

COCKBURN INTEGRATED HEALTH

NEWSLETTER- JUNE & JULY 2024

FROM THE CEO

Welcome to the June edition of our newsletter!

In this edition, we start with some encouraging stories from our Senior Speech Pathologist, Victoria Bishop, highlighting the collaborative efforts of working with the Aboriginal Ear Nose Throat (ENT) Clinic. Together, they are significantly impacting the lives of disadvantaged Aboriginal children and families. Further information is on page two.

From 7-14 July 2024, NAIDOC Week will celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. This year's theme is 'Keep the Fire Burning! Blak, Loud & Proud.' To celebrate, the City of Cockburn are hosting a range of free events in the Success, Spearwood and Coolbellup Libraries. Turn to page three for more information.

The City of Cockburn are also hosting a range of free, family-friendly environmental events in June and July. These events are helping to educate our community about maintaining the health and balance of our planet's ecosystem.

Have you heard about Hami Eats? Hami Eats is part of the wider Community Eats program brought to you by the City of Cockburn in partnership with community-led organisations, taking place Friday 19th July. The program provides free community meals, and an opportunity to connect with your neighbours, see page five.

We conclude this edition with a delicious and Healthy Live Lighter Green Pea Soup recipe to keep you warm this winter.

I hope you enjoy reading this newsletter.

Regards,
Clory Carrello
Chief Executive Officer

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Email: info@cihealth.com.au

Website: www.cihealth.com.au

Facebook: www.facebook.com/CockburnIntegratedHealth

Speech Pathology for Aboriginal Children at Cockburn Integrated Health

Since late 2022, a speech pathology program has been established to compliment the work done in the Cockburn Aboriginal Ear Health Program. The program was commenced in collaboration with Curtin University. It has been expanded to full time service this year with the assistance of grant funding from the Channel 7 Telethon Trust (Telethon). The program has had great uptake from families seeking support for their children with speech difficulties. Families have given positive feedback regarding the short wait, flexible service delivery at a location that suits them and being inclusive of the whole family.

Some recent highlights include: a 3 year old child who is now meeting communication milestones expected for her age, and her parents described they feel confident to continue facilitating her development at home with strategies, and activities like reading books each night.

Another family have been supported to access the NDIS for their child. They had difficulty navigating the NDIS system and had not been able to commence using their plan for six months. The Cockburn speech pathologist assisted them in understanding their NDIS plan, how to utilise their funding, how to employ a Plan Manager, located suitable NDIS SP and OT providers without waitlists, helped the family contact these providers and set up ongoing NDIS funded therapy services.

For further information in relation to this program, please don't hesitate to contact Victoria Bishop, Senior Speech Pathologist at victoria.bishop@cihealth.com.au.



Curtin University



Victoria Bishop

Stories of Change

Story #1

K is a 3.5 year old child. Mum reports K experienced speech, language, hearing, and sleep difficulties all related to his ear health as a baby and toddler. Since attending the Cockburn clinic, K was assessed and scheduled for surgery to address his ear, nose and throat health. Following that surgery, K's hearing has significantly improved. As a result, Mum says:

"His speech has improved so much since the surgery and now he can form 3 word sentences".



Story #2

R is the mother of three children, all receiving ear health support at the Cockburn Clinic. R travels from Northam to access the clinic services for her family. R explained that all of her children experienced "constant earaches" as young children, which was very stressful. Recently two children received ear surgery through the Cockburn Clinic. Following the surgery, R says:

"His coordination is so much better", and "She is speaking more , and it sounds much clearer than before." ."



Environment & Sustainability Events in the City of Cockburn

Sewing to go Plastic Free



Date: Friday 7th June

Time: 1pm-4pm

Free Event

Did you know that Australians generate more plastic waste per capita than any other country in the world – over 130 kg a year per person, and over 50% of this is single-use plastic? We also discard around 800,000 tons of textile waste every year.

Finding ways to reuse textiles, especially as alternatives to plastics, is a great way to be more sustainable. Join our "Sewing to Go Plastic Free" event and see how easy it can be.

We will create shopping bags, produce bags, reusable cutlery pouches and more alternative to plastic packaging, using second-hand materials.

Everybody is welcome (regardless of your sewing skills).

Location: 1 Starling Street, Hamilton Hill, 6163

It is a free event, but registration is required.

Email: customer@cockburn.wa.gov.au

Tel: 089411 3444

Make your own Beeswax Wrap

Date: Thursday 18th July

Time: 1pm-3pm

Are you keen to avoid and reduce plastic waste at home but don't know where to start?

Join our waste education team for an interactive workshop to learn more about plastic waste management and how we can start reducing plastic in our homes.

During this workshop we will chat about waste and plastic, the difference between all types of plastics and why some are more "recyclable" and more "recycled" than others.

Then we teach you how to make your very own beeswax wraps - so you can remove plastic gladwrap films from your shopping list (and from your bins)!

