



City of
Melville



Age-Friendly
Melville

Services

Directory





Age-Friendly Melville

The City of Melville continues to build on its previous achievements working towards a vision of an Age-Friendly Melville to advance the aspirations and wellbeing of our ageing community.

We are heading towards a time where there will more ageing adults in Australia than there will be children. We continue to engage with our older residents, and based on what you tell us, we continually look to improve our strategies to reflect your aspirations for the future.

We will also continue to maintain our participation in the World Health Organisation's Global Age-Friendly Communities Network and work with the state government and other local governments in Western Australia to progress our vision of an age-friendly City.

The City has developed strategies and actions outlined in our document 'Age-Friendly Melville Plan 2017-2021' which targets the key areas identified by older people for improvements that promote active ageing. The priority areas identified include housing, transport, respect and inclusion as well as social participation.

This resource is regularly updated and improved with the latest information about services and activities that will support your independence and participation in the community.

We hope that this booklet assists you to live well in Age-Friendly Melville.

Disclaimer

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

The City 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 Age-Friendly Melville 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will not be liable for any loss, damage or injury whatsoever arising from any incorrect, inaccurate, incomplete or out of date information herein, or arising in any way as a result of the services listed herein.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 Age-Friendly Melville 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 Age-Friendly Melville Services Directory will be updated annually.

If you would like your organisation or service to be included, contact us on **1300 653 845 or 08 9364 0666.**

Reviewed October 2019

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Accommodation and Housing for Seniors

Uncertain about what accommodation would be right for you?

If you are unsure about what accommodation would suit you, call and discuss your situation with the City of Melville Community Development Office on 1300 635 845 or (08) 9364 0666.

Remember that you have the right to decide what accommodation you want to live in. Gain as much information as you can to make the best decision that suits your needs.

Making well informed decisions about your living arrangements while you are well is preferable to having to make them during a time of personal health crisis or immediately following the loss of a loved one. Your ability to make good decisions during such times could be greatly affected.

The options that are available to you are dependent on your choices and preferences about a range of things such as your social connections, health, and ability to live independently and of course your budget.

The following organisations are able to provide advice to assist you in making decisions that suit you personally.

NOTE: Some of the organisations charge a fee and some offer advice for free.

Accommodation and Housing Advice Services

Aged Care and Retirement Placement Services (Fee for Service)

PO Box 1237

Subiaco WA 6904

Phone: 08 9445 7128

Phone: 0433 796 512

Email: susanmclarke@westnet.com.au

Web: www.agedplacements.com.au

WA Retirement Villages Residents Association (Fee for Service)

PO Box 7896

Cloisters Square 6850

Phone: 0448 812 888

Web: www.warvra.org.au

Eligibility: All retirement villages and individuals residing in a retirement village.

The aim of the association is to obtain improvements in the lifestyle of its members and to help people find the type of retirement village to suit their needs.

The objects are to act as an advocate on behalf of its members for a large variety of issues.

Millennium Aged Care Consultants (Free Service)

Phone: 1300 755 702

Email: enquiries@millenniumagedcare.com.au

Web: www.millenniumagedcare.com.au

A team of aged care consultants are independent specialists and able to provide accommodation solutions and advice to individuals and families.

Seniors Housing Centre (Free service)

Phone: 1300 367 057

Level 2, 140 William Street, Perth

Email: seniors.housing@dmirs.wa.gov.au

Website: www.commerce.wa.gov.au

The Seniors Housing Advisory Centre (SHAC) is a free independent information and advice service covering the full range of housing options for seniors in WA. The SHAC does not offer housing or provide financial and legal advice, but can be a invaluable source of information for seniors and their families.choru

Accommodation - Independent Living

Independent Living

There are a range of styles of housing available for people who are able to live independently and look after themselves, possibly with some minimal support.

These homes are generally smaller than family homes and are easier to maintain. Some are located in strata complexes and some are located in retirement villages with a range of additional services.

Some allow pets, storage of caravans, trailers, boats etc.

Ensure you are clear about what you need, that it can be provided and what costs are associated with the choice you make. Gain independent advice before signing any agreements or contracts.

If you require some assistance to remain living independently refer to Home and Community Care (HACC) and Home Care Packages on page six.

The following facilities provide independent living units and can be contacted directly to find out more information and availability.

Braemar Gardens

56 Bristol Avenue, Bicton 6157

Phone: (08) 6279 3636

Web: www.braemarcare.com.au

Email: admin@braemar.org.au

An independent living unit complex, which offers one and two bedroom unit options.

Airforce Memorial Estate

Royal Australia Air Force Association Inc. of WA (RAAF) (WA Division) Inc.

2 Bull Creek Drive,
Bull Creek WA 6149

Phone: (08) 9311 4488

Email: afme@raafawa.org.au

Self-contained independent living units in one and two bedroom living configurations.
Mirage and Orion Terraces – Apartments.

Alchera Living

40-44 Worley Street, Willagee 6156

Phone: (08) 9314 5884

Web: www.alcheraliving.com.au

Email: info@alcheraliving.com.au

Alchera is a not for profit organisation that operates four independent living villages for over 55's with an aim to provide affordable housing for seniors.

Applecross Village

750 Canning Highway, Applecross

Bull Creek Village

14-8 Hassell Crescent, Bull Creek

Webber Gardens

69-71 Bawden Street, Willagee

Weeronga Village

40- 44 Worley Street, Willagee

Frederick Guest Village

Amana Living

23 Gleddon Road

Bull Creek WA 6149

Phone: 1300 920 895

Web: www.amanaliving.com.au

One and two bedroom homes including established gardens for over 55's.

Leeming Retirement Village

2 Theakston Green

Leeming WA 6149

Phone: (08) 9386 8614

Mobile: 0421 631 116

Web:

www.westsideretirementcommunities.com.au

An independent living retirement village with 60 villas, a village centre with facilities and a 24 hour emergency alarm system. Minimum age of 60 years apply. No hostel facilities.

Parkland Villas

510 Marmion Street
Booragoon WA 6154

Phone: (08) 9330 2988

Includes 185 villas and apartments.
One and two bedroom or, two bed and
one study configuration.

Kitchener Gardens Retirement Village Aegis

4 Kitchener Road
Melville WA 6156

Phone: 08 9330 1911

Web: www.aegiscare.com.au

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

Myaree Gardens Estate

444 Marmion Street
Myaree WA 6154

Phone: (08) 9330 4776

Office hours: Tuesday/Thursday morning
from 9am to 12.30pm

A private strata estate for over 55's
comprises of 69 units managed by a
residents committee.

St Ives Retirement Living

Phone: 1300 202 001

Web: www.stivesretirementliving.com.au

Email:

info@stivesretirementliving.com.au

Myaree

44 Rome Road Myaree 6154

Phone: 0401196159

Intimate medium sized retirement
village with homes designed for
independent living.

Murdoch

22 Windelya Road Murdoch 6150

Phone: 0448 895 470

Freestanding villa and apartment
style homes.

Accommodation Independent Living Support Services

Home and Community Care (HACC) and Home Care Packages

The HACC program provides basic support
services to seniors, people with a disability
and their carers to assist them to continue
to live independently at home.

To receive HACC services, an assessment
must be gained from the Regional
Assessment Team (RAS) by calling
1300 785 415 or visiting
www.health.wa.gov.au/hacc/home

Home Care Packages provide more
complex support at home and are
accessed by the Aged Care Assessment
Team (ACAT).

To request an ACAT assessment, contact
My Aged Care on 1800 200 422.

These assessments are designed to
determine your requirements and a
financial contribution may be
required.

Services may include;

Social activities
Household tasks
Preparation/delivery of meals
Minor home maintenance
Appointments
Allied health services
Personal Care
Respite Services

For information about services specifically
for culturally and linguistically diverse
groups or centre based respite please
see pages 18 and 19.

Home Care Assistance

3/38 Ardross Street

Applecross WA 6153

Phone: 1300 548 346 or (08) 6365 3763

Web:

homecareassistanceperthsouthmetro.com.au

Email: pshehade@homecareassistance.com

Provide from one hour to 24 hour care and
service HCP and private clients. We do
personal care, cooking, cleaning, shopping,
social outings etc. and specialise in
cognitive therapies for clients with
dementia.

Juniper Community

HACC services and care packages available

Phone: (08) 6363 6324 or (08) 9240 0313

Web: www.juniper.org.au

Email: juniper@juniper.org.au

Activ Foundation

327 Cambridge Street

Wembley WA 6014

PO Box 446 Wembley WA 6913

Phone: (08) 9387 0555

Web: www.active.asn.au

West 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.

Mercy Care

38 Ord Street

West Perth

Phone: 08 9442 3444

Web: www.mercycare.com.au

Email: info@mercycare.com.au

Provides flexible service options tailored to suit an individual's unique and personal needs. Basic maintenance and support services including personal care, domestic assistance, home maintenance and social support to enable older people to continue living in the comfort of their own home. Services available in all areas.

Melville Cares Inc.

June Barton House 21-

23 Hammad Street

Palmyra WA 6157

PO Box 266 Melville WA 6956

Phone: (08) 9319 0900

Web: www.melvillecare.org.au

An independent not for profit organisation supporting our Community since 1986. Assistance is provided to aged and those with a disability to live meaningful and connected lives, whilst remaining independent, living safely and contentedly in their own homes. Offer services such as Friendship Groups, Community Transport, Home services, Nursing Care, NDIS service provider and Veterans services provider. We provide level 1 to 4 packages of care.

Volunteer Home Support Inc.

6 Mooney Place

O'Connor WA 6163

Phone: 08 9331 2933

Web: www.volunteerhomesupport.com.au

Email:

admin@volunteerhomesupport.com.au

A non-profit organisation assisting aged people and those with disabilities.

As well as assisting carers with home help, maintenance, shopping, gardening and transport.

People who Care

48 James Street

Guildford WA 6055

Phone: (08) 9379 1944

Web: www.peoplewhocare.org.au

Email:

pwcinc@peoplewhocare.org.au

A volunteer organisation assisting older people, people with disabilities, carers and people with limited resources with minor home maintenance and home support activities, for example gardening, odd jobs, furniture delivery, transport, visiting, outings, assessments and referral. PWC service both northern and southern suburbs.

Chorus (Volunteer Task Force)

43 Planet Street, Carlisle

Phone: 9318 5700**Web:** www.chorus.org.au**Email:** hello@chorus.org.au

Provides a range of services for people with ongoing medical conditions or disabilities, and are on a pension and living in their own home. Services include gardening, home maintenance, transport, domestic assistance and social support.

St Ives

43 Rome Road

Myaree WA 6154

Phone: 1300 202 001**Web:** www.stivesretirementliving.com.au**Email:** info@stivesretirementliving.com.au**Day Respite Program:**

St Ives Group offers day respite services three days a week to residents who are supported by a carer and live in Fremantle, Melville, Cockburn, Kwinana, Mandurah, Rockingham, Murray and Waroona Council areas.

Home Care:

Services may begin with help with household tasks and activities such as light housekeeping, laundry, meal preparation and personal care including bathing, dressing and grooming.

Umbrella Multicultural Community Care Services Inc.

