



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 2022-2026' 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will not be liable for any loss, damage or injury whatsoever arising from any incorrect, inaccurate, incomplete or out of date information herein, or arising in any way as a result of the services listed herein.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 2020**

## Table of Contents

<b>Disclaimer .....</b>	<b>2</b>
<b>Table of Contents .....</b>	<b>3</b>
<b>Accommodation/Housing.....</b>	<b>4</b>
<b>Accommodation, Housing and Support Services.....</b>	<b>5</b>
<b>Carer Support .....</b>	<b>12</b>
<b>Clubs and Friendship Groups.....</b>	<b>13</b>
<b>Crafts and Arts.....</b>	<b>17</b>
<b>Cultural and Linguistic Diverse Services .....</b>	<b>18</b>
<b>Day Centres/Respite Services .....</b>	<b>19</b>
<b>Education and Volunteering .....</b>	<b>19</b>
<b>Emergency Relief.....</b>	<b>21</b>
<b>Emergency Services.....</b>	<b>21</b>
<b>Entertainment/Dancing/Singing.....</b>	<b>22</b>
<b>Environment and Gardening.....</b>	<b>24</b>
<b>Health and Benefits .....</b>	<b>24</b>
<b>Hospitals .....</b>	<b>26</b>
<b>Housing.....</b>	<b>27</b>
<b>Information and Advocacy.....</b>	<b>27</b>
<b>Library Services.....</b>	<b>31</b>
<b>Medical.....</b>	<b>32</b>
<b>Mobility Assistance, Aids and Equipment.....</b>	<b>32</b>
<b>Museums.....</b>	<b>33</b>
<b>Senior Citizens Clubs.....</b>	<b>34</b>
<b>Social Support.....</b>	<b>34</b>
<b>Sport and Recreation.....</b>	<b>34</b>
<b>Index.....</b>	<b>38</b>

## 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](mailto:susanmclarke@westnet.com.au)

**Web:** [www.agedplacements.com.au](http://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](http://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](mailto:enquiries@millenniumagedcare.com.au)

**Web:** [www.millenniumagedcare.com.au](http://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](mailto:seniors.housing@dmirs.wa.gov.au)

**Website:** [www.commerce.wa.gov.au](http://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](http://www.braemarcare.com.au)

**Email:** [admin@braemar.org.au](mailto: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](mailto: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](http://www.alcheraliving.com.au)

**Email:** [info@alcheraliving.com.au](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.chorus.org.au)**Email:** [hello@chorus.org.au](mailto: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](http://www.stivesretirementliving.com.au)**Email:** [info@stivesretirementliving.com.au](mailto: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](http://www.umbrellacommunitycare.com.au)**Email:**[enquiries@umbrellacommunitycare.com.au](mailto: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](mailto: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](http://www.scrosswa.org.au)**Email:** [info@scrosswa.org.au](mailto: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](http://www.silverchain.org.au)**Email:** [info@silverchain.org.au](mailto: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](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](http://www.raafawa.org.au)

#### ***Gordon Lodge (Residential Aged)***

**Phone:** (08) 9311 4500

**Email:** [Gordon@raafawa.org.au](mailto: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](mailto: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](http://www.brightwatergroup.com)

**Email:** [welcome@brightwatergroup.com](mailto: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](http://www.opalagedcare.com.au)

**Email:** [murdoch@opalagedcare.com.au](mailto:murdoch@opalagedcare.com.au)

### **Opal Melville**

15 Cottrill Street

Myaree 6154

**Phone:** (08) 9424 0500

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

**Email:** [melville@opalagedcare.com.au](mailto:melville@opalagedcare.com.au)

### **Regent's Garden Bateman**

2 Amur Place

Bateman WA 6150

**Phone:** (08) 9332 7280

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

**Email:** [bateman@regentsgarden.com.au](mailto: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](http://www.regentsgarden.com.au)

**Email:** [fourseasons@regentsgarden.com.au](mailto:fourseasons@regentsgarden.com.au)

### **Carinya of Bicton (Private)**

220 Preston Point Road Bicton WA 6157

**Phone:** (08) 9339 3760

**Web:** [www.carinyaofbicton.com.au](http://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](http://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](http://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](http://www.myagedcare.gov.au)

**The following organisation provides Home Care Packages, however you will need an assessment online via [www.myagedcare.gov.au](http://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](http://www.chorus.org.au)

**Email:** [hello@chorus.org.au](mailto: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](http://www.kincare.com.au)

**Email:** [wa@kincare.com.au](mailto: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](http://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](http://www.platinumhealthcare.com.au)

**Email:** [admin@platinumhealthcare.com.au](mailto: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](http://www.thecarers.com.au)

