

COCKBURN INTEGRATED HEALTH



IN THIS ISSUE

PCH DIABETES SERVICE AT COCKBURN INTEGRATED HEALTH

R U OK? DAY - HOW TO CHECK IN ON THOSE AROUND YOU

WHAT'S HAPPENING IN COCKBURN - GREAT EVENTS TO EXPLORE

HEALTHY RECIPE FROM LIVE LIGHTER

Welcome

Welcome to the August-September edition of our newsletter.

In this edition, we share information on the Perth Children's Hospital (PCH) Diabetes Service, established at Cockburn Integrated Health in 2020.

The PCH Diabetes Service delivers care to children living with type 1 diabetes. Support is delivered to patients and their families through a multidisciplinary team, consisting of endocrinologists, nurse practitioners, dietitians, diabetes educators and social workers. We are pleased to be working alongside such an amazing team of individuals who dedicate their time to supporting children to manage this chronic illness, which affects many of our WA kids and their families.

As R U OK? Day approaches, we also feature a step-by-step guide on how to have conversations with one another around mental health and wellbeing. R U OK? Day is a great reminder about the importance of supporting one another through difficult times.

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

We also feature a fast, easy & healthy 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

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www.facebook.com/CockburnIntegratedHealth

PERTH CHILDREN'S HOSPITAL DIABETES SERVICE AT COCKBURN INTEGRATED HEALTH AND BEYOND

Since 2020, the Perth Children's Hospital (PCH) Diabetes Service has delivered specialist care at Cockburn Integrated Health, supporting children and young people living with type 1 diabetes. There are currently around 1,400 children in Western Australia living with type 1 diabetes, making accessible and ongoing specialist care an important part of supporting children and their families. The service provides comprehensive multidisciplinary care through endocrinologists, nurse practitioners, dietitians, diabetes educators and social workers. This approach recognises that managing type 1 diabetes involves more than medical treatment and can have a significant impact on the emotional, social and financial wellbeing of children and their families.

Children and young people under 18 with type 1 diabetes are generally offered appointments every three months. These appointments provide opportunities to monitor their health, review treatment plans, receive education and identify any emerging support needs. At Cockburn Integrated Health alone, the team manages approximately 520 client presentations each year, highlighting the significant demand for specialist diabetes care within the community.

Type 1 diabetes is a lifelong condition in which the pancreas is unable to produce insulin, resulting in elevated blood glucose levels. Common symptoms can include excessive thirst, frequent urination, unexplained weight loss, irritability, nausea and vomiting, and, in severe cases, loss of consciousness. While there is currently no cure, the condition can be effectively managed through insulin therapy, regular glucose monitoring, healthy eating and lifestyle management.

The PCH Diabetes Service also operates at Armadale, Midland and Joondalup hospitals, as well as regional clinics in Karratha, Geraldton, Kalgoorlie, Northam, Bunbury, Busselton and Albany. By providing specialist services across metropolitan and regional locations, the program helps improve access to ongoing diabetes care and support for children and families closer to home.

For further information contact Endocrinology and Diabetes Department at Perth Children's Hospital: **(08) 6456 2222**



**Government of Western Australia
Child and Adolescent Health Service**

R U OK? DAY

With R U OK? Day coming up on 10 September, the team at Cockburn Integrated Health is getting ready to recognise an important message: a simple conversation can make a difference.

R U OK? Day encourages us to pause, check in with the people around us and ask, "Are you okay?" While the question may seem simple, taking the time to genuinely listen to someone's response can help people feel supported, connected and less alone.

Starting a meaningful conversation can feel difficult, particularly if we are concerned that someone may be struggling. The four steps to an R U OK? conversation provide a simple way to approach the conversation:

1. Ask R U OK?

Choose a suitable time and place, and ask how the person is really going. Be prepared to give them your full attention.

2. Listen

Take the time to listen without judgement. You don't need to have all the answers—sometimes being there and hearing someone out is what matters most.

3. Encourage action

If someone is struggling, encourage them to think about what might help. This could include speaking with a trusted person, accessing professional support or taking a small step towards improving their wellbeing.

4. Check in

Follow up with them later. Checking in again shows that you genuinely care and reminds the person that they don't have to face things alone.

R U OK? Day is a reminder of the importance of empathy, connection and creating safe spaces for people to talk. As we approach 10 September, we encourage everyone to take a moment to check in with a friend, colleague, client, or family member. Ask the question. Listen. Encourage. Check in. And remember, R U OK? Day is just one day—the conversation can continue all year round.

If you or someone you know needs support, help is available:

- Lifeline: Call 13 11 14
- Beyond Blue: Call 1300 22 4636



THERE'S MORE TO SAY AFTER R U OK?

Ask R U OK?

How are you travelling?

You don't seem yourself lately – want to talk about it?

Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

Encourage action

Have you spoken to your doctor or a health professional about this?

