

# COCKBURN INTEGRATED HEALTH



## Welcome

Welcome to the May - June edition of our newsletter.

In this edition of the newsletter, we are pleased to introduce The Lung Health and Living Well program, a new collaborative initiative between Curtin University and South Metropolitan Health Service at Cockburn Integrated Health. We highlight the program's early successes and the positive impact it is already having within the community.

We also provide an overview of the free programs available during term 2 at the Cockburn Youth Centre, which continue to support and engage young people in the local area.

This issue also features a selection of key upcoming dates from the 2025 Diversity and Inclusion Calendar. These dates include National Sorry Day, Reconciliation Week and Pride Month.

To close, we share a nutritious vegetable soup recipe from LiveLighter, supporting our ongoing commitment to promoting healthy living in our community.

We 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](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)

## The Lung Health & Living Well Program

*"There are reasons for being hesitant about exercise, but when you get somebody to speak to and that reassurance [...] that you could, you know, push a little bit more, it gets you out of that mentality of just going to your appointment, taking meds, wait until your meds are done, renewing new script... It's like a cycle you get in. And if you don't know anything else, you don't meet other people to hear other experiences or other advice, you could stay in that and not realise that you're in it."*

Many people with a long-term lung condition experience difficulty in many areas of their everyday lives. The Lung Health and Living Well Program - Strong Wulyan is a new service offered at Curtin Clinic Cockburn located within Cockburn Integrated Health for people with a long-term lung condition. It is a collaboration between Curtin University and South Metropolitan Health Service (SMHS). Participants of the program are supported by entry-level undergraduate physiotherapy students from Curtin University and a senior physiotherapist from SMHS Community Physiotherapy Services. Over an 8-week period, participants learn to exercise safely, discuss tips and tricks to help manage their condition, and are encouraged to share their own experiences with people facing similar challenges.

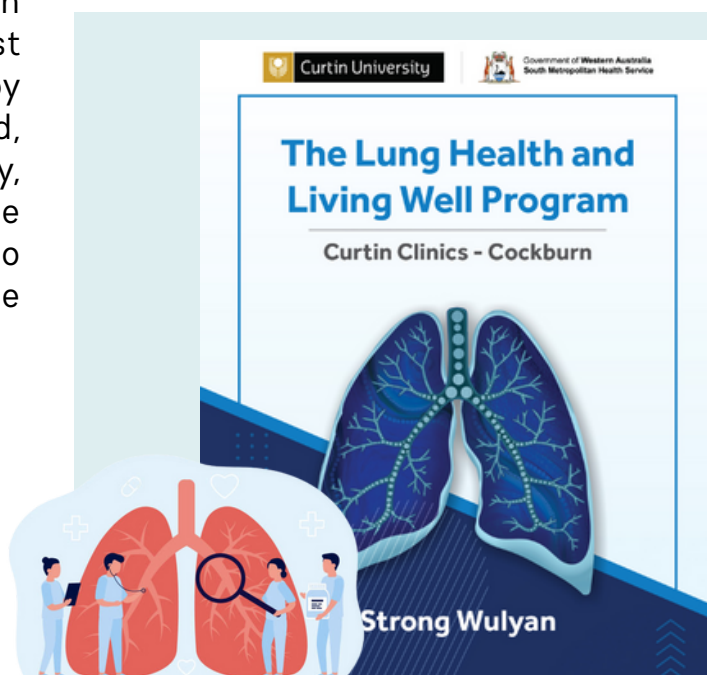
Referrals to Lung Health and Living Well Program - Strong Wulyan are accepted from Respiratory Physicians (specialists). The program started in January 2025 and more than 40 people with many different lung conditions have already been referred to the program. What do they think about it?

*"This is great! It's a good thing that it's here, the people need it [...] So comfortable for me [...] we do a walking, we do exercises and they look if you don't know what you're doing, it's also the air conditioning [...] you get all that, all here."*

*"I was a bit sceptical, I didn't really want to come because, because that was my first experience... But when I did come, and it was community based, and I saw that you all were taken a different approach to it [...] I really liked it, so that's why I kept coming. [...] Is easy for me to get to, is good [...] welcoming [...] free, you feel like it genuinely is for your benefit."*



**Government of Western Australia  
South Metropolitan Health Service**



There are already many positives being fed back by participants attending the program. Participants are highlighting not just how many ways the physiotherapy students have helped them, but also a sense of personal satisfaction in able to contribute to preparing future health professionals:

*"Having someone there that you could speak to [...] reassuring you that these is safe to do [...] if they weren't students and they were physiotherapist in a clinic somewhere and I went to visit him, I would not be unhappy with dealing with any of them."*

*"Having people that are dedicated or that are just looking after you and others looking after other people, that makes it a lot easier and better"*

*"What I do, I'm happy to do, and happy to do it here [...] If I had a choice, I'd like to come where the students [are] because I think that I'm giving them some benefit as well. You know, that's what they here for, isn't it? To gain experience and learn. So, if I can help to do that, then that's good."*



First person to complete the program

In response to the number of people referred into the program it has recently doubled its capacity.