**Email:** [office@thecarers.com.au](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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/](http://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](http://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/](http://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](http://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/](http://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](mailto: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](http://www.unitingchurchwa.org.au/ststephensapplecross)  
**Email:** [cassy.kirt@gmail.com](mailto: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](http://www.veterancarclubofwa.asn.au)  
**Email:** [ljsharp@iinet.net.au](mailto: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](http://www.vwgc.org.au)  
**Email:** [info@vwgc.org.au](mailto: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](http://www.probussouthpacific.org) **Email:**  
admin@probussouthpacific.org

#### **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.

#### **Melville Combined Probus Club Inc.**

St Michaels Church Hall - Cnr The Promenade and Gunbower Road Mount Pleasant WA 6153

Phone: 0412 089 999

Probus gives people the opportunity to join together in clubs for a new lease on life. Probus members retire from work, not life.

Meets the 1st Wednesday of each month at 10.00am

#### **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 second Monday 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.

#### **Winthrop Combined Probus Club**

Piney Lakes Environmental Centre  
Meet every 3rd Wednesday of the month at 9.45am.

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

### **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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](mailto: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](http://www.wamainc.org.au)

**Email:** [secretary@wamainc.org.au](mailto:secretary@wamainc.org.au)

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

6 Third Avenue Rossmoyne

**Phone:** 0433 150 447

**Web:** [www.tawa.org.au](http://www.tawa.org.au)

**Email:** [seniors@tawa.org.au](mailto: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](http://www.chungwahcac.org.au)

**Email:** [enquiry@chungwahcac.org.au](mailto: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](http://www.chorus.org.au)**Email:** [hello@chorus.org.au](mailto: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](http://www.villadalmacia.com.au)**Email:** [info@villadalmacia.com.au](mailto: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.

### 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](http://www.bethanie.com.au)**Email:** [info@bethanie.com.au](mailto: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](http://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.

**C.A.R.E. Centre Bicton**

Uniting Church, 1 Carrington Street, Palmyra WA 6157

**Phone:** (08) 9319 1187Every 2<sup>nd</sup> 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](http://www.stivesretirementliving.com.au)**Email:** [info@stivesretirementliving.com.au](mailto: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.

**Silver Chain Social Centre**

12 Laidlaw Street, Hilton WA

**Phone:** (08) 9242 0119**Web:** [www.silverchain.org.au](http://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](mailto: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](http://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](mailto: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](mailto:ljh1212@bigpond.com)

Pushpa Rama 0409 112 206 Email:

[pushparama7@gmail.com](mailto: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](http://www.u3auwa.org)

**Email:** [info@u3auwa.org](mailto: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](http://www.zontahouse.org.au)**Email:** [info@zontahouse.org.au](mailto:info@zontahouse.org.au)

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

**CODE W Personal Alarms**

38 Hartfield Crescent, Leeming WA 6149

Sandra Wilson Savill

**Phone:** 0420 244 004**Web:** [www.codewpersonalalarms.com](http://www.codewpersonalalarms.com)**Email:** [sandra.codew@gmail.com](mailto: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](http://www.rheindonau.com.au)**Email:** [admin@rheindonau.com.au](mailto: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](http://www.sssso.org.au)**Email:** [enquiries@ssso.org.au](mailto: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](http://www.captialcommunityradio.com)**Email:** [info@capitalcommunityradio.com](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.seniorcard.wa.gov.au)

**Email:** [info@seniorcard.wa.gov.au](mailto: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](http://www.totaldenturecare.com.au)

**Email:** [info@totaldenturecare.com.au](mailto: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/](http://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](http://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](http://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](http://www.sjog.org.au)

**Email:** [info@sjog.org.au](mailto: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](http://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](http://www.app.org.au)

**Email:** [app@app.org.au](mailto: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](http://www.advocare.org.au)

**Email:** [rights@advocare.org.au](mailto: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](http://www.alzheimerswa.org.au)

**Email:** [support@alzheimerswa.org.au](mailto: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](http://www.visibility.com.au)

**Email:** [info@visibility.com.au](mailto: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](http://www.carerswa.asn.au)

**Email:** [info@carerswa.asn.au](mailto: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](http://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](http://www.grgwa.org.au)

**Email:** [secretary@grgwa.org.au](mailto:secretary@grgwa.org.au)



**Association of Independent Retirees Inc.**

PO Box 37, Bull Creek, WA 6149

**Phone:** (07) 3012 6420

**Web:** [www.independentretirees.com](http://www.independentretirees.com)

**Email:** [info@independentretirees.com](mailto: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](http://www.relayservice.gov.au)

