

COCKBURN INTEGRATED HEALTH



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Welcome

Welcome to the October - December edition of our newsletter! As we move closer to the holiday season, I'm excited to share some important upcoming events and initiatives that reflect our commitment to the well-being of our community here in Cockburn.

In this edition we have an update from Just Kids Health and what they have been achieving this past year. We also have information about upcoming free events throughout the City of Cockburn including their annual Teddy Bears picnic and Christmas celebrations. Mental Health Week is coming up in October, and is a fantastic opportunity to promote positive well-being within our community.

Thank you for your continued dedication to our community, and I wish you all the best for the holiday season!

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

Just Kids Health

NursePrac Australia is a social enterprise founded in 2016, focused on improving children's health outcomes in Western Australia through a unique model of care. Our team of nurse practitioners specialises in children's health and collaborates with hospitals, schools, and community organisations to promote well-being for families.

Since early 2017, our clinic, Just Kids Health, has conducted over 14,000 appointments at Cockburn Integrated Health. We also provide support at high schools and pop-up clinics in the southwest Perth corridor for families facing challenges.

Our referrals come from various sources, including word of mouth, self-referrals, primary care, CIH Child Health Nurses, and organisations like Communicare and Cockburn Wellbeing. We work closely with many teams at CIH with some families ending up being supported by multiple providers. For example, we recently had a family referred by Communicare who had become homeless due to family violence - we linked to a community Youth Worker for one child, liaised with their primary school, referred another child to CIH Speech Therapy and Ear health clinic, liaised with homeless services and wrote support letters, while providing ongoing phone and in-person support for the mother. The CIH 'village' is such an asset in these situations.

Key outcomes include:

- Timely access to expert children's nurses in the community.
- Partnering with our local health network's paediatric services allowing cross-referrals and rapid access for children of concern.
- Providing developmental/well-being screening for children not accessing usual community health services.
- Strengthening families and building resilience, especially in the presence of childhood adversity, parental mental illness, poverty and family violence.
- Promoting healthcare self-management by teaching, coaching and supporting parent/carers.

In 2023, NursePrac Australia received the Australian College of Nurse Practitioners Innovation in Business Award, and our Director, Stephanie Dowden, was a finalist for the 2024 Health Minister's Award for Nursing Trailblazers.

Email: info@justkidshealth.com.au

Phone: (08) 6243 1711

'A place where you can never feel judged or feel like you have done something wrong and you will get answers to anything.'

PARENT VOICE

Just Kids Health provides healthcare for babies, children and teens in a welcoming clinic.

- ✓ Long appointments
- ✓ Medicare rebates
- ✓ No GAP for concession card holders



just
kids
health

www.justkidshealth.com.au



COMMUNITY CLOTHES SWAP

Did you know Australia is the second largest consumer of new textiles in the world? Learn more about being sustainably stylish at the City of

Cockburn upcoming clothes swaps.

The City of Cockburn is hosting two clothes swap events to promote sustainable fashion. Participants can bring 5 quality clothing items to exchange for new ones. Each event includes a presentation on sustainable dressing and reducing textile waste.

Adults' Event:

Date: Saturday, October 26

Time: 10am-11:30am

Children's Event (ages 1-14):

Date: Saturday, November 23

Time: 10am-11:30am

Location: Cockburn Administration Building,
9 Coleville Crescent, Spearwood 6163.

Free event, registration required

Contact: 08 9411 3800



PRIDE AND PROGRESS BALL

Date: Friday 1st November

Time: 6pm-9pm

Cockburn Youth Centre and Youth Diversity Inc. invite you to our seventh annual Pride and Progress Ball! This free event is a chance for all young LGBTQIA+ people ages 15-24 to come together, celebrate and have fun. The theme for the ball is

MONSTER!

On the night you will find a live DJ, free food & drink, photo booth, chill out zone, interactive activities, tabletop role playing games, stalls for organisations and LGBTQIA+ artists/ businesses and more!

Registration is required.

Location : Cockburn Youth Centre,
25 Wentworth Parade, Success

Email: kmulford@cockburn.wa.gov.au

Tel: 08 9411 3888



TEDDY BEARS PICNIC

Wednesday 9th of October, 9:30am - 1pm

It's picnic time!! Grab your favourite teddy bear for a special Teddy Bears Picnic, with free fun for the whole family.

Get ready to be dazzled by live entertainment, roving performers, carnival rides, workshops, stalls, food trucks and interactive activities.

