

COCKBURN INTEGRATED HEALTH



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CONNECT WITH US

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Welcome to the October – November edition of our newsletter.

In this edition, we introduce Western Australia's first Older Adult Health Hub, which opened at the Cockburn Health and Community Facility earlier this year. This new hub provides older adults with health and wellbeing support in one convenient community setting.

Two participants involved in our Cockburn Healthy Lifestyle Service share their experiences and how the service has supported their health journey. The service supports families, children and adults to make lasting changes towards better health for life.

As October approaches, we explore Mental Health Week, held during the first week of October. This important week encourages meaningful conversations, helps reduce the stigma surrounding mental health challenges, and promotes practical tools, strategies and everyday habits that support positive mental wellbeing. We introduce this year's theme, *Taking Control in the Face of Change*, and share ways we can support our mental well-being during times of uncertainty.

We also share information about a range of exciting events and programs happening across Cockburn over the coming two months. These events provide opportunities to connect, participate and get involved in our local community.

We've also included an easy, healthy and spooky Halloween recipe to enjoy as we celebrate the season.

We hope you enjoy reading this edition of the newsletter. We'd love to hear your suggestions, so please let us know if there is any information you would like to see included in future editions.

Clory Carrello, Chief Executive Officer

Website: cihealth.com.au

Facebook.com/CockburnIntegratedHealth

Older Adult Health Hub



The Cockburn Health and Community Facility is proud to be home to WA's first Older Adult Health Hub.

Officially opened in March 2016, this new service brings a range of health and community support services together under one roof, including doctors, pathology, medical imaging and community support services, making it easier for older adults to access the care and support they need.

The hub aims to reduce avoidable hospital visits, and help older people stay healthier and independent in their own homes and connected to their communities.

It is staffed by a multidisciplinary team, including geriatricians, nurses, allied health professionals, and care navigators.

At one location, you can:

- see onsite doctors, nurses and allied health professionals
- get health assessments, advice and care planning
- connect with rehabilitation and recovery support services
- get help navigating aged care or health systems and explore options to local services such as home care, social activities or community transport.

Who can use the Hub?

You may be able to use the hub if you:

- > are 65 or older (50 or older if you are Aboriginal)
- > live in the Perth metro area
- > have changes in your health, independence, or support needs.

You will need a referral from your GP to access the hub.



Older Adult Health Hub



Get in touch today

 Monday - Friday
8:30am-4pm (by appointment)

 1300 229 080

 olderadulthubsouth@health.wa.gov.au

 [smhs.health.wa.gov.au/Our-services/
Sub-acute-community-care/
Older-Adult-Health-Hub](https://smhs.health.wa.gov.au/Our-services/Sub-acute-community-care/Older-Adult-Health-Hub)

 Inside Cockburn Health & Community,
11 Wentworth Parade, Success, 6164

 Free service

Cockburn Healthy Lifestyle Service

"We tell everyone about this service - it's changed our lives"
- Kerry

The Cockburn Healthy Lifestyle Service supports people of all ages in our community to achieve their long-term health and lifestyle goals through low-cost programs focused on physical activity, education, nutrition, and well-being.

Hear from two participants about how the service has improved their health and sense of community.



A Family's Journey Towards Better Health

Kerry, 62, joined the service with her husband and brother more than six years ago. She says that the program came at exactly the right time, and allowed her to take control of her health.

Today, Kerry says the program has transformed more than just her physical health. It's helped her build lasting friendships and a strong sense of community.

From functional strength training and beach yoga to pool sessions and outdoor park exercises, she says the program has shown her how small, practical exercise can make daily life easier.

Kerry says:

"It's the best thing I've ever done. You don't need to be frightened of showing up - everyone's friendly. Taking the first step is the hardest thing."



From Participant to Team Member

After retiring from a long career in healthcare, one participant joined in search of a change and an opportunity to do something for herself. Three years later, the service has not only become a place for activity, but a workplace too!

Upon joining, she was amazed by the range of programs and services available in her community that people may not realise exist.

She described how staff take their time with each person to ensure they feel heard and supported. Everything is tailored to each person's unique needs and abilities.

Inspired by her own experience, she later joined the team. Seeing the positive impact the service has on others has made the experience even more meaningful.

She says:

"It feels so good to see it [...] it's a needed service in the community."

Ready to take the first step or want more info?

Contact us:



0481 793 347



chls.org.au



healthylifestyle@cihealth.com.au



Inside Cockburn Health & Community Facility,
11 Wentworth Parade, Success, 6164

Mental Health Week 2026

Mental Health Week is an opportunity to raise awareness about mental health and wellbeing across our community. It encourages meaningful conversations, helps reduce the stigma surrounding mental health challenges, and promotes practical tools, strategies and everyday habits that support positive mental wellbeing.

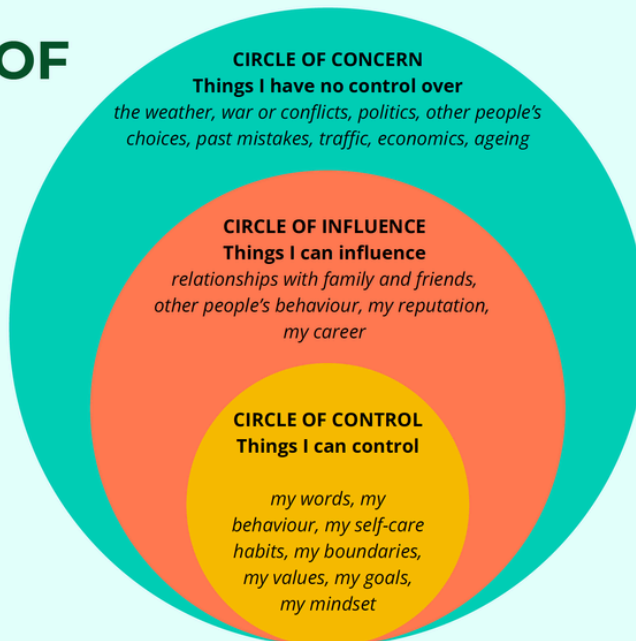
This year's theme, ***Taking Control in the Face of Change***, recognises that life is full of uncertainty and change. While we can't always control what happens around us, we can focus on the choices, supports and healthy habits within our control. By taking small, positive steps, we can strengthen our own well-being and help create a more mentally healthy and connected community.

