

# Senior Service Directory

## July 2011



Attadale Foreshore Reserve



Piney Lakes

## Disclaimer

The City of Melville has made every effort to ensure that the information in this Senior Services Directory is accurate and up to date.

The City of Melville has no control over some of the services listed herein, with the exception of its own programs, and cannot accept responsibility for accuracy, completeness or timeliness of the information's suitability, or safety of services.

This Seniors Services Directory is provided on the basis that the City of Melville will not be liable for any loss, damage or injury whatsoever arising from any incorrect, inaccurate, incomplete or out of date information herein, or arising in any way as a result of the services listed herein.

It is **not** the intention of this Seniors Services Directory to include all services and facilities that are available, but rather a range of information that is considered relevant.

The information on the website and this Senior Services Directory will be updated annually.

Please send details of any changes to Community Development Officers – Roberta Gripton, by email [roberta.gripton@melville.wa.gov.au](mailto:roberta.gripton@melville.wa.gov.au) or phone on (08) 9364 0627 or Helen Jackson – by email [helen.jackson@melville.wa.gov.au](mailto:helen.jackson@melville.wa.gov.au) or by phone on (08) 9364 0612.

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## Accommodation

Uncertain about what accommodation would be right for you? If you are unsure about what accommodation would suit you most you could:

- (i) Discuss your situation with the Community Development Officer (Seniors) at the City of Melville on (08) 9364 0612 or 9364 0627;
- (ii) Ask your local doctor for a referral to an Aged Care Assessment Team at a public hospital for an assessment of your suitability for different accommodation options.

Remember that you have the right to decide what accommodation you want to live in. Don't feel pressured by the opinions of others.

To avoid making decisions that could be regretted at a later stage, it is wise not to make major changes to accommodation arrangements during a time of personal health crisis or immediately following the loss of a loved one. Your ability to make a good decision during such times could be greatly affected.

Department of Housing  
Head Office: (08) 9222 4666  
[ask@housing.wa.gov.au](mailto:ask@housing.wa.gov.au)  
or Fremantle Office: (08) 9432 5300  
Aboriginal Housing: (08) 9338 3136

**For information on other accommodation Facilities in WA see the DPS Guide.**

Web: [www.dpsguide.com.au](http://www.dpsguide.com.au)

**Retirement Village Association of WA  
Suite 51/102 Railway Parade**

West Perth WA 6005  
Phone: (08) 9322 9909

## WA Retirement Complexes Residents Association

PO Box 866 West Perth WA 6827 Phone: (08) 9271 2733 Eligibility: All retirement complexes and for individuals residing in a complex.

The aim of the association is to obtain improvements in the lifestyle of its members. The objects are to act as an advocate on behalf of its members for a large variety of issues.

### Placement Services:

For professional advice and assistance to help people find the type of aged care accommodation or retirement village to suit their needs:

### Aged Care and Retirement Placement Services (private provider)

PO Box 1237  
Subiaco WA 6904  
[www.agedplacements.com.au](http://www.agedplacements.com.au)  
Phone: (08) 9445 7128  
Phone: 043 3796 512

### Perth Placement Agency (private provider)

Phone: (08) 9354 2082 or 0403 348 116  
Contact Person: Janet Desmond  
[www.jandesmond.com](http://www.jandesmond.com)

### Rental Accommodation:

#### Apartments WA

Apartments available to rent. New tenant rates are about \$190 per week for a two bedroom apartment (which can be furnished).

Main Office: 3<sup>rd</sup> Floor 22 Mount Street Perth  
Phone: (08) 9261 1849

They are periodic tenancy and they have flats in the following areas in the City of Melville:

Alfred Cove, Canning Highway  
Applecross, Canning Highway and  
Matheson Road

**Care Options Inc**

Challenger Lodge

17 Reid Street

Rockingham WA 6168

Phone: (08) 9550 7888

Assistance with Care and Housing for the Aged (ACHA)

**Self Care****(Independent Living Facilities)**

**Self care units are available for people who wish to live independently and look after themselves. Units are generally smaller than family homes and are easier to maintain. Some self care units are located in retirement villages with support facilities if required.**

**Airforce Memorial Estate**

Royal Australia Air Force Association Inc of WA (RAAF)

Bull Creek Drive, Bull Creek WA 6149

Phone: (08) 9311 4444 General Enquiries

Self care one and two bedroom units.

Residential Aged Care Facilities onsite.

**Alchera Living**

**All enquiries: 9314 5884**

Independent living units for 55+

**1. Applecross Village**

750 Canning Highway, Applecross WA 6153

**2. Bull Creek Village**

14-18 Hassell Crescent, Bull Creek

**3. Webber Gardens**

69 – 71 Bawden Street, Willagee

**4. Weeronga Village**

40 - 44 Worley Street, Willagee

**Applecross Apartments**

30 Carron Road

Applecross WA 6153

Phone: (08) 9316 3573

Strata titled units for 55's and over and who need a certain amount of care. Provide meals, laundry, cleaning and a 24 hour emergency system.

**Braemar Independent Living Units**

Bristol Avenue

Bicton

Phone: (08) 9319 0777

**Craigville Gardens**

4 Kitchener Road

Melville WA 6157

Phone: (08) 9330 1911

Two bedroom self-contained retirement units featuring 24 hours emergency call direct and services.

**Craigview Grove**

153 Stock Road

Bicton WA 6157

Phone: (08) 9330 0100

Provides accommodation and services in the community for seniors.

**Frederick Guest Village (Amana Living)**

25 Gleddon Road

Bull Creek WA 6149

Information and service centre

Phone: (08) 9424 7300

Specialising in the provision of independent and assisted living care for elderly. Provide 40 self care units.

**Leeming Retirement Village**

2 Theakston Green,

Leeming WA 6149

Phone: (08) 9481 2444

An independent living retirement village with 60 villas, a village centre with facilities and a 24 hour emergency alarm system.

Minimum age - 60 yrs. No hostel facilities.

**Parkland Villas**

510 Marmion Street

Booragoon WA 6154

Phone: (08) 9330 2988

Bedsitters, one and two bedroom apartments available.

**Myaree Gardens Estate**

444 Marmion Street

Myaree WA 6154

Phone: (08) 9330 4776

Office hours Tuesday/Thursday morning, 9-12pm.

A private retirement estate for over 55's comprising of 69 units managed by a residence committee.

**St Ives Retirement Village, Murdoch**

22 Windelya Road

Murdoch WA 6150

Phone: (08) 9387 7977

A private retirement village including bowling green, pool and social centre.

**St Ives Eldercare, Myaree**

15 Cottrill Street

Melville WA 6156

Phone: (08) 9317 1744

A private retirement village including bowling green and social centre.

**Hostels Low Care Facilities (Hostels)**

**Hostels provide bed sit type accommodation with meals and other support services. Some hostel rooms have en suites, but others have shared bathroom facilities. Support staff is on duty 24 hours a day and help is available with personal care, cleaning and laundry if required. To be considered for a hostel it is necessary to arrange a referral from your doctor to an Aged Care Assessment Team located at a public hospital.**

**Braemar Lodge (Presbyterian Care)**

51 Point Walter Road

Bicton WA 6157

Phone: (08) 9319 0703 AH: (08) 9593 4926

Mobile: 0417 997 472

All rooms have their own en-suite bathroom.

Low Care Beds: 55

Respite Beds: One

**Braemar Village (Presbyterian Care)****24-32 Charsley Street**

Willagee WA 6156

Phone: (08) 9338 8803 AH: 0407 111 437

Mobile: 0404 090 114

Residence catering for 52 aged persons in four self contained villas housing 13 residents in each villa. All rooms have ensuite bathroom.

Low Care Beds: 51

Respite Beds: One

**Frederick Guest Hostel (Amana Living)**

25 Gleddon Rd

Bull Creek WA 6149

Phone: (08) 9310 7022

Low Care Beds: 40

Respite Beds: One

**Lefroy Hostel – (Amana Living)**

22 Lefroy Road

Bull Creek WA 6149

Phone: (08) 9332 8855

Offers secure accommodation for 36 people with moderate to severe dementia of the Alzheimer's type. The hostel accommodates people who are mobile but need the support of staff. Low Care

Beds: 44

Secure dementia beds: 36

Respite Beds: Eight

**Gordon Lodge**

Royal Air Force Association WA Inc.

cnr Bull Creek Drive and Leach Highway

Bull Creek WA 6149

Phone: (08) 9311 4500

Bed sitting rooms with shower facilities and

meals in a communal dining room. Help is

available with cleaning and laundry, and non-

nursing staff are on duty all the time.

Low Care Beds: 59

Dementia Specific Bed: 10

Respite Beds: One

**Regent's Garden Bateman**

2 Amure Place  
 Bateman WA 6150  
 Phone: (08) 9332 7280  
 Dementia Care. Chinese speaking staff and Chinese cuisine caters for people of Chinese and Asian background.  
 Low Care Beds: 17  
 High Care Beds: 45  
 Secure Dementia Beds: 12

**Regents Garden Four Seasons**

**495 Marmion Street**  
**Booragoon WA 6154**  
 Phone: (08) 9333 7300  
 Aged Care Assessment Team (ACAT) assessment is required to establish eligibility.  
 Low Care Beds: 36  
 Respite Beds: Two

**St Ives Eldercare - Low level care**

15 Cottrill Street  
 Myaree WA 6154  
 Phone: (08) 9317 1744  
 24 hour staffing including emergency call bell. Hotel services and personal laundry. All meals provided.  
 Low Care Beds 50  
 Respite Beds: Two

**St Ives Murdoch Residential Care**

off Discovery Way  
 Murdoch WA 6150  
 Phone: (08) 9312 7777  
 Residential Care Facility  
**Low Level Care: 50**  
 Accommodation options include single rooms with en-suite; double rooms; large single suites with en-suite, bedroom, lounge and kitchen facilities; double rooms with common lounge/kitchen facilities with ensuite. Also respite low level care.

**High Care Facilities (Nursing Homes)**

**Accommodation provided by nursing homes is for people who require daily assistance and/or ongoing nursing care. To gain entry to a nursing home it is necessary to arrange a referral from your doctor to an Aged Care Assessment Team, located at a public hospital.**

**If assessed by the Aged Care Assessment Team as requiring nursing home care, then a suitable nursing home would need to be found.**

**Applecross Nursing Home (Private)**

River Way  
 Applecross WA 6153  
 Phone: (08) 9364 7722  
 Care for residents with a wide range of physical and intellectual disabilities.  
 High Care Beds: 54  
 Respite Beds: One

**Carinya of Bicton (Private)**

220 Preston Point Road  
 Bicton WA 6157  
 Phone: (08) 9339 3760  
 Offers residential care with a wide choice of services in consultation with residents and their families. Respite is available.  
 High Care Beds: 73  
 Secure Dementia Beds: 34  
 Respite Beds: 10

**Craigville Gardens, Melville**

1 French Road  
 Melville WA 6156  
 Phone: (08) 9330 1911  
 Provides high level care and nursing services.  
 High Care Beds: 98  
 Respite Beds: Nil

**Dean Lodge**

Royal Air Force Association Inc of WA  
 Bull Creek Drive  
 Bull Creek WA 6149  
 Phone: (08) 9311 4500  
 High Care Beds: 40  
 Respite Beds: One

**Regent's Garden Bateman**

2 Amur Place  
Bateman WA 6150  
Phone: (08) 9332 7280  
Dementia Care. Chinese speaking staff and Asian cuisine caters for people of Chinese and Asian background.  
High Care Beds: 45  
Secure Dementia Bed: 12

**Regents Garden Four Seasons**

**495 Marmion Street**  
Booragoon WA 6154  
Phone: (08) 9333 7300  
ACAT assessment is required to establish eligibility.  
High Care Beds: 64  
Respite Beds: Two

**Carer Support****Carers WA-Commonwealth Carer Resource Centre**

182 Lord Street  
Perth WA 6000  
Phone: 1300 227 377  
Carer Counseling Line: 1800 007 332  
Email: [info@carerswa.asn.au](mailto:info@carerswa.asn.au)  
Web: [www.carerswa.asn.au](http://www.carerswa.asn.au)  
Provides Information, programs, support groups and services to support people in the community caring for others. Provides information, advice, counseling, advocacy and other support.

