COCKBURN INTEGRATED HEALTH



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Welcome

Welcome to the December-January edition of our newsletter!

As we approach the festive season, it's a wonderful opportunity to reflect on the importance of community, connection and supporting one another.

In this edition, we're pleased to include information about Just Kids Health and the services available to children and families in our community.

We also highlight some of the support services available throughout the Cockburn area, including food and clothing relief services, activities celebrating International Day of People with Disability, and a range of Christmas and New Year events for families to enjoy.

We've also included a delicious and healthy Berry & Mango Trifle recipe to add a little something special to your festive celebrations!

On behalf of everyone at Cockburn Integrated Health, I would like to thank our community, service providers and partners for their continued support throughout the year.

Wishing you and your families a safe and happy Christmas and a healthy, prosperous New Year.

We look forward to continuing to support our community in 2027.

Clory Carrello, Chief Executive Officer

CONNECT WITH US

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www.facebook.com/CockburnIntegratedHealth

Just Kids Health

Children's healthcare, developmental support and early intervention in Cockburn

Founded in 2017 by Nurse Practitioner Stephanie Dowden, Just Kids Health is a Nurse Practitioner-led children's health clinic providing assessment, treatment and ongoing support for babies, children and teenagers aged 0–18 years. Since opening in 2017, Just Kids Health has supported more than 7000 children and their families, providing over 17,000 appointments.

With a team of nurse practitioners bringing together more than 100 years of combined experience in children's health, Just Kids Health offers a range of services focused on children's physical health, development and emotional wellbeing. As the only Nurse Practitioner-led clinic of its kind in WA, Just Kids Health provides an accessible model of care, with no GP referral required, bulk-billing options for low-income families and Medicare rebates for most services. We also provide clinical placements to trainee nurse practitioners and registered nursing students – helping grow a children's nursing workforce and showcasing non-hospital models of care for children and teens.

A new home at Cockburn Integrated Health

At the end of 2025, Just Kids Health moved into new clinic rooms at Suite 8, Ground Floor, Cockburn Integrated Health, 11 Wentworth Parade, Success, opposite the Cockburn Library and next to Centrelink. The move gave us more space and increased appointment availability to support more local families. Appointments are available in person or via telehealth.

Child development assessments and support

Developmental health is a significant part of our work at Just Kids Health, now accounting for one-third of our appointments. Our Nurse Practitioners support families with concerns around attention, behaviour, emotional regulation, communication and social development, helping them better understand their child's needs and identify appropriate support. We offer ADHD and Autism assessments for children and teenagers aged 5 – 18 years, as well as ongoing support for families following diagnosis.

This may include:

Individualised treatment plans and medication management.
ADHD or Autism medication script renewals.
Monitoring medication effectiveness and ongoing review.
Non-medication strategies and support pathways.
Wellbeing check-ins for anxiety and mood.
Parent guidance and support.
Referrals and shared-care arrangements with paediatricians and other specialists.

"From our very first appointment, we felt truly supported. There was never any judgement, just genuine care and compassion. I always feel listened to, and every visit leaves us feeling more hopeful and understood."

Whether families are seeking an initial assessment, have questions about their child's health or development or need ongoing support, we can help them understand the next steps and access the care they need.

Other Services

Our Nurse Practitioners provide comprehensive assessment, treatment and ongoing care for a wide range of children's health concerns, from infancy through to adolescence.

Our services include:

- Eczema and other skin conditions.
- Asthma and chronic health conditions.
- Sleep difficulties and unsettled babies.
- Growth, weight and continence concerns.
- Anxiety and emotional wellbeing.
- Parenting support and guidance.
- Referrals and care coordination with paediatricians and other specialists.

"As new first-time parents, we have been overwhelmed with information from GPs, the internet, friends and family. The Nurse Practitioner helped us create a clear, manageable plan and really eased our overwhelm and anxiety around our baby's skin."

Early Steps Forward: Bringing support closer to children and families

Alongside our clinic-based services, Just Kids Health is delivering Early Steps Forward, a Nurse Practitioner-led program delivering health and developmental support into familiar community settings, including schools and childcare centres.Our Nurse Practitioners work alongside families, educators and community professionals to identify concerns, provide assessments and help families navigate health, education and NDIS support pathways.