39 Abernathy Road

Belmont WA 6104

Phone: (08) 9275 4411**Web:**www.umbrellacommunitycare.com.au**Email:**enquiries@umbrellacommunitycare.com.au

Delivers home care service to seniors from 58 different countries. Packages assist older people to have flexibility and choice in how their care and support is provided.

Veterans' Home Care

(Gold or white card holders only)

Phone: 1800 555 254**Email:**GeneralEnquiries@dva.gov.au

Provides a range of home support services including domestic assistance, personal care, home and garden maintenance and respite care.

For general information about Veteran's Home Care. To arrange an assessment for services, call your Veterans' Home Care Regional Agency on 1300 550 450.

Southern Cross**Care 15 Rowe**

Avenue Rivervale WA

6103

Phone: 1300 669 189**Web:** www.scrosswa.org.au**Email:** info@scrosswa.org.au

Services are tailored to clients' needs that include personal care, meal preparation, nursing, home help, respite, shopping, dementia support, transport and access to a range of government funded programs often at little or no cost. There are also psych-geriatric and dementia specific services in a number of areas and services to those who may be financially or socially disadvantaged.

Specific services for Italian, Spanish, Aboriginal or Torres Strait Islander backgrounds available.

Silver Chain**Phone:** 08 9242 0119 or (08) 9242 0347**Web:** www.silverchain.org.au**Email:** info@silverchain.org.au

Helps people of all ages to receive the care they need, to remain happy and healthy at home. They will work with you to understand your goals and help you to regain confidence in the activities of daily living including showering, grooming, housework, shopping socialising and more. They also have a team of doctors, nurses, physiotherapists and podiatrists who can support you in the comfort of your home.

Cura In-Home Care

Unit 3/8 Welshpool Road
East Victoria Park 6101

Phone: (08) 9382 1983

Web: www.cura-inhomecare.org.au

Email: care@cura-inhomecare.org.au

Providing a wide range of Government subsidised service for seniors over 65 under a Home Care Packages. Services include but are limited to domestic assistance, transport, personal care, medication management and food service, garden maintenance etc. Offer private services for seniors who are not eligible for a Government funded package. We have volunteers who visiting people who may need social connections. Most staff are bilingual (German, Dutch, French, Thai, Swiss and Belgian.)

Chorus Kitchen

38A Waddell Road, Palmyra

Phone: 08 9339 7225

Web: www.chorus.org.au/aged-care/chorus-kitchen/

At Chorus Kitchen all our meals are prepared fresh each day, Monday to Friday and we only use quality ingredients. You can choose to have meals home delivered or you can pick up your meals from the Kitchen. Lunch is available at the Chorus Kitchen – please call to make a reservation.

Avivo (formerly Perth Home Care)

Floor 2, 30 Hasler Road
Osborne Park WA 6916

Phone: 1300 428 486

Crisis Support Phone: (08) 9204 780

Web: www.avivo.org.au

Email: hello@avivo.org.au

Avivo (Jandakot)

1/234 Berrigan Drive Jandakot

Phone: (08) 9412 3400

Provide services to the frail aged, younger disabled, and their carers. Services include home help, personal care, respite care, social support, assistance with banking and shopping. Other services include a multicultural program, crisis respite, dementia monitoring, time off and a planning program for the older carer of a younger person with a disability.

Amana Living (Fremantle community care)

Information and Service Centre
Ground Floor 541 Hay Street
Subiaco WA 6008

Phone: 1300 920 895

Web: www.amanaliving.com.au

Email: info@amanaliving.com.au

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

Age-Friendly Melville Assistance Fund (formerly known as Seniors Assistance Fund (SAF))

The City of Melville's SAF assists residents who are unable to access HACC or care packages for services to enable them to live independently in the community. The fund is managed by Chorus (formerly Care Options) who can be contacted on:

Phone: (08) 9550 7888 or 1300 552 935.

Web: www.chorus.org.au

Email: afmaf@chorus.org.au

Residential Care

(Previously known as low care hostels or high care nursing homes.)

Residential care refers to long term care given to adults who stay in a residential setting rather than in their own home or family home. There are various residential care options available depending on the needs of the individual.

To access residential care you must be referred to an Aged Care Assessment Team (ACAT) by your GP contactor contact

Phone: 1800 200 422

Web: www.myagedcare.gov.au

The following facilities are within the City of Melville however to find further information or availability within these facilities you must go through www.myagedcare.gov.au

Royal Air Force Association WA Inc.

Cnr Bull Creek Drive and Leach Highway
Bull Creek WA 6149

Two facilities are available in Bull Creek.

Phone: (08) 9311 4444

Web: www.raafawa.org.au

Gordon Lodge (Residential Aged)

Phone: (08) 9311 4500

Email: Gordon@raafawa.org.au

Bed-sitting rooms with shower facilities and shared meals in a communal dining room. Help is available with cleaning and laundry and non-nursing staff are on duty all the time.

Alice Ross-King Care Centre

Phone: (08) 9324 0000

Email: alice@raafawa.org.au

Situated on the banks of the serene Lake Howard. Offers personalised care accommodation equipped with single bedrooms with ensuites.

Brightwater

Phone: 1300 223 968

Web: www.brightwatergroup.com

Email: welcome@brightwatergroup.com
Services range from short and long term residential accommodation, rehabilitation services to assistance in the home.

Opal Murdoch

Discovery Way (access via Wagtail Close)
Murdoch 6150

Phone: (08) 6332 6200

Web: www.opalagedcare.com.au

Email: murdoch@opalagedcare.com.au

Opal Melville

15 Cottrill Street

Myaree 6154

Phone: (08) 9424 0500

Web: www.opalagedcare.com.au

Email: melville@opalagedcare.com.au

Regent's Garden Bateman

2 Amur Place

Bateman WA 6150

Phone: (08) 9332 7280

Web: www.regentsgarden.com.au

Email: bateman@regentsgarden.com.au
Dementia care, Chinese speaking staff and Asian cuisine caters for people of Chinese and Asian backgrounds.

Regent's Garden Four Seasons

495 Marmion Street Booragoon WA 6154

Phone: (08) 9333 7300

Web: www.regentsgarden.com.au

Email: fourseasons@regentsgarden.com.au

Carinya of Bicton (Private)

220 Preston Point Road Bicton WA 6157

Phone: (08) 9339 3760

Web: www.carinyaofbicton.com.au

Offers residential care with a wide choice of services, in consultation with residents and their families. Respite is available.

Braemar Coinda

31 Moorhouse St, Willagee WA 6156

Phone: (08) 6279 3636

Web: www.braemar.org.au

Provide services for up to 108 residents; each in private rooms. Includes a 31 room specialist care service, to care for people with high support needs.

Braemar Village

32/24 Charsley St, Willagee WA 6156

Phone: (08) 6279 363

Web: www.braemar.org.au

Services for up to 52 residents each in private rooms, ensuite and garden or courtyard access. Includes 26 room memory support service

Home Care Packages

The Home Care Package program provides the next level of support if and when HACC support is no longer meeting your needs. The support provides people with higher level care needs this support provides people with higher level care needs requiring care coordination and case management to help seniors or people with disability live independently.

For more information or an assessment contact My Aged Care

Phone: 1800 200 422

Web: www.myagedcare.gov.au

The following organisation provides Home Care Packages, however you will need an assessment online via www.myagedcare.gov.au to access services.

Chorus (formerly Care Options Inc.)

1/454 Roberts Road, Subiaco WA 6008

Phone: 1800 264 268

Web: www.chorus.org.au

Email: hello@chorus.org.au

Services include home help, personal and respite care, home and garden maintenance. Management of the Seniors Assistance Fund (SAF) for the City of Melville, HACC and Care packages. Services are also available for Veterans requiring Homecare services.

Kincare Home Care Services

243 James St Northbridge WA 6003

Phone: 1300 733 510

Web: www.kincare.com.au

Email: wa@kincare.com.au

Provides a wide range of private and government subsidised services. Both short and long term care requirements of seniors and people with disabilities are covered, including Care packages, home nursing care, personal care and attendant care. Dementia specific packages are also available.

Baptist Care

95 Belgravia Street, Belmont WA 6104

Phone: (08) 9282 8600

Web: www.baptistcare.com.au

Providing residential aged care, retirement living, home and disability services for people in the community.

Homecare Options

14 Resolution Drive, Ascot 6005

Phone: 1300 606 001

Offers 24 hours, seven days a week in home support across the metropolitan area.

Services include personal care, nursing care, medication assistance, meal preparation, respite, transport, social support and allied health services.

Platinum Healthcare Group

Suite 1, 22 Hardy Street South Perth WA 6151

Phone: (08) 9470 4075

Web: www.platinumhealthcare.com.au

Email: admin@platinumhealthcare.com.au

Offers a wide range of private and government funded services. The services help older people and those living with disabilities to stay safe and independent in their own home. Available support includes personal care, home help, transport, companionship and lifestyle support, respite care and nursing services.

Private Home Support Services

(Not HACC Funded check the Yellow Pages for additional services)

The Carers

1/4 Milson Place O'Connor WA 6163

Phone: (08) 9331 5866

Web: www.thecarers.com.au

Email: office@thecarers.com.au

Offers a range of services to assist clients to remain living at home with as much independence as possible. Services include but not limited to domestic assistance, respite, transport, personal care, medication management and food service.

Carer Support

Home Instead Senior Care

Unit 24 / 784 Canning Highway

Applecross WA 6153

Phone: 08 6310 0400

Web: www.homeinstead.com.au

Email: perth@homeinstead.com.au

Provides private care to seniors in their own home and is an approved provider of Home Care Packages. Services include companionship and helping older people to remain living at home as independently as possible, for as long as possible. Personal services range from assisting with showering and dressing, to meal preparation, housekeeping, Alzheimer's support, respite care and transport.

White Oak Home Care

Service Unit 3, 65 Grand

Boulevard Joondalup WA 6027

Phone: 08 9301 0299

Web: www.whiteoak.com.au

Email: info@whiteoak.com.au

Provides personal care, home support services, social support and respite care.

Comfort Keepers

Unit 1/87 Glenelg Street Mount Pleasant 6152

Phone: (08) 9315 2200

Web: www.comfortkeepers.com.au

Email:

fremantleoffice@comfortkeepers.com.au

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

Dial an Angel

25 Kearns Crescent Ardross WA 6154

Phone: 08 9364 5488

Web: www.dialanangel.com/perth

Email: perth@dialanangel.com

Provides many care services for seniors such as assistance, respite, transportation, personal care, nursing and respite.

Well Ways Carers

Phone: 08 9237 8900

Web: www.mifwa.org.au

Email: info@mifwa.org.au

Programs are designed to increase the capacity of families, carers and friends to care effectively for themselves, other family members and their friends living with mental illness.

Melville Cares (Inc.) Recreation and Respite

June Barton House

21-23 Hammad Street (corner Adrian)

Palmyra WA 6157

Phone: (08) 9319 0900

Web: www.melvillecares.org.au

Assists the frail aged and younger people with disabilities and their carers to participate and remain living independently in the community.

Red Cross Carer Support Services

110 Goderich Street East Perth WA 6004

Phone: 1800 441 014

Web: www.redcross.org.au

Email: WAcarersupport@redcross.org.au

Provides support to people who provide long-term home based care to a family member, friend or loved one by providing monthly support groups, training and information to assist the Carer in their caring role.