What do you think is a first step that would help you through this?

Check in

Just wanted to check in and see how you're doing?

Have things improved or changed since we last spoke?

Learn what to say at ruok.org.au
A conversation could change a life

ASK R U OK?
It can make a big difference

August & September Events



The Bibra Lake Fun Run is a much-loved community event, traditionally held on the second Sunday in September. It's all about fun, fitness, and bringing people together, with activities for all ages and fitness levels. Participants can choose between a 6km or 12km course around the stunning Bibra Lake, perfect for competitive runners, casual joggers, families, work groups, and school teams. Everyone is welcome, including wheelchair rollers, pram pushers, and walkers with pets on leads!

Each year, there are plenty of cash prizes up for grabs across five age categories, along with awards for the overall male and female winners. Schools can also compete for \$150 and \$100 prizes for having the largest teams.

Not a fan of running? You can still join in the fun! Stroll the 6km or 12km course at your own pace, or simply enjoy the free sausage sizzle and a variety of entertainment.

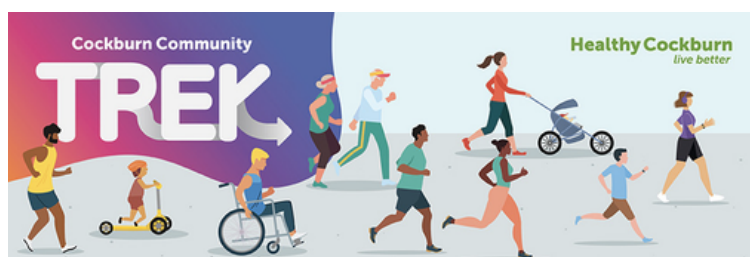
Date: Sunday 13 September 2026

Time: 8am warm-up, 8.30am start

Location: Corner of Gwilliam and Progress Drives, Bibra Lake

Courses: 6km & 12km

Free, registration essential for a timed run only. Anyone is welcome to join in on the day.



Cockburn Trek is your chance to experience Coogee's coastline at its absolute best. Choose the 3 km or 6 km route and set off on a vibrant, sun-soaked adventure past turquoise water, soft white sand, and iconic coastal landmarks. From the historic Omeo Shipwreck to sweeping ocean lookouts and breezy boardwalks, every step delivers a fresh hit of scenery and that unmistakable WA coastal energy.

Registration is required.

Friday 25 September 2026. 8-11am

Coogee Beach Lifesaving Club - 20 Poore Grove, Coogee, WA 6166 - 08 9411 3444



September is Biodiversity Month, and this year the City of Cockburn is putting the spotlight on ecosystems, our wetlands, bushland and coastline.

Each Saturday, a different local ecosystem will take centre stage, with interactive wildlife displays and engaging presentations suitable for all ages.

Capacity for talks is limited, so seats will be available on a first come, first served basis.

1-30 September 2026 - Multiple time slots & locations. Call 08 9411 3444 for more info.



MAKE THIS HEALTHY FRIED RICE IN MINUTES - USE WHATEVER FRESH OR FROZEN VEGGIES YOU HAVE ON HAND!

Ingredients

- 1 tsp oil
- 250 g pouch microwave brown rice
- 2 cups frozen peas, carrots and corn
- 1 tbs salt-reduced soy sauce
- chilli flakes or hot sauce, to taste
- 4 eggs

Preparation time: 1 minute

Cooking time: 9 minutes

Serves: 2



Method

1. In a large wok or frypan, heat oil and fry rice, stirring often, till hot
2. Add the frozen veggies and cook, stirring, till defrosted
3. Add sauces and mix well
4. Push rice and veggies over to one side of the pan and crack the eggs into the free space. Break the eggs up a bit, turn the heat down and cover wok with a lid.
5. Cook for 2-3 minutes, until eggs are almost cooked to your liking (they will keep cooking a little in the hot rice).
6. Mix eggs into rice and veggies and serve with extra chilli sauce, if desired.

NOM! CHILDREN



THE FIRST FIVE YEARS OF OUR CHILDREN'S LIVES ARE VITAL FOR DEVELOPING HEALTHY EATING HABITS AND BUILDING STRONG, HEALTHY BODIES AND MINDS. GAIN THE CONFIDENCE TO COOK HEALTHY MEALS ON A BUDGET. THE YANBUP FAMILY CENTRE HAVE BEEN DELIVERING THE NOM! CHILDREN'S PROGRAM FOR YEARS, AND CAN HELP YOU TO SUPPORT YOUR CHILDREN TO BECOME CONFIDENT, HEALTHY EATERS.

YANBUP FAMILY CENTRE
CONTACT 08 9411 3444 OR EMAIL
HEALTHYCOCKBURN@COCKBURN.WA.GOV.AU FOR MORE
INFORMATION

11.30AM-2PM
27 AUGUST - 24 SEPTEMBER 2026
THURSDAYS

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