A Christmas Celebration of Inclusion

INTERNATIONAL DAY OF PEOPLE WITH DISABILITY - 3 DECEMBER 2026

International Day of People with Disability (IDPwD) is a United Nations (UN) observed day recognised on 3 December each year. The aim of ADPwD is to raise awareness, understanding and acceptance of the 5.5 million people with disability in Australia.

To celebrate the talents, contributions and diversity of people with disability, the City of Cockburn is hosting a week of FREE inclusive activities for people of all ages and abilities.

ARCability - Inclusive Gym Program
Wed 2 Dec 11am-12pm Cockburn ARC

Small-group gym session with an individual progrma and an ARC Fitness Coach. Maximum six participants; attend independently or with a support worker.

Auslan Awareness Workshop
Thurs 3 Dec 9.30-11.30am Coolbellup Library

Learn about Deaf culture, communication and useful introductory Auslan signs. Free; bookings essential

Big Machines, Every Brain
Thurs 3 Dec 3.30-5pm 101 Phillips Rd, Wattleup

A free all-abilities family event with big machines and sensory-friendly fun. Children can explore at their own pace.

Children's Storytime with Ben Findlay
Fri 4 Dec 9.30-10.30am Success Library

Free interactive storytelling featuring Super Deafingo, a deaf superhero, celebrating diversity and deaf awareness.

Everybody Dance
Sat 5 Dec 6-9pm Cockburn Youth Centre

An inclusive disco with DJ Incredable, music, dancing, free pizza, ice cream and a glitter bar. Everyone is wlecome

Songbook for Inclusion
Tues 8 Dec 6-9pm Cockburn BARC, Yangebup

A free evening of live music celebrating performers with disability. Please RSVP to secure your place.

EVERY ABILITY. EVERY VOICE. EVERYONE BELONGS.

For event details, accessibility enquiries and bookings, visit the City of Cockburn website: cockburn.wa.gov.au
Disability and Inclusion: 08 9411 3444. Events are free; bookings are required for some activites.

International Day of People with Disability

Food and Clothing Relief Services: Supporting Those in Need

Community Collective, Hamilton Hill

Southwell Community Centre,
8 Caffery Place, Hamilton Hill WA 6163
Free food assistance for people experiencing financial hardship.
Food availability includes fresh fruit and vegetables, bread and pantry items, depending on donations.

Yangebup Mobile Foodbank

Yangebup Family Centre,
11 Dunraven Drive, Yangebup WA 6164
Every Monday, 12:45pm–1:15pm.
Low-cost groceries and food assistance for eligible community members.
Referral required.

The Ottey Centre

2A South Lake Dr, South Lake WA 6164
08 9417 2372
Emergency food hampers available Mon–Thur 9am–3pm.
Free community breakfast every Fri, 9am–10am (during school terms).
Foodbank Mobile Foodbank also operates Fri, 9am–10am.

Clothing assistance is also available for individuals and families experiencing financial hardship.
Contact the Centre regarding eligibility and availability.

Christmas and New Year Events

Cockburn Libraries - FREE Festive Activites

Cockburn Libraries are hosting a fantastic range of **FREE** festive activities for children and families throughout December. From Christmas crafts and advent calendars to discos and special Santa storytimes, there's plenty of holiday fun to enjoy!

🎨 What's On:

- 1 December: Make Your Own Advent Calendar – Spearwood & Coolbellup Libraries (ages 5–10)
- 10 December, 4:30pm: Christmas Family Disco – Success Library
- 18 December, 10:00am: Christmas Crafts – Success Library (ages 4–10)
- 21 December, 10:30am: Santa Storytime – Coolbellup Library
- 22 December, 10:00am: Make & Create: Christmas Special – Success Library
- 22 December, 10:30am: Elf Doors Craft – Spearwood Library (ages 8–12)

Some sessions require bookings, so be sure to secure your place early. 🎅 For event details and bookings, visit:
Cockburn Libraries – Christmas Events

Christmas Markets at Lakeside
Saturday, 12 December 2026
5pm to 8pm

Lakeside Recreation Centre, 2 Bibra Drive, North Lake

Get into the Christmas spirit at the Lakeside Christmas Markets!
Bring the family along for a festive evening filled with Christmas cheer, community fun and plenty of holiday shopping.
Enjoy a wonderful selection of market stalls, delicious food trucks, live Christmas music and FREE kids activities for both younger children and teenagers.
It's the perfect opportunity to pick up some Christmas gifts, enjoy a bite to eat and celebrate the festive season with family and friends.

