

COCKBURN INTEGRATED HEALTH



Welcome

Welcome to the May - June edition of our newsletter.

In this edition, we are pleased to share information on the establishment of specialist ear nose and throat services for Aboriginal children in Midland, in collaboration with a range of clinicians and service providers and with financial support from the City of Swan. The service has been available since early 2025 with demand for services continuing to increase.

We are also pleased to formally welcome Rachel Smillie and Tim Gerech to the Aboriginal Ear Health Program team. Rachel has had significant experience working in ear health and with Aboriginal children and families, while Tim comes from a background of working with disadvantaged communities. Their expertise and commitment are a valuable addition to the program as we continue to expand and strengthen the reach and impact of the service.

In addition, we also share information about a variety of free community events being held in Cockburn. These events provide great opportunities for connection, participation, and engagement within the local community.

We also feature an easy-to-prepare polenta chips recipe from LiveLighter, shared as part of our Healthy Lifestyle Service. Please do not hesitate to contact us if you would like more information on the service and the programs it offers.

We hope you enjoy reading this edition of the newsletter. Please let us know if you have any suggestions on information you would like included in future editions.

Clory Carrello, Chief Executive Officer

IN THIS ISSUE

**ABORIGINAL EAR
HEALTH SERVICES IN
MIDLAND**

**MEET THE TEAM FROM
THE ABORIGINAL EAR
HEALTH SERVICES**

**WHAT'S HAPPENING
IN COCKBURN**

**LIVE LIGHTER RECIPE
POLENTA CHIPS**

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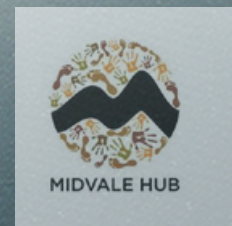
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The Provision of Specialist Ear Nose and Throat Services to Aboriginal Children in the Midland Area

Since the beginning of 2025, Cockburn Integrated Health has worked with Moorditj Koort Aboriginal Corporation, Hearing Australia and the Midvale Hub to provide visiting specialist Ear Nose and Throat (ENT) and audiology services to Aboriginal children at the Moorditj Koort site in Midland. Clinics have been held approximately every two months, with 139 clinic appointments attended, 97 children seen and 13 surgeries undertaken, thanks to the support of St John of God Midland, Prof Francis Lannigan and Dr Phil Sale, ENT Surgeons.

We have also been fortunate to have the support of the City of Swan who have provided funding for some of the clinics at Midland. The availability of local services means that Aboriginal children get more timely access to care and support rather than waiting on long waitlists through the Public Health Sector. Families are grateful for the support they are provided as evidenced by feedback received. The collaborative approach taken in the delivery of these services highlights what can be achieved by organisations working together to meet local community needs.

Plans are in place to continue providing this service in Midland on at least a bimonthly basis, with additional services planned if demand continues to increase. Below are some photos from the clinics held in Midland.



Meeting Rachel and Tim from the Aboriginal Ear Health Services

Rachel Smillie is an ENT specialist nurse with more than 10 years' experience working alongside Aboriginal children, families, and communities across metropolitan and regional Western Australia. Her experience working with remote communities has strengthened her understanding of the importance of flexible, family-centred, and culturally respectful care that responds to each community and family's unique needs and priorities.



RACHEL SMILLIE
ENT CLINICAL COORDINATOR/ NURSE

As Clinical Coordinator of the Aboriginal ENT Program, Rachel works closely with ENT specialists, audiologists, and multidisciplinary teams to support timely access to assessment, treatment, and surgery. She is proud that, from the first referral, the service provides timely assessment and a family-centred, informed approach to care, supporting children through to treatment and, where needed, surgery to achieve the best possible outcomes as early as possible.



She says the most rewarding part of her role is hearing from caregivers about their children gaining confidence, progressing in speech, and re-engaging in school, highlighting the powerful impact ear health can have on a child's development and connection to learning.



Tim Gerech -
Administration Office

Tim Gerech began with the ear health program in January 2025 as an Administration Officer. He was attracted to the role as he particularly enjoys working with disadvantaged communities. Originally from the United Kingdom, he brings valuable experience from his previous work across Homelessness and Drug & Alcohol services, as well as his own lived experience. He shared that he has always been drawn to working alongside others who face systemic challenges and that working with the Aboriginal community has given him a deeper understanding of the challenges the community faces in Australia.

Tim particularly enjoys attending and supporting the outreach clinics provided at Mandurah, Midland and Parmelia and working with the range of service providers and clinicians that work in the program.

May and June Events



Community Eats

6-7pm

Len Packham Clubrooms (8 May)
Yangebup Family Centre (15 May)

Enjoy a delicious meal and connect with your local community in a welcoming, safe and friendly environment.

Each dinner features a different meal, lovingly prepared by local community groups working together to bring people closer.

Don't miss this opportunity to share food, stories and connections!

