

COCKBURN INTEGRATED HEALTH



Welcome

Welcome to the March - April edition of our newsletter.

In this edition of the newsletter, we provide a brief overview of various free resources and activities that are available at the City of Cockburn Libraries at Success, Spearwood, and Coolbellup. This includes Justice of the Peace services and social activities including English Conversation classes, Social Mahjong, Pram Jam, Toddler Tales, Toddlers Sing and Play and Learning English Through Storytime. We also share a new program being trialed by the Library Service in collaboration with Communicare and Social Work students from Curtin University to provide information and referral services to community members seeking social and family supports. A similar program has been offered by the Fremantle Library since September 2020 and has proved very successful.

Additionally, we provide information on important dates in March-April from the 2025 Diversity and Inclusion Calendar, including Harmony Week, National Close the Gap Day, International Day of the Elimination of Racial Discrimination, Transgender Day of Visibility and Youth Week.

We conclude this newsletter with a recipe for banana berry pikelets from LiveLighter.

I hope you enjoy reading this edition of the newsletter.

Clory Carrello, Chief Executive Officer

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CONNECT WITH US

Phone: (08) 9494 3700

Email: info@cihealth.com.au

Website: www.cihealth.com.au

Facebook: www.facebook.com/CockburnIntegratedHealth

Library Programs and Activities



JUSTICE OF THE PEACE

Success Library:

Day: Tuesday
Time: 2pm- 4pm

Coolbellup Library:

Day: Monday
Time: 10am - 12pm

Spearwood Library:

Day: Monday
Time: 10am - 12:30pm
&

Italian Justice of the Peace

Day: Friday
Time: 10am - 12pm

ENGLISH CONVERSATION CLASS

Success Library:

Day: Thursday
Time: 10am - 11:30am

Coolbellup Library:

Day: Tuesday
Time: 10am - 11:30am

Spearwood Library:

Day: Friday
Time: 10am - 11:30am



please note that these sessions run during school terms only

TODDLERS SING AND PLAY

Spearwood Library:

Day: Wednesday
Time: 10:30am

TODDLER TALES

Success Library:

Day: Monday
Time: 9:30am

please note that Toddler Tales does not run during school holidays

PRAM JAM

Spearwood Library:

Day: Thursday
Time: 10:30am

Coolbellup Library:

Day: Monday
Time: 10am

Success Library:

Day: Wednesday & Thursday
Time: 10am

please note that these sessions do not run during school holidays



LEARNING ENGLISH THROUGH STORYTIME

Success Library:

Day: Monday
Time: 11:30am- 12:30pm

please note that these sessions do not run during school holidays



SOCIAL MAHJONG

Spearwood Library:

Day: Tuesday
Time: 10am- 12pm

Coolbellup Library:

Day: Thursday
Time: 1pm- 2:30pm

For a full list of activities & services offered within the three library spaces, please visit <https://www.cockburnlibraries.com.au/>

Cockburn Connect Program

In today's world, libraries are much more than just places to borrow books—they have become vital community hubs, offering safe spaces and opportunities for connection, particularly for those facing social or financial challenges, personal hardships, and isolation. Libraries provide an informal, welcoming environment where people can gather, interact, or simply relax without associated costs or expectations. In response to the growing needs of the local community, libraries within the City of Cockburn have expanded their services to include activities and resources tailored to address these challenges.

In recognition of the critical role libraries play within the local community, a new social work initiative will be trialled in Spearwood, Coolbellup and Success libraries in the coming weeks. This program will integrate Curtin social work students into the library setting alongside Communicare, to offer free support to individuals and families in a neutral space.

For many, accessing traditional social services can be challenging and uncomfortable. By bringing social work directly into the community, the goal is to increase public access to essential services, share information on local resources, and increase community engagement.

The range of services available during the trial will be broad and adaptive, shaped by individual need. From accessing mental health support to addressing financial hardship and housing insecurity, the program is designed to break down barriers preventing the uptake of local services and ensure that no one in the community feels isolated or underserved.