Carers WA

182 Lord Street, Perth WA 6000

Phone: 1300 227 377

Web: www.carerswa.asn.au

Email: info@carerswa.asn.au

Provides information, programs, support groups and services to support unpaid family/friend carers.

Southern Districts Support Association

Unit 8 / 122 Forrest Road, Armadale WA 6112

Phone: (08) 9498 4800

Web: www.southerndistricts.org.au

Provides support under the following categories: carer support, clubs and friendship groups, day centre/respite services, home support services and social support.

Clubs and Friendship Groups

Bicton Men's Shed

1 Carrington Street, Palmyra

Open: Mon: 12 – 4

Wed-Fri: 8-12 (oct-apr)

9-1 (may-sep)

Phone:

Trevor Taylor

9331 2330 – 0437 902 025

Colin Taylor

9330 3769 – 0427 353 575

Come and have a chat, make something in the new workshop or get involved in a community project.

Bicton Uniting Church Ladies

Fellowship/Outreach

Bicton Uniting Church

1 Carrington Street Palmyra WA 6157

Phone: (08) 9319 1187

Motivating guest speakers, with devotions, on first Tuesday of each month at 1.30pm.

Lions Club of Booragoon

Southern Districts Senior Citizens

Centre Cnr Archibald Street & North

Lake Road Willagee WA 6156

Phone: 0439 918 909

Web: www.booragoon.wa.lions.org.au

Email: colinpj27@gmail.com

Dinner meetings held every second and fourth Tuesday of the month at 7pm.

Melville Superbowl – Seniors League

Cnr Leach Highway and Stock Road

Melville

Come down and learn the basics of ten pin bowling, no previous experience required, and no obligation involved.

Mondays 9:30am

Phone: Wes – (08) 9337 8434

Pat – (08) 9418 3297

Superbowl – (08) 9330 7466

Country Women's' Association of WA

(Applecross/Mt Pleasant)

St Michaels Hall Mt Pleasant

Phone: (08) 9457 0402

Web: www.cwaofwa.asn.au

Choir practice Thursday 10am weekly.

Monthly meeting on every second Thursday after choir practice.

City of Melville Bridge Club

790 Canning Highway, Applecross WA 6153

(Car park is off Simpson Street – north side of Canning Highway)

Phone: 08 9364 9109

Web: www.melvillebc.org

Email: melvillebc@inet.net.au

Speak to Club for current fees.

If you need a partner please call

Partnership Coordinator Claire Weston on

(08) 9339 8101.

Befriend Inc.

PO Box 1537, Booragoon WA 6954

Phone: 0404 831 201

Web: www.befriend.org.au

Email: rsvp@befriend.org.au

The easiest way to meet new people, try new things and make friends. Befriend provides a calendar full of inclusive, accessible free or low cost social events all over Peth for adults of any age, all hosted by trained volunteers. Membership is free, signup to our email or postal newsletter and easily RSVPs to events.

Games Club

Willagee Community Centre

Cnr Archibald and Winnacott St, Willagee

Come and join this social group for cards, scrabble etc.

Meets Mondays 12:30 – 2:30pm

East Fremantle Croquet Club

59 Allen Street, East Fremantle

All who would like to play – from beginners to experienced players. Association Croque plays Tuesday and Saturday mornings, Golf Croquet Monday and Thursday morning. and Twilight Tuesday.

Phone: Barbara 0408 941 540

Email: eastfrees@icloud.com

Hall Café

64 Kitchener Road, Melville WA 6156

Phone: (08) 9330 4339

Email: Melville.rev@gmail.com

Meets every Wednesday 10am - 12 noon.
The Hall Café is a program run by the Melville Uniting Church, providing a friendly and supporting environment where seniors and other community members can feel comfortable, respected, appreciated and where they are challenged to participate.

Kulungah-Myah Family Centre Seniors Group

136 Le Souef Drive, Kardinya WA 6163

Phone: (08) 9314 2798

Email: info@kmfamilycentre.org

Meet on Mondays from 1pm – 4pm Seniors can meet new people, have a Cuppa and a chat, or go on an outing. For more information contact Lynne on (08) 9330 5248 or Ugo on (08) 9337 6347

Lions Club of Leeming and Districts

Bull Creek Scout Hall

Benningfield Road, Bull Creek

Phone: 08 9310 6480

Web: www.lemming.wa.lions.org.au

Email: leeminglions@gmail.com

Dinner meetings every first and third Tuesday of the month at 7.30pm.

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

RSL Hall, 28 Foss Street, Bicton WA 6157

Phone: (08) 9319 1261

Web: www.cwaofwa.asn.au

Email: tjala1@bigpond.com

Meets second Tuesday of the month at 10am (except January.)

The CWA supports community and personal development for women through guest speakers, fundraising, crafts, social interaction, friendship and fun.

Men's Shed Association

Phone: 1300 550 009

Web: www.mensshed.org

Email: amsa@mensshed.net

Established in 2007 by the Australian independent community based Men's Sheds to represent, support and promote the Men's Shed Movement and to act as a central hub for information exchange.

Melville Friendship Club

June Barton House 21-23 Hammad St
Palmyra, WA 6157

Phone: (08) 9319 0900

Web: www.melvillecares.org.au/our-services/friendship-groups/

A non-profit friendship club offering events Monday – Friday. For example bring and buy day, fashion parades, plant and produce days, game days.

National Seniors Australia

Meg Olive Room, Air Force Memorial Estate, Bull Creek Drive, Bull Creek

Phone: (08) 9397 1002

Web: www.nationalseniors.com.au

Email: nsa.melville@gmail.com

Meeting every fourth Tuesday of the month at 10am

Returned and Service League of Australia (RSL) Bicton/Palmyra

30 Foss Street, Bicton WA 6157

Phone: (08) 9339 3547

Web: www.rslwa.ord.au/branch/bicton-palmyra/

Email: bicpalrsl@gmail.com

Meets second Sunday of the month from 11.00am.

Returned and Service League of Australia (RSL) Applecross

98 Pintail Road Applecross WA 6153

Phone: 0401 804 624

Web: www.rslwa.org.au/branch/applecross

Email: barry.oneill1954@bigpond.com

Monthly meetings, ANZAC Commemoration Service (with Gunfire Breakfast), 'Vyner Brooke' Nurses Service, Remembrance Day Service, social activities. Meets monthly on second Thursday at 1pm & 6:15pm

Royal Australian Airforce Association (WA) Inc.

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 interest of members. Mah-jong, indoor bowls, bridge group, craft groups, art classes, tai chi, bingo, outings, all on different days.

Scrabble Club – Melville

Melville Bowling Club 592 Canning Highway
Melville WA 6156
Phone: (08) 9330 3370
Meets on a Monday from 10am – 4pm.
The Scrabble club caters for players of all abilities.

Seniors/Retirees

Mt Pleasant Baptist Church 497 Marmion Street, Booragoon WA 6154
Phone: (08) 9329 1777
Web:
www.mounties.org.au/ministries/seniors/
Seniors communion and luncheons occur on the third Thursday of each month (February to November) from 11:30 – 1:15pm

Tin and Collectables Club of WA

6 Hickey Street. Melville WA 6156
(Located in Wireless Hill Park)
Phone: 0419 905 966
Email: gailbysea@gmail.com
Meets on the first Tuesday of every month at 7.30 pm, starting in February.

Welcome Wednesday

Willagee Community Centre
Corner Winnacott and Archibald Streets
Willagee WA 6156
Phone: (08) 9364 0848
Cost: \$4.00 which includes morning tea.
Come and enjoy a talk and coffee morning every second Wednesday from 9.30am to 11.30am with different guest speakers on various topics, such as health, environment, travel, human interest.

Uniting Church Community Activities Centre Applecross

2 McKenzie Road, Applecross WA 6153
Phone: (08) 9364 7281
Web:
www.unitingchurchwa.org.au/ststephensapplecross
Email: cassy.kirt@gmail.com
Provides various activities throughout the week ranging from, Morning & night groups, craft groups, men's fellowship and more.

Veteran Car Club of WA (Veteran Section)

Wireless Hill, Applecross
Phone: (08) 9242 4541
Web: www.veterancarclubofwa.asn.au
Email: ljsharp@iinet.net.au
Meetings held first Monday of each month. Fosters interest in restoration and preservation of motor vehicles built before the end of 1918.

Village Club of RAAF Association

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

Vintage Wireless and Gramophone Club of WA

Blue Gum Community Centre, 33 Moolyean Rd Brentwood WA 6153
Phone: (08) 9319 1703
Web: www.vwgc.org.au
Email: info@vwgc.org.au
Meets on the fourth Monday of each month at 8.00pm (except December). 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.

Probus Clubs:

Club Information: Kaylah Robbins

Phone: 1300 630 488

Web: www.probussouthpacific.org

Email: admin@probussouthpacific.org

Applecross/Attadale Ladies Probus Club

South of Perth Yacht Club, Coffee Point
Applecross WA 6153

Meetings held on the second Tuesday of every month at 10.00am.

To provide gatherings of people, in retirement, appreciate and value opportunities to meet others of a similar level of interest.

Booragoon Ladies Probus Club

St Michaels Anglican Church,
Cnr Promenade and Gunbower Road
Mt Pleasant WA 6153

Meets every fourth Wednesday of the month at 10am

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

Melville Ladies Probus Club Inc.

Melville Bowling Club
Canning Highway, Alfred Cove WA 6154

Meets every second Thursday of the month at 10.00am.

Aims to stimulate thought, interest and participation in activities and provide opportunities to make new friends.

Murdoch Combined Probus Club

South of Perth Yacht Club, Coffee Point,
Applecross WA 6153

Meetings held every second Wednesday of each month at 9.30am.

An association of retired/semi-retired businessmen and women or professionals who join together to keep minds active, expand interests and make friends.

Probus Men's Club of Attadale

South of Perth Yacht Club, Coffee Point,
Applecross WA 6153

Meetings held third Tuesday 9.45am to 12noon.

Leeming Combined Probus Club

Bull Creek Leeming Amateur Football Club,
Cnr Karel Avenue and Beasley Road
Leeming WA 6149

Meets every fourth Thursday of the month at 9.30am.

Offer a range of activities such as card groups, walking group, book club and chess group.

Probus Men's Club of Booragoon

St Michael's Church Hall, Gunbower Road,
Mt Pleasant WA 6153

Meets every third Wednesday of the month at 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.

Rossmoyne Ladies Probus Club

Piney Lakes Environmental Centre
Leach Highway, Winthrop WA 6150

Meets every first Wednesday of the month at 9.45am

Contact: Sue Taylor 0419 929 330

Meetings feature guest speakers and club organises monthly social outings.

Combined Probus Club of Attadale (Inc.)

South of Perth Yacht Club, Coffee Point,
Applecross WA 6153.

Meets every third Tuesday of the month at 9.45am.

