



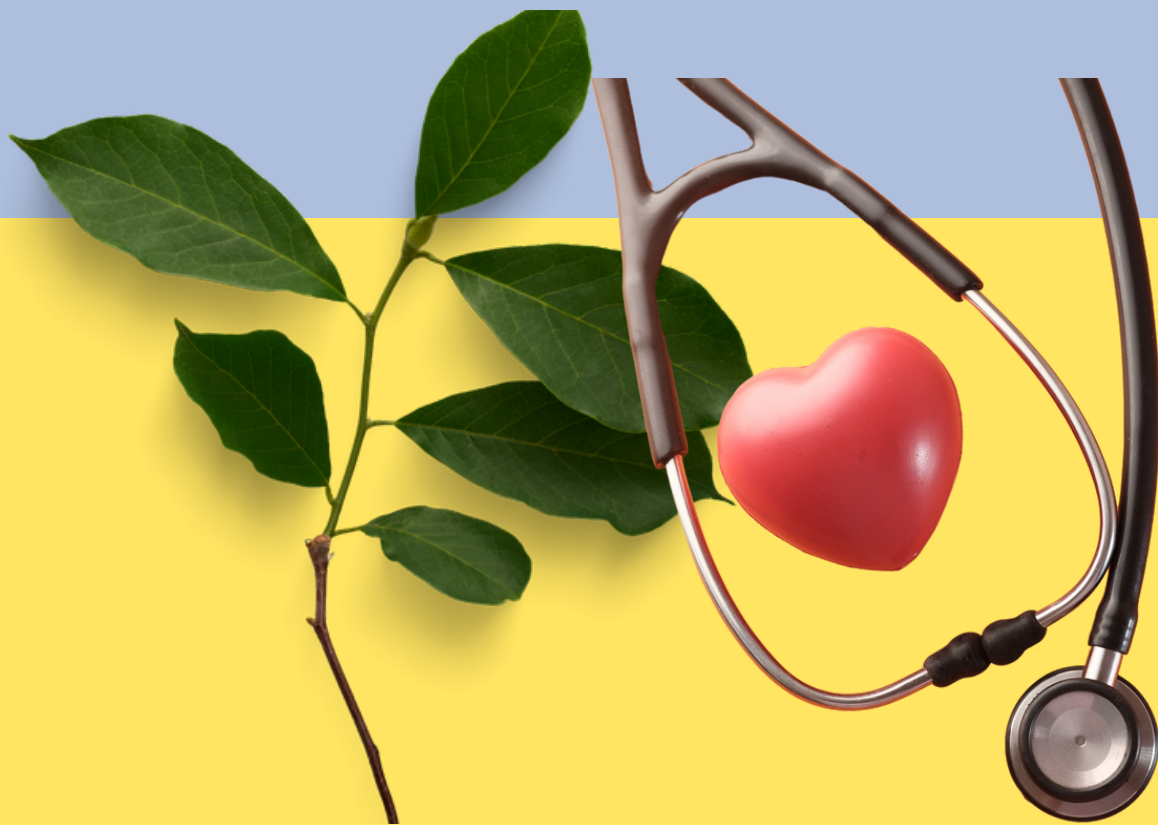
The Water Well Project



Strengthening

Climate and Health Resilience

For migrant, refugee and
asylum seeker communities



Resource Report

2023



The Water Well Project



Acknowledgement of country

The Water Well Project acknowledges the Traditional Custodians of the many lands on which we live and work, and we pay our respect to Elders past, present and emerging. We celebrate the diversity of Aboriginal and Torres Strait Islander peoples and their ongoing spiritual, cultural, material and economic connection to land, water and resources.

We are The Water Well Project



The Water Well Project is focussed on working alongside migrant, refugee and asylum seeker communities to improve their health literacy. Our approach entails free interactive community-based health education sessions facilitated by volunteer healthcare professionals. We work alongside migrant, refugee, and asylum seeker support organisations to ensure sessions are tailored to the needs of each community group and facilitated in a culturally responsive manner.

Purpose of the report

This report has been designed to assist community organisations working alongside migrant, refugee, and asylum seeker communities to understand the health impacts of climate change. The overarching goal is to strengthen the climate and health resilience of these communities to mitigate negative climate-related health impacts, improving health outcomes for individuals, families and communities.