Friday 8 May 2026 6-7pm
 96 Cordelia Avenue
 Coolbellup, WA 6163

Friday 15 May 2026 6-7pm
 11 Dunraven Drive
 Yangebup, WA 6164



Micro Business Networking Group
Wednesday 27 May 2026
9.30-11am

Cockburn Health and Community facility

Calling all micro, solo and home-based business owners

- Do you want to connect with other micro-business owners?
- Are you ready to build your local Cockburn network?
- Do you want to find a group that's welcoming and fun?

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 Cockburn Health and Community Facility.



THE WA TREE FESTIVAL FROM 11 APRIL TO 10 MAY

The WA Tree Festival brings together local councils and community groups across the state to celebrate the vital role trees play in supporting wildlife.

Events from raising awareness about how trees support wildlife to creating connections with nature, discover an event near you and help make a difference for our local wildlife!

Terrific Trees	10-11.30am Saturday 2 May	Discover the wonders of trees in a hands-on, interactive workshop for children.	Cockburn Libraries - Success	Ages 6-14
Right Tree, Right Place	12.30-2.30pm Saturday 2 May	Learn how to choose, plant and care for the right tree for your home.	Success - Cockburn Health and Community Facility/Conference Room	Over 16
Cooling Your Home with Trees	10am-12pm Saturday 9 May	Learn sustainable ways to cool your home using the principles of solar passive design.	Bibra Lake Community Centre	Over 16



Pop Up Volunteer Information Hub Wednesday 6 May 2026 10am-midday Spearwood Library

Looking for a volunteer opportunity?

If you have time to spare and a few skills up your sleeve, why not consider becoming a volunteer?

The Cockburn Volunteer Centre (CVC) will be popping up in the Spearwood Library and we will be available to answer all your volunteering questions.

With over 70 volunteer roles available locally, we can help you find the one that suits you.



POLENTA CHIPS

They are also known as scagliozzi, a traditional Italian snack made from fried polenta. Crispy on the outside and soft and comforting on the inside.

Preparation time: 15-30mins

Serves: 2

Ingredients:

- **Polenta 1 cup**
- **Water 4 cups**
- **Oil 1 tbsp**
- **Seasonings: rosemary and salt**



Optional: add chopped ham or bacon to make it extra tasty

****If you are vegan, add some herbs to make it extra special**

Instructions

1. Cook the Polenta

- **In a saucepan, combine polenta with a little water and a splash of olive oil**
- **Stir continuously until it begins to thicken slightly**

2. Simmer Gently

- **Reduce the heat to very low and let the polenta simmer gently**
- **Continue cooking until it solidifies into a firm jelly-like consistency**

3. Cool and Cut

- **Allow the polenta to cool slightly until it is warm but firm**
- **Cut the solidified polenta into chip shapes**

4. Fry the Chips

- **Heat butter or olive oil in a frying pan over medium heat**
- **Fry the polenta chips for 3-5 minutes, turning occasionally, until golden brown on all sides**

5. Serve

- **Season with herbs or spices as desired**
- **Enjoy warm as a snack or with your favourite dip**

Cockburn Integrated Health

Service Providers

GP Cockburn Central

www.gpcockburncentral.com.au

Phone: (08) 9494 3711

Just Kids Health

www.justkidshealth.com.au

Phone: (08) 6243 1711

Child and Adolescent Community Health

www.health.wa.gov.au

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

Perth Maternity

www.perthmaternity.com.au

Phone: (08) 6558 0330

City of Cockburn

www.cockburn.wa.gov.au

Support Service: (08) 9411 3859

Financial Counselling: (08) 9411 3444

Pregnancy to Parenthood

www.p2pclinic.com.au

Phone: (08) 6558 0330

Clinipath Pathology

www.clinipathpathology.com.au

Phone: (08) 9494 3711

Respiratory Care WA

www.respiratorycarewa.org.au

Phone: 0477829593

Cockburn Wellbeing

www.cockburn-wellbeing.com.au

Phone: (08) 9266 2883

South Metropolitan Health Service

www.southmetropolitan.health.wa.gov.au

Phone: (08) 6152 2222

Cockburn Healthy Lifestyle Service

www.cihealth.com.au

Phone: (08) 9494 3706 or 0481 793 347

St. John of God Mental Wellbeing Services

www.sjog.org.au/our-services

Phone: 1800 313 016

Curtin Clinics

www.healthsciences.curtin.edu.au

Phone: (08) 9494 3751

St. John of God Raphael Services

www.sjog.org.au/our-services

Phone: 1800 313 016

Hardy Nutrition - Dietary Consulting

www.hardynutrition.com.au

Phone: (08) 9494 3790

TSH | Teach, Speak, Hear

www.tsh.org.au

Phone: (08) 9387 9888

Total Health

www.totalhealthwa.com.au

Phone: (08) 9494 3760



Thank you to May, Social Work student from Curtin, for assisting in producing this newsletter edition!