**Carers WA (see page 28)****Commonwealth Carer Resource Centre**

Phone: 1800 242 636  
Supports and assists relatives and friends caring at home for people who are unable to care for themselves because of chronic illness, disability and frailness.

**Commonwealth Respite and Carelink Centre**

Phone: 1800 052 222  
Supports frail older Australians, people with Dementia, (65 years or older, 50 if Indigenous) with moderate, severe or profound disabilities and people with a terminal illness in need of palliative care who are living at home. This also includes people who require some assistance to maintain their independences at home and currently do not receive HACC services.

**Headwest**

645 Canning Hwy  
Alfred Cove WA 6154  
Phone: (08) 9330 6370  
Phone: Free Call 1800 626 370  
A supportive environment for families and carers of people with acquired brain injury.

**Melville Cares (Inc) Community Services Group**

**June Barton House**  
**21-23 Hammad (Cnr Adrian) Street**  
Palmyra WA 6157  
PO BOX 266  
Melville WA 6956  
Phone: (08) 9319 0900  
Offers respite support, outings and weekends away for carers of the frail aged and people with disabilities.

**Clubs and Friendship Groups****Ageing with Attitude**

Anne Reid Room  
Melville Civic Sq Library  
Booragoon WA 6154  
Phone: (08) 9330 2208 (Mary)  
Meet every fourth Monday of each month 1.30pm to 3.30pm. This small friendly group meets for discussion, laughter, sharing experiences and personal growth. All members share the planning and organisation of the group's activities, speakers, discussions, research and friendship.

**Attadale Seniors Friendship Group**

Attadale Baptist Church Hall  
47 Davis Road  
Attadale WA 6156  
Phone: (08) 9330 3536  
Meet every third Thursday of the month.  
Provides outreach for senior people in the area.

**Bateman Book Club (Residential House)**

69 Dean Road  
Bateman WA 6150  
Phone: (08) 9332 7265 - Wendy Napier  
(08) 9332 8337 - Lorna Hennessy  
A group of people who meet once a month to discuss the book they have all read during the previous month and other books they have enjoyed.

**Bicton Men's Shed**

New members are welcome at the newly established Men's Shed behind the Uniting Church 1 Carrington Street Bicton.  
Mondays 12 – 4pm, Wednesday- Friday 8am to noon. Come and have a chat, make something in the new workshop or get involved in a community project.  
Phone (08) 9331 2330 or (08) 9330 3769

**Bicton Uniting Church Ladies Fellowship /Outreach**

Phone: (08) 9319 1187

**City of Melville Bridge Club**

790 Canning Highway Applecross WA 6153  
PO Box 545 Applecross WA 6953  
(08) 9364 9109 Fax (08) 9364 9109  
Session Times: Mon- Fri 12.30pm & Sat 1pm  
Fees: \$3 members \$4/session visitors: \$30 annual subscription. Contact: If you need a partner Phone the Partnership Coordinator: Margaret on (08) 9364 4382.

For further information please contact the Bridge Club directly: <http://www.melvillebridgeclub.org.au>

**Fremantle Friendship Club (Palmyra)**

Phone: (08) 9330 6221 - Thelma  
(08) 9339 5504 - Trevor  
A club for seniors offering fellowship, special guest speakers, coach tours, singing and visits to places of interest.

**Hall Café**

64 Kitchener Road  
Melville WA 6156  
Phone: (08) 9339 2060  
Meets: 10.00am – 12.00 noon every Wednesday.  
Hall Café is a program run by Uniting Church that is committed to providing a friendly and supporting environment where “seniors” and other community members can feel comfortable and know they are respected, appreciated and where they are challenged to participate. Seniors can share their wisdom and vitality and make decisions.

**Kulungah-Myah Family Centre Seniors Group**

Kulungah-Myah Family Centre  
136 Le Souef Drive  
Kardinya WA 6163  
Phone:(08) 9314 2798  
Meet Mondays 1.00pm – 3.00pm  
For Seniors to meet new people, have a cuppa and a chat, or go on an outing.

**Melville Branch of the Country Women's Association of WA Inc**

224 Forrest Street  
Palmyra WA 6157  
Phone: (08) 9330 5458 – Mrs Crandell  
Providing a gathering of people who value the opportunity to meet others of similar interests. Arrange craft days, guest speakers, fundraising and social interaction.

**Melville Friendship Club**

5/1 Harfoot Street  
Willagee WA 6156

Phone: (08) 9337 2484 - Olga

A non-profit friendship club offering monthly bus outings, speakers and other forms of entertainment e.g. bring and buy day, fashion parades, plant and produce days, game days.

**Men's Shed Online**

'Every man needs a shed, but not everyone has one so we're building Australia's biggest shed and it's online – the more men, the bigger the shed'

Jeff Kennett Chairman

[www.mensshed.org.au](http://www.mensshed.org.au)

**Mt Pleasant Baptist Church**

497 Marmion Street  
Booragoon WA 6154

Phone: (08) 9329 1777

Seniors Communion and luncheons on the 3<sup>rd</sup> Thursday of each month from 11.30am.

**National Seniors Association**

Australia's largest not for profit membership based organisation assisting the over 50's community  
City West Lotteries House  
2 Delhi Street

West Perth WA 6005

Phone: (08) 9420 7274

Fax: (08) 9420 7276

[www.nationalseniors.com.au](http://www.nationalseniors.com.au)

**National Seniors Association – Melville Branch**

RAAF Association

Bull Creek Drive

Bull Creek WA 6149

Phone: (08) 9313 6291 -Tom

(08) 9420 7274 - Stewart Hodnett

Meets every 4th Wednesday of each month at 10am.

An independent, not-for-profit organisation for people over 50 years of age. Provides economic and social benefits for members; represents the views of its members to government; provides

financial assistance, organises social outings for members and friends.

**Lions Club of Booragoon,**

Largest service organisation in the world

Willetton Sports Club,

Burrendah Boulevard,

Willetton WA 6155

Alan Cooper

Phone: (08) 9389 0330

[www.lionswa.org](http://www.lionswa.org)

**Lions Club of Leeming and Districts**

Royal Aero Club

Eagle Drive

Jandakot Airport WA

Phone: (08) 9410 0982

Meet every 1st and 3rd Tuesday of every month 7pm. Dinner meetings.

**Returned and Service League of Australia (RSL)**

Bicton Palmyra Sub branch

28 Foss Street

Bicton WA 6157

Phone: (08) 9337 1598 or

0418 948 441 - Stan Webb

**Royal Australian Airforce Association (WA) Inc.**

Village Hall RAAF Association

Bull Creek Drive

Bull Creek WA 6149

Phone: (08) 9311 4562 (Welfare Officer)

Aims to provide companionship for members and plan a program of activities and outings that reflect the needs and interests of members. Mah-jong, indoor bowls, bridge group, craft groups, art classes, tai chi, bingo, outings, all on different days.

**Probus Clubs:****Applecross Ladies Probus Club**

South of Perth Yacht Club Coffee Point  
Applecross WA 6153  
Phone: (08) 9364 3630

To provide gatherings of people who, in retirement, appreciate and value opportunities to meet others of a similar level of interest. It is non-political, non-sectarian and non-fundraising.

**Attadale Ladies Probus Club**

South of Perth Yacht Club Coffee Point  
Applecross WA 6153  
Phone: (08) 9339 1254

Fellowship and development of active participation in the club's activities. Speakers on topical subjects and visits to places and organisations of interest.

**Melville Ladies Probus Club Inc**

Tompkins on the Swan Function Centre  
Dunkley Avenue  
Applecross WA 6153  
Meeting times: 2nd Thursday of each month.  
Phone: (08) 9332 1924

Aims to stimulate thought, interest and participation in activities at a time in life when horizons are narrowing and opportunities to make new friends are limited.

**Probus Men's Club of Attadale**

South of Perth Yacht Club Coffee Point  
Applecross WA 6153

**Phone: (08) 9450 8780 – Peter Farrell**  
[Leon@ozemail.com.au](mailto:Leon@ozemail.com.au), [Tonymclynk@ozemail.com.au](mailto:Tonymclynk@ozemail.com.au)

To provide regular gathering of men who in retirement, appreciate and value opportunities to meet others in similar circumstances and of a similar level of interest.

**Probus Men's Club of Booragoon**

St Michael's Church Hall  
Gunbower Road  
Mount Pleasant WA 6153  
Phone: (08) 9364 5985

Meeting times: 3rd Wednesday of each month  
9.30am.

Aims to advance intellectual and cultural interests among men who have retired from their former activities. Provides regular meetings and activities for fellowship and social interaction.

**Combined Probus Club of Melville**

Mt Pleasant Uniting Church  
Corner Reynolds Road and Coomoora Road  
Mount Pleasant WA 6153  
Phone: (08) 9457 1343 – Fairley Watson  
Meeting times: 10am 1st Wednesday of every month.  
Email: [fairwatson@hotmail.com.au](mailto:fairwatson@hotmail.com.au),

**Combined Probus Club of Attadale Inc**

Swan Yacht Club  
Applecross WA 6153  
Meet every 2nd Monday of each month.  
An association of retired and semi-retired people who join to provide regular opportunities to keep minds active, expand interests and enjoy fellowship of new friends.

**Rotary Club: Markets****Kardinya Rotary Market**

Kardinya Shopping Centre  
Corner South Street and North Lake Road  
Kardinya WA 6163  
Phone: (08) 9414 8224 - Tom Pearson  
To provide the community with an outlet to sell used goods and raise funds for charity. Costs incurred.

**Melville Rotary Market**

Car Park of Melville Plaza  
Corner Murray Street and Fifth Street  
Bicton WA 6157  
7.00am - 11:30am every Sunday.  
Sellers must pack up and depart by 12.30pm

**Rotary Clubs****Rotary Club of Applecross**

South Perth Yacht Club  
Canning Beach Rd  
Applecross WA 6153  
Phone: (08) 9317 2822 - John Hosking

Tuesday 7:30am. "Service above Self" is the motto of Rotary International Organisation; local clubs bring vitality to Rotary's humanitarian service.

#### **Rotary Club of Attadale**

Royal Fremantle Golf Club  
Fremantle  
Phone:(08) 9330 1707 - Colin Treloar  
Meet Mondays 6.00 for 6:30pm.

#### **Rotary Club of Booragoon**

South of Perth Yacht Club Coffee Point  
Applecross WA 6153  
Phone: (08) 9332 1616 - John Feary - President  
Dinner meetings 6pm for 6.30pm.

#### **The Coffee Pot Applecross Church of Christ**

Communities Activity Centre  
Uniting Church  
Applecross  
Phone:(08) 9315 1275 - Ted  
Painting, cards, knit, entertainment. Transport to venue.

#### **The Ideas Place**

[ideasplace@iinet.net.au](mailto:ideasplace@iinet.net.au)

[www.ideasplace.org.au](http://www.ideasplace.org.au)

Provides unique opportunities for you to find like minded people in your local community with whom you can share activities and interests

#### **Uniting Church Community Activities Centre**

Applecross Uniting Church  
Corner Kishorn Road and McKenzie Road  
Applecross WA 6153  
Phone: (08) 9317 2415 - Dorothy Chatfield  
Day centre: 1st and 3rd Tuesday of each month  
10am-2pm, March-December.  
Shopping service available on the second and fourth Tuesday of each month. The aim of the service is to create a climate of friendliness.