October 4-11



SPHERES OF CONTROL

Understanding the areas of our lives where we have control can be empowering! By learning to accept those things we can't control, we can improve our mental health and wellbeing.



WA Mental Health Week 2026
mentalhealthweek.org.au
WA Association for Mental Health

Tips for looking after your mental well-being

- Stay connected with family and friends.
- Be physically active in a way you enjoy
- Take time to rest and recharge
- Reach out for support when you need it
- Get good sleep
- Practice gratitude

How you can get involved

The City of Cockburn has a range of programs and events that provide opportunities to connect with other members of the community.

See Page 5 for more details



Need support?

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

Local mental health and wellbeing services can be found on Page 6 of this newsletter.

What's On in Cockburn

October & November 2026

Check out the range of fun community activities and programs happening this Spring!

★ Featured Events

29 Sep – 14 Oct Spring School Holiday Events

 Cockburn Libraries
 Various times
\$ Free

25 Oct Cockburn Rotary Spring Fair & Youth Festival 2026

 Manning Park
 11am–8pm
\$ Free

7 Nov Mosaic Festival

 Treeby Reserve
 3pm–8pm
\$ Free

OCTOBER

 11 Oct

Worm Farming Workshop

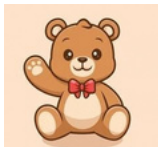
 Aubin Grove Community Centre
 11am–12:30pm
\$ 7.70



 14 Oct

Teddy Bears Picnic

 Manning Park
 9:30am–1pm
\$ Free



 Thursdays from 22 Oct – 26 Nov

Sunset Yoga

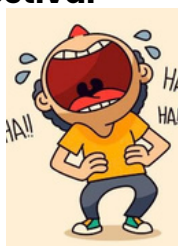
 Omeo Park
 6pm–6:45pm
\$ 5 for 6 sessions



 23, 24, 30 & 31 Oct

Side Splitter Comedy Festival

 Memorial Hall
 Various times
\$ Tickets from \$32



 28 Oct

Small Business Connect

 Port Coogee Marina
 8:30am–9:30am
\$ Free (Registration essential)

NOVEMBER

Wednesdays from 14 Oct – 2 Dec ARCability Inclusive Gym Program

 Cockburn ARC
 11am–midday
\$ 26.25 per week membership

 Wednesdays from 21 Oct – 25 Nov

Workout Wednesdays

 Waterbuttons Park
 6pm–6:45pm
\$ 5 for 6 sessions



 12 Nov

Parenting Anxious Children Workshop

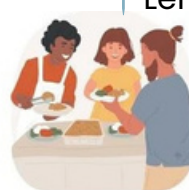
 Family Tree Aubin Grove
 6pm–8pm
\$ Free



 6 Nov

Cooby Community Eats

 Len Packham Clubrooms
 6pm–7pm
\$ Free



 13 Nov

Yangebup Community Eats

 Yangebup Family Centre
 6pm–7pm
\$ Free



Halloween

Halloween is an annual celebration held on 31 October, known for costumes, trick-or-treating, pumpkin carving, and spooky decorations.

Origin: Halloween's roots can be traced back more than 2,000 years to the ancient Celtic festival of Samhain, which was celebrated in areas that are now Ireland, Scotland, and other Celtic regions. Samhain marked the end of the harvest season and the beginning of winter.

Fun fact: The first recorded Halloween celebration in Australia took place in 1858 – almost 170 years ago!

To celebrate, try this spooky (and delicious) Halloween recipe below!

Spooky tortilla chips with pumpkin hummus



Makes 12
Preparation: 15 mins
Cook: 15 mins

Ingredients

- 4 x 48g regular wholemeal tortillas
- 1 egg white, lightly beaten
- 2 tbsp black sesame seeds
- 1½ cups (265g) canned chickpeas, rinsed, drained
- 1 cup (260g) cooked mashed pumpkin
- 1 tbsp lemon juice
- 1 tbsp tahini
- 3 tsp olive oil
- 1 tsp curry powder
- 1 garlic clove, crushed



Credit: Kidspot
kidspot.news.com.au

Method

1. Preheat oven to 190°C. Line a baking tray with baking paper.
2. Use a bat-shaped cookie cutter to cut bat shapes from tortillas. Place bats onto prepared tray
3. Lightly brush bats with egg white and sprinkle generously with sesame seeds.
4. Bake for 12–15 minutes, until lightly browned. Transfer to a wire rack to cool.
5. Meanwhile, to make hummus, process all ingredients in a large food processor until combined. Season with salt and pepper.
6. Transfer to a small bowl and serve with tortilla chips.

Try this: use a cat shaped cookie cutter instead!



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: 0477 829 593

Cockburn Wellbeing

www.cockburn-wellbeing.com.au

Phone: (08) 9266 2883

South Metropolitan Health Service**Older Adult Health Hub**

www.southmetropolitan.health.wa.gov.au

Phone: 1300 229 080

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