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,
Cnr South Street and North Lake Road
Kardinya WA 6163

Phone: 0432 298 325

To provide the community with an outlet to sell used goods and raise funds for charity. On every Sunday 7am – 10am except Easter and Christmas. *Costs incurred.*

Melville Rotary Club

Melville Plaza Car Park
Cnr Murray and Fifth
Street Bicton WA 6157

Every Sunday from 6.00am to 10.00am
Sellers must pack up and depart by 10.30am.

Rotary Clubs:

Rotary Club of Applecross

South Perth Yacht Club, Canning Beach
Road Applecross WA 6153

Phone: 0428 472 619

Web: www.applecrossrotary.org

Meets on a Tuesday at 7:30am

Rotary Club of Attadale

Tompkins on Swan, Cnr Dunkley Avenue
and Canning Highway, Alfred Cove

Phone: 0406 003 017

Web: www.attadalerotary.com

Email: rcattadale@gmail.com

Meets Mondays at 6.30pm.

Rotary Club of

Booragoon

Blend Café, 356 Marmion Street,
Melville WA 6156

Phone: 0432 298 325

Web: www.booragoonrotary.com

Email: president@booragoonrotary.com

Meets Tuesdays at 6.30pm.

Crafts and Arts

Alfred Cove Art Society

Atwell Gallery, 586 Canning Highway,
Alfred Cove WA 6154

Web: www.alfredcoveartsociety.com.au

Email:

webadmin@alfredcoveartsociety.com.au

Meets on the last Thursday of the month at
7.00pm. 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.

Covenant Bible-Presbyterian Church Craft Group

47 Davis Road, Attadale WA 6156

Phone: 08 6114 4242

Web: www.covenantbpc.org.au

Email: pastor@covenantbpc.org.au

Meets on Wednesdays 10am to 12noon.
Bring your craft project and join the group.

Willagee Community Centre Art Group

Corner Winnacott and Archibald Streets,
Willagee WA 6156

Phone: 08 9364 0848

Classes: Mondays 12:30 – 3:30

Thursdays 11 – 2

A social gathering for those who enjoy
painting and drawing. All abilities welcome,
bring your current project with you and make
some new friends. *Cost \$3.00*

Craft Connection

Mt Pleasant Baptist Church, 497 Marmion
Street, Booragoon WA 6154

Phone: 08 9329 1777

Wednesdays (excluding school holidays)

9:15am to 11:30am. Assorted crafts,
knitting, crochet, embroidery, handmade
teddy bears, candle wicking, haranguer,
card making, mosaics, jewellery making
and completion of own work. *Resources
are charged as required.*

Embroiders Guild of WA

565 Canning Highway, Alfred Cove WA 6154

Phone: 08 9330 3065

Web: www.embroiderersguildwa.org.au

Email: embguildpr@westnet.com.au

Office hours 9:00am to 2:00pm Tuesday
and Thursday

A learning community for anyone with a
love of embroidery and textiles. Provides
an avenue for those aged eight and
above to develop their embroidery and
lace making skills. Beginners welcome.

Sip, Sew & Socialise Sewing Group

Willagee Community Centre

Corner Winnacott and Archibald Streets
Willagee WA 6156

Phone: 08 9364 0848

Classes: Mondays 9am to 12pm

Cultural and Linguistically Diverse Services

Melville Community Arts Association

Atwell Gallery, 586 Canning Highway,
Alfred Cove WA 6153

Phone: 08 9330 2800

Offers a range of classes and activities including painting, drawing, calligraphy, spinning and pottery.

Melville Baptist Craft Group

Melville Baptist Church, 9 Sergeant Road
Melville WA 6156

Phone: 08 9317 2006

Email: info@melvillebaptistchurch.org.au

Meets on Tuesdays (school terms only) from 9:30am to 11:30am.

Socialise and engage in craft. Offers various craft activities which vary to cater for the needs of the group. *Costs \$2.00*

Patchwork Group

Willagee Community Centre
Corner Winnacott and Archibald Streets
Willagee WA 6156

Phone: 08 9364 0848

Classes: Every other Wednesday from 9:00am to 12noon

Costs \$3.00 per week

South of the River Potters Club Inc.

Atwell House, 586 Canning Highway, Alfred
Cove WA 6154

Phone: 08 9330 2800

Web: www.ceramicartswa.asn.au

Meets on Wednesdays from 10am to 3pm.

New members welcome.

Wood Turners Association of WA – Melville

Morris Buzzacott Reserve, 51
Williamson Rd, Kardinya WA 6163

Phone: (08) 9332 7157

Meets on Wednesdays at 9am.

To foster interest in wood turning and recycled timber. Offers fellowship, demonstrations and an information service.

City of Melville Social English Classes

Phone: 08 9364 1062 or 1300 635 845

Email: library@melville.wa.gov.au

Clubs provide non-English speaking residents the opportunity to interact with residents from an English speaking background. School Terms only.

To practice conversational English in a safe, comfortable and self-paced environment. Beginners to Advance.

Classes will be changing throughout the year due to library closures so for most up to date information call 08 9364 1062. *No cost.*

Western Australia

Multicultural Association Inc.

PO Box 132, Hillarys WA 6025

Phone: 0468 498 532

Web: www.wamainc.org.au

Email: secretary@wamainc.org.au

WA Tamil Seniors Association (Inc.).

6 Third Avenue Rossmoyne

Phone: 0433 150 447

Web: www.tawa.org.au

Email: seniors@tawa.org.au

Meets on the third Saturday of every month at 11.00am. Provides outreach for Tamil seniors. Guest speakers, outings and fellowship.

Chung Wah Community and Aged Care

58 Burrendah Boulevard, Willetton WA 6155

Phone: 08 9328 3988

Web: www.chungwahcac.org.au

Email: enquiry@chungwahcac.org.au

A not-for-profit organisation under Chung Wah Association and specialized in providing clients, especially migrants from non-English speaking background, with culturally appropriate in-home support, day long respite centre services (proper meals, fun activities and events) disability services, interesting outings and a variety of interest classes.

Chorus**Phone:** 1800 264 268**Web:** www.chorus.org.au**Email:** hello@chorus.org.au

Chorus supports seniors, those living with disability or in mental health recovery.

Chorus also offers opportunities for people to volunteer their time within the community.

Villa Dalmacia Social Centre

27 Gorham Way, Spearwood WA 6163

Phone: 08 9434 3920**Web:** www.villadalmacia.com.au**Email:** info@villadalmacia.com.au

Provide services to CALD Clients

(Southern European background main target group Croatian (ex Yugoslav) Italian, Portuguese) Services provided – CBDC, Transport to and from Centre, morning tea, three course meals Monday to Thursday. Group Social Support – Fridays all day outings.

C.A.R.E. Centre Bicton

Uniting Church, 1 Carrington Street, Palmyra WA 6157

Phone: (08) 9319 1187Every 2nd Tuesday of the month

Provides a packed day of:

- Cuppas
- Gentle exercise (optional)
- Crafts
- Lunch
- Afternoon entertainment
- Local transport available.

St Ives Home Care - Day Respite Program

44 Rome Road, Myaree WA 6154

Phone: 1300 20 20 03**Web:** www.stivesretirementliving.com.au**Email:** info@stivesretirementliving.com.au

Offers those with a permanent carer a day of activities, transport and a three course lunch at St Ives Murdoch or Melville Residential Care. Open to residents of Fremantle, Melville and Cockburn, Kwinana and Mandurah areas.

Day Centres/Respite Services**Bethanie Community Care**

109 Montgomery Ave, Mt Claremont WA

Phone: 08 6222 9036 or 131 151**Web:** www.bethanie.com.au**Email:** info@bethanie.com.au

Services are provided for people over 55 looking to maintain their health and wellbeing or requiring support to enable them to live in the community. Services include nursing and clinical care, therapy services, social support, meal preparation, home maintenance, gardening and cleaning. Services provided by some government funded programs or paid privately.

Melville Cares Centre Based Day Care

June Barton House, 21-23 Hammad Street, Palmyra WA 6157

Phone: (08) 9319 0900**Web:** www.melvillecares.org.au

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

Silver Chain Social Centre

12 Laidlaw Street, Hilton WA

Phone: (08) 9242 0119**Web:** www.silverchain.org.au

A multicultural facility providing social support and activities. The aim of the centre is to improve the quality of life for older people and people with a disability and to provide support to carers who need a break.

Education and Volunteering**City of Melville Social Classes****Phone:** (08) 9364 0162**Email:** library@melville.wa.gov.au

Learn English in a fun and social environment.

Improve your reading, speaking, writing and listening skills. Free, bookings not required.

Join the City of Melville's English conversation classes:

- Friendly teachers
- Classes suit beginners and intermediate students.
- Classes run during school terms only
- Meeting people and making friends
- Includes morning tea.

Computer Courses:

Melville Digital Hub

Phone: 08 9364 0138

Email: digitalhub@melville.wa.gov.au

The Melville Digital Hub offers computer and internet training to help improve digital technology skills covering a variety of interesting and useful topics. It doesn't matter if you're new to the internet and computers, or looking to build on what you already know.

One on One Sessions

Phone: (08) 9364 0138

Book a one on one session for assistance with your specific needs relating to computers, the internet, tablets, mobile phones, email, and social media.

Cost: \$5 per session

Six Week Courses

Phone: (08) 9364 0848

First Stage: An introductory six week course for those who are new to computers and want to learn the basics to get started. This course is suitable for anyone using Windows 10.

Second Stage: A secondary six week course is for those with a basic understanding of how to navigate their computer.

Cost: \$30 per six week course.

Group Sessions

Phone: (08) 9364 0138

We offer a range of topics available in class sizes of four, including but not limited to, Basics, safety, Intro to iPads and tablets, smart phones, email, social media, eBooks, internet, gumtree and more.

Cost: Free

Open Access

Phone: (08) 9364 0848

Open Access is a drop in service where no appointments are required, just come along and ask your technology related questions. Mondays and Fridays 10-12pm.

Willagee Community Centre.

Cost: Gold coin donation

South Metropolitan TAFE Murdoch Campus

130 Murdoch Drive, Murdoch 6150

Phone: 1800 001 001

Email: info@smtafe.wa.edu.au

SMYL Community Services

56 Marine Terrace, Fremantle WA 6160

Phone: (08) 9430 4921

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.

Melville Volunteer Resource Centre

10 Almondbury Road, Booragoon WA 6154

Phone: 08 9364 0662

Email: volunteering@melville.wa.gov.au

Our service provides a central point for volunteering enquiries from potential volunteers and are a support resource for over 180 community organisations in the City of Melville that involve volunteers. We maintain a register of many diverse and interesting volunteer positions, making it easy for you to access information about volunteering, volunteer positions and community organisations all in one visit. Our service also assists with providing information, support and resources to Volunteer Coordinators and groups involving volunteers.

Perth PC Users Group Inc.

Air Force Memorial Association, RAAFA
Meg Olive Room, 1 Bull Creek Drive, Bull
Creek WA 6149

Phone: 0428 941 063

Web: www.perthpcug.org.au

Email: msdennet@bigpond.net.au

Meets on the third Thursday of the month
1pm to 3:30pm (January to November).

Murdoch Southside Toastmasters

Bull Creek Community Centre
Hassel Road, Bull Creek WA 6149

Phone: 0450 067 628

Email: murdochsouthsiderstm@gmail.com

Meets every Tuesday from 7.00pm to
8.30pm. Encourages men and women in all
walks of life to gain confidence and develop
their own public communication skills.