#### **Veteran Car Club of WA**

6 Oxley Place  
Darlington WA 6070  
Phone: (08) 9593 5194 – Registrar Aileen Stockdale.

Foster interest in restoration and preservation of motor vehicles 25 yrs and over.  
Parts Shed opens most Wednesday mornings.

Information on Web [Papastockdale@iinet.net.au](mailto:Papastockdale@iinet.net.au)

General Meetings: Held every fourth Thursday at the clubrooms in Ardross starting at 8pm.

#### **Village Club of the RAAF Association**

Air Force Memorial Estate  
Bull Creek Drive  
Bull Creek WA 6149  
Phone: (08) 9311 4562  
Promotes welfare and social activities of ex-Air Force personnel and their families. Services include social club, day club, bowling club, retirement village, and museum.

#### **Vintage Wireless and Gramophone Club of WA**

Phone:(08) 9386 7475 – Trevor Curry  
The main interest of the club is the restoration of old gramophones, phonographs and wirelesses although many members are also interested in telephone, musical boxes, tape recorders, television, film projectors.

#### **Sings Australia Fremantle**

For lots of singing, lots of fun, no auditions.  
Roy Edinger Centre  
Cnr.Stock Road & Canning Highway  
Palmyra  
Meets every Monday 7.15pm

#### **Fatima Care Singers**

All voices welcome for sing-alongs. Provides word booklets & pianist. Programs change once per month. Group sings to aged services facilities/community events using participatory methods to engage in a journey down memory lane  
Group meets at:  
Lady of Fatima Church  
10-12 Foss Street  
Palmyra (cnr. Hammond Street)  
Contact: Edith (08) 9339 4072 or  
Dick (08) 9330 2118

### **Community Orchestra – South Side Symphony Orchestra**

New venture calling all interested Musicians of all ages with varying abilities. Orchestra has been formed that is a much needed outlet for making music with others that enjoy the classical genre.

Anyone interested in joining the group, can contact Irene Wright on 0437 593 571

Meets: Kadidjiny Park, Melville.

### **WA Tamil Seniors Association (Inc).**

#### **Rossmoyne Community Hall**

Corner Central Avenue and Third Avenue

Rossmoyne WA

Mailing Address:

PO Box 200

Bull Creek WA 6149

Phone: (08) 9332 3778

Meets on the third Saturday of every month at 11 am. Provides outreach for Tamil Seniors.

Guest speakers, outings and fellowship.

## **Crafts and Arts**

### **Alfred Cove Art Society**

(formerly known as Atwell Art Group)

Canning Highway,

Alfred Cove WA 6154

Phone: (08) 9339 4771 – Contact Susan Sheppard.

Promote art in the Melville area. Meetings include demonstrations of various techniques. Offer exhibitions of members' works and painting excursions to various metro and country sites.

### **Attadale Baptist Church**

47 Davis Road

Attadale WA 6156

Phone: Maryanne

(08) 9330 3389 or 0411 515 626

Meets Wednesdays at 10am.

Craft classes in painting, paper tole, cottage craft, stretch sewing.

### **Bateman Craft Group**

Small social art group

Uniting Church Hall

Corner Reynolds Road Coomoora Road

Booragoon WA 6154

Phone: (08) 9316 3161

### **Bicton Care Centre**

Bicton Uniting Church

287 Canning Highway

Bicton WA 6157

Phone:(08) 9319 1187

### **Bicton Presbyterian Church**

Corner View Terrace and Harris Road

Bicton WA 6157

Phone:(08) 9339 3542

### **Craft Connection Mt Pleasant Baptist Church**

497 Marmion Street

Booragoon WA 6154

Contact: June (08) 9332 1748

Meets every second Wednesday except school holidays. Assorted Crafts – Knitting, crochet, embroidery, hand made teddy bears, candles wicking, hardanger, card making & completion of own work. Cost: Pensioners \$3 per session, others \$4, morning tea included. If resources required cost met by participants

### **Church of Jesus Christ of Latter Day Saints**

308 Preston Point Road

Attadale WA 6156

Phone: (08) 9330 2229

Craft discussions and social interaction.

### **Embroiderers Guild of WA**

565 Canning Hwy

Alfred Cove WA 6154

Phone: (08) 9330 3065 - Guild House

[www.embroidersguildwa.org.au](http://www.embroidersguildwa.org.au)

A learning community for anyone with a love of embroidery and textiles. We provide avenue for those ages 8 years plus to develop their embroidery and lace making skills. Beginners welcome.

**Kulungah-Myah Family Centre**

136 Le Souef Drive  
Kardinya WA 6163  
Phone: (08) 9314 2798  
Cake decorating and seniors group.

**Melville Anglican Church**

(Church of the Holy Cross)  
56 McLean Street  
Melville WA 6156  
Phone: (08) 9330 1550

**Melville Community Arts Association**

Atwell House and Gallery  
586 Canning Highway  
Alfred Cove WA 6153  
Phone: (08) 9330 2800  
Offers a range of classes and activities including painting, drawing, calligraphy, tapestry, spinning and china painting.

**Melville Baptist Craft Group**

Melville Baptist Church  
Corner Sergeant Road and Hornsby Street  
Melville WA 6156  
Phone: (08) 9330 5911  
Meets: Tuesdays 9:30am -11:30am.  
Social and craft. Offers various craft activities which vary to cater for the needs of the group.

**South of the River Potters Club Inc**

Atwell House  
586 Canning Highway  
Alfred Cove WA 6154  
Phone: (08) 9330 2800  
Meets: Each Wednesday from 10.00 am until 3.00 pm.  
Some classes available. New members welcome.

**The Ideas Place Melville**

PO Box 2033  
Palmyra DC WA 6961  
Phone: (08) 9457 1747 - Margaret Jones  
(Also See Page 11)

**Uniting Church Hall**

64 Kitchener Road  
Melville WA 6156  
Phone: (08) 9339 2060 -Marian Miller  
Meets: Every Wednesday in October and November at 10.00 am until 12noon.  
A friendly and supporting environment where seniors can feel comfortable whilst taking part in a wide variety of activities such as: Craft Day/Asian Cookery and listen to interesting speakers on a variety of subjects.

**Wood Turners Association of WA - Melville**

Melville Recreation Centre.  
Phone: (08) 9310 1558 - James  
To foster interest in wood turning and recycled timber. Offers fellowship, demonstrations and an information service. Regular meetings and periodic courses

**Cultural and Linguistically Diverse Services****Social English Club**

Located at A H Bracks, Civic Sq. and Willagee Libraries.  
Phone: 1300 Melville  
Email: marcia.coelho@melville.wa.gov.au  
Three clubs provide non-English speaking background residents the opportunity to interact with residents from an English speaking background and to practice conversational English in a safe, comfortable and self-paced environment. Beginners to advance. Small cost incurred

**Kardinya Kumon Institute of Education (see Page 16)**

## **Day Centres/Respite Services**

### **Bethanie Community Care**

20 Ray Street

Rockingham WA 6168

Phone: (08) 9593 9890

Respite for carers (in-home, overnight, short breaks). Support for people who work and care for an elderly family member or person with a disability. Home support services for people who are elderly or have a disability.

### **Bethanie House Rockingham,**

18 Olivenza Crescent

Port Kennedy WA 6172

Phone: (08) 9593 9362

Adult day care centre. Social activities including: craft, outings, lunches, morning teas, indoor pool, bowls, bingo, rummy, card games.

### **Bicton Care Centre, Bicton Uniting Church**

1 Carrington Street

Palmyra WA 6157

Phone (08) 9319 1187

Provides a packed day of: cuppa's, gentle exercise (optional), crafts, lunch and afternoon entertainment. Transport can be arranged.

### **Commonwealth Carer Respite Centre**

6 Sundercombe Street

Osborne Park WA 6017

Phone: 1800 059 059

Program operating throughout the metropolitan area provides short term respite for carers, with referrals to the nearest respite provider.

### **McCusker Learning And Development**

22 Lefroy Road

Bull Creek WA 6149

Phone: (08) 9310 5542

The centre is available to elderly, ambulant people who have been diagnosed as suffering from Alzheimer's or dementia and who live in the community. Open seven days a week and four evenings. It aims to give respite to carers of people suffering from an altered mental state and to enable carers to maintain their relative at home as long as it is possible. Also to provide a social program in a non threatening atmosphere.

### **Melville Cares Centre Based Day Care**

21-23 Hammad Street

Palmyra WA 6157

Phone: (08) 9319 0900

Provides social and recreational activities for frail aged and disabled as well as respite for their carers. Dementia specific on Wednesday and Friday. Melville Cares is an independent community based organisation.

### **Uniting Church Community Activities Centre**

Applecross Uniting Church

Corner Kishorn Road and McKenzie Road

Applecross WA 6153

Phone: (08) 9317 2415 - Dorothy Chatfield

Day centre: First Wednesday of each month 10am-2pm, March-December.

## Education and Volunteering

### City of Melville Social English Classes

AH Bracks Library on Friday 10am – 12pm.  
Civic Square Library on Monday and Friday from 10am – 12pm.  
Willagee Library on Thursday from 10.30am – 12.30pm.

### Challenger TAFE Heathcote Campus

58-60 Duncraig Road  
Applecross WA 6153  
Phone:1300 300 252

### Computer Courses:

#### Willagee Community Centre

Corner Archibald Street and Winnacott Street  
Willagee WA 6156  
Phone:(08) 9364 0848

#### Computer Open Access:

Computer room opens for the morning for those wishing to get computer advice. A volunteer is in attendance to assist.

Monday: 9.00am - 12.00pm

Friday: 9.00am – 12.00pm

Gold coin donation.

#### Computer Lessons

No specific dates – ongoing courses run on demand. \$30 for the six week course – two hours per week.

### Employment Directions Network (SMYLE)

33 Queen Victoria Street  
Fremantle WA 6160  
Phone: 13 64 64

A Government funded initiative to provide support and assistance to help you gain new skills, training, motivation and confidence if you are considering re-entering the workforce.

Eligibility: 40yrs plus.

### Kardinya Kumon Institute of Education

Kardinya Tennis Club  
Williamson Road  
Kardinya WA 6163  
Phone:(08) 9412 0999  
Adults requiring English as second language

### Melville Computer Club

Meets: 1pm – 3 pm on the second Friday of the month. 1pm for beginners.

Third Friday of every second month at 1pm for computer problems.

Contact Ron: (08) 9364 2303

Gold coin donation.

### Melville Volunteer Resource Centre (MVRC)

Piney Lakes Environmental Centre  
555 Leach Highway  
Murdoch WA 6150  
Phone: (08) 9364 0153

Email: [nschuman@melville.wa.gov.au](mailto:nschuman@melville.wa.gov.au)

A not-for-profit referral program, linking volunteers with jobs in the Perth metro area. People with disabilities welcome.

### Mt Pleasant Church of Christ, Applecross

29 Darnell Avenue  
Mount Pleasant WA 6153  
Phone: (08) 9316 1324 – Roger or Marion  
Email: [rogmar@tpg.com.au](mailto:rogmar@tpg.com.au)  
Computer classes.

### Murdoch College

Phone: (08) 9317 1461 - Jackie  
Lessons for seniors sponsored by Melville Rotary Club care of Attadale Physiotherapy, who will make a booking on behalf of applicants. Cost: \$10.00 per term. Computer lessons.

### North Lake Senior Campus

188 Winterfold Road  
Kardinya WA 6163  
Phone: (08) 9314 0444  
Mature aged students welcome.

**Perth PC Users Group Inc**

Air Force Memorial Association, RAAFA  
Administration building  
1 Bull Creek Drive  
Bull Creek WA 6149  
Small contribution incurred for refreshments, etc.  
Our main aim is people helping each other.

Day group - basic-to-intermediate help with computer use.