**TTY:** 1800 555 630

**SMS:** 0416 001 350

**Email:** [helpdesk@relayservice.gov.au](mailto: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](http://www.diabeteswa.com.au)

**Email:** [info@diabeteswa.com.au](mailto: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](http://www.slflwa.org.au)

**Email:** [slf@slflwa.org.au](mailto: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](mailto: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](http://www.cabwa.com.au)

**Email:** [fremantle@cabwa.com.au](mailto: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](http://www.cabwa.com.au)

**Email:** [cab@cabwa.com.au](mailto: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](http://www.mndawa.asn.au)

**Email:** [admin@mndawa.asn.au](mailto: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](http://www.communitylaw.net)

**Email:** [administrator@communitylaw.net](mailto:administrator@communitylaw.net)

Provides referral to community legal centres.

**Department of Transport Concessions WA**

**Phone:** 1300 660 147

**Web:** [www.transport.wa.gov.au](http://www.transport.wa.gov.au)

**Email:** [subsidies@transport.wa.gov.au](mailto: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](http://www.connectgroups.org.au)

**Email:** [info@connectgroups.org.au](mailto: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](http://www.cotawa.org.au)

**Email:** [admin@cotawa.org.au](mailto: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](http://www.seniorscard.wa.gov.au)

**Email:** [seniorscard@digc.wa.gov.au](mailto: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](http://www.housing.wa.gov.au)

**Email:** [fremantle@housing.wa.gov.au](mailto: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](http://www.epilepsywa.asn.au)

**Email:** [epilepsy@epilepsywa.asn.au](mailto: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](http://www.evenkeel.net.au)

**Email:** [office@evenkeel.net.au](mailto: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](http://www.publicadvocate.wa.gov.au)

**Email:** [opa@justice.wa.gov.au](mailto: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](http://www.hconc.org.au)

**Email:** [info@hconc.org.au](mailto: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](http://www.disabilityhotline.org)

**Email:** [enquiries@disabilityhotline.org](mailto: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](http://www.nationalseniors.com.au)

**Email:** [general@nationalseniors.com.au](mailto: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](http://www.retireeswa.com.au)

**Email:** [info@retireeswa.com.au](mailto: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](http://www.senses.org.au)

**Email:** [admin@senses.org.au](mailto: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](http://www.ncwa.com.au)

**Email:** [admin@ncwa.com.au](mailto: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](http://www.parkinsonswa.org.au)

**Email:** [info@parkinsonswa.org.au](mailto: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](http://www.brightsky.com.au)

**Email:** [info@brightsky.com.au](mailto: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](http://www.volunteertaskforce.org.au)

**Email:** [info@volunteertaskforce.org.au](mailto: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](http://www.medihireandsales.com)

**Email:** [info@medihireandsales.com](mailto: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](http://www.app.org.au)

**Email:** [app@app.org.au](mailto: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](http://www.tadwa.org.au)

**Email:** [enquiries@tadwa.org.au](mailto: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](mailto:info@eliteconciergewa.com.au)

## **Museums**

### **Heathcote Museum & Gallery**

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

**Phone:** (08) 9364 5666

**Email:** [heathcote@melville.wa.gov.au](mailto: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](mailto: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](mailto: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](http://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](http://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](http://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](http://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](http://www.bushwalkingwa.org.au)

**Email:** [enquiries@bushwalkingwa.org.au](mailto: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](mailto: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](http://www.ystriders.org.au)

**Email:** [secretary@ystriders.org.au](mailto: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.



## Index

### A

Aged Care and Retirement Placement Services	4
ACROD Parking Program	27,32
Activ Foundation	7
Adult Swimming Lessons	38
Adult Swimfit	37
Advocare	27
AH Bracks Library	31
Airforce Memorial Estate	5
Alchera Living	5
Alfred Cove Art Society	17
Alice Ross-King Care Centre	10
Alzheimer's Australia WA Ltd	27
Amana Living	5,9
Applecross Medical Group	32
Applecross Tennis Club	36
Applecross/Attadale Ladies Probus Club	16
Art Group	17
Association of Independent Retirees Inc.	28
Asthma Foundation WA	26
Attadale Rehabilitation Hospital	26
Australian Red Cross The Carers' Support Service	34
Avivo	9

### B

Baptist Care	11
Bateman Catholic Parish St Thomas More Catholic Church – More Care	21
Befriend Inc.	13
Bethanie Community Care	19
Bicton Medical Clinic	32
Bicton Men's Shed	13
Bicton Uniting Church Ladies Fellowship	13
Bladder and Bowel Health Australia Inc.	24
Blue Gum Park Tennis Club	36
Booragoon Ladies Probus Club	16

Braemar Gardens	5
Braemar Lodge	37
Braemar Village