Currently, The Lung Health and Living Well Program is offered free of charge on Mondays and Fridays from 10 AM at Curtin Clinic

Cockburn:

Cockburn Integrated Health,  
Level 1, Suite 14, 11 Wentworth  
Parade, Success.

For further information about the program, please contact Curtin Clinic Cockburn on  
(08) 9494 3751 or  
[cockburnclinic@curtin.edu.au](mailto:cockburnclinic@curtin.edu.au).



First person referred to the program, and the second to complete the program



Curtin University

# Cockburn Youth Centre

Cockburn Youth Centre offers a range of **free** after-school programs for young people ages 10-17.

## Monday

Yes Chef  
4pm-6pm



Board Games &  
Warhammer  
4:30pm-6:30pm

## Tuesday

Open Court at CYC  
4pm-6pm



CYC Role Playing Games  
4pm-6:30pm

## Wednesday

CYC Role Playing Games  
4pm-6:30pm



## Thursday

Multi Sports  
4pm-6pm

Youth Diversity Inc (YDI)  
Ages 15-24  
6pm-8pm



## Friday

Drama Incubator  
4pm-5:30pm



Drama Advanced Academy  
5:30pm-7pm

Australian STEM Project  
4pm-5:30pm

Jam Session  
4pm-6pm



## Saturday

Tabletop  
12pm-4pm



For more information about the Cockburn Youth Centre, please visit <https://www.cockburn.wa.gov.au/Youth>

## Significant Upcoming Dates

**International Day Against  
Homophobia, Biphobia, Interphobia  
& Transphobia**  
17th of May, 2025



IDAHOBIT Day is about raising awareness about the ongoing discrimination of people of diverse sex, sexualities and genders.



**Reconciliation Week**  
27th - 3rd June , 2025

Reconciliation Week focuses on building positive relationships between Indigenous and non-Indigenous Australians. It's a time for acknowledging Indigenous culture, history, and achievements, and fostering a shared understanding to create a more just and equitable nation.



**National Sorry Day**  
26th of May, 2025



National Sorry Day provides an opportunity for us as a society to acknowledge historical wrongs committed against Aboriginal and Torres Strait Islander peoples through forced removal and to recognise the intergenerational trauma and ongoing impact these policies have had.

**Pride Month**  
1st- 30th June, 2025



Pride Month commemorates the birth of the global liberation movement for LGBTQIA+ equality and the pride marches that sprung in the wake of the 1969 Stonewall riots.

It is a time to raise awareness of their history, to remember the pioneers who fought for equality in the face of very real threats to their own safety and freedom.



## LiveLighter Recipe

### Healthy Vegetable Soup

#### Ingredients:

- 1 tbs olive oil
- 1 onion, diced
- 2 sticks celery, thinly sliced
- 2 tsp dried Italian herbs
- 3 cups reduced -salt vegetable stock
- 400g can no-added-salt diced tomatoes
- 1 tbs no-added-salt tomato paste
- 3 cups water
- 5 cups mixed fresh or frozen vegetables of choice
- pepper
- 12 slices wholemeal or multigrain bread

#### Method:

- 1.Heat oil in a large pot over medium heat.
- 2.Add onions, celery, and Italian herbs. Season with pepper.
- 3.Cook, stirring frequently, for 5 to 8 minutes.
- 4.Add stock, tomatoes with juice, tomato paste and 3 cups water to pot; bring mixture to a boil.
- 5.Reduce heat to a simmer and cook, uncovered, for 20 minutes.
- 6.Add vegetables to pot, and return to a simmer.
- 7.Cook, uncovered, for 20 to 25 minutes or until vegetables are tender. If using frozen vegetables, cook for 5 minutes.
- 8.Season with pepper, to taste.
- 9.Ladle soup into bowls and serve with fresh or toasted bread slices.

Prep: 15 minutes

Cook: 50 minutes

Servings: 6



*Sourced from: LiveLighter*



# 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: (08) 9411 3859

Financial Counselling: (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 or 0481 793 347

**Curtin Clinics**

[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

**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

**Respiratory Care WA**

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

Phone: (08) 9289 3600

**South Metropolitan Health Service**

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

Phone: (08) 6152 2222

**St. John of God Mental Wellbeing Services**

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

Phone: 1800 313 016

**St. John of God Raphael Services**

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

Phone: 1800 313 016

**TSH**

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

Phone: (08) 9387 9888

**Total Health**

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

Phone: (08) 9494 3760

Thank you to Amber and Jenara, Social Work students from Curtin University, for assisting in producing this newsletter edition!