Day group meets on the third Thursday of each month at 1pm for 2 –2.5 hours.  
Contact: Gillian Turner (08) 9311 4420

Evening Main meeting is based around answering questions from members and visitors, and includes a key demonstration by a member of guest presenter. Meets on the first Wednesday of each month (February to December) at 6.30pm for two to two and a half hours. Contact Gordon Giles  
Phone: (08) 9276 4218

Evening group for people seeking help with computers at basic-to-intermediate level. Meets on the last Thursday of each month at 7pm for two to two and a half hours. Contact Terry Vernon Phone: (08) 9354 2939.

**Rhein Donau Club**

110 North Lake Road  
Myaree WA 6154  
Phone: (08) 9330 6488  
German Language class.

**Southern Districts Senior Citizens Club**

1 Archibald Street  
Willagee (cnr. North Lake Rd & Archibald St)  
Free 1 hour beginner's computer sessions, NEC  
Broadband for Seniors program Tuesday 10 & 11am & Thursday 1 & 2 pm  
Booking essential Contact: (08) 9316 4203

**Southsiders Toastmasters**

Leeming Family Centre  
Farrington Road  
Leeming WA 6149

Phone:(08) 08 9332 8193 - Ling Morton  
Encourages men and women in all walks of life to gain confidence and develop their own public communication skills.

**Spiritual Assembly of the Bahai's of Melville**

Bahai Centre of Learning  
Corner North Lake Road or  
453 Marmion St  
Myaree WA 6154  
Phone: (08) 9330 6999  
Migrant, Ethnic and Bahai spiritual learning.

**St David's Parish**

54 Simpson Street  
Ardross WA 6153  
Phone: (08) 9364 1718 or Geoff (08) 9364 4776  
No tuition fees, but a donation is gladly accepted to cover stationary costs. Regular intakes for computer classes, dependent on demand.

**The Penguin Club Applecross Group**

St Georges Anglican Church  
Corner Kintail Road and McLennan Road  
Applecross WA 6153  
Phone: (08) 9450 3111 - Jean Ritchie  
Alternate Fridays at 1:00pm.  
Aims to meet the needs of all women by teaching them to communicate with confidence

**The Penguin Club South Perth Group**

Hazel McDougal House  
Clydesdale Street  
Como WA 6152  
Phone: (08) 9296 0245 - Nora Cunningham  
Aims to meet the needs of all women by teaching them to communicate with confidence.  
The club accepts the need for change and endeavours to provide the individual with a flexible, supportive personal development program to improve communication skills.

### **The Penguin Club**

Church of Christ Church Hall  
Corner Darnell Road and Rogerson Road  
Mount Pleasant WA 6153  
Phone: (08) 9457 6292 - Phyllis Hicks  
Second and fourth Friday at 10.30am.  
Provides training opportunities to enable women to communicate with confidence through a variety of fortnightly meetings, seminars and workshops.

### **University of the Third Age (U3A)**

South West Region  
Phone: (08) 9315 9782 - Jenny  
Meets on the third Saturday of every month at Murdoch University. Most lectures and activities are held at Miller Bakehouse Museum, Palmyra. Founded in 1986 to cater for seniors' interests. Offers activities and lectures in a wide variety of subjects.

## **Emergency Relief**

### **Applecross Catholic Parish St Benedicts**

Phone: (08) 9364 1120  
Tues – Fri 10:00am – 4:00pm

### **Bateman Catholic Parish St Thomas More Catholic Church**

Phone: (08) 9310 1747  
Tues-Fri: 9am-4pm  
More Care – short term emergency help with meals, housework and transport.

### **Leeming Anglican Weekend Food Hampers**

Phone: 0415 375 823  
Friday 4 – 6pm and Saturday 9 – 12noon

### **Melville Citizens Relief Fund**

Phone: (08) 9364 0661  
Provides emergency financial relief or advice, bill paying assistance or food parcels to families in crisis.

### **Save the Children Fund**

9/67 McCoy Street  
Myaree  
Phone: (08) 9330 9204  
Pre-loved goods retail store.

### **St Vincent de Paul**

4/67 McCoy Street  
Myaree  
Phone: (08) 9330 5770  
Pre-loved goods retail store.

### **Willagee Red Cross Shop**

62 Archibald Street  
Willagee WA 6153  
Phone: (08) 9337 9255  
Second hand clothing and household items.  
Shop Hours: Mon-Fri 9am-5pm; Sat 9am - 1pm.

## **Emergency Services**

### **Carelink Personal Alarms**

Available through Silver Chain  
Phone: Silver Chain - 1300 557 551  
An emergency alarm monitoring service 24 hours a day, seven days a week.

### **City of Melville Community Security Service**

For assistance with any safety and security issue call any time on: 1300 653 643  
In the case of a criminal matter phone the Police on 131 444. Emergencies: 000

### **Murdoch Police Station**

Murdoch Drive  
Murdoch WA 6150  
Phone: (08) 9313 9000

### **Neighbourhood Watch**

Phone: Ranger Services – (08) 9364 0628  
To reduce residential crime and to create a safe community through volunteer neighbourhood networks cooperating with the police.

**Police, Ambulance, Fire**

Phone: 000 for emergency only  
 Non Emergency: 131 444

**Zonta House Refuge Association**

Phone: (08) 9364 8028  
 Offers short, medium and long term accommodation to women over 25 years of age who are in crisis.

**Entertainment/Dance/Singing****Capital Community Radio 90.5fm**

Wireless Hill Park  
 Ardross WA 6153  
 Phone: (08) 9364 9888

**City of Melville Air Force Association (AFA) Brass Band**

Bull Creek Drive  
 Bull Creek WA 6149  
 Phone: 0417 991 440 - Rachel Harmer

**Classique Line Dancing**

Kardinya Community Centre (off Prescott Drive)  
 Murdoch  
 Free beginners induction course every Wednesday from 12.40p, to 1.30pm  
 Contact: Layeng 0435 459 095

**Community Orchestra – South Side Symphony Orchestra**

New venture calling all interested Musicians of all ages with varying abilities. Orchestra is an outlet for making music with others that enjoy the classical genre.  
 Contact: Irene Wright on 0437 593 571 (see page 13)

**East Fremantle Breakaway Social Group**

Corner Petra Street and Preston Point Road  
 East Fremantle WA 6153  
 Phone: (08) 9364 4461  
 All ages and nationalities. Meets Tuesdays at 7.30pm – 11.30pm.

**Latin Dance**

Blue Gum Recreation Centre  
 Melville WA 6156  
 Phone: (08) 9364 6285  
 Meets: Monday 7.30pm to 9.00pm  
 Have fun, get fit and lose weight. Learn Rumba Cha Cha, Mambo, Jive etc. No partner required.

**Melville Women's Choir**

Girl Guide Hall  
 Corner Stock Road and Kitchener Road  
 Melville WA 6156  
 Phone: (08) 9339 5631 - Joanna  
 Meets: Tuesdays 10am to 11.30am  
 Singing – a'capella style - two and three part harmonies. Popular uplifting songs mostly 60's. Promote confidence. Opportunity to perform.

**Melville Theatre Company**

Roy Edinger Hall  
 Corner Canning Hwy and Stock Road  
 Palmyra WA 6157  
 Phone : 041 2232 453 - Stuart  
 Provide live, affordable theatrical entertainment, and a meeting point for all persons interested in community theatre.

**Music Amica**

St Stephens Uniting Church  
 Corner McKenzie Road and Kishorn Road  
 Applecross WA 6153  
 Phone: (08) 9330 2092 - Helen Redman  
 (08) 9364 3256 - Margaret Benness  
 Provides and promotes performances of a high standard of music and associated arts. Also a venue for young musicians wishing to perform for an audience.

**Rhein Donau Club**

Helmut Choir of the Rhein Donau Club Inc  
110 North Lake Road  
Myaree WA 6154  
Phone: (08) 9330 6488  
Folk and new vogue dancing all ages and nationalities, social gatherings

**Southside Harmony Chorus**

Attadale Baptist Church Hall  
Money Road  
Attadale WA 6156  
Phone: (08) 9448 4073 - John Little  
(08) 9330 2630 - Ernie Turpin  
New members welcome. Southside Harmony Chorus is an a cappella chorus singing in the Barbershop Style, mainly comprised of retired men. Performs around Perth and southern suburbs at Civic Centres, Shopping Malls, Schools, Senior Citizens Homes. Songs include Old Ballads to the Beatles and many others.

**Square Dancing**

90 McDonald Street  
Como (cnr Edna Street)  
Phone: (08) 9243 1200 or 0419 900 441  
Meets Tuesday 7.30 – 9.30pm  
[www.squaredance.org.au](http://www.squaredance.org.au)  
Other enquires: (08) 9332 3381

**Tivoli Club of WA**

PO Box 3050  
Success WA 6964  
Phone: (08) 9364 5463  
A free concert on last Sunday of each month.  
A non-profit, fundraising theatre group perform a vaudeville-style show every Friday night.

**WA Bush Poets and Yarn Spinners Association**

86 Hillview Terrace  
St James WA 6102  
Phone: (08) 9361 3770 – Brian Langley  
Promote and conserve the unique Australian ethos via the spoken word and opportunities to practice and display talents.

**Environment and Gardening****Friends of Piney Lakes**

Piney Lakes Education Centre  
555 Leach Highway  
Winthrop WA 6150  
Meets: Every second Tuesday of each month at 7.00pm.  
Phone: (08) 9332 5186 – Margaret Kingsbury  
To help the City of Melville Council with the upkeep of Piney Lakes particularly with the eradication of weeds and invasive species.  
Planting of trees and shrubs in winter.

**Friends of Wireless Hill**

Phone: (08) 9317 1222 – John  
Assists the City of Melville Council with the upkeep of Wireless Hill Park, particularly with the eradication of weeds and invasive species.  
Planting of trees and shrubs in winter.

**Greening Leeming**

Phone: (08) 9310 4463 - Jeff  
Aims to promote and restore the ecological functions of bushland areas in Leeming, while providing for appropriate recreational and educational pursuits by the local authority. To promote the recognition by Leeming residents of local bushland parks as a valuable resource.

**Melville Districts Orchid Society of WA**

58 Gladstone Road  
Leeming WA 6149  
Phone: (08) 9310 2800 - Murray Baker  
To promote and assist in the cultivation and displaying of orchids.

**WA Gerbera Society**

Monthly Meetings at RSL Hall  
98 Kintail Road  
Applecross WA 6153  
Phone: (08) 9450 3194 - S. Tindale  
To promote the cultivation of Gerberas.

### **Wildflower Society of WA - Murdoch Branch**

Cockburn Wetlands Education Centre

Lot 387 Hope Road

Hope Road WA 6163

Phone: (08) 9383 7979

Meets: First Thursday of each month at 7.45pm.

Cultivation and preservation of Australian native plants. Educational speakers, flora identification workshops, plant propagation workshops, flower shows and displays, vegetation planting projects, seed preparation and sale.

## **Health and Benefits**

### **Breastcare WA (Pty) Ltd**

Contact: Angela Staunton

Freecall: 1300 791 137

Mob: 0423 196 823

Fax: (08) 9361 6018

Email: [info@breastcare.wa.com.au](mailto:info@breastcare.wa.com.au)

WA's after breast surgery fitting specialists.

Free mobile fittings available. Call Angela for an appointment. Registered provider for Medicare, Vets Affairs, Cancer Council and all major health Funds.

### **Carelink Personal Alarms**

See Emergency Services. Pg 17.

### **Centrelink**

Phone: 13 23 00

Fremantle Office: (08) 9464 1299

Services: The Commonwealth Seniors Health Card entitles holders to benefits such as concession rate prescriptions, and access to the Commonwealth dental health program.

Dental Health Services (08) 9313 0555.