Location: Manning Park, Hamilton Hill, 6163

Email: events@cockburn.wa.gov.au

Tel: 08 9411 3444

Mental Health Week

5th - 12th of October, 2024

Mental Health Week brings awareness to mental health and wellbeing nationally, encouraging social connection. The City of Cockburn has a range of programs which provide an opportunity to connect with other members of the community.



Mental Health Week - Bunnings

Mental Health Week is quickly approaching and it's time to prioritise your mental and physical wellbeing. The Healthy Cockburn Team will be offering free health checks at Bunnings Bibra Lake near the outdoor furniture section. They can assess your risk of diabetes, check your blood pressure and offer advice on local, affordable programs to improve your mental and physical health. Invest these few minutes in yourself and kick-start your health journey.

Date: Saturday 5th October

Time: 10am-2pm

Location: Bunnings Bibra Lake

My Time - Aboriginal Parent Support Group

The group is open to Aboriginal families and yarns about experiences and learning about family connection over food and friendships. Lunch is provided and free creche for the children. Free transport is also provided.

Come along and make new friendships and memories while sharing food, craft and learning about interesting topics.

Date: Tuesday's during school term

Time: 12pm-2pm

Location: Coolbellup Community Hub, 90 Cordelia Ave, Coolbellup

Wise Women Workshops

The Wise Women group offers free monthly workshops centred around health and wellbeing for women aged over 45. It's a great opportunity to connect with other women in the community.

Date: Last Tuesday of every month

Time: 5.30pm-7.30pm

Location: Cockburn Integrated Health, 11 Wentworth Parade, Success





Christmas on the Coast Free Event

Step into a Christmas wonderland by the coast, with music, carollers, dazzling light displays and other delights. More information will be released closer to the date!

Date: Sunday 15th December

Time: 4pm - 9pm

Location: Coogee Beach Reserve, Powell Road, Coogee

Healthy Pavlova Mess Recipe

Sourced from: LiveLighter

Ingredients

- 1 cup fresh or frozen berries, defrosted
- 1 cup low-fat natural or Greek yoghurt
- 1 250 g punnet strawberries, sliced
- 3 kiwifruit, peeled and sliced
- 6 meringue nests
- 1 x 170 g can passionfruit

Method

- Place berries and yoghurt in a large bowl. Mash together with a fork until smooth.
- Crush meringues with your hands in a large bowl. Place 1 tablespoon of crushed meringue in each cup.
- Add 1/2 cup of yoghurt mixture, followed by a layer of fruit to each cup.
- Spoon 1 tablespoon passionfruit and remaining meringue on top.



COCKBURN INTEGRATED HEALTH

SERVICE PROVIDERS

GP Cockburn Centralwww.gpscockburncentral.com.au

Phone: (08) 9494 3711

Black Swan Healthwww.blackswanhealth.com.au

Phone: 1800 606 906

Child and Adolescent Community Healthwww.health.wa.gov.au

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

City of Cockburnwww.cockburn.wa.gov.au

Support Service: (08) 9411 3859

Financial Counselling: (08) 9411 3444

Clinipath Pathologywww.clinipathpathology.com.au

Phone: (08) 9494 3711

Cockburn Wellbeingwww.cockburn-wellbeing.com.au

Phone: (08) 9266 2883

Communicarewww.communicare.org.au

Phone: 1300 951 190

Cockburn Healthy Lifestyle Servicewww.cihealth.com.au

Phone: (08) 9494 3706 or 0481 793 347

Curtin Clinicswww.healthsciences.curtin.edu.au

Phone: (08) 9494 3751

Hardy Nutrition - Dietary Consultingwww.hardynutrition.com.au

Phone: (08) 9494 3790

Just Kids Healthwww.justkidshealth.com.au

Phone: (08) 6243 1711

Perth Hypnosis Clinicwww.perthhypnoclinic.com.au

Phone: 0431 959 204

Perth Maternitywww.perthmaternity.com.au

Phone: (08) 6558 0330

Respiratory Care WAwww.respiratorycarewa.org.au

Phone: (08) 9289 3600

South Metropolitan Health Servicewww.southmetropolitan.health.wa.gov.au

Phone: (08) 6152 2222

St. John of God Mental Wellbeing Serviceswww.sjog.org.au/our-services

Phone: 1800 313 016

St. John of God Raphael Serviceswww.sjog.org.au/our-services

Phone: 1800 313 016

TSHwww.tsh.org.au

Phone: (08) 9387 9888

Total Healthwww.totalhealthwa.com.au

Phone: (08) 9494 3760

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