We would like to thank...

Lord Mayor's Charitable Foundation. For their generous funding to enable the development of these crucial resources so the migrant, refugee, and asylum seeker communities we work alongside can access timely and accurate information to strengthen their climate and health resilience. We also thank Lord Mayor's Charitable Foundation for their trust in our organisation to deliver this unique project.

Vermont South Pharmacy. For generously and practically supporting this project through donations of supplies for demonstration first aid kits.

Our community partners who expressed a keen interest in this topic, providing us with insight into the knowledge gaps that exist in the migrant, refugee, and asylum seeker communities they work alongside.

Our volunteer healthcare professionals. For some, this was a significant area of learning that they were willing to embrace in their desire to work alongside health education session participants to improve their resilience against the impacts of climate change on their health.

Our health education session participants. We acknowledge the migrant, refugee, and asylum seeker communities who consistently inspire us with their eagerness to teach and learn, their generosity in sharing stories of their lived experience, their willingness to trust us with their questions and concerns, and their resilience through all the challenging situations they have been confronted with.





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Climate change

Climate change refers to changes in weather patterns over many years. Scientists warn us that our climate is warming at a faster rate than has been experienced before.[1] Evidence shows that increasing temperatures are due to human activities, in particular, increased greenhouse gases from burning fossil fuels to produce electricity.[2] Clearing trees and producing waste also contribute to greenhouse gases.

In Australia, average temperatures have already risen by 1.4°C since 1910, resulting in more days of extreme heat, less winter rains, and increased frequency and severity of climate-related disasters.



Climate change and health

The impacts of climate change are already negatively impacting health, and are disproportionately affecting people who already experience disadvantage [3]. People at greatest risk include

- Migrant, refugee and asylum seeker communities
- People on low incomes
- People with chronic health conditions and/or disabilities
- People who are older
- Children, and
- First Nations peoples [2]

Health impacts of climate change include higher rates of disease and death related to increased frequency and severity of heatwaves, bushfires, severe storms, extreme rainfall and flooding, and increased rates of zoonotic infections and vector-borne diseases [4].

The impacts of climate change are disproportionately affecting people who already experience disadvantage

Air pollution, high pollen counts and ultraviolet (UV) radiation exposure also have serious health consequences. It is anticipated these effects will worsen as temperatures continue to rise [3].

This project focuses on the climate change events and resultant health effects that impact the migrant, refugee, and asylum seeker communities that The Water Well Project works alongside, particularly in Greater Melbourne, Greater Sydney, Hobart and Launceston, and potentially Greater Adelaide. For these communities, improving access to information about the health effects of climate change is needed to help them mitigate the risks they face. By improving their health literacy, including their knowledge and confidence to access timely climate-related health information and healthcare services, they can achieve improved resilience against climate-related emergencies, and improved health outcomes for themselves, their families, and their communities.



Climate change hazards

related to geographical areas where The Water Well Project works



Heatwave

3 or more days of temperatures that are higher than usual for that location



Bushfire

An unplanned fire in grass, bush or scrub



Bushfire smoke

Smoke from bushfires, comprising particulate matter such as water, gases, vapour and ash



Storms, heavy rain, flooding

Can include dangerous winds, large hail, and heavy rain leading to flooding



Climate change hazards

related to geographical areas where The Water Well Project works



Infectious disease

Diseases caused by microorganisms such as bacteria, viruses and parasites, that can spread between people



Pollen

Substances in flowers, grasses and weeds that can trigger allergic responses



Ultraviolet (UV) radiation

Energy produced by the sun that can cause health problems such as cancers



Disruption to services

Services such as healthcare, transport and food supplies can be disrupted due to emergency situations



Heatwaves

A heatwave is three or more days of temperatures that are higher than usual for that location. This includes both maximum and minimum temperatures [5].

Temperatures in Australia are rising as a result of climate change. In 2019, Australia saw its hottest year since records began [2], and our ten hottest years have all occurred since 2005. This trend is predicted to continue [6].