### **Community Physiotherapy Services**

East Metropolitan Population Health Unit

PO Box S1296

Perth WA

Phone: (08) 9224 1783

All CPS programs focus on maintaining or improving mobility, function and physical activity with an aim to maximize independence. Nominal fee for classes and venue usage.

### **Continence Management and Advice Service (CMAS)**

Phone: 1300 787 055

Free service to holders of concession cards.

Free consultation with a trained nurse, some resources available. Funded by state government.

### **Fibromyalgia Support Network**

Fibromyalgia is a complex chronic pain condition that challenges both patients and healthcare professionals. Support and education meetings of the Fibromyalgia Support Network are held on the first Thursday of each month.

Venue: Anne Reid Room

Opposite Melville Civic Square Library, Garden City - car park entry via Davy Street.

Phone: Kaye - 0428 560 547

### **Macular Degeneration**

Suite 302, Level 3

447 Kent Street

Sydney NSW 2000

[www.mdfoundation.com.au](http://www.mdfoundation.com.au)

Phone: (08) 9386 7236

The Macular Degeneration Foundation is provides information and support to carers, family and friends. Macular Degeneration causes central vision loss.

Also: Suite 2, 251-255 Stirling Hwy, Perth

Phone: (08) 9227 7576

### **Meditation Group**

St Davids House

54 Simpson Street

Ardross WA 6153

Phone: (08) 9364 4776 – June Holbrook.

Meets in the Seminar Room on Wednesdays from 12 – 1pm.

**Office of Seniors Interests and Carers  
Department for Community Development**

4<sup>th</sup> Floor, May Holman Centre

32 St Georges Terrace

Perth WA 6000

Phone: (08) 9328 9155

Seniors Card Hotline: 1800 671 233

Monday to Friday 8.00am – 5.00pm.

Seniors' Cards are available to most seniors who are over the age of 60, a permanent resident of WA and work no more than 20 hours a week in paid employment. A variety of concessions such as transport, State Energy Commission of Western Australia (SECWA) services, motor driver's licenses, water charges and movie outings.

**Pharmeasy**

Phone: 1300 765 888

Services include:

1. Deliver medication to your home (small cost incurred)
2. Medication management and support (No cost)
3. Reminder calls to take medication (No cost)
4. Concession cards apply
5. Safety Net and claims are tracked

**Podiatry Service:**

Phone (08) 9330 2858 for appointments at either:

Southern Districts Senior Citizens Centre

Corner Archibald Street and North Lake Road

Willagee WA 6156

Stock Road Senior Citizens Centre

38-40 Waddell Road

Palmyra WA 6157

**Home Support Services**

**Home and Community Care (HACC)**

**The Home and Community Care (HACC) Program is jointly funded by the Commonwealth and State/Territory governments. It provides funding to the agencies listed below for services that support people who live at home and whose capacity for independent living is at risk of premature or inappropriate admission to long term residential care.**

Many HACC providers offer private services.

Check with your service provider should you need additional private services.

**ACTIV Foundation**

41 Bishop Street

Jolimont WA 6014

Phone: (08) 9387 0555

Western Australians with an intellectual disability are able to find employment, a place to live, travel and recreation options, and much more through the State-wide network of the Activ Foundation. Home Care is provided by carefully selected and experienced Family Care Workers.

Workers employed by Activ Foundation receive ongoing training to ensure their awareness and currency with contemporary practices. Fees for the Home Care program are income-assessed and negotiated under a fee structure administered by the HACC Safeguards Policy.

**Aged Care Services Australia (St Ives)**

22 Bishop Street

Jolimont WA 6014

Phone: (08) 9284 0444

Provides services to the aged, disabled, and their carers to include Domestic Assistance, Personal Care and Social Support. Contact the Allocations Coordinator on the above number for services.

**Amana Living**

416 Stirling Highway

Cottesloe WA 6011

Phone: (08) 9424 6363

Provides home help, assessment, centre based day care, client care coordination, counselling, support information, advocacy, respite, social support and transport.

**Braemar Lodge (Presbyterian Care)**

51 Point Walter Road

Bicton WA 6154

Phone: (08) 9319 0777

Facility Manager: (08) 9319 0703 (daytime)

0407 111437 (after hours) or 0404 090 114

**Braemar Village (Presbyterian Care)**

24-32 Charsley Street

Willagee WA 6156

Phone: (08) 9338 8888

Facility Manager: 908) 9338 8803 (daytime)

(08) 9525 3009 (after hours) or 0417 997 472.

**Braemar House (Presbyterian Care)**

10 Windsor Roads

East Fremantle

Phone: (08) 9339 9449

Facility Manager: (08) 9339 0408 (daytime)

(08) 9592 5487 (after hours) or 0418 997 076

If the facility manager cannot be contacted please call 0412 108 221

**Care Options Inc**

Challenger Lodge

17 Reid Street

Rockingham WA 6168

Phone: (08) 9550 7888

Services include: Home help, home and garden maintenance, personal care and respite care.

Management of the Seniors Assistance Fund for the City of Melville (COM), home care services, assistance with Care and Housing for the Aged (ACHA), Community Options – a comprehensive case management program and Veterans Homecare services.

**Homecare Options**

973 – 975 Wellington Street

East Perth WA 6005

Mail: PO Box 198

Claremont WA 6910

Phone: (08) 9321 5348

Fax: (08) 9321 4226

Email: [admin@homecareoptions.com.au](mailto:admin@homecareoptions.com.au)

Web: [www.homecareoptions.com.au](http://www.homecareoptions.com.au)

Hours: 24 hours/7 days a week

Provide a range of rehabilitative community care services following hospitalization in the home or preferred location including personal & nursing care home help meal preparation, respite, transport, social support & allied health services. Eligibility through assessment & fee in line with Commonwealth guidelines apply. Family, friend, self referral or professional referral or professional referral accepted. Targets: aged 65+, all ages disability, veterans CALD, ATSI's.

**Meals on Wheels – City of Melville (COM)**

Phone: (08) 9364 0282 - Meals Coordinator

Provides a nourishing main meal delivered to the home every weekday to residents of COM.

Additional meals are available on Fridays for weekend use.

**Community First International (CFI) )****Home and Community Care (HACC)**

Cnr Hassell Crescent & Leichardt Street

Bull Creek Community Centre

Bull Creek WA 6149

Head Office: (08) 9435 1377

Provides a centre based day car program for frail aged seniors from a culturally and linguistically diverse background. Care provided by appropriately trained staff and volunteers. A HACC assessment is required to determine service eligibility.

**Melville Cares****June Barton House**

21-23 Hammad Street

Palmyra WA 6157

Phone: (08) 9319 0900

Aim to help frail aged and younger people with disabilities and their carers to remain living independently in the community. Provides practical assistance and support e.g. shopping, home help, gardening, transport, home visiting, carer support group, bus group outings. Offers an in-home respite service.

### **Mercy Care - HACC**

40 Meares Avenue  
Kwinana WA 6167  
Phone: (08) 9419 7533  
Fax: (08) 9419 7160

HACC funded organization providing basic maintenance and support services including personal care, respite, domestic assistance, social support and home maintenance for the frail aged and people with disabilities. In addition, Mercy Home Care provides a Retreat, Carer Support and Family Support and Recreation.

### **People Who Care**

48 James Street  
Guildford WA 6055  
Phone: (08) 9379 1944

A volunteer organisation assisting older people, people with disabilities, carers and people with limited resources with minor home maintenance and home support activities e.g. gardening, odd jobs, furniture delivery, transport, visiting, outings, assessments and referral.

### **Perth Home Care Services**

Second Floor  
30 Hasler Road  
Osborne Park WA 6916  
Phone: (08) 9204 7800

Services include home help, personal care, respite care, assistance with banking and shopping, multicultural program, and crisis respite.

Crisis Care Phone: (08) 9244 5411

### **Silver Chain Nursing Association - Myaree Branch**

81 North Lake Road  
Myaree WA 6154  
Phone: (08) 9242 0242 (General Inquiries)  
(08) 9242 0347 (Referrals)

Provides quality care to people who have undergone surgery, are frail or sick and people with disabilities - young and old - who need assistance to maintain their dignity in the comfort of their own home.

### **Southern Cross Care**

15 Rowe Avenue  
Rivervale WA 6103  
Phone: (08) 9282 9966

Provides a number of community-based support care services designed to enable the elderly to live in their own homes through programs such as home care, assessment, centre based day care, personal care, respite care, social support, an In-home Diversional Therapy service, Meals on Wheels service and Veterans Home care.

### **St Ives Group Day Respite**

44 Rome Road  
Myaree WA 6154  
Phone: (08) 9329 1600  
Fax: (08) 9330 9002

Email: [ccd@stivesgroup.com.au](mailto:ccd@stivesgroup.com.au)

Web: [www.stivesgroup.com.au](http://www.stivesgroup.com.au)

St Ives group offers day respite services three days a week to residents who are supported by a carer and who live in Fremantle, Melville and Cockburn areas.

### **St John Ambulance Community Care**

209 Great Eastern Highway  
Belmont WA 6104  
Phone: (08) 9334 1243

St John Community Care is a voluntary service aiming to provide friendship and neighbourly assistance to the lonely frail and aged who live independently in lifestyle villages or in their own homes. This support is provided to them as an individual and may include playing cards, helping with paperwork, accompany clients to shops or simply having a chat over coffee.

### **Veterans' Home Care (for DVA Veterans only)**

Provides a range of home support services including domestic assistance, personal care, home and garden maintenance and respite care. For general information about Veterans' Home Care.

Phone: Dept. Veterans Affairs on 133 254  
or visit the net:

[www.dva.gov.au/health/homecare/mainvhc](http://www.dva.gov.au/health/homecare/mainvhc)

To arrange an assessment for services, call your Veterans' Home Care Regional Agency on 1300 550 450.

**Volunteer Home Support Inc**

192 South Street  
White Gum Valley WA 6162  
Phone: (08) 9336 2888

A non-profit organisation assisting frail aged people with disabilities and carers with home help, maintenance and shopping, gardening, and transport.

**Community Aged Care Packages (CACP's) and Extended Aged Care at Home (EACH)**

**Community Care Packages are planned and coordinated packages of community care services to help people with complex care needs remain living in their own homes. An Aged Care Assessment (which is free) is required. This can be arranged through your GP who will send a referral to the Aged Care Assessment Team to do the assessment. Many CACP providers offer private services. Check with your service provider should you need additional private services.**  
**Aged Care Services Australia (St Ives)**

**Aged Care Services (ST IVES HOMECARE)**

44 Rome Road  
Myaree WA 6154  
Phone: (08) 9329 1600

Community Aged Care Packages are provided across Metropolitan Perth WA including 15 packages designed specifically for people with dementia. (CACP 281; EACH 11)

**Baptist Care**

52 Kishorn Road  
Applecross WA 6153  
Phone: (08) 9282 8600  
Fax: (08) 9316 9471

Providing services for people with disabilities, Seniors and Veterans. Home Care and private services.

**Mercy Home Care**

40 Meares Avenue  
Kwinana WA 6167  
Phone: (08) 9419 7533  
Fax: (08) 9419 7160

Provides holistic care for aged care clients in the community. Packages could include services in personal care, domestic assistance, social support and meal preparation.

**Perth Home Care Services (PHCS)**

2<sup>nd</sup> Floor  
30 Hassler Road  
Osborne Park WA 6916  
Phone: (08) 9204 7800

Provide services to the frail aged, younger disabled, and their carers. PHCS has CACP's as well as HACC and Disability Services Commission funding. Services include home help, personal care, respite care, social support, assistance with banking and shopping.

In addition:

A multicultural program, crisis respite, dementia monitoring, time off and a planning program for the older carer of a younger person with a disability.

