

COCKBURN INTEGRATED HEALTH



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Welcome

In this edition, we are pleased to highlight the work of Respiratory Care WA, whose respiratory hub at the Cockburn Integrated Health site is helping individuals manage asthma and COPD through accessible, bulk-billed services. We outline how these clinics are supporting better respiratory health through education, tailored care plans, and community-focused support.

We also promote several upcoming community workshops, including sessions on preparing nutritious family meals, understanding AI for small business, and networking opportunities to support professional and personal growth.

The Cockburn Youth Centre continues to offer a dynamic range of activities during the school holidays for young people aged 10–17. Programs such as role playing games, cooking, laser tag, and Barista 101 aim to foster social engagement, creativity, and fun in a safe and inclusive environment.

This issue also recognises significant upcoming dates from the 2025 Diversity and Inclusion Calendar, including NAIDOC Week, International Non-Binary People's Day, and Wear It Purple Day, each honouring diversity, inclusion, and respect across our community.

To close, we share a hearty and healthy Lentil and Sweet Potato Shepherd's Pie recipe, perfect for warming up during the final stretch of winter.

We hope you enjoy reading this edition of the newsletter.

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

Respiratory Care WA

Supporting Lung Health in Our Community

Asthma and Chronic Obstructive Pulmonary Disease (COPD) are common chronic respiratory conditions affecting many individuals and families. With the right diagnosis, care plan and ongoing support, people can continue to live well and stay active.

Respiratory Care WA's Respiratory Hubs offer Lung Function Testing (LFT) immediate analysis, and review by a Respiratory Scientist and Specialist all under one roof.

Our bulk-billed LFT service includes a tailored in-person consultation for adults or children and their families. Each session is designed to help individuals better understand and manage their respiratory condition, covering:

- Diagnosis and education around asthma or COPD
- Personalised asthma or COPD action plans
- Identifying and managing personal triggers
- Medication guidance and device technique (e.g. inhalers and spacers)
- Asthma and COPD first aid and emergency situations

Patients are encouraged to ask questions to support their self-management of their condition and overall health and wellbeing.

The respiratory hub at Cockburn Integrated Health is a "one-stop-shop" for people affected by respiratory conditions and is currently running four clinics a fortnight.

For more information about our services, please head to: respiratorycarewa.org.au or Reach us via Tel: (08) 9289 3600



Respiratory Care WA

Asthma | COPD | Respiratory Health



A Turning Point and Life Changing Service

Noah (8) and his Mum Shae were referred by their GP to Respiratory Care WA's Children's Respiratory Hub to receive a deeper understanding of Noah's asthma.

They received a bulk-billed lung function test and clear treatment plan to manage his asthma daily and during flare-ups.

"Noah now plays footy and swims all the time. He's no longer held back by his asthma," says Shae.

"Respiratory Care WA has been so welcoming. Anytime I need advice or anything at all, I know I can contact the Children's Respiratory Hub. Although I still find it terrifying at times, I'm so much more confident in my asthma knowledge for Noah and the whole family."

"I don't feel like I'm different like I do at school. I especially love the birthday cake blowing the candles out game! Thank you for helping us."
– Noah.



nom! Children



Embark on a five-week journey alongside a qualified nutritionist, who will guide you through the secrets of healthy eating for the entire family. Say goodbye to mealtime stress as you learn invaluable techniques to teach your children to embrace nutritious meals with enthusiasm.

Uncover the mysteries of food labels, become a lunchbox expert and gain confidence in the kitchen as you master the art of preparing quick, healthy, and cost-effective family meals that will leave everyone satisfied and nourished.

Date: Every Thursdays, 31st July to the 28th August

Time: 11.30am to 2pm

Location: Yangebup Family Centre

For more Information please reach us via email at healthycockburn@cockburn.wa.gov.au or via Tel: (08) 94113444

AI Unlocked: Transforming Small Businesses with Generative AI

This workshop introduces the benefits of generative AI for businesses, especially small enterprises aiming to boost efficiency and competitiveness. The first half focuses on explaining AI and generative AI, along with practical tools to improve operations, marketing, customer engagement, and profitability. The second half is interactive, featuring real-world challenges submitted by participants, with live demonstrations showing how AI can address them.

Date: 26th August

Time: 9.30am to 11am

Location: Conference Room, Cockburn Health and Community Facility

To Register Visit:

<https://www.cockburn.wa.gov.au/City-and-Council/Events-and-News/Events-and-Workshops/AI-Unlocked-Transforming-Small-Businesses-with-Gen>

Micro Business Networking Group

If you want to get out of the home office and make new business connections, then the Micro Business Networking Group is for you!

Facilitated by the City of Cockburn, this free, friendly and local business group, meets on the last Wednesday of each month, from 9.30-11am in Success Library Conference room, Cockburn Health and Community Facility.