Heat can be worse in urban areas where sealed surfaces (eg footpaths and buildings) that absorb and retain heat dominate and there is little vegetation, tree canopy or waterways to provide shade and reflect heat. Such areas are known as 'urban heat islands' [7]. Urban heat islands in Melbourne include the western and northern suburbs, and the Dandenong area [8]. Similarly, Sydney's western suburbs can experience temperatures 10°C higher than Sydney's eastern suburbs [7]. Meanwhile, Adelaide reached its highest temperature on record (46.6°C) in 2019, with some academics warning Adelaide is heading towards temperatures of 50°C in the coming decades, particularly in the northern suburbs [9].

Heat-related illness

Heat-related illnesses can occur during periods of extreme heat, with cases significantly increasing during heatwaves. For example, during the 2014 heatwave in Victoria, there was a 25% increase in people calling an ambulance [10]. During the 2011 and 2019 heatwaves in New South Wales, there was a 14% increase in hospital admissions [11].





Heatwaves

More people die from heatwaves in Australia than from any other environment-related disaster including bushfires, floods, storms and cyclones [12]. For example, the heatwave surrounding the 2009 Black Saturday bushfires in Victoria caused 374 more deaths than would otherwise have been expected, while less than half that number (173) died in the fires themselves [13]. Between January 2006 and October 2017, it is estimated that heat contributed to over 3,000 deaths in Australia each year [14]. Predictions indicate Melbourne, for example, will see heat-related death rates double by 2050 [8].

**More people die
from heatwaves
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related disaster**

Heatwaves can cause physical problems such as rashes and muscle cramps through to severe and life-threatening conditions such as heatstroke. Heat can worsen existing health problems including heart, lung and kidney disease, and diabetes [2]. Heatwaves can also worsen mental health problems such as depression and anxiety, increase suicide attempts, and result in higher rates of family violence [8, 14].

Population groups most at risk of heat-related illness and death include

- People over 65 years of age
- People with pre-existing medical conditions or mental health problems
- Pregnant women
- Babies and children
- People with cognitive impairment
- People from refugee and asylum seeker backgrounds, and
- People with language barriers and low literacy [8].



Maidstone Community Centre, 17 August 2023, Extreme Weather, Disasters and Your Health session



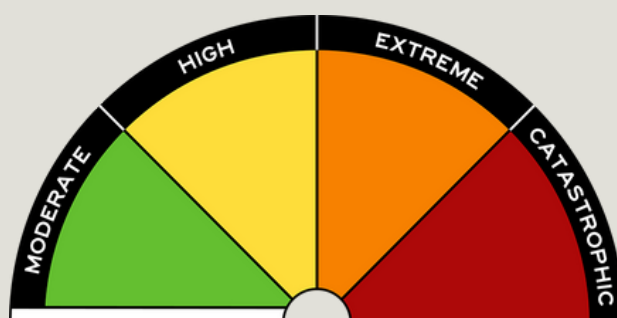
Bushfires



Bushfires are unplanned fires that occur in grass, bush (forest) or scrub [15]. You don't need to live in the bush to be threatened by fire. Bushfires can happen in outer suburbs of major cities like Melbourne, Sydney, Adelaide and Hobart, and grassfires can also be a problem in the suburbs. Australia has seen an escalation in the frequency and severity of bushfires over the past decades, with the intensity of bushfires increasing as weather patterns change. The 2019-2020 Black Summer bushfires lasted 8 months and impacted Victoria, New South Wales, Tasmania, Queensland, South Australia and Western Australia.

It is important that you know your risk of being impacted by a fire. Risk factors include living near grass or paddocks, or living near bush or scrub, including near the coast. Apart from fire itself, there is also danger from radiant heat (intense heat from the fire), embers (that can travel a long way and start new fires), and reduced visibility due to smoke which can cause dangerous driving conditions [16]. Bushfire smoke can also cause significant problems (see next section).

The Australian Red Cross can provide information about community programs to help people learn more about preparing for bushfires in their local area:
<https://www.redcross.org.au/emergencies/community-disaster-resilience/>



Bushfire smoke

Bushfire smoke can adversely impact the health and wellbeing of communities, even those in areas not considered at high risk of direct impacts from bushfires [17].

Fuel reduction burns can also impact air quality.

It is estimated that 80% of Australia's population was impacted by bushfire smoke from the Black Summer bushfires, often for months at a time [3].