Spiritual Assembly of Bahai's of Melville

Baha'i Centre of Learning, 453 Marmion Street, Myaree WA 6154

Phone: (08) 9330 6999

Email: melville@wa.bahai.org.au

Migrant, ethnic and Baha'i spiritual learning.

Speaking Made Easy - Applecross Group

St Georges Anglican Church

Cnr Kintail Road and MacLennan Road

(Opposite Applecross Primary School)

Applecross WA 6153

Lyn Houlton 9364 6985 Email:

ljh1212@bigpond.com

Pushpa Rama 0409 112 206 Email:

pushparama7@gmail.com

National Women's Organisation that aims to meet the needs of all women by teaching them to develop confidence in Speaking and Presentation Skills

<https://speakingmadeeasy.com.au/>

University of the Third Age (U3A)

Melville and Districts Region

Phone: 0418 947 463

Web: www.u3auwa.org

Email: info@u3auwa.org

U3A gives members the opportunity to develop new interests, learn new skills and meet like-minded people. Offers a wide range of activities and interesting speakers on a wide variety of subjects. Meetings are held on weekdays.

Emergency Relief

Bateman Catholic Parish St Thomas

More Catholic Church – More Care

Phone: 08 9310 1747

Tuesday to Friday, 9.00am to 4.00pm

Short term emergency help with meals, and transport.

All Saints' Anglican Weekend

Food Hampers

Phone: 0415 375 823

Residents of southern suburbs from Melville boundary on West to Tonkin Highway on the East and from the River South to Gosnells.

Ring between 4pm to 6pm Friday, or 9am to 11:30am Saturday. Delivery of hamper between 12noon and 4pm Saturday.

Melville Citizens Relief Fund

Phone: (08) 9329 9590

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 WA 6154

Phone: 08 9330 9204

Pre-loved goods retail store.

Shop Hours:

- Mon – Fri: 9am – 4pm
- Sat 9am – 5pm

St Vincent de Paul

4/67 McCoy Street, Myaree WA 6154

Phone: (08) 9330 5770

Pre-loved goods retail store.

Shop Hours:

- Mon – Fri: 9am – 5pm
- Sat 9am – 4pm

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 – 4pm

Emergency Services

City of Melville Community Safety Service

Phone: 1300 653 643

For assistance with any safety and security issue any time. In case of a criminal matter phone the Police on 131 444 or if an emergency 000.

Murdoch Police Station

120 Murdoch Drive, Murdoch WA 6150

Phone: 08 9313 9000

Neighbourhood Watch (NHW)

Phone: (08) 9222 1513

A good neighbour cares about their neighbours and community. A great neighbour gets to know, looks out for and helps neighbours and their community. Great neighbours make great neighbourhoods.

Police, Ambulance, Fire**Phone:** 000 for emergency only**Phone:** 131 444 for non-emergency**Silver Chain Alarms**

Available through Silver Chain

Phone: 1300 557 551

An emergency alarm monitoring service 24 hours a day, seven days a week.

Zonta House Refuge Association**Phone:** 1800 870 149**Web:** www.zontahouse.org.au**Email:** info@zontahouse.org.au

Offers short, medium and long term accommodation to women over 25 years of age who are in crisis.

Medi Alert Perth**Phone:** 0420 244 004**Web:**www.codewpersonalalarms.com**Email:** sandra.codew@gmail.com

Personal alarm pendants for the elderly, children or as a duress alarm for solo workers. Also do in home demo and program the pendant so it is ready to use. Works anywhere using a SIM card.

Entertainment/Dancing/Singing**The Rhein Donau Club Inc.**

Heimat Choir of the Rhein Donau Club Inc.

110 North Lake Road, Myaree WA 6154

Phone: (08) 9330 6488**Web:** www.rheindonau.com.au**Email:** admin@rheindonau.com.au

Culturally social club with group activities for all ages.

Seniors groups meet Wednesdays weekly from 9:30am to 3pm

Community Orchestra**South Side Symphony Orchestra**

Kadidjiny Community Hall

70-72 Kitchener Road, Melville WA

Phone: 0415 678 905**Web:** www.sssso.org.au**Email:** enquiries@ssso.org.au

Meets on a Wednesday at 7.30pm.

Vibrant young, friendly and social orchestra playing classical repertoire.

4-5 Performances per year.

Capital Community Radio 101.7fm

Wireless Hill Park, Ardross WA 6153

PO Box 1388 Booragoon WA 6954

Phone: (08) 9364 9888**Web:** www.captialcommunityradio.com**Email:** info@capitalcommunityradio.com**Danza Loca – Zumba Fitness**

Blue Gum Recreation

Centre Melville WA 6156

Phone: 0449 913 034 - Teri

Meets on Wednesday 7:30pm – 8:30pm.

East Fremantle Breakaway Social Group

East Fremantle Tennis Club, 186 Preston

Point Road, East Fremantle WA 6153

Phone: (08) 9339 3794

Meets at East Fremantle Tennis Club

Mondays at 7:30pm – 10:30pm.

All ages and nationalities.

Fatima Care Singers

Lady of Fatima, Church 10 Foss Street,

Palmyra WA

Phone: (08) 9319 2464

An entertainment group performing for

those in residential care and for

community groups.

Melville Women's Choir – Sound Sisters

Girl Guide Hall, Cnr Stock and Kitchener

Road, Melville WA 6156

Phone: 0402 339 319

Meets on Tuesdays from 10am to 11:30am

Singing – a 'Capella style – two and three

part harmonies. Popular uplifting songs

mostly from the 1960's. Promote

confidence.

City of Melville Air Force Association (AFA) Brass Band

Southern Districts Senior Citizens Centre, Willagee

Web: www.afabrass.org.au

Melville AFA Brass Inc. is a community

brass band whose mission is to provide

entertaining brass band music to the

community as well as provide playing

opportunities for all ages of brass players.

Meets Mondays from 7:30pm – 9:30pm.

Melville Theatre Company

Roy Edinger Hall, 393A Canning Hwy,
Palmyra WA 6157

Phone: (08) 9330 4565

Web: www.meltheco.org.au

Email:

melville.theatre.company@gmail.com

Live, affordable theatrical entertainment
and a meeting point for all persons
interested in community theatre.

Mood Swings

Blue Gum Community Centre, Moolyeen
Road, Brentwood WA 6153

Phone: (08) 9478 2829

Email:

dance@moodswingsdancing.com.au

Tuesdays and Thursdays, 7.00pm to
9:00pm. Fun social dance classes by
professional teachers

Music Amica

St Stephens Uniting Church
Cnr McKenzie and Kishorn Road
Applecross WA 6153

Phone: (08) 9364 3256

Meets every third Saturday March to
October and first Saturday of December at
8pm. Provides and promotes performances
of a high standard of music and associated
arts. It is also a venue for young musicians
wishing to perform for an audience.

Sing Australia Fremantle

Holy Cross Church
56 McLean Street Melville WA 6156

Phone: 0412 579 752

Email: c.e.browne@hotmail.com

Meets every Monday at 7:15pm for a
7:30pm start until 9:30pm. For lots of
singing and fun, no auditions.

Southside Harmony Men's Barbershop Chorus

Attadale Baptist Church, 47 Davis Road,
Attadale WA 6156

Phone: 0409 291 453

Email: garythomas44@bigpond.com

Meets on Tuesdays at 1pm – 3:30pm
Southside Harmony chorus is a 'Capella
chorus' singing in the barbershop style,
mainly comprised of retired men. Sings well
known ballads from the Beatles to more
traditional songs all sung in 4-part harmony.

Square Dancing

P & C Hall, Como Primary School
225 Coode Street, Como WA 6152

Phone: 08 9243 1200 Steve Longwood or
0419 900 441 Julie Longwood

Symphony Dancers

Blue Gum Community Centre, Moolyeen
Road, Brentwood WA 6153

Phone: 0412 050 481

Meets: Tuesdays and Fridays 8pm – 10pm

Tivoli Club of WA

PO Box 713, Wembley WA 6913

Phone: (08) 9364 5463

Web: www.tivoli.org.au

Email: tivolibookings@hotmail.com

Shows are performed at corner Kintail and
Canning Beach Roads, Applecross. The
Tivoli Club of WA holds a unique place in the
entertainment scene of Australia being the
only non-professional theatre, which has
performances on a regular basis. Tivolettes
perform on the last Sunday of each month
April to November.

WA Bush Poets and Yarn Spinners Association

26 Plantation Street, Bentley Park
Retirement Village, Bentley WA 6102

Phone: 0419 666 168

Web: www.wabushpoets.asn.au

Email: roddershirley@bigpond.com.au

First Friday of each month 7pm to 9.30pm.
Promote and conserve the unique Australian
ethos via the spoken word and opportunities
to practice and display talents.

Young at Heart Community Club

Blue Gum Community Centre, Moolyeen
Road, Brentwood WA 6153

Phone: 9313 1527

Meets every Saturday 7:30pm to 10:30pm.
Social activities, karaoke, New Vogue
dancing and Cultural dance etc.

Stan's Dancing Melville

Melville Leisurefit Centre, Cnr Stock Road and Canning Highway Melville

Phone: (08) 9330 6737 or 0409 306 737

Web: www.stansdancing.com

Email: stan@stansdancing.com

Meet Mondays 7:30pm – 9pm

Social Ballroom/Latin Dance Lessons in Waltz, Jive, Rumba, Cha Cha, Tango and other useful dance styles for social events. Lessons are fun, easy and very well structured.

Environment and Gardening

Friends of Wireless Hill

Phone: (08) 9316 8109

Web: www.friendsofwirelesshill.org

Email: kate.creed@optusnet.com.au

A community group made up of volunteers dedicated to conserving and protecting the bushland of Wireless Hill Park.

Greening Leeming

Phone: 08 9310 4463

Email: jrjvmengler@hotmail.com

Aims to promote and restore the ecological functions of bushland areas in Leeming (activities such as weeding and tree planting to local bush parks) 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

Phone: (08) 9310 2800

Web: www.orchidsocietywa.net.au

Email: murray.baker@inet.net.au

To promote and assist in the cultivation and displaying of orchids.

WA Gerbera Society Inc.

RSL Hall, 98 Kintail Road, Applecross 6154

Phone: (08) 9364 7175

Web: www.wagerberasociety.com

Email: wa.gerbera.society@gmail.com

Meets last Sunday of the month (except December and January) at 2pm.

Promotes cultivation of gerberas, develops new varieties.

Wildflower Society of WA – Murdoch Branch

Cockburn Wetlands Education Centre Lot 387 Hope Road, Bibra Lake WA 6164

Phone: (08) 9383 7979

Web: www.wildflowersocietywa.org.au

Email:

murdoch.secretary@wildflowersocietywa.org.au

Meets first Thursday of each month at 7.45pm (doors open at 7.30pm). Cultivation and preservation of Australian native plants. Educational speakers, flora identification and plant propagation workshops, flower shows, displays, vegetation planting projects, seed preparation and sale.