Crisis Care Phone: (08) 9204 7801

**Silver Chain Nursing Association**

Silver Chain House  
6 Sundercombe Street  
Osborne Park  
WA 6017

Phone: (08) 9242 0242 (General Inquiries)  
(08) 9242 0347 (Referrals for services)

Quality care for people who have undergone surgery, are frail or sick, and those with disabilities - young and old - who need assistance to maintain their dignity in the comfort of their own home. Hospice Care Service provides a home nursing service for terminal illness. (CACP 36; EACH 20)

**Southern Cross Care**

15 Rowe Avenue  
Rivervale WA 6103  
Phone: (08) 9282 9966

Provides a number of community-based support care services designed to enable seniors to live in their own homes through programs such as Community Aged Care Packages, EACH dementia packages, over night and day time respite (at a day centre) dementia specific.

**Stanhope Nursing**

105 Railway Parade  
SUBIACO WA 6008  
Phone: (08) 9446 9855

Provides a wide range of private and publicly funded services. Both short and long term care requirements of seniors and people with disabilities are covered, including CACP<sup>s</sup> home nursing care, personal care and attendant care.

**Uniting Community Care**

The Manse-Rowethorpe  
4 – 10 Hayman Road  
Bentley WA 6102  
Phone: (08) 6363 6324

Provides HACC and a range of services for seniors including community aged care. CACP 92; EACH: 50

**Private Home Support Services**

(not HACC or CACP funded – check the **Yellow Pages for additional services**)

**Alto Organisers**

Get More Out of Life  
PO Box 1411  
Booragoon WA 6954  
Phone: (08) 9316 0540 - Maria Suehrcke  
Email: [info@altoorganisers.com.au](mailto:info@altoorganisers.com.au)  
Web: [www.altoorganisers.com.au](http://www.altoorganisers.com.au)

Provides services to the elderly to help manage their daily lives. Offers assistance with account payments, accessing care services, downsizing residential living, shopping and meal arrangements and many other services.

**Comfort Keepers**

461 Scarborough Beach Road  
Osborne Park WA 6017  
Phone: (08) 9492 8920

Providers of non-medical in-home care for the aged and disabled community.

**Crown Care**

4 Shea Grove  
Leeming WA 6149  
Phone: (08) 9310 9890  
Fax: (08) 9313 5963

Email: [service@crowncarepty.com.au](mailto:service@crowncarepty.com.au)  
Provides homecare services, specialising in referrals for culturally and linguistically diverse clients.

**Home Instead Senior Care**

Unit 3, 100 Railway Road  
Subiaco WA  
Phone: (08) 6310 0400  
Fax: (08) 6310 0400

Since 2005 the Australian network of Home Instead Senior Care has been devoted to providing the highest quality private care to seniors in their own home so they can remain independent and where they want to be for as long as possible. Compassionate Home instead care givers are an invaluable resource in helping families eliminate the worries, reduce stress and re-establish personal freedom. From Alzheimers; and dementia support to respite care and companionship, our family owned office in Perth is ready to help. Services can be provided from just two hours to as long as needed whenever care is needed up to 24 hours a day.

**The Carers**

Unit 1, 4 Milson Place  
O'Connor WA 6163  
Phone: (08) 9331 5866

**White Oak Home Care Services**

Unit 14, 115 Grand Boulevard  
Joondalup WA 6027  
Phone: (08) 9301 0299 or 0413 734 999

## Hospitals

### **Attadale Private Hospital**

21 Hislop Road  
Attadale WA 6156  
Phone: (08) 9330 1000  
Fax: (08) 9330 2368  
Provides private maternity, general surgical and medical beds.

### **St John of God Hospital Murdoch**

100 Murdoch Drive  
Murdoch WA 6150  
Phone: (08) 9366 1111

## Information and Advocacy

### **Association of Relatives And Friends of people with Mental Illness (A.R.A.F.M.I.) (WA) Inc**

Perth: (08) 9427 7100  
Mandurah: (08) 9172 2386  
Provides support and information service to family members and friends of people with senior's issues.

### **Aged Care Information Line**

Phone: 1800 500 853 or TTY: 1800 555 677  
A free and confidential information and referral service for seniors and people concerned with senior's issues.

### **Advocare**

Unit 1, 190 Abernethy Road  
Belmont WA 6104  
Phone: (08) 9479 7566  
Fax: (08) 9479 7599  
Offers confidential independent assistance with concerns or problems relating to: nursing homes, hostels, geriatric assessment teams, domiciliary nursing care benefit, home and community care services. Offers support, information, advocacy on behalf of individuals or groups and promotion of community awareness of the rights of the client group. Aims to ensure equitable access to appropriate services,

investigate issues of rights raised by users of the service, encourage and support action by individuals on issues which concern them and others in similar circumstances.

### **Alzheimer's Australia WA Ltd**

9 Bedbrook Place  
Shenton Park WA 6008  
Phone: (08) 9388 2800  
Dementia helpline: 1800 100 500  
To improve the quality of life for people with dementia and their carers. Offers support and information, support groups for carers and sufferers, counseling (24 hours telephone counseling), in home respite, centre based respite, ID Bracelet service, resource centre.

### **Association for the Blind of WA**

61 Kitchener Avenue  
Victoria Park WA 6010  
Phone: (08) 9311 8202  
Toll Free: 1800 847 466  
Email: [mailbox@abwa.asn.au](mailto:mailbox@abwa.asn.au)  
Web: <http://www.abwa.asn.au>  
The association offers a wide range of services and aids to maximize the independence of people who are blind or vision impaired. Services include: assessment, training, provision of magnification aids, adaptive technology, aids to daily living and mobility, talking books, Braille and accredited computer training, recreation (day center), occupational therapy, social work and services to children.

### **Arthritis Foundation of WA Melville Branch**

Church of the Holy Cross  
Corner Coleman Road and McLean Road  
Melville WA 6156  
Phone: (08) 9330 3103 - Dorothy  
(08) 9364 4041 - Molly  
Meets every second Monday of every month at 9.30am. Raises funds for research for the arthritis foundation. Provides information, social outings, and meetings with speakers on topics of interest to members.

**Association of Independent Retirees Inc**

Melville Senior Citizens Centre  
Corner Stock Road and Canning Hwy  
Melville WA 6156  
PO Box 87  
Applecross WA 6953  
Phone: (08) 9315 2490 - Peta  
(08) 9317 2822 - John Hosking, President  
Free call: 1800 063 304  
Meetings: Every first Thursday of each month at  
2.00 pm.  
To protect and advance interests' of retirees who  
have funded, in whole or in part, their own  
retirement.

**Australian Communication Exchange: National Relay Service (for people with communication difficulties)**

295 Logan Road, Stones Corner  
Queensland QLD 4120  
Phone: 133 677  
Free call: 1800 555 660 Customer Service  
Free call: 1800555677 National Relay Service  
Fax: 1800 555 690 TTY: 1800 555 630  
Email:[feedback@aceinfo.net.au/Services/NRS/index.html](mailto:feedback@aceinfo.net.au/Services/NRS/index.html)

An Australia-wide telephone access service.  
Anyone who has a TTY or a computer with a  
modem can access anyone in the wider telephone  
network.

**Carer's Counselling Line**

Phone: 1800 007 332  
Services available 24 hours, 7 days a week.

**Carers WA**

182 Lord Street  
Perth WA 6000  
Phone: (08) 9228 7400  
Free call: 1300 227 377  
Fax: (08) 9228 7488  
Email: [carers@carerswa.asn.au](mailto:carers@carerswa.asn.au)  
Web : [www.carerswa.asn.au](http://www.carerswa.asn.au)  
Information, programs, advice, counseling,  
support groups, services to carers and families via  
carer groups, training for carers.

**Citizens Advice Bureau of WA (Inc)**

15A Queen Street  
Fremantle WA 6160  
Phone: (08) 9335 4522  
Information, referral on any subject. Mediation  
service.

**Citizens Advice Bureau (CAB) WA**

25 Barrack Street  
Perth WA 6000  
Phone: (08) 9221 5711  
Fax: (08) 9221 5356  
Email: [cabwa.com.au](http://cabwa.com.au)  
Not for profit organisation providing Information,  
referral on any subject. Mediation service

**City of Melville Community Information Service**

Civic Centre  
10 Almondbury Road  
Booragoon WA 6153  
Phone: (08) 9364 0159  
Provides information on services, groups and  
activities in the City of Melville.

**City of Melville****Community Development Officers**

Civic Centre  
10 Almondbury Road  
Booragoon WA 6153  
Phone: (08) 9364 0654  
Provides a wide variety of information about  
activities and services for seniors.

**City of Melville Citizens Relief Fund**

Civic Centre  
10 Almondbury Road  
Booragoon WA 6154  
Phone: (08) 9364 0661 (phone for appointment)  
Community based organisation aimed at  
providing emergency financial assistance and  
financial counseling to families within the City of  
Melville in times of financial crisis.

**Community Information Centre and Justice of the Peace Service**

West End, Garden City Shopping Centre  
(Next door to Post Office)  
Phone: (08) 9364 9083 (Centre) or  
(08) 9364 0159  
Centre Hours: Monday - Friday 9 am – 4 pm  
JP Hours: Monday - Friday 10am - 1pm  
This service is run by volunteers.

**Community Legal Centres Association**

Phone: (08) 9264 9595  
Provides legal advice and advocacy.

**Commonwealth Carelink Centre**

Phone: 1800 052 222  
Web: [www.commCarelink.health.gov.au](http://www.commCarelink.health.gov.au)  
Provides free and confidential information regarding services for aged and disability care within your locality.

**Commonwealth Carer Resource Centre (CCRC)**

Phone: 1800 242 636 free call  
CCRC can provide up-to-date relevant information about all government programs that gives support to carers.

**Council on the Ageing WA (COTA)**

Suite 1  
Level 3, 110 William Street  
West Perth WA 6000  
Phone: (08) 9321 2133  
An independent community organisation with the aim of protecting and promoting the well being of older people in WA. Also offers computing courses for seniors.

**Department for Communities**

Seniors Information Service  
Phone: 6551 8800 (metro)  
Free: 1800 671 233 (country)  
A seniors information and referral telephone service operated by trained volunteers on issues such as finance, health, accommodation & lifestyle.

**Department of Housing and Works**

Phone: (08) 9222 4666  
Web: [www.dhw.wa.gov.au](http://www.dhw.wa.gov.au)  
The department represents all of the Government's state housing and works functions and offers a range of housing options to help people with disabilities access appropriate options.

**Department of Planning and Infrastructure**

Phone: (08) 9216 8000  
Web: [www.dpi.wa.gov.au](http://www.dpi.wa.gov.au)  
Information regarding the Taxi User Subsidy Scheme (TUSS) and accessible taxis.

**Diabetes WA**

Subiaco & Belmont offices  
Phone: (08) 9325 7699 (both offices)  
Vision is to minimize the impact of diabetes in WA.  
Web: [www.diabeteswa.com.au](http://www.diabeteswa.com.au)  
Diabetes Information & advice line 1300 136 588

**Epilepsy Association of WA**

The Niche  
11 Aberdare Road,  
Nedlands WA 6009  
Phone: (08) 9346 7699  
Phone : 1300 374 537  
Email: [epilepsy@cygnus.uwa.edu.au](mailto:epilepsy@cygnus.uwa.edu.au)  
Education for people with epilepsy, their family, and the community, to enable the epilepsy sufferer to integrate successfully in the community.

**Guardianship and Administration Board**

Level 4, 12 St. Georges Terrace

Perth WA 6000

Phone: (08) 9219 3111

Email: [gab@justice.wa.gov.au](mailto:gab@justice.wa.gov.au)

Web: <http://www.justice.wa.gov.au/home.asp>

Provides a means for a substitute decision maker to be legally appointed to make decisions in the best interests of a person who is unable to make reasoned decisions for him or herself.