**80% of
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Bushfire smoke contains tiny substances that, when breathed in, can enter the lungs and bloodstream. These substances can cause inflammation and negatively impact lung and heart health, as well as the immune system [3, 18]. A Sydney-based study by Asthma Australia [19] during planned hazard reduction burns in the Blue Mountains found 81% of people had trouble breathing due to poor air quality caused by smoke, and 19% of people experienced an asthma emergency.

An estimated 417 additional deaths were caused by bushfire smoke from the 2019-2020 Black Summer bushfires. In New South Wales alone, there were 6,177 emergency department presentations for lung problems, and 3,120 for heart problems, in addition to usual emergency department presentations [2].

Some population groups are at higher risk of negative health impacts from bushfire smoke, including

- People aged 65 years and over
- Babies and children
- People who have asthma and other lung problems
- People who have angina and other heart problems, and
- People who have type 2 diabetes [2]

For pregnant women, exposure to bushfire smoke can cause pre-term births and poorer health outcomes for mother and baby [3]. Women and older people with asthma are at higher risk of serious asthma symptoms when exposed to bushfire smoke, requiring visits to the emergency department and hospitalisation; this risk increases with age [20].



Storms, heavy rain and flooding

In Australia, we have seen increasingly severe storms, heavy rain and flooding as climate change causes warmer ocean temperatures and subsequent heavier rains and storm surges [3]. These events are predicted to increase in the coming years [21]. Health risks can be related to direct or indirect impacts of storms and flooding.

Direct impacts may include:

- Injury
- Drowning
- Falls
- Electrocution from live wires
- Hypothermia
- Infections from contaminated water
- Bites from displaced animals such as snakes, and
- Mental health problems related to trauma

Indirect impacts may include:

- Increased transmission of mosquito-borne diseases including into areas where they are not normally found
- Increased spread of infectious diseases including gastrointestinal infections and Hepatitis A (particularly when water has been contaminated with sewage)
- Skin infections and rashes, and
- Asthma and allergic reactions related to damp conditions and mould growth [3, 21, 22]





Storms, heavy rain and flooding

Most flooding in Australia happens when rivers overflow due to heavy rain. In the major cities, flash flooding is also common, where extremely heavy rain during a thunderstorm causes flooding very quickly [23]. Flash flooding is the most dangerous type of flooding in terms of risk of death.

In late 2022, homes were flooded in several inner suburbs of Melbourne as the Maribyrnong River overflowed from heavy rains. In Sydney, 19 people were rescued from their cars when they became trapped in fast-rising flood waters in early 2023. Hobart residents experienced flash flooding in 2018 as record levels of rainfall fell in a short period of time. In June 2023, residents of Adelaide were left without electricity and many drivers trapped in cars as extreme rainfall caused flash flooding.

Never walk, swim or drive through flood waters

Regardless of the type of flood, never walk, swim or drive through flood waters – it can be hard to tell how deep the water is, there is a risk of injury and falling if you cannot see where you are walking, and even water that is flowing slowly can sweep people and cars away. This is a major cause of death during floods. If you are in your car during a severe downpour, turn your headlights on and pull over to the side of the road until it stops, if it is safe to do so [22].



Storms, heavy rain and flooding

Snake and spider bites

Be on the lookout for snakes or spiders that have escaped flood water by coming into your home. If you are bitten by a snake:

- Call an ambulance on 000
- Stay very still
- Do not touch the bite area, and don't wash it
- Wrap a firm bandage around the full length of the bitten arm or leg and immobilise it with a splint. If the bite is on the torso, apply pressure over the bite area and stay calm and still.
 - Use a pen to mark on the bandage where the bite is
 - Do not remove the bandage or splint

Mosquito-borne diseases

Mosquitos can carry and transmit a number of diseases. In Australia, the main mosquito-borne diseases include Ross River virus, Barmah Forest virus, Murray Valley encephalitis, Buruli ulcer, and Japanese encephalitis. Climate change has been changing our weather patterns with unusual rainfall, storms and flooding. Heavy rains and floods provide the perfect environment for mosquitoes to breed which can increase the risk of mosquito-borne diseases spreading, including to areas where these diseases are not normally found [3]. It is important to be aware of the increased risk and take action to reduce the likelihood of being bitten by mosquitos.