Health and Benefits

Breastcare WA (Pty) Ltd

Free call: 1300 791 137

Phone: 08 9361 1300

Web: www.breastcarewa.com.au

Email: info@breastcarewa.com.au

Specialists in providing and fitting post-surgical garments to assist people during their recovery after surgery.

Centrelink

Phone: 13 23 00 (Seniors Services)

Phone: 132 850 (Crisis payment, special benefits)

Web: www.humanservices.gov.au

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

Mental Illness Fellowship of WA

Phone: (08) 9237 8900

Web: www.mifwa.org.au

Email: info@mifwa.org.au

The program offers a peer based approach to the complex issues faced by people living with a mental illness by combining challenges faced through the lived experience with up to date best practice research. The program focusses on individuals' strengths in relation to personal goals, wellbeing and personal change in order for participants to rediscover and start to achieve their hopes and dreams.

South East Community Physiotherapy Services

South Metropolitan Health Services
Locked Bag 100, Palmyra DC WA 6961

Web:

www.southmetropolitan.health.wa.gov.au

Email:

smhs.communityphysiotherapy@helath.wa.gov.au

Assists patients with regaining their function and independence following an episode of inpatient, Rehab in the Home (RITH), or outpatient care. The CPS team consists of Senior Physios delivering rehab groups in community venues throughout the Perth Metro Area. Programs are run for clients who are disabled, frail, chronically ill, or recovering from traumatic injury.

Attendance is time limited and a referral is required from a Public Health Service provider in order to attend.

Bladder and Bowel Health Australia Inc.

Phone: (08) 9386 9777

Web: www.bladderbowelhealth.org.au

Email: info@bladderbowelhealth.org.au

One in four Australians are affected by bladder and bowel issues. Contact us for advice and support on preventing or managing bladder and bowel problems. We also provide education to community groups, carers, support workers and health care professionals.

Willow Tree Care

Macrae Road, Applecross WA 6153

Phone: 0402 249 490

Web: www.willowtreecare.com.au

Email: marie@willowtreecare.com.au

Provides companionship for the elderly and frail, encompassing all areas of therapy including social, behavioural, cognitive, physical and balance therapy.

Fibromyalgia Support Network

11 Aberdare Road, Nedlands WA 6009

Web: www.fibronetwork.org.au

Support and education meetings of the Fibromyalgia Support Network are held on the first Wednesday of each month from 1.00pm to 3.00pm. Fibromyalgia is a complex chronic pain condition that challenges both patients and healthcare professionals.

Continence Management and Advice Service (CMAS)

Phone: 1300 787 055

Web: www.continenceandyou.org.au

Email: info@silverchain.org.au

Consultation with a trained nurse, some resources available. Funded by State Government.

Fremantle Hospital Older Adult Mental Health Service

F Block, Alma Street Fremantle

Phone: 08 9431 3600

FOAMHS is a specialist mental health services providing assessment and treatment to people 65 years and over who live in the Fremantle catchment area. See people with mental health illnesses such as a mood or anxiety disorder, psychosis and behavioural issues associated with dementia and memory loss. Treatment may include individual, group and family counselling, medication, carer education and other psychiatric interventions. A referral from a GP is preferred.

Macular Degeneration Foundation

Helpline: 1800 111 709

Web: www.mdfoundation.com.au

Email: info@mdfoundation.com.au

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

National Stroke Foundation

11 Aberdare Road, Shenton Park WA 6008

Phone: (08) 9346 7540

Web: www.strokefoundation.com.au Contact our office to find out more about our support groups for stroke survivors and carers. The groups meet monthly and currently we facilitate 7 groups across the metropolitan area. New members welcome.

Asthma Foundation WA

Phone: (08) 9289 3600 or 1800 278 462

Web: www.asthmaaustralia.org.au

Email: ask@asthmawa.org.au

Education for people with asthma, their family, and the community, to increase knowledge and confidence in managing asthma. Have a helpline, individual education sessions and can provide presentations to groups, schools and workplaces.

WA Seniors Card Centre

Gordon Stephenson House, Level 2, 140 William St, Perth WA 6000

Phone: (08) 6217 8800 or 1800 671 233

Web: www.seniorcard.wa.gov.au

Email: info@seniorcard.wa.gov.au

Seniors Cards are available to most seniors who are over the age of sixty two, a permanent resident of WA and work less than 25 hours a week averaged over 12 months period. A variety of concessions such as: transport, Western Power services, motor vehicle Drivers Licenses, water charges and movie outings.

Total Denture Care

B1 550 Canning Highway, Attadale WA 6156

Phone: (08) 9317 7777

Web: www.totaldenturecare.com.au

Email: info@totaldenturecare.com.au

Is a family owned business that offers a personalised service to their customers which is built strongly on comfort, trust and an ongoing commitment to care for their patient's general wellbeing.

Podiatry Services

Stock Road Senior Citizens Centre 38-40 Waddell Road Palmyra WA **Phone:** (08) 9330 2858

For an appointment:

Southern Districts Senior Citizens Centre
Cnr Archibald Street and North Lake Road, Willagee WA 6156

Monday and Friday.

Fee applicable.

Public Outreach Department of The Pleural Mesothelioma Center

Web: www.pleuralmesothelioma.com/cancer/prognosis/

Pleural mesothelioma is a deadly form of cancer caused by asbestos exposure. Due to the long latency period of mesothelioma, approximately 20-50 years, about 80% of those who are diagnosed with this terrible disease are seniors. Our organization works 1-on-1 with these individuals to help them find local doctors, treatment centers and support groups, all for absolutely no cost to the patient.

Hospitals

Attadale Rehabilitation Hospital

21 Hislop Road, Attadale WA 6156

Phone: (08) 9330 1000

Web: www.attadalerehabilitation.com.au
Specialised rehabilitation hospital.

Fiona Stanley Hospital (Emergencies)

11 Robin Warren Drive, Murdoch WA 6150

Phone: (08) 6152 2222

Web: www.fionastanley.health.wa.gov.au

St John of God Hospital, Murdoch

1 Barry Marshall Parade
Murdoch WA 6150

Phone: (08) 9366 1111

Web: www.sjog.org.au

Email: info@sjog.org.au

Fremantle Hospital

(No Emergency Department)

Alma Street, Fremantle WA 6160

Phone: (08) 9431 1255

Web: www.fhhs.health.wa.gov.au

Accommodation/Housing Information and Advocacy

ACROD Parking Program

12 Lindsay Street, Perth 6000

Monday to Friday 9am - 4pm

Phone: (08) 9242 5544

Web: www.app.org.au

Email: app@app.org.au

The ACROD Parking Program supports Western Australians with a severe walking restriction to access the community. ACROD Parking Permits are free.

Advocare

The Perron Centre, 61 Kitchener Ave Victoria Park, WA 6100

Phone: (08) 9479 7566

Web: www.advocare.org.au

Email: rights@advocare.org.au

Advocare is an independent, community based, not for profit organisation that supports and protects the rights of older people and people with disabilities.

Provides advocacy, information and education to, people who receive aged care services such as residents of nursing homes, hostels, geriatric assessment teams, domiciliary nurses, and home and community care services and have a concern about the quality of service they receive. As well as victims or potential victims of abuse from family or friends. The age criteria is 50 years+ for Aboriginal and 60 years+ for others.

Elder Abuse Helpline

Phone: 1300 724 679 for advice - weekdays 8.30am to 4.30pm

Elder abuse is any act which causes harm to an older person and occurs within an informal relationship of trust, such as family or friends.

Alzheimer's Australia WA Ltd

55 Walters Drive, Osborne Park 6017

Phone: 1300 66 77 88

Web: www.alzheimerswa.org.au

Email: support@alzheimerswa.org.au

Assisting to improve the lived experience of dementia through advocacy, leadership, education and holistic, person-centred care. We offer information and education, support groups for people living with dementia and their families, counselling, in home respite and centre based respite.

VisAbility (Formally known as Association for the Blind of WA)

61 Kitchener Avenue, Victoria Park WA 6010

Phone: 08 9311 8202 or 1800 847 466

Web: www.visibility.com.au

Email: info@visibility.com.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, and provision of magnification aids, adaptive technology, aids to daily living and mobility, talking books, Braille and accredited computer training, recreation (Day centre) occupational therapy, social work and services to children.

Carers Association of Western Australia

182 Lord Street, Perth WA 6000

PO Box 638, Mt Lawley WA 6929

Phone: 1300 227 377

Web: www.carerswa.asn.au

Email: info@carerswa.asn.au

Information, programs, support groups, and services to support unpaid family and friends.

Helping Minds

Previously called Association of Relatives and Friends of people with Mental Illness (ARAFMI) (WA) Inc.

The Carer Centre, 182 Lord Street, Perth 6000

Phone: 1800 811 747 or 9427 7100

Web: www.helpingminds.org.au

Support and information service to family members and friends of people with mental health issues.

Grandparents Rearing Grandchildren WA

PO Box 487, Greenwood, WA, 6924

Phone: (08) 9246 4753

Web: www.grgwa.org.au

Email: secretary@grgwa.org.au

Association of Independent Retirees Inc.

PO Box 37, Bull Creek, WA 6149

Phone: (07) 3012 6420

Web: www.independentretirees.com

Email: info@independentretirees.com

New members and visitors welcome. To protect and advance interests of retirees who have funded, in whole or part, their own retirement.

National Relay Service

Phone: 1800 555 660

Web: www.relayservice.gov.au

TTY: 1800 555 630

SMS: 0416 001 350

Email: helpdesk@relayservice.gov.au

Enables people who are deaf, or who have a hearing or speech impairment to make phone calls. The Service is available 24 hours a day seven days a week.

Diabetes WA

Level 3, 322 Hay Street, Subiaco 6008

Phone: (08) 9325 7699

Web: www.diabeteswa.com.au

Email: info@diabeteswa.com.au

Advice Line: 1300 136 588

Vision is to minimize the impact of diabetes in WA.

Spine & Limb Foundation (Inc.)

Selby Street, Shenton Park, WA Subiaco

WA 6904

PO Box 257

Phone: (08) 9381 0111

Web: www.slflwa.org.au

Email: slf@slflwa.org.au

Office Hours 8.30am to 4.30 pm

Rehabilitation assistance to patients moving back into the community following discharge from hospital. Provides support, information, advice and advocacy services to enable people with a range of disabilities to participate in community life.

Carer's Counselling Line

Phone: 1800 007 332

Email: info@carerswa.asn.au

Mon to Fri 8am - 7pm

Face to face, telephone, Skype, email counselling and evening counselling on Thursdays.

Citizens Advice Bureau of WA (Inc.)

Fremantle WA 6160

Phone: (08) 9335 4522

Web: www.cabwa.com.au

Email: fremantle@cabwa.com.au

Information, referral on any subject.

Mediation service:

Monday to Thursday 9:30am – 3:30pm

Friday 9.:30 – 12:30pm.

Citizens Advice Bureau (CAB) WA

25 Barrack Street, Perth WA 6000

Phone: (08) 9221 5711

Administration phone: (08) 9325 4217

Web: www.cabwa.com.au

Email: cab@cabwa.com.au

Not for profit organization mediation service providing information and referral on any subject.

Commonwealth Respite and Carelink Centre

Phone: 1800 052 222

Are you a carer? Are you looking for a break?