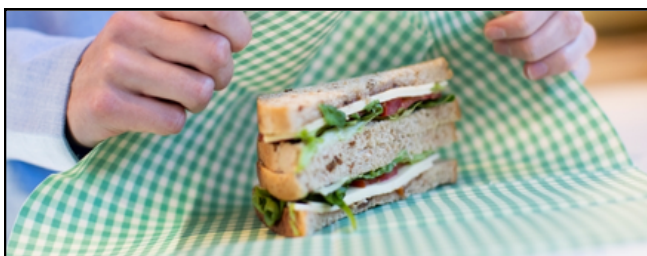
It is a free event, but registration is required.

Location : Cockburn Senior Centre, 9

Coleville Crescent, Spearwood, 6163

Email: customer@cockburn.wa.gov.au

Tel: 08 9411 3444



Nature Storytime Trek



Date: Wednesday 3rd July

Time: 9:30am-11am

Ages 2-5 years old

Free Event

We are exploring Bloodwood Park in South Lake. Back for 2024 and better than ever, the library is partnering with the Sustainability and Climate Change Environmental Education Officers to deliver some amazing events throughout the year; each school holiday, we will get out into nature, read some books, learn bushwalking tips, and go for a walk through the area to use our senses to learn about the flora and fauna around us.

**Location: Meet near the playground on
Bolderwood Drive, South Lake**

It is a free event, but registration is required.

Contact: 0894113800

Community Planting Day at Coogee Beach



Date: Saturday 15th June

Time: 9am-1pm

The Nyungar season of Makuru is in June and July, when rainfall is most abundant, making it the perfect time to plant new seedlings. We are hosting a range of planting events this season, and you are all invited to join us.

These events are FREE and full of fun.

Best of all, they help to improve habitat and biodiversity within conservation reserves.

Meet at the grassed area behind Coogee Beach Cafe.

**Address: Coogee Beach Reserve, 4 Powell Rd,
Coogee 6166**

It is a free event, but registration is required.

Website: <https://www.cockburn.wa.gov.au/City-and-Council/Events-and-News/Events-and-Workshops/Community-Planting-Day-Coogee-Beach>

Naidoc Week 7-14 July 2024

**“KEEP THE FIRE BURNING!
BLAK, LOUD AND PROUD”**



Djurpin Ninni Yongkas (Happy Little Kangaroos), join us to celebrate storytelling, face painting with ochre, song and dance, and learning NAIDOC Week with animal names in Nyungar.

FREE EVENTS IN THE CITY OF COCKBURN



Date: Monday 1st July
Time: 10:30-11:15am
Age: 3-7 years

Location: Coolbellup Library,
90 Cordelia Avenue,
Coolbellup

Contact: 0894113830

Bookings open on 24-06-24
at 9:00 am

Date: Tuesday 2nd July
Time: 10:00-10:45am
Ages: 3-7 years

Location: Success Library,
11 Wentworth Parade,
Success. WA

Contact: 0894113840

Bookings open on 25-06-2024
at 9:00 am

Date: Friday 5th July
Time: 10:30-11:15am
Ages: 3-7 years

Location: Spearwood Library,
9 Coleville Crescent,
Spearwood. 6163

Contact: 08 9411 3800

Bookings open 28-06-2024
at 09:00 am

Hami Community Eats



Free Event

Come and dish up some delicious food, share a laugh and conversation, and make some new connections and friends. It's a chance to catch up with your fellow residents and discover what makes Hamilton Hill so great. Everyone's welcome, so bring your appetite and your friendly spirit.

Hami Eats is part of the wider Community Eats program brought to you by the City of Cockburn in partnership with community-lead organisations: Coolbellup Community Church, Yangebup Family Centre, and Hami Helps. These dinners welcome community groups in Cockburn to take a turn hosting dinners as an act of community service, and also provide opportunities for residents to volunteer on the night.

Date: Friday 19th July

Time: 6pm - 7pm

Location: Memorial Hall, 435 Carrington Street, Hamilton Hill. 6163

For more information and to get involved, contact: commdev@cockburn.wa.gov.au

LIVELIGHTER



Ingredients

- spray olive or canola oil spray
- 3 onions, roughly chopped
- 2 cloves garlic, chopped
- 3 cups salt-reduced chicken stock
- 1 cup water
- 500 g frozen peas
- 1/2 cup mint leaves
- to taste pepper, to serve
- 4 tbs low-fat natural or Greek yoghurt, to serve
- 4 slices grainy bread or roll, to serve



HEALTHY GREEN PEA SOUP RECIPE

Method

1. Heat a large pot and spray with oil. Add onion and cook for 5 minutes over medium-high heat, stirring often until softened but not browned.
2. Stir in garlic, cook for 1 minute then add stock and water and bring to the boil. Simmer for 2 minutes then add peas and mint.
3. Bring back to the boil and simmer, covered, for a further 2 minutes, ensuring peas remain bright green.
4. Remove from heat and puree with a stick mixer or in batches in a food processor or blender until smooth.
5. Ladle soup into bowls, season with pepper and serve immediately with a swirl of yoghurt, mint leaf garnish and bread.

COCKBURN INTEGRATED HEALTH SERVICE PROVIDERS

GP Cockburn Central

www.gpscockburncentral.com.au

Phone: (08) 9494 3711

Black Swan Health

www.blackswanhealth.com.au

Phone: 1800 606 906

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.cockburn-wellbeing.com.au

Phone: (08) 9266 2883

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