Mould

Mould is a type of fungus that grows in damp (wet) areas that are not well-ventilated, often in bathrooms and around leaking pipes. Flooding and heavy rain can cause significant damage by mould. Mould often looks like 'fuzz' and can be a range of colours, most often black, green or white. Mould spreads through spores which can move through the air and be inhaled. For people with sensitivity to spores or with lung conditions such as asthma, this can worsen health problems or cause an allergic reaction. Symptoms may include watery eyes, blocked nose, wheezing, difficulty breathing or skin reactions [2, 24, 25].

To prevent mould:

- Open windows to improve ventilation
- Fix leaking pipes
- Clean wet areas regularly, and
- Remove stagnant sources of water

Avoid cleaning mould if you have asthma. To clean mould, wear protective gear such as rubber gloves, safety goggles and an N95 face mask [25].



Infectious diseases including zoonotic infections



There are many infectious diseases that can pass from animals to humans, which have significant impacts on health and wellbeing. Diseases that are transferred in this way are called 'zoonotic' and represent approximately 60% of infectious diseases impacting humans, and 75% of new infectious diseases [26, 27]. These percentages have increased as climate change negatively impacts natural habitats, and as more people move into animal habitats as populations expand.

Zoonotic diseases can be caused by bacteria, viruses, fungi and parasites. They can be transferred from animals to humans through vectors such as mosquitos (eg malaria), through direct contact with an infected animal (eg rabies), or through contact with soil or water polluted with an infected animal's urine or faeces [27].

Some zoonotic diseases become epidemics, and some pandemics. An **epidemic** is when an infectious disease spreads faster than expected in a particular population and geographical area; for example, malaria is an epidemic in some parts of Africa. A **pandemic** occurs when an epidemic spreads across multiple countries or across the globe [28]. The declaration of an epidemic or pandemic relates to how fast and far an infectious disease spreads, as opposed to how severe the disease is.

Commonly known zoonotic diseases include H1N1 influenza and COVID-19. H1N1 influenza (also known as swine flu) became pandemic in 2009 when a combination of bird, pig and human flu infected pigs, then spread to people around the world [27].



Infectious diseases

The COVID-19 pandemic continues to impact populations around the world. To date, The World Health Organization estimates 771,407,825 infections, and 6,972,152 deaths from COVID-19 globally [29]. This number is likely an underestimate.

The COVID-19 pandemic has taught us some important lessons about managing pandemics and infectious diseases more generally. For example:

- The importance of clear and consistent information available to all people, including those from culturally and linguistically diverse communities, is crucial to prevent and manage transmission and illness
- The importance of looking after our health more generally. The people who have been most impacted by COVID-19 in terms of illness and death have often been those who are less healthy (eg with existing chronic health conditions) and/or have less access to healthcare services including preventative health services [30]
- Vaccination is important to reduce transmission of disease and severity of illness
- The effectiveness of hygiene measures to prevent the spread of disease. In particular, social distancing, wearing face masks, good ventilation, hand hygiene, testing if symptomatic or in close contact with someone who has been infected, and staying home if unwell or infected (even without symptoms)

The COVID-19 pandemic has taught us some important lessons about managing infectious diseases



Pictured: South East Community Links, 8 December 2023, Heart Health and COVID-19 session



Pollen

The impact of climate change on weather patterns is leading to longer and more severe pollen seasons [3]. Climate change impacts how much pollen is produced, the length and severity of pollen seasons, the ability of pollen to induce an allergic reaction, and how far pollen is distributed [31].

Research shows Australia is particularly vulnerable to changes in allergens related to climate change, as demonstrated in November 2016 when Melbourne experienced the world's largest ever epidemic thunderstorm asthma event. Thunderstorm asthma occurs when high pollen levels combine with a thunderstorm to cause asthma symptoms. People with hayfever and pollen allergies are at risk of thunderstorm asthma even if they have never had asthma before. In the 2016 event, thousands of people presented at emergency departments with breathing problems, and hundreds were hospitalised with asthma, with 35 people receiving intensive care treatment, and 10 deaths recorded [31].

