.

Information on SKG Radiology and the range of services they provide is included on page three.

Check out the free family friendly events that are taking place in Cockburn during March and April and the activities and tournaments planned in the Cockburn Youth Centre.

We conclude this edition by commemorating ANZAC Day on 25 April. We acknowledge the Australian and New Zealand soldiers who have served their countries. An ANZAC Day Youth Parade and Service will take place on 23 April, further details on page five. Lest we forget.

I hope you enjoy reading this newsletter.  
Wishing you all a safe and joyful Easter Season.

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)

# City of Cockburn Financial Counselling Service

"Hello everyone, my name is Andre Chan, father of 2 young children and together with my wife, reside in the local area. I am the Financial Counsellor for the City of Cockburn based at the Coolbellup office. Professionally, I had a career change in 2012 and have been in the Community Services Industry since with a background in tenancy supports and management, having had the privilege of previously working for not for profits and the State government.

In my free time, I enjoy trying out different recipes to recreate food from home (I grew up in Singapore), spending time with my children, gaming (mostly PC) and doing fitness-related activities. I also have an interest in the psychological aspects of social engineering and how they fit into a scam scenario.

I look forward to meeting you and working with clients to address any financial hardship or issues they might have to support them on their journey."

Many thanks,  
Andre

## Contact Details:

City of Cockburn Financial Counselling Service, Whadjuk Boodja,  
90 Cordelia Avenue, Coolbellup WA 6163, Phone: 08 9411 3444.  
Email: [achan@cockburn.wa.gov.au](mailto:achan@cockburn.wa.gov.au) Website: [www.cockburn.wa.gov.au](http://www.cockburn.wa.gov.au)



## Child and Adolescent Community Health - Here to support the Community

Community Child Health Nurses work with families from 0-4 years, promoting optimal health and development for children and overall well-being for the family.

Part of our work is screening clients for family and domestic violence. This type of violence can have serious adverse consequences for both the victim and the developing child.

Recently, in my role as a child health nurse, I have been working with a migrant family who had their first baby here in Perth. This mother had her family still overseas and was quite isolated. Building a trusting relationship with this mother, she was able to disclose to me violence, coercion and control that was occurring in her household creating a negative impact on her physical and mental health, and that of her baby. Over time, this mother was accepting of my referral to the Family and Domestic Violence support service provided by The Lucy Saw Centre here at Cockburn Integrated Health. Receiving this support enabled this mother to undertake legal avenues to ensure the safety of herself and her child. They now live in safety, supported by ongoing counselling and legal assistance.

This mother was extremely grateful for the support given to her by both child health nurses and The Lucy Saw staff onsite at Cockburn Integrated Health.

Claire Philipps - Child Health Nurse - Cockburn Region

Contact info:

Phone 08 9494 3777 or 08 9494 3778

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

Services provided:

Development assessment, ongoing support for breastfeeding, nutrition, and parenting information through the lifespan of infants from 0 to 4 years of age.

Billing- Free

Opening hours Monday - Friday 8:00am - 4:30pm



# COCKBURN

**Bulk billing** still available



## OUR SERVICES

- MRI
- Low-Dose CT
- Ultrasound
- Nuchal Translucency
- Doppler
- Interventional Radiology
- General X-ray
- Dental X-ray (OPG)
- FNA Biopsy



**LOW DOSE CT  
WALK-IN  
APPOINTMENTS  
AVAILABLE**

**SAME DAY  
WORKERS  
COMP MRI  
SERVICE**

**FREE  
PATIENT  
PARKING**

### CONTACT US

Cockburn Health & Community Centre  
5 / 11 Wentworth Parade, Success 6164  
P: (08) 9494 3500 | F: (08) 9499 3597

### OPENING HOURS

Monday to Friday: 8:30am-5:00pm  
Saturday: 8:30am-12:00pm





Officially the 'Best Community Event' in Australia, the iconic FREE community festival, Coogee Live, is back in 2024 with a huge weekend of beachside family fun, arts, music food & discovery.

**SATURDAY 9th MARCH – 10am to 7.30pm**

**SUNDAY 10th MARCH – 11am to 5pm**

Get all the details on [www.cockburn.wa.gov.au](http://www.cockburn.wa.gov.au)

**It's a bumper program in 2024 and includes the following events:**



### **GREAT MERMAID MIGRATION**

**Location: Beach Zone, Coogee Beach**  
Come and witness the spectacular gathering of mermaids and mermen down at Coogee Beach and take part in the meet and greet and opportunity to take photos.