Motor Neurone Disease Association of WA

Centre for Neurological Support, The Niche, B/11 Aberdare Road, Nedlands WA 6009

Phone: (08) 6457 7355

Web: www.mndawa.asn.au

Email: admin@mndawa.asn.au

Members, clients and their carers are our prime focus. We strive to understand and meet their needs to enhance the quality of life care for people living with MND.

City of Melville Community Development Officers

Civic Centre, 10 Almondbury Road,
Booragoon WA 6153

Phone: 1300 635 845

Provides information on services, groups and activities in the City of Melville.

Community Information Centre and Justice of the Peace Service

Phone: (08) 9425 2827

Garden City Customer Lounge which is on the lower car park level and can be accessed via the Kmart side car park or the lift situated between Myer and Kmart.

Mon – Thur 10am – 1pm

Fridays 10am – 3:30pm

Community Legal Centres Association

Claisebrook Lotteries House, 33 Moore Street, East Perth WA 6000

Phone: (08) 9221 9322

Web: www.communitylaw.net

Email: administrator@communitylaw.net

Provides referral to community legal centres.

Department of Transport Concessions WA

Phone: 1300 660 147

Web: www.transport.wa.gov.au

Email: subsidies@transport.wa.gov.au

Information regarding the Taxi User Subsidy Scheme (TUSS) and accessible taxis. Application forms through website.

ConnectGroups

PO Box 1209, Booragoon WA 6954

Phone: 08 9364 6909 or 1800 195 575

Web: www.connectgroups.org.au

Email: info@connectgroups.org.au

ConnectGroups is a local not-for-profit community based organization that connects people with others facing similar issues, or other community organizations that can provide information and support during difficult times.

ConnectGroups also assists individuals with establishment of Self Help and Support Groups and their ongoing development and maintenance.

City of Melville Citizens Relief Fund

Willagee Community Centre

Phone: (08) 9364 0661

Community based organisation aimed at providing emergency financial assistance and financial counselling to families within the City of Melville in times of financial crisis.

Council on the Ageing WA (COTA)

The Perron Centre, 61 Kitchener Avenue, Victoria Park 6100

Phone: (08) 9472 0104

Web: www.cotawa.org.au

Email: admin@cotawa.org.au

An independent community organization with the aim of protecting and promoting the wellbeing of older people in WA. Also offers one to one computing classes for seniors.

Department of Communities

Seniors Information Service

189 Royal Street, East Perth

Phone: (08) 6551 8800 (metro) or 1800 671 233 (country)

Web: www.seniorscard.wa.gov.au

Email: seniorscard@digc.wa.gov.au

The Seniors Information Service is a telephone service operated by the WA Seniors Card Centre. The service provides general information and referrals for older people in relation to accommodation options, education, finance, business, health and wellbeing. It operates from 8.30am to 4.30pm on week days.

Department of Housing Fremantle

42 Queen Street, Fremantle WA 6160

Phone: 9432 5300

Web: www.housing.wa.gov.au

Email: fremantle@housing.wa.gov.au

The Department provides a range of housing options, including public housing, private rental assistance, affordable home ownership and assistance for people with disabilities.

Epilepsy Association of WA

The Niche, Suite B, 11 Aberdare Road,
Nedlands WA 6009

Phone: (08) 6457 7699

Web: www.epilepsywa.asn.au

Email: epilepsy@epilepsywa.asn.au

Education for people with epilepsy, their family, and the community, to enable the epilepsy sufferer to integrate successfully into the community.

Even Keel Bipolar Disorder Support Association

39 Helena Street, Midland, WA 6056

Phone: (08) 9274 8200

Web: www.evenkeel.net.au

Email: office@evenkeel.net.au

Monday, Wednesday and Friday 9:30am to 2:30pm

We are a support organisation for people with mental health issues, including bi-polar disorder, depression, and other related illnesses. Since 1984 when Even Keel was founded, we now have ten support groups, seven inpatient information sessions and a library resource centre.

Our groups are located in Fremantle, Riverton, Cannington and Perth City.

Guardianship and Administration Board

Level 2, 26 St George's Terrace East Perth
WA 6000

Phone: 1300 858 455

Web: www.publicadvocate.wa.gov.au

Email: opa@justice.wa.gov.au

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.

Health Consumers Council (WA) Inc. Unit

6, Wellington Fair, 40 Lord Street East
Perth, WA, 6004

PO Box C134, Perth WA 6839

Phone: (08) 9221 3422 or 1800 620 780

Web: www.hconc.org.au

Email: info@hconc.org.au

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

National Disability Abuse and Neglect Hotline

Locked Bag 2705, Strawberry Hills NSW
2012

Phone: 1800 880 052

TTY: 1800 301 130

Web: www.disabilityhotline.org

Email: enquiries@disabilityhotline.org

Hotline is open on Monday to Friday 9am to 9pm AEST

Weekends from 10am to 9pm AEST

Public Holidays 10am to 4pm AEST.

National Seniors Australia

GPO Box 1450, Brisbane QLD 4001

Phone: 1300 765 050

Web: www.nationalseniors.com.au

Email: general@nationalseniors.com.au

With and increasing national and media profile we remain Australia's largest membership based non-for-profit organisation. National Seniors Australia provides unrivalled access to policy-makers, a raft of commercial benefits, world-class research and top-notch publications, National Seniors is everything the over 50s need to navigate the second half of their lives.

Retirees WA Inc.

Suite 2/915 Albany Highway East Victoria Park WA 6101 **Phone:** 08 9362 0100

Web: www.retireeswa.com.au

Email: info@retireeswa.com.au

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 specialized diabetic, podiatry, clinic.

Senses Foundation

(Formerly Royal Institute of the Blind and Deaf Blind Association).

11 Kitchener Avenue, Burswood WA 6100

PO Box 143 Burswood WA 6100

Phone: 08 9473 5400

TTY: 08 9473 5488

Web: www.senses.org.au

Email: admin@senses.org.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.

Neurological Council

The Niche, Suite B, 11 Aberdare Road, Nedlands WA 6009

Phone: 08 6457 7533 or 1800 645 771

Web: www.ncwa.com.au

Email: admin@ncwa.com.au Assessment, case planning/review and coordination, respite care and social support services.

Parkinson's Association of WA Inc.

The Niche, 11 Aberdare Road, Nedlands WA 6009

Phone: (08) 6457 7373

Web: www.parkinsonswa.org.au

Email: info@parkinsonswa.org.au

Provides a Parkinson's Nurse Specialist Service: support networks for people with Parkinson's and their family carers.

Unable to visit the Library?

If you are housebound and a resident of the City, we can arrange for books and cassettes to be delivered to your home. For more information contact any library at the City of Melville.

AH Bracks Library

Cnr Stock Road and Canning Highway Melville WA 6157

Phone: (08) 9364 0115

Monday to Thursday: 9 am to 7pm

Friday: 9am to 6pm

Saturday: 9am to 1pm

Sunday: 11am to 3pm.

Bull Creek Library

24 Leichhardt Street, Bull Creek WA 6149

Phone: (08) 9364 0150

Monday to Thursday: 9am to 7pm

Friday: 9am to 6pm

Saturday: 9am to 1pm

Sunday: closed.

Canning Bridge Library Lounge

2 Kintail Road, Applecross WA 6153

Phone: (08) 9364 0121

Monday, Tuesday, Thursday and Friday: 9am to 6pm

Saturday: 9am to 1pm

Wednesday and Sunday closed.

Civic Square Library

Almondbury Road, Ardross WA 6153

Phone: (08) 9364 0138

Monday to Thursday: 9am to 7pm

Friday: 9am to 6pm

Saturday: 9am to 1pm

Sunday: closed.

Willagee Library

Corner Winnacott and Archibald Streets, Willagee WA 6156

Phone: (08) 9364 0170

Monday, Tuesday, Thursday and Friday: 9am to 6pm

Saturday: 9am to 1pm

Wednesday and Sunday: closed.

Medical

Applecross Medical Group

764 Canning Highway, Applecross WA 6154

Phone: (08) 9364 6444

Monday to Thursday: 8am to 6pm

Friday: 8am to 5pm

Saturday: 8am to 3pm

Sunday: 9am to 3pm

Public Holiday: 9am to 3pm

Farrington Road Medical Clinic

84 Farrington Road, Leeming WA 6156

Phone: (08) 9312 1106

Monday to Friday: 9am to 7pm

Saturday: 9pm to 7pm

Sunday: 1pm to 7pm

GP After Hours Murdoch

St John of God Hospital Suite 5-7 Medical Centre, 100 Murdoch Drive Murdoch

Phone: (08) 9366 1500

Canning Bridge 7 Day Medical Centre

896 Canning Highway, Applecross WA 6153

Phone: (08) 9364 6633

Bulk Billing for all seniors, Health Care Card holders and Veterans.

Open 7 days a week 8am to 6pm.

Bicton Medical Clinic

3 Westbury Crescent Bicton WA 6157

Phone: (08) 9339 4744

Private Billing Clinic

Open Monday to Friday: 9am to 5pm

Saturday: 9am to 11pm

Mobility Assistance, Aids and Equipment

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.

BrightSky Australia

6 Holker Street, Newington NSW 2127

Phone: 1300 88 66 01

Web: www.brightsky.com.au

Email: info@brightsky.com.au

This service provides every day and hard to-find healthcare products and equipment home-delivered.

Help with product questions relating to continence, aged care and wound care.

HACC Transport – Volunteer Task Force

Phone: (08) 9318 5777

Web: www.volunteertaskforce.org.au

Email: info@volunteertaskforce.org.au

Bookings are to be made between the hours of 8am to 4pm Monday to Friday. At least two working days' notice required for bookings. A fee is payable.

Medihire & Sales

Phone:

Balcatta: (08) 9240 6100

Midvale: (08) 9374 0355

Wembley: (08) 9387 3911

Willetton: (08) 9354 3111

Web: www.medihireandsales.com

Email: info@medihireandsales.com

Medihire and sales have been established since 1994. Products range from mobility, bathroom/toilet/seating and continence products.

Daily Living Products (Leeming)

Suite 4, Cnr Calley Drive and South Street Leeming WA 6164

Phone: (08) 9312 1700

Providing assistive products for sale with caring and efficient customer service

National Disability Services WA

ACROD Parking Program, 12 Lindsay Street, Northbridge 6000

Phone: (08) 9242 5544 (Monday to Friday 9am to 4.30pm)

Web: www.app.org.au

Email: app@app.org.au

Applications for parking/mobility stickers. All applications must be endorsed by your Doctor or Occupational Therapist.

RAC Repairs and Insurance

General Inquiries: 13 17 03

Breakdowns: 13 11 11

Provides a free repair service for electric gophers if insured with RAC. Register your gopher 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.

Transperth Smartrider

Phone: 13 62 13

Smartrider is Transport's electronic ticketing system. An embedded microchip and aerial enables the smartcard to communicate with processors located on board Transperth buses and ferries and 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 most important two things to remember are:

Add value to your card (money)

Tag on and tag off whenever you travel.

Technology Assisting Disability WA

371 Collier Road, Bassendean 6054

Phone: (08) 9379 7400

Web: www.tadwa.org.au

Email: enquiries@tadwa.org.au

Aims to improve the quality and enjoyment of life of people with disability, the frail aged and those caring for them, through the application of technology and the skills of volunteers and staff.