It is crucial that people who have asthma or allergies to pollen are prepared so they can manage their conditions well. Having a documented Asthma Action Plan and an Allergic Reaction Action Plan as appropriate are a good starting point. You can also monitor pollen levels and asthma risk using apps such as:

- Melbourne Pollen app <https://www.melbournepollen.com.au/mobile-app/>
- Sydney Pollen app <https://apps.apple.com/au/app/sydney-pollen-count-forecast/id1036166930>
- Tasmania: AirRater app <https://airrater.org/>
- Adelaide: AusPollen app <https://www.pollenforecast.com.au/> Download the app, select your local pollen station, then scroll to the bottom of the page for links





Ultraviolet (UV) radiation

Exposure to ultraviolet (UV) radiation is a key cause of skin cancer. Global efforts to mitigate climate change have included interventions to reduce damage to the ozone layer that protects us from ultraviolet (UV) radiation. However, research shows that the 2019-2020 Black Summer bushfires across much of Australia caused significant damage to the ozone layer. Ozone does repair itself but it is anticipated it will take 10 years to recover from this bushfire event [32]. There is concern that the increasing frequency and severity of bushfires in Australia and around the world will gradually degrade the ozone layer. Overall, climate change is expected to increase UV exposure through ozone damage, air pollution, and higher temperatures, with subsequent increased risk and rates of skin cancer [33].

2 in 3 Australians will be diagnosed with skin cancer

It is estimated that 2 in 3 Australians will be diagnosed with skin cancer in their lifetime, and this rate is increasing [34]. Research shows the number of non-melanoma skin cancers in Australia has increased by between 2% and 6% every year for the past 30 years, with the highest risk group being people aged 55 years and older [35].



Southern Migrant Resource Centre, 25 November 2022, Sun Safety session



Disruption to services



Services can be disrupted due to all types of emergency situations. Examples include the loss of electricity due to heatwaves or floods, and reduced access to food supplies or medical care due to disrupted transport systems or isolation requirements as in the COVID-19 pandemic.

Contaminated food

Loss of electricity following floods, bushfires and storms can impact on safe drinking water and safe consumption of food. Thousands of Melbourne residents had their power cut for several weeks following severe storms in June 2021, leaving them without safe drinking water and refrigeration [3, 36].

Disrupted access to healthcare services

Emergencies can disrupt access to healthcare services. This may be due to physical barriers such as flooded or storm-damaged roads, or due to public health measures such as the lockdown requirements related to the COVID-19 pandemic. Participant rates decreased for health checks, breast cancer screening, cervical cancer screening and bowel cancer screening during the COVID-19 pandemic [37], potentially leading to delayed diagnoses and treatments for a range of conditions including cancers, heart disease and diabetes. We are yet to see the longer term impacts of these delays in terms of chronic disease and potential deaths.



Mental health and wellbeing

Emergencies and disasters can have a significant impact on people's mental health and wellbeing. Many people, particularly young people, experience anxiety and a sense of hopelessness related to climate change and its impact on their futures [38].

Between 20% and 50% of people who experience climate-related weather events go on to experience mental health issues including depression, anxiety, post-traumatic stress disorder (PTSD) and suicidal ideation, some immediately after an emergency and others in following years [38]. Multiple emergencies can compound the negative impacts on mental health. For example, some of the areas that were impacted by the 2019-2020 Black Summer bushfires then experienced significant flooding as well as the COVID-19 pandemic, significantly increasing anxiety, depression and PTSD [3]. Flow on effects of poor mental health include increased alcohol and substance abuse, and family violence, which further exacerbate poor mental health [3].

The COVID-19 pandemic and related public health interventions (such as lockdowns, restrictions on movement, and social isolation) significantly impacted people's mental health, particularly in terms of anxiety [39]. Crisis lines such as Beyond Blue, Headspace and Lifeline experienced record numbers of calls as people struggled to cope [39].





Strengthening community resilience

As community organisations engaged with migrant, refugee and asylum seeker communities, it is crucial that we understand the health impacts of climate change and work alongside these communities to improve our health literacy together.

'Health literacy' refers to a person's capacity to access, understand, and use health information to facilitate improved health for themselves, their families, and their communities [40]. Hearing information is not enough. To be health literate, people need to:

- Understand the information
- Know how to act on it in their own context
- Know how to access more information as needed
- Have confidence to share information with their families and communities, and
- Have confidence to access relevant healthcare services and advocate for themselves, their families, and their communities when accessing those services

The World Health Organization [41] highlights the importance of community health literacy, where knowledge is shared within communities, and health-promoting practices are adapted to fit with cultural beliefs and customs. Crucial to community health literacy are the everyday experiences, relationships and conversations community members have with family, friends and healthcare professionals [41].