From the 5th of March, the Cockburn Connect program will run weekly on the following days:

Success Library
Wednesday
10am - 1pm

Coolbellup Library
Thursday
10am - 1pm

Spearwood Library
Friday
10am - 1pm



If you need help, are seeking information on local resources, or just want a safe space to chat, feel free to stop by!

We would love to *connect* with you.



As a trusted part of the community, libraries are uniquely positioned to serve as a bridge between residents and critical support services.



Significant Upcoming Dates



Harmony Week

15th - 21st of March, 2025

Harmony Week is the celebration that acknowledges our diversity and brings together Australians from all different backgrounds.

It is about celebrating inclusiveness, respect, and forming a sense of belonging for everyone.



National Close the Gap Day

20th of March, 2025

National Close the Gap Day is a day dedicated to raising awareness of the health disparities experienced by Indigenous Australians. The day is an opportunity for all Australians to come together and take meaningful action towards achieving equality in health care, education, employment and justice for Aboriginal and Torres Strait Islander Peoples. Each year, more schools, businesses, and community groups join the campaign to show their support and celebrate the strength and resilience of Indigenous communities.

International Day of the Elimination of Racial Discrimination

21st of March, 2025

International Day of the Elimination of Racial Discrimination, is a day to raise awareness of racism and promote equality for all people.



Transgender Day of Visibility

31st of March, 2025

Transgender Day of Visibility is an annual international celebration of trans pride and awareness, recognising transgender, gender diverse and non-binary experiences and achievements



Youth Week

10th - 17th of April, 2025

Youth Week recognises and celebrates the tremendous contribution that young people make to the social, cultural and economic life in Western Australia each and every year.

Youth Week WA is an opportunity to recognise these valued contributions and provide opportunities for young people to connect across the State.

LiveLighter Recipe

Banana Berry Pikelets

Ingredients:

- 2 ripe bananas
- 1 1/2 cups wholemeal self-raising flour
- 1 tbs sugar
- 1 1/4 cups reduced-fat milk
- 1 tsp white vinegar
- 2 eggs, lightly beaten
- olive or canola oil spray
- 1 1/4 cups blueberries, fresh or frozen
- 1 1/2 cups low-fat berry or vanilla yoghurt, to serve
- 2 cups strawberries or other berries, quartered, to serve

Method:

1. Mash the bananas with a fork in a large bowl
2. Sift flour over bananas, adding the remaining husk in the sieve to the bowl
3. Add sugar and stir to combine
4. Add milk, vinegar and eggs to the bowl. Mix until combined
5. Spray a large non-stick frypan with oil and place over medium heat
6. Place 2 tablespoons of batter evenly spaced around the pan. Top each pikelet with 6 blueberries then carefully turn over. Brown on reverse side for 1 minute or until cooked through
7. Transfer to a plate and repeat with remaining batter
8. Divide pikelets between 4 serving plates
9. To serve, layer spoonfuls of yoghurt and top with fresh fruit.

Prep: 10 minutes

Cook: 20 minutes

Servings: 4



Sourced from: LiveLighter



livelighter.com.au

For more recipe ideas please visit <https://livelighter.com.au/Recipe>

COCKBURN INTEGRATED HEALTH

SERVICE PROVIDERS

GP Cockburn Central

www.gpcockburncentral.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: (08) 9411 3859

Financial Counselling: (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 or 0481 793 347

Curtin Clinics

www.healthsciences.curtin.edu.au

Phone: (08) 9494 3751

Hardy Nutrition - Dietary Consulting

www.hardynutrition.com.au

Phone: (08) 9494 3790

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

Respiratory Care WA

www.respiratorycarewa.org.au

Phone: (08) 9289 3600

South Metropolitan Health Service

www.southmetropolitan.health.wa.gov.au

Phone: (08) 6152 2222

St. John of God Mental Wellbeing Services

www.sjog.org.au/our-services

Phone: 1800 313 016

St. John of God Raphael Services

www.sjog.org.au/our-services

Phone: 1800 313 016

TSH

www.tsh.org.au

Phone: (08) 9387 9888

Total Health

www.totalhealthwa.com.au

Phone: (08) 9494 3760

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