Taxi User Subsidy Scheme

Phone: 1300 660 147

Taxi travel at a reduced rate for people who have a severe disability that prevents them from using a conventional public transport bus service.

Elite Concierge Estate Services

Manages all aspects of preparing a property for sale or for rent.

Phone: Ann 0410 666 442

Email: info@eliteconciergewa.com.au

Museums

Heathcote Museum & Gallery

Swan House, Heathcote Cultural Precinct 58
Duncraig Road, Applecross WA 6153

Phone: (08) 9564 5666

Email: heathcote@melville.wa.gov.au

Tuesday to Friday: 10am to 3pm

Weekends: 12 to 4pm

Mondays: closed

Situated within the grounds of the Heathcote Cultural Precinct, 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.

Miller Bakehouse Museum

1 Baal Street Palmyra WA 6157

Phone: (08) 9433 1183

Email: mhs2007@bigpond.com

Sundays 2pm to 4:30 pm

March to November except Easter Sunday.

A restored 1930's bakery, run by the Melville Historical Society Inc. The theme of the museum is the technology of bread making. Central to the exhibits is the preserved late 19th century wood fired brick oven.

Wireless Hill Museum

Telefunken Drive (off Almondbury Road)

Ardross WA 6154

Phone: (08) 9364 0158

Wednesday and Friday: 10am to 2pm

Sunday: 12pm to 4pm

Located at the heritage listed A Class reserve of Wireless Hill Park, the museum houses a significant collection of communications equipment and hosts changing exhibitions on a regular basis.

Royal Australian Air Force Aviation Heritage Museum

Bull Creek Drive Bull Creek WA 6149

Phone: (08) 9311 4470

Email: museum@raafawa.org.au

Open everyday 10am to 4pm except Christmas and Boxing Day, New Years Day and Good Friday.

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.

Senior Citizens Clubs

Southern Districts Senior Citizens Club

Cnr Archibald Street and North Lake Road
Willagee WA 6156

Phone: (08) 9337 3900

Promotes recreational and social activities for seniors citizens aged fifty five and over. Includes carpet bowls, billiards, snooker, darts, board and card games, as well as bingo. Regular outings are held.

Stock Road Senior Citizen Club

38 Waddell Road, Palmyra WA 6157

Phone: (08) 9339 7878

To promote for all senior citizen members recreational and social facilities within the powers of the club committee. Social activities include:

- Indoor bowls and Billiards
- Cards and Mah-jong
- Day tours
- Tai chi

Social Support

Australian Red Cross

The Carers' Support Service

Phone: 1800 441 014

Provides a service to vulnerable older people, which helps them to be more independent, improve their wellbeing and social connection and support them to remain living in the community.

Headwest (Brain Injury Association of WA)

645 Canning Highway, Alfred Cove WA 6154

Phone: (08) 9330 6370 or 1800 626 370

Web: www.headwest.asn.au

Email: admin@headwest.asn.au

A not for profit organization set up to give help and support for people with an acquired brain injury, their family and carers.

St John Ambulance – Community Care

Phone: (08) 9334 1222

Provides friendly support to meet social, recreational and conversational needs.

Welcome Wednesday

Willagee Community Centre
Corner Winnacott and Archibald Streets,
Willagee WA 6156

Phone: (08) 9364 0848

A Coffee and Talk Morning with an interesting and different topic by a guest speaker each fortnight.
9:30am to 11:30am. Cost \$4.00 per session, includes morning tea. Please contact for an update on what's coming up.

Sport and Recreation

City of Melville Leisurefit Centres

For the latest information on what is happening in the Leisurefit Centres go to:

www.melvillecity.com.au/community-and-facilities/leisurefit

City of Melville residents with a Pension Concession receive a 10% subsidy for casual programs and 20% subsidy for membership.

New to Leisure Fit Over 70 years old?

Eligibility	Membership Subsidy
70-74 years	20%
75-79 years	30%
80-84 years	40%
85-89 years	50%
90 years +	70%

These subsidies will now make living a happy and healthy life for ageing residents even more accessible.

*Additional concessions may apply

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

Melville Tai Chi

Willagee Community Centre, Cnr
Archibald & Winnacott Street
Phone: Brad 0438 882 278
Tuesdays 7:00pm - 9:00pm

Tai Chi with Pat

Willagee Community Centre, Cnr
Archibald & Winnacott Street
Phone: (08) 9364 0848.
Thursdays 9am - 10am

Easy Does It Exercise

Willagee Community Centre, Cnr
Archibald & Winnacott Street
Phone: (08) 9364 0848
Wednesdays: 10:30am – 11:30am
Cost \$3.50

Striker Indoor

(formerly The Rec) 55 Farrington Road,
Leeming WA 6149
Phone: (08) 9313 9700
Email: info@strikerindoorsports.com.au
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 Bicycle Users Group (BUG)

City of Melville Bike User Group
Phone: (08) 9330 5576
Email: evanb@tpg.com.au
**Murdoch University Bicycle User
Group Phone:** (08) 9360 2232
Email: p.fallon@murdoch.edu.au
Bicycle User Groups (BUGS) are a group
of cyclists who encourage the provision of
cycling facilities in their local area. Bug
works closely with local government to
improve safety and convenience when
cycling to work, school, and the shops or
just for leisure and fitness.

Meditation and Wellbeing with Kate Faraday

Willagee Community Centre, Cnr
Archibald & Winnacott Street
Phone: (08) 9364 0848 or (08) 9368
1824.
Wednesdays 1pm to 2:30pm
Cost: \$7.00 per session

Energy Medicine

Bull Creek Community Centre, Hassell
Crescent, Bull Creek WA 6149
Phone: 0405 388 414 or (08) 9457 0965
Basic Qigong movements and breathing
techniques.
Tuesdays 7pm - 9pm.

LeisureFit Centres:

Booragoon Marmion Street

Booragoon WA 6154

Phone: (08) 9364 0823

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

Classes are available such as Aqua Tone,
Forever Fit Aqua, Deep Water Aqua,
Body Balance, Yoga and Pilates.

Melville Cnr 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 boot
scouting, 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 Series** – is a low impact
exercise class 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 personalised training
program that also has a social aspect.
Only Available at LeisureFit Melville.

Seniors Recreation Council of WA Inc.

PO Box 329, Leederville WA 6903

Phone: (08) 9492 9773

Email: info@srcwa.asn.au

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

Prime Movers

Phone: 0444 560 037

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 and safe environment.

Locations:**Leisurefit Melville**

Corner Canning Highway and Stock Road
Melville WA 6156

Tuesday – 9:30am to 10:30am

Instructor – Robin – 0405 868 686

Thursday – 9:30 to 10:30am

Instructor – Mary (08) 9332 7292.

St David's Anglican Hall

54 Simpson Street, Ardross WA 6153

Wednesday 9:30am to 10:30am

Instructor - Margaret T (08) 9364 5151.

Blue Gum Community Centre Moolyean Road, Brentwood

Wednesday: 10.30am to 11.30am

Instructor – Mary (08) 9332 7292.

Kardinya Community Centre

Corner Prescott Drive and Williamson Road, Kardinya

Tuesday – 8:45am to 9:45am

Instructor - Pauline (08) 9365 2281.

Thursday – 9:30am to 10:30 am

Instructor - Margaret (08) 9364 5151.

Social Golf – Point Walter

Bicton WA 6157

Phone: (08) 9330 3262

Web: www.pointwaltergolf.com.au

All levels of skills welcome.

Playing days to suit all schedules.

Pt Walter Gumnuts Club – Mon & Wed

Register by 7.15am Hit Off at 7.45am

Tuesday Seniors Club - Play Tuesday

Register by 12.30pm Hit Off at 1.00pm

Pt Walter Ladies – Play Thursday

Over 55 Retirees Club – Play Friday

Register by 7.30am Hit Off at 8.00am.

Lawn Bowls:**Melville Bowling Club**

Clubhouse 08 9330 3370

Kardinya Bowling Club

Clubhouse 08 9310 6107

Leeming Bowling Club

Clubhouse 08 9310 5400

Mt Pleasant Bowling Club

Clubhouse 08 9364 4662

Tennis:**Applecross Tennis Club**

President Brenton Scott

Email: admin@applecrosstennisclub.com

Blue Gum Park Tennis Club

(08) 9364 2874.

Bull Creek Tennis Club

Anne-Marie Robertson 0414 668 924

Kardinya Tennis Club

President Marco Camer-Pesci

0427 773 594.

Melville Palmyra Tennis Club

(08) 9330 2217.

Point Walter Golf Course – Tennis

(08) 9330 3262

Three grass courts.

Swimming:

Adult Lessons Leisurefit Booragoon

Marmion Street, Booragoon WA 6154

Phone: (08) 9364 0823

Maximum of five 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 friendly environment in our great indoor heated pool.

Adult Swimfit

Web: www.melvillecity.com.au

Designed for adults that have the ability to swim basic swim strokes (freestyle, breaststroke and backstroke) and would like to gain fitness comfortably and confidently.

Walking: Bushwalkers of WA

Phone: (08) 9384 5505

Web: www.bushwalkingwa.org.au

Email: enquiries@bushwalkingwa.org.au

Promotes and encourages bushwalking.

A reasonable fitness level is required.

Garden City Mall Walking Group

Garden City Shopping Centre 125 Riseley Street Booragoon

Phone: (08) 9472 0104

A free walk program which includes a warm up and stretching exercises and a walk for a distance of 300m 500m or 1km depending on ability.

The walk finishes with cool down and Tai Chi. The group meets on Tuesday and Fridays at 7.30am. Walkers enter at the Priceline entrance, corner Marmion Street and Riseley Street (near Bankwest and David Jones car park). Meet in front of Priceline shop.

Over 55's Walking Association

Phone: 0490 472 145

Email: over55walkingassoc@gmail.com

Meet Tuesday at 10am from March until November.

The walks are chosen for their surfaces, interest, and availability of parking and provision of toilets. You can walk as fast as you choose and at the pace you choose. Many members stay behind and have lunch together. Each walk has a Team Leader and there are a number of trained First Aiders on the walk.

Wireless Hill Walking for Fitness Group

Phone: (08) 9319 2196

Weekly walking groups for fun pleasure and exercise. Meets every Thursday and/or Sunday at 8am in the winter and 7am in the summer. Walks start at different locations, e.g. Wireless Hill, Deep Water Point, Heathcote, East Fremantle, South Perth, Point Walter and Piney Lakes.

The walks take approximately 1 hour and are followed by a coffee.

A reasonable level of fitness is required and ages range from 50+.

Y Striders Seniors Stride Out

Troy Park Club Rooms, Burke Drive Attadale

Phone: (08) 9330 3907 or 0404013907

Web: www.ystriders.org.au

Email: secretary@ystriders.org.au

Y Striders aim is to encourage individuals to take responsibility for their exercise habits, to achieve a healthy lifestyle by enhancing their self-esteem and fitness. Y striders age group ranges from teens to over 70 years of age. Each person is encouraged to exercise within their own capabilities and to set goals for their own personal satisfaction.

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