**Headwest**

645 Canning Highway

Alfred Cove WA 6154

Phone: (08) 9330 6370

Free Call: 1800 626 370

Web: [www.headwest.asn.au](http://www.headwest.asn.au)

Provides community education, advocacy and information for people with an acquired brain injury, their family, and their carers.

**Health Consumers Council (WA) Inc**

GPO Box C134

Perth WA 6839

Phone: (08) 9221 3422

Free call: 1800 620 780

Fax: (08) 9221 5435

Email: [info@hconc.org.au](mailto:info@hconc.org.au)

Web: [www.hcc-wa.global.net.au](http://www.hcc-wa.global.net.au)

Advocates for people with problems caused by treatment or non-treatment within the health system (including hospitals, doctors, dentists, psychiatrists, public trustees, hostels)

**Motor Neuron Disease Association of WA**

Center for Neurological Support

The Niche

B, 11 Aberdare Road

Nedlands WA 6009

Phone: (08) 9346 7355

Fax: (08) 9346 7332

Email: [mndawa@cnsa.com](mailto:mndawa@cnsa.com)

Web: [www.mndawa.iinet.net.au](http://www.mndawa.iinet.net.au)

**National Disability Abuse and Neglect Hotline**

Locked Bag 2705

Strawberry Hills NSW 2012

Phone: 1800 880 052

Fax: (02) 9318 1372

TTY: 1800 301 130

Email: [email@disability.hotline.org](mailto:email@disability.hotline.org)

The hotline is open every day (including Saturday and Sunday from 8am to 8pm).

**National Seniors Australia**

GPO Box 1450

Brisbane QLD 4001

Phone: 1300 765 050

Fax: (07) 3229 0356

Email: [general@nationalseniors.com.au](mailto:general@nationalseniors.com.au)

Web: [www.nationalseniors.com.au](http://www.nationalseniors.com.au)

National Seniors is the largest organisation representing Australians aged 50 and over to government and industry. Lobbying for changes in government policies, offering great travel deals and community grants, are a few of their services.

**Neurological Council**

Suite B, 11 Aberdare Rd,

Nedlands WA 6009

Phone: (08) 9346 7530

Fax: (08) 9346 7534

Assessment, case planning/review and coordination, respite care and social support services.

**Panic and Anxiety Disorders Association of WA (PADAWA)**

The Niche

11 Aberdare Rd,

Nedlands WA 6009

Phone: 1300 374 537

Phone: (08) 9401 2167

Email: [PADAWA@iinet.net.au](mailto:PADAWA@iinet.net.au)

Support and information for sufferers of panic and anxiety disorders.

**Paraplegic-Quadriplegic Association of WA (Paraquad)**

PO Box 257

Subiaco WA 6904

Phone: (08) 9381 0111

Fax: (08) 9382 3687

Email: [pqa@paraquadwa.asn.au](mailto:pqa@paraquadwa.asn.au)  
[olgamcorreia@gmail.com](mailto:olgamcorreia@gmail.com)

Website: <http://www.paraquadwa.asn.au/>

Residential facilities for spinal/paralysed persons and recreation, employment training and home visiting nursing services.

**Parkinson's Association of WA Inc**

The Niche

11 Aberdare Road

Nedlands WA 6009

Phone: (08) 9346 7373

Free call: 1800 644 189

Fax: (08) 9346 7374

Email: [pawa@cnswa.com](mailto:pawa@cnswa.com)

Self help not for profit organisation with a strong volunteer base. Hints to encourage and where appropriate develop & care of people with Parkinsons.

**Retirees WA Inc**

Suite 2, 915 Albany Highway

East Victoria Park WA 6101

Phone: (08) 9254 0192

Free call: 1800 198 489

Membership based, self-funded organisation providing a range of free and discounted services for retirees or those planning retirement. Includes housing options (retirement village, rental units and aged care), financial advice and planning, free legal advice, discounted wills, Power of Attorney, home, contents and motor vehicle insurance, pre-need flexible payment funeral fund, general and specialised diabetic, podiatry, clinic.

**Senses Foundation (formerly Royal Institute for the Blind and Deafblind Association)**

11 Kitchener Avenue

Burswood WA 6100

Phone: (08) 9473 5400

Fax: (08) 9473 5499

TTY: (08) 9473 5488

Email: [admin@senses.asn.au](mailto:admin@senses.asn.au)

Web: [www.senses.asn.au](http://www.senses.asn.au)

Special Services to people who are blind or deaf-blind. Support services include: Aged care accommodation, employment training opportunities, independent living units and group homes.

**Telelink Uniting Church Homes Community Care**

Charles Jenkins Building

Level 2, 4-10 Hayman Road,

Bentley WA 6102

Phone: (08) 6363 6324

Hours: Monday to Friday 8.30am – 5.00pm

Matches volunteer visitors with an older person and over time friendship develops whilst sharing activities e.g. walking, talking, going to the movies, etc. Opportunities for older people to develop friendships on the telephone through Telelink.

**Library Services**

**If for some reason you can't come to the library - it may come to you. If you are housebound and a resident of the City, we can arrange for books and cassettes to be delivered to your home. Contact any City of Melville library for more information.**

**A. H. Bracks Library**

Corner Stock Road and Canning Highway

Melville WA 6157

Phone: (08) 9364 0115

Open Monday to Friday 9 am – 8 pm, Saturday 9am - 12 noon and Sunday 11am – 3pm.

**Bull Creek Library**

24 Leichardt Street

Bull Creek WA 6149

Phone: (08) 9364 0150

Open Monday, Tuesday, Thursday, and Friday 9am – 8pm and Saturday 9am - 12 noon.

**Canning Bridge Library**

2 Kintail Road  
 Applecross WA 6153  
 Phone: (08) 9364 0121  
 Open Monday, Tuesday, Thursday and Friday 9am  
 – 7 pm and Saturday 9am - 12 noon.

**Civic Square Library**

Almondbury Road  
 Ardross WA 6153  
 Phone: (08) 9364 0138  
 Open Monday to Friday 9am – 8 pm and Saturday  
 9am - 12 noon.

**Willagee Public Library**

Winnacott Street  
 Willagee WA 6156  
 Phone: (08) 9364 0170  
 Open Monday, Tuesday, Thursday and Friday 9am  
 – 7pm and Saturday 9am - 12 noon.

**Medical****GP Afterhours Murdoch**

Providing after hours medical care staffed by local  
 doctors. After hours access to X-ray and  
 Pathology, suturing & plastering Standard gap fee  
 \$39  
 Opening hours Mon – Fri 7.00pm to 10pm; Sat,  
 Sun & Public Holidays 1.00p, to 10.00pm. Located  
 on the ground floor c/- Sportsmed, St John of God  
 Hospital Murdoch, 100 Murdoch Drive Murdoch.

**Mobility Assistance, Aids and Equipment****National Disability Services WA****ACROD Parking Program**

Unit 1,59 Walters Drive  
 Osborne Park WA 6018  
 PO Box 1428  
 Osborne Park WA 6916  
 Phone: (08) 9242 5544

1800 617 337 – Companion Card Program

Fax: (08) 9242 5044

Email: <http://www.app.org.au/pages/contact.htm>

For applications for parking/mobility stickers.  
 Most GP's have the application forms and they  
 have to complete a portion of the form. Two  
 passport sized photographs are required to be  
 signed by the GP.

**HACC Transport – Volunteer Task Force**

Bookings are to be made on (08) 9306 7000 during  
 the hours 8.00am-4.00pm Monday to Friday.

Call for after hours pick ups and cancellations:

- (08) 9422 2228 for conventional (sedan) taxi
- 13 62 94 for Multi Purpose Taxi (wheelchair  
 access)

- 13 10 08 Mandurah clients only

- Please do not ring the taxi company directly

**We require at least two working days notice of  
 bookings.**

**Independent Living Centre of WA Inc Inc**

The Niche

Suite A, 11 Aberdare Road

Nedlands WA 6009

Phone: (08) 9381 0600

1300 885 886

Open 8.30am to 5:00pm by appointment only.

Trained staff available to assess needs,  
 recommend and demonstrate a large range of aids  
 and appliances to assist activities of daily living.

**Melville Cares**

21-23 Hammad Street

Palmyra WA 6157

Phone: (08) 9319 0900

To help frail aged and younger people with  
 disabilities and their carers to remain living  
 independently in the community by assisting  
 with transport requirements. Ring directly to  
 book.

### **RAC Repairs and Insurance**

Phone: (08) 9436 4444

Breakdowns:13 11 11

Provides a free repair service for electric wheelchairs. Register your chair by telephoning RAC Insurance. If a breakdown occurs, phone the RAC breakdown line and a serviceman will attend to any punctures or minor electrical problems to get you going again.

Please note that while the RAC staff will repair punctures, they do not routinely carry spare tubes, so remember to keep a spare or two at home.

### **Red Cross Equipment Hire Service**

Phone: 1800 251 463

Mobility Equipment Hire and Continence products. Attractive rates for seniors and pensioners. Metro wide delivery Small cost incurred.

### **Royal Perth Volunteer Transport**

Wellington Street

Perth WA 6000

Phone: (08) 9224 2054

A volunteer transport service to patients who have met eligibility criteria. Initial eligibility is subject to an assessment by a social worker.

### **Smarterider**

Phone:13 62 13

SmartRider is Transperth's new electronic ticketing system. An embedded microchip and an aerial enables the smartcard to communicate with processors located on board Transperth buses and ferries and at train stations. It enables value to be stored onto your SmartRider card, journey details to be recorded, and the fare value of each journey to be deducted from the stored value on your card. The SmartRider system is simple to use and the most important two things to remember are:

- 1 Add value to you card (money)
- 2 Tag on and tag off whenever you travel.

### **Taxi User Subsidy Scheme**

Passenger Services

Dept for Planning and Infrastructure WA

GPO Box C102

Perth WA 6839

Phone: (08) 9216 8000

Fax: (08) 9216 8116

TTY: (08) 9321 5777

Email: [passenger.services@dpi.wa.gov.au](mailto:passenger.services@dpi.wa.gov.au)

Taxi travel at a reduced rate for people who have a severe disability that prevents them from using a conventional public transport bus service. Note: Children under the age of 10, unless confined to a wheelchair, are not eligible.

## **Museums**

### **Heathcote Museum and Gallery**

Swan House

Duncraig Road

Applecross WA 6153

Phone: (08) 9364 5666

Opening hours: Tues – Fri 10 - 3pm

Sat – Sun 12 – 4pm

Situated within the grounds of the Heathcote Cultural Centre, the Museum and Gallery offers an insight into the history of the old Heathcote Hospital site. The diverse exhibition program changes every month, showcasing the talents of a variety of local artists, crafts persons and community groups.

### **Melville Discovery Centre**

Civic Centre

10 Almondbury Road

Booragoon WA 6153

Phone: (08) 9364 0158

Discover the history of the area by exploring our displays on the river, play and work then check out the Local History collection for the City of Melville.

### **Miller Bakehouse Museum**

Baal Street  
Palmyra WA 6157  
Phone: (08) 9339 1390 (Melville History Society)  
A restored 1930's bakery, run by the Melville History Society Inc. The theme of the museum is the technology of bread making. Central to the exhibits is the preserved late 19<sup>th</sup> century wood-fired brick oven.

### **Royal Australian Air Force Aviation Museum**

Bull Creek Drive  
Bull Creek WA 6149  
Phone: (08) 9311 4470  
Reputed to be the largest aviation museum in Australia. A collection of 26 aircraft are on display with an extensive range of aero engines and memorabilia including a large photographic section. Also has a large reference library.

### **Wireless Hill Park Telecommunications Museum**

Almondbury Road  
Booragoon WA 6154  
Phone: (08) 9364 0158  
Open by appointment.  
Housed in the heritage-listed buildings of the Applecross Wireless Station is a significant collection of early telecommunications equipment from Morse to early satellites.