Christmas on the Green
13th of December, 2026
3pm to 8pm

Christmas on the Green is back at **Lakelands Reserve, South Lake,** bringing an evening of festive entertainment, music and family fun under the stars!
Enjoy live performances from the Milford Street Shakers and Australian Idol's Gisella Coletti, along with Christmas carols and local entertainers.

Pack your picnic rug, bring the family and get ready for a wonderful evening of Christmas magic!

Australia Day Coogee Beach Festival
Tuesday 26 January 2026
8am-midday

Celebrate the Aussie spirit this Australia Day at the Coogee Beach Festival, a morning of fun and activities for the whole family!

From 8am to midday, **Coogee Beach Reserve** will come alive with music, laughter, and summer fun by the shore. Round out your long weekend with a free sausage sizzle (while stocks last), exciting entertainment, and loads of activities for all ages.
This is a FREE, family-friendly event.



Merry Christmas



Healthy Berry & Mango Trifle

Preparation time: 20 minutes
Serves: 8 people
No baking!



INGREDIENTS

- 500g thick Greek yoghurt (plain or vanilla)
- 250g light ricotta cheese
- 2 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract
- 2 ripe mangoes, diced
- 250g fresh strawberries, sliced
- 125g raspberries
- 125g blueberries
- 100g sponge cake or crushed Weet-Bix
- Fresh mint leaves for decoration



METHOD

- Make the creamy filling: Mix Greek yoghurt, ricotta, honey and vanilla until smooth.
- Start layering: Place pieces of sponge cake or crushed Weet-Bix in the bottom of a large glass serving bowl.
- Add the fruit: Layer strawberries, mango and blueberries over the base.
- Add the cream: Spoon half the yoghurt mixture over the fruit.
- Repeat: Add another layer of fruit and the remaining creamy mixture.
- Decorate: Finish with raspberries, strawberries, blueberries and fresh mint.
- Chill: Refrigerate for at least 2 hours before serving

Why it's a healthier option: it's packed with fresh fruit, has protein from the yoghurt and ricotta, and uses much less sugar than a traditional trifle. Using plain yoghurt and a light sponge keeps it lighter.





Cockburn Integrated Health

Service Providers



GP Cockburn Central
www.gpcockburncentral.com.au
Phone: (08) 9494 3711

Child and Adolescent Community Health
www.health.wa.gov.au
Phone: (08) 9494 3777 or (08) 9494 3778

City of Cockburn
www.cockburn.wa.gov.au
Support Service: (08) 9411 3859
Financial Counselling: (08) 9411 3444

Clinipath Pathology
www.clinipathpathology.com.au
Phone: (08) 9494 3711

Cockburn Wellbeing
www.cockburn-wellbeing.com.au
Phone: (08) 9266 2883

Cockburn Healthy Lifestyle Service
www.cihealth.com.au
Phone: (08) 9494 3706 or 0481 793 347

Curtin Clinics
www.healthsciences.curtin.edu.au
Phone: (08) 9494 3751

Hardy Nutrition - Dietary Consulting
www.hardynutrition.com.au
Phone: (08) 9494 3790

Just Kids Health
www.justkidshealth.com.au
Phone: (08) 6243 1711

Perth Maternity
www.perthmaternity.com.au
Phone: (08) 6558 0330

Pregnancy to Parenthood
www.p2pclinic.com.au
Phone: (08) 6558 0330

Respiratory Care WA
www.respiratorycarewa.org.au
Phone: 0477829593

South Metropolitan Health Service
www.southmetropolitan.health.wa.gov.au
Phone: (08) 6152 2222

St. John of God Mental Wellbeing Services
www.sjog.org.au/our-services
Phone: 1800 313 016

St. John of God Raphael Services
www.sjog.org.au/our-services
Phone: 1800 313 016

TSH | Teach, Speak, Hear
www.tsh.org.au
Phone: (08) 9387 9888

Total Health
www.totalhealthwa.com.au
Phone: (08) 9494 3760