Date: 30th July and 27th August

Time: 9.30am to 11am

Location: Conference Room, Cockburn Community Health and Facility

For more Information please reach us via email at

business@cockburn.wa.gov.au or

via Tel: (08) 94113444

Wise Women Workshop



Wise Women Workshops are free monthly sessions for women over the age of 45. These casual sessions involve presentations and discussions on a variety of topics such as well-being, mindfulness, and assertive communication.

It is held on the last Tuesday of the month from 5.30-7.30pm at the Cockburn Health and Community Facility.

Date: 29th July

Time: 9.30pm to 7.30pm

Location: Conference Room, Cockburn Health and Community Facility

For more Information please reach us via email at

customer@cockburn.wa.gov.au or

via Tel: (08) 94113444

Cockburn Youth Centre

Holiday programs, apart from Youth Diversity Inc. programs, are for 10–17 year olds.
Spaces are limited and bookings are required for all programs.

Monday 14th July

Warhammer

10am - 4pm

Cooking

4:30pm-6:30pm



Tuesday 15th July

Role Playing Game

10am - 4pm

Crafternoon

2pm - 4pm



Wednesday 16th July

Role Playing Game

10am - 4pm

Keys Lessons

11am - 4pm



Thursday 17th July

Mario Kart Tournament

10am - 12pm

Sticker Studio

3pm - 5pm



Friday 18th July

Laser Tag

12pm - 4pm

Selfcare Studio

2pm - 4pm



Saturday 19th July

Tabletop

12pm - 4pm

Barista 101

10am - 1pm



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

Significant Upcoming Dates

International Non-Binary People's Day

14th July, 2025



International Non-Binary People's Day is dedicated to celebrating people who identify outside the binary of male and female.

It's a day to recognise non-binary identities, raise awareness of the challenges they face, and advocate for inclusive practices, policies, and language in all areas of life.

International Day of the World's Indigenous Peoples

9th August, 2025

This day recognises the rights of Indigenous peoples around the world, celebrating their resilience, knowledge systems, and cultural richness.

It is a moment to reflect on the importance of protecting Indigenous languages, traditions, and lands, and to support justice for Indigenous communities globally.



NAIDOC Week

7th - 14th July, 2025



NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

It is a time to honour First Nations communities and their ongoing contributions to Australian society.

The 2025 theme, "Keep the Fire Burning! Blak, Loud and Proud", invites all Australians to listen, learn, and walk together toward reconciliation.



Wear it Purple Day

30th of August, 2025

Wear It Purple Day is a day of support and visibility for LGBTQIA+ youth.

Created by young people, for young people, this day aims to foster safe, empowering, and inclusive environments where LGBTQIA+ young people can thrive and be proud of who they are.

Lentil and Sweet Potato Shepherd's Pie

Warm up your winter with this hearty wholesome twist on a classic

Ingredients:

For the Filling

- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, minced
- 2 carrots, diced
- 2 celery sticks, diced
- 1 zucchini, diced
- 1 cup dried green or brown lentils, rinsed
- 2 cups reduced-salt vegetable stock
- 1 can (400g) diced tomatoes (no added salt)
- 1 tbsp tomato paste
- 1 tsp dried thyme or rosemary
- Black pepper, to taste

For the mash topping

- 2 large sweet potatoes, peeled and chopped
- 1 tbsp olive oil or a knob of butter
- Dash of milk or plant-based milk
- Pinch of nutmeg (optional)
- Salt and pepper, to taste

Method:

1. Preheat oven to 180°C (fan-forced).
2. In a large pan, heat olive oil. Sauté onion and garlic for 2–3 minutes.
3. Add carrots, celery, and zucchini. Cook for 5 minutes until softened.
4. Stir in lentils, stock, tomatoes, tomato paste, and herbs.
5. Bring to a simmer and cook uncovered for 25–30 minutes until lentils are tender and mixture thickens.
6. Meanwhile, boil sweet potato until soft (about 15 minutes). Drain and mash with olive oil, milk, nutmeg, salt, and pepper.
7. Transfer lentil mixture to a baking dish. Spread mashed sweet potato on top.
8. Bake in the oven for 15–20 minutes until the top is golden.
9. Serve with steamed greens or a simple garden salad.



Sourced from: Natural Comfort kitchen

Cockburn Integrated Health

Service Providers

GP Cockburn Centralwww.gpcockburncentral.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 Maternitywww.perthmaternity.com.au

Phone: (08) 6558 0330

Pregnancy to Parenthoodwww.p2pclinic.com.au

Phone: (08) 6558 0330

Respiratory Care WAwww.respiratorycarewa.org.au

Phone: 0477829593

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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