## **Senior Citizens Clubs**

### **Canning Bridge Senior Citizens Centre**

64 Kishorn Road  
Mount Pleasant WA 6153  
Phone: (08) 9364 3957  
Promotes recreational and social facilities within the powers of the Club committee to citizens 55 years and over. A meeting place for mature age people with similar interests.

### **Southern Districts Senior Citizens Club**

Senior Activity Centre  
Corner Archibald Street and North Lake Road  
Willagee WA 6156  
Phone: (08) 9337 3900  
Promotes recreational and social activities for senior citizens aged 55 and over. Includes carpet bowls, billiards and snooker, darts, board and card games, and bingo. Regular outings are held. A three course meal in conjunction with the City of Melville is available each Thursday at noon.

### **Stock Road Senior Citizens Club**

38 Waddell Road  
Palmyra WA 6157  
Phone: (08) 9339 7878  
To promote, for all senior citizens members, recreational and social facilities within the powers of the club committee. Social activities include: indoor bowls, billiards, cards, mahjong, day tours, and tai-chi.

## **Social Support**

### **Australian Red Cross**

1800 059 059 or for the following support services, ring (08) 9325 5111.  
This program is for older people who may be concerned about who will look after their child when they are no longer able to do so. The person they are looking after must be 18 years or older, and have a permanent disability. Carers Support Service provides emotional and practical support to people who care for their frail aged or disabled relatives at home. This is a Commonwealth Government initiative.

### **Headwest (Brain Injury Association of WA)**

**645 Canning Hwy**  
**Alfred Cove WA 6154**  
Phone: (08) 9330 6370  
For people with acquired brain injury, their families, and carers.

### **St John Ambulance - Community Care**

Phone: (08) 9334 1222

Services: St John Community Care Branch provides friendly support to meet social, recreational and conversational needs.

### **Uniting Church Homes Community Care**

16 Herald Avenue

Willetton WA 6155

Phone: (08) 9259 6741

Hours: Monday to Friday 8.30am – 5.00pm.

Matches volunteer visitor with an older person and over time friendship develops whilst sharing activities e.g. walking, talking, going to the movies, etc.

## **Sport and Recreation**

### **City of Melville Recreation Centres.**

**For the latest information on what is happening in the Recreation Centres, go to**

**[www.melvillecity.com.au/facilities/recreation-centres/lifestyle-services](http://www.melvillecity.com.au/facilities/recreation-centres/lifestyle-services)**

**City of Melville Residents who are seniors receive a 10% subsidy for casual programs and 20% subsidy for memberships (subsidies do not apply for term programs).**

**For more information, contact your local City of Melville Recreation Centre.**

**For cycling and walking tracks and parks, ring Melville Information on 9364 0159 for a Travel Smart map.**

### **Melville Bicycle Users Group (BUG)**

12 Hopegood Street

Melville WA 6156

Phone: (08) 9330 5576 - Gary Young

A mostly over 55 group determined to promote cyclist's interests in Melville. Rides carried out on cycle routes and roads and reports made to council about problems.

### **Heathcote Cultural Centre**

Duncraig Road

Applecross WA 6153

Phone: (08) 9364 5666

As a part of a heritage precinct of conserved and reused buildings, the Heathcote Cultural Centre is now home to the City of Melville's Heathcote Museum and Gallery, Challenger Tafe and Artist Studios, Bluewater Grill and Kiosk, Melville Playgroup, and Toy Library.

Disabled access and parking. Free open access to grounds 7 days a week. Good for walking and views.

### **The Rec**

Farrington Road

Leeming WA 6149

Phone: (08) 9313 9700

Committed to the provision of a range of high quality, safe, affordable services, programs and facilities that are constantly reviewed to ensure that they meet the changing needs of the community. Facilities include, aerobics room, health club, squash courts, indoor cricket and gym.

### **Melville Aquatic and Fitness Centre**

Marmion Street

Booragoon WA 6154

Phone: (08) 9364 0825

Provides swimming instruction by highly qualified and experienced staff. Seniors swimming classes available. Also Gym facilities

### **Melville Recreation Centre**

Corner Stock Road and Canning Highway

Melville WA 6156

Phone: (08) 9364 0808

Recreation programs for the community include: yoga, fitness for over 50's, calligraphy, woodturning, kiln fired china painting, ballroom dancing, over 50's bootscooting, dress making, women's self-defence, seniors belly dancing, physio-fit/aqua-phys, theatre, drama, drawing, sketching, autumn health and fitness (over 40's).

- Forever Fit – Is a program low impact exercises classes for the mature exerciser. It includes gym circuits, group fitness and aqua classes.

- Living Longer Living Stronger (LLLS)  
This program is endorsed by COTA as an over 50's program that encourages and supports mature people to achieve improved health and quality of life. This is a fully supervised personalized training program that also has a social aspect.
- Lifeball is an exciting new game for older adults and is not only a great way to keep in shape but also great fun. It is played by both men and women in a mixed team.

For current information on programs being run by the City of Melville go to;

Web: [www.melvillecity.com.au](http://www.melvillecity.com.au)

### **MP8 DanceZone Line Dancing**

Melville Civic Centre Main Hall

10 Almondbury Road

Booragoon WA 6154

Every Tuesday from 10am – 12pm (Beginner Level)

Every Wednesday from 10am – 12pm (Intermediate Level)

Mandala Hall

Electra Street

Bateman WA 6150

Every Monday from 10am – 12pm (Revision)

Every Friday from 10am – 12pm (Beginner Level)

Phone: 0449 000 466

Promotes dancing for exercise, fitness, fun and to socialise in meeting new friends.

### **Physical Fitness class for Seniors**

Senior Activity Centre

1 Archibald Street

Willagee (cnr North Lake Rd 7 Archibald St)

Qualified instructors for City of Melville's Lifestyle service class held 10am to 11am. Cost of \$2.00 no booking required. Wear comfortable shoes & bring a water bottle.

### **Point Walter Golf Course and Tennis Courts**

Honour Avenue

Bicton WA 6157

Phone: (08) 9330 3262

Nine hole course overlooking the Swan River.

Also see page 37.

### **Prime Movers Inc**

Phone: (08) 9244 8057 - Joy Downing (activity co-coordinator)

(08) 9456 4350 – Val Gill (co. secretary)

Movement to music programs are held by fully (trained Instructors at Kardinya and Melville. The aim of Prime Movers is to provide low impact exercise to music in a warm friendly atmosphere and safe environment.

Locations:

Melville Recreation Centre

Corner Canning Hwy and Stock Rd

Melville WA 6156

Every Tuesday 10.00am – 11.30am and Thursday 11.30am - 12.30pm.

Kardinya Community Centre

Corner Drescott Dr and Williamson Rd

Kardinya WA 6163

Every Tuesday 8.45am – 9.45am and Thursday 9.30am – 10.30am.

St David's' Anglican Church Hall

54 Simpson St (cnr Bombard St)

Ardross WA 6153

Every Wednesday 9.30am – 10.30am.

### **Seniors Recreation Council of WA Inc**

PO Box 329

Leederville WA 6903

Phone: (08) 9492 9773

The Seniors Recreation Council is a group established for over 50's to realise their own potential through the development of recreational attitudes, values, and skills.

Offers advice and support in establishing new recreational based groups, support and expansion of existing groups, and liaison with agencies catering to the needs of seniors.

### **Seniors Social Golf**

**Point Walter**

Bicton WA 6157

Phone: (08) 9330 3262

Web: [www.pointwaltergolf.com.au](http://www.pointwaltergolf.com.au)

All levels of skills welcome. Playing days to suit all schedules. Green fees from \$12 for 9 holes.

### **Volunteer Home Support Inc - Recreation**

246 Vincent Street

Leederville WA 6007

Phone: (08) 9364 4491

A volunteer club that meets identified social, fun, and recreational needs. The target group is frail aged and younger people with disabilities.

## **Zumba Gold**

The popular Zumba fitness/Latin dance program has been tailored especially for seniors. Class held with an Instructor at: The Rec, Farrington Road, Leeming Friday 8.30am \$10 per class.

## **GROUPS**

### **Lawn Bowls:**

**Melville Bowling Club** – Clubhouse 9330 3370  
**Kardinya Bowling Club** – Clubhouse 9332 8103  
**Leeming Bowling Club** – Clubhouse 9310 5400  
**Mt Pleasant Bowling Club** – Clubhouse 9364 4662

### **Tennis:**

**Applecross Tennis Club** - Paul Thompson (President) 0414699 791  
**Blue Gum Tennis Club** - Clem Gannon (President) 0420 301 941  
**Bullcreek Tennis Club** – Paul Breuer (President) 9332 7303  
**Kardinya Tennis Club** – Sue Toole (President) 0408 869 561  
**Melville-Palmyra Tennis Club** – Don Doig (President) 9330 2217

### **Swimming:**

#### **Adult Learn to Swim**

Melville Aquatic Centre  
Marmion Street Booragoon  
Maximum of 5 swimmers per class  
From beginner to advance swimmer we have classes to suit your needs. All classes have an experienced, professional qualified instructor and small class sizes. Come and learn to swim in a relaxed and friendly environment in our great indoor heated pool. Cost incurred.

#### **Adult EzySwim**

Take the first step towards a fitter, healthier you. Easy and enjoyable training sessions. For those who are just beginning or those wanting to get back into swimming. No experience needed except the ability to swim 50m of a recognised stroke. For those of you looking to take your swim fitness to the next level and maybe even consider competing get in contact with the Melville Aussi Master Swimming Club Contact: membership (08) 9457 7785.

### **Walking:**

#### **Bushwalkers of WA**

Phone: (08) 9242 1176 - Sarah Ellis  
Promotes and encourages bushwalking. Walks are 12 – 20 km in length and are an all day event. A reasonable fitness level is required.

## **Canning River Walking for Fitness and Pleasure Association**

Phone: (08) 9364 6416  
Weekly walking groups for fitness and pleasure.

## **Over 55's Walking Association Inc**

Phone: (08) 9247 4645 - Phil  
Walking Club meets every Tuesday morning from March until November. Attended by a qualified first aid team.

## **Walk Friendly Garden City**

Phone: (08) 9420 7211  
Meets every Tuesday and Friday 7.45am for an 8.00am start  
Cost: Free  
Friendly social walk on even surfaces within the Shopping Centre and perhaps a social coffee. Trained walk leaders. Includes warm up and stretching exercises. Meet at the Home wares Mall in front of Priceline. Transport can be provided by Melville Cares on (08) 9319 1144.

## **Bull Creek Walking Group**

Friendly social walking on even surfaces within the Stocklands Bull Creek shopping centre complex.  
Cost: Free  
Trained walk leaders. Managed by Injury Control Council. Meets every Tuesday and Thursday Meets at 7:45am for an 8am start. Enter through the South Street entrance & meet in front of Sussans.

## **Y Striders Seniors Stride Out**

PO Box 556  
Applecross WA 6953  
Phone: (08) 6468 3032  
Email: [ystriders@inet.net.au](mailto:ystriders@inet.net.au)  
Walking and running in a friendly environment, including professional training sessions. Benefits are: improved balance and posture, stamina, weight control, social opportunities and a sense of achievements and well being. All members keep a log book to record times and distances and are regularly assessed by the Club. Cost incurred.

## **Wireless Hill Walking for Fitness Group**

Phone: (08) 9339 4514  
Weekly walking groups for fun, pleasure and exercise. Meets every Thursday and Sunday at 8.30am in the northern car park – approx 6.5kms in different areas across the metro area. Includes social outings.

**East Fremantle Croquet )**

59 Allen Street (Cnr. Fletcher Street)

East Fremantle

Phone: (08) 9339 1933

Mobile: 0407 983 132

Beginners welcome. Coaching available. Club days Saturday, Tuesday, Thursday, Come at 9.30am. Group for over 50 years.

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