Don't miss this chance to dress up in your own mermaid costume!!



### **Easter Market - Senior Centre**

**Date: 28th March**

**Time: 8am-12.30pm**

**Location: Cockburn Seniors Centre**  
9 Coleville Crescent, Spearwood, WA 6163

**Free event for Seniors and Toddlers!**

If you are looking for a gift, this is the perfect place to go.

Cash-only market stalls. EFTPOS available at cafe - open 8am-12pm

### **FACES OF COOGEE**

**Location: Omeo Hub, Live Art Space**

A fun creative activity for families to come create a community mural. Join in with the community activity to draw your face on this artistic piece to promote diversity, creativity and community.

### **EXTREME BOUNCE AGILITY ZONE**

**Location: Omeo Hub, Omeo Lawn**

Join in for a heart-pounding, adrenaline-pumping, and laughter-filled adventure that will keep you fit, agile, and having the time of your life!

### **Easter Fair - Free entry**

**Date: 30th March**

**Time: 3pm-8pm**

**Location: Aubin Grove Reserve,**  
71 Camden Boulevard, Aubin Grove  
Aubin Grove Twilight Markets will be eggstraordinary, filled with egg-citing vendors and delightful treats.

This event is dog-friendly (dogs must be on leash at all times).



# Come check out Cockburn Youth Centre!

City of  
Cockburn



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.

**Free**

Get together for fun social activities every Thursday 6-8 pm (Only during school term)

**14 March** -Taste The Harmony, share food from your culture!

**21 March** -Jackbox

**28 March** -Tickets PLZ (youth cinema), free pizza and popcorn

For more information;

Phone: 08 9411 3888

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

Location: Cockburn Youth Centre, 25 Wentworth Pde, Success, WA

Follow on Facebook or Instagram @cockburnyouthservices for more information on programs.



Let's come together to celebrate  
our cultural diversity.

**14 March:** Chess tournament and dance challenges at 6 pm - **Free**

**21 March:** Youth Community Dance session 6-8 pm - **Free**

## School Holiday program

Date: April 2-16

Ages: 10-17 years

More information to  
follow



## ANZAC DAY

ANZAC stands for Australian and New Zealand Army Corps. ANZAC Day is observed on April 25th each year, commemorating the Australian and New Zealand Army Corps (ANZAC) soldiers who fought at Gallipoli during World War I. The day also honors the contributions and sacrifices of all Australian and New Zealander military personnel who have fought for their country. ANZAC Day is marked by dawn services, parades, and ceremonies across both countries, as well as in other locations where ANZAC forces served. It's a day of reflection, honoring the courage, camaraderie, and sacrifice of our armed forces. Lest We Forget.

**ANZAC Youth Parade & Service - 23 April 2024**

**10am-11.30am**

**RSL Memorial Park, Spearwood Avenue, Spearwood WA 6163**



# COCKBURN INTEGRATED HEALTH SERVICE PROVIDERS

## GP Cockburn Central

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

Phone: (08) 9494 3711

## Black Swan Health

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

Phone: 1800 606 906

## Child and Adolescent Community Health

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

Phone: (08) 9494 3777 or (08) 9494 3778

## City of Cockburn

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

Support Service phone: (08) 9411 3859

Financial Counselling phone: (08) 9411 3444

## Clinipath Pathology

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

Phone: (08) 9494 3711

## Cockburn Wellbeing

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

Phone: (08) 9266 2883

## Communicare

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

Phone: 1300 951 190

## Cockburn Healthy Lifestyle Service

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

Phone: (08) 9494 3706

## Curtin Clinics

(Speech pathology, OT, social work)

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

Phone: (08) 9494 3751

## Hardy Nutrition - Dietary Consulting

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

Phone: (08) 9494 3790

## St. John of God Raphael Services

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

Phone: 1800 524 484

## St. John of God Mental Wellbeing Services

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

Phone: 1800 313 016

## Just Kids Health

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

Phone: (08) 6243 1711

## Perth Hypnosis Clinic

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

Phone: 0431 959 204

## Perth Maternity

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

Phone: (08) 6558 0330

## South Metropolitan Health Service

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

Phone: (08) 6152 2222

## Telethon Speech & Hearing

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

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

## Total Health

(Speech pathology, OT, physiotherapy)

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

Phone: (08) 9494 3760

## Multicultural Futures

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

Phone: (08) 9494 3780

**Thank you to Takondwa and Mareena - Social Work students from Curtin university, for assisting in producing this newsletter edition!**