The Water Well Project

The Water Well Project's unique approach to health literacy is to engage healthcare professionals to visit migrant, refugee and asylum seeker communities in the places they meet. Health education sessions are facilitated as a conversation between community members and healthcare professionals, with support from accredited interpreters as needed. This approach enables two-way communication and learning as stories are shared, information is discussed, and questions are addressed. The use of props and interactive activities can enhance learning and make these sessions fun and memorable.



Climate and Health Resilience Series

The Water Well Project's Climate and Health Resilience Series has been designed to facilitate conversations between migrant, refugee and asylum seeker community members and healthcare professionals about the ways climate change is affecting our health. Topics include:



Extreme Weather, Disasters and Your Health

In this session, we discuss a range of health impacts of climate change related to air pollution from bushfires; longer and more severe pollen seasons; severe storms, extreme rainfall and flooding; and infectious diseases. The session includes practical strategies to plan and prepare for emergencies which will strengthen participants' resilience against negative climate-related health impacts, improving health outcomes for themselves, their families and their communities.



Heatwaves and Health

This session addresses rising temperatures and the importance of looking after our health during heatwaves. It discusses the risk of people developing heat related illnesses, how heatwaves can impact existing health problems and medicines, and highlights ways to manage health during a heatwave.



Asthma

In this session participants will engage in a conversation about asthma including how to recognise and manage asthma attacks. Childhood asthma and thunderstorm asthma are both discussed. Participants will engage in physical demonstrations which illustrate how difficult it is to breathe when experiencing an asthma attack, and how to use asthma puffers properly.



Climate and Health Resilience Series



Sun Safety

This session addresses being safe in the Australian sun. It discusses how to enjoy the sun safely and strategies to prevent dangerous levels of sun exposure, as well as the consequences of sun exposure, including sunburn, skin cancer and heat stroke.



Mosquito-Borne Diseases

As our climate changes, mosquito-borne diseases are being seen in areas of Australia where they are not usually seen. This session explains various mosquito-borne diseases and discusses key strategies to prevent mosquito bites.

By request, we can also facilitate a health education session about the impacts of climate change in relation to:

- Mental Health and Wellbeing
- Allergies

To book a session or discuss your group's needs please contact:

The Water Well Project
projectadmin@thewaterwellproject.org
Phone 0402 270 383

For a complete list of session topics visit:

<https://www.thewaterwellproject.org/get-involved/session-overviews/>



Testimonials



“As a health profession, we haven’t really talked enough about the health impacts of climate change, and I think people don’t really know what they can do to look after themselves if there is a disaster or extreme weather event. It was a great learning opportunity for me and for the community participants to consider extreme weather from a health promotion perspective. I look forward to being involved in more of these sessions.” (Health Educator, Wyndham Community and Education Centre, 17 May 2023, Extreme Weather, Disasters and Your Health session)

“Thanks to all those who were able to join and contribute to the session today. I wasn’t exaggerating about my 4 pages of notes – I hope you all got as much out of the session as I did! It was an ‘ah ha’ moment for me in thinking about how talking to our communities about the specific health impacts of a changing climate can be more tangible and easier to digest than talking about climate emergencies, disruptions and resilience as a general topic.” (Community Representative, Network West, 25 July 2023, Extreme Weather, Disasters and Your Health Train-the-Trainer session)



“The quality of the discussion was really good. Participants felt they have been listened to and that they received answers from experts in the field...The session was guided by the participant needs.” (Community Representative, cohealth, 3 June 2023, Asthma session)

“It’s so much fun sharing health information with mums of young kids. This group had lots of questions and was really interested in understanding how to prepare for thunderstorm asthma events and bushfire smoke. No one in the group knew asthma first aid, so our demonstration was really valuable.” (Volunteer Healthcare Professional, Deer Park Playgroup (cohealth), 13 June 2023, Childhood Asthma session)

Pictured Above: cohealth Tibetan Group, 4 April 2023, Asthma Session
Below: cohealth, 9 March 2023, Mental Health and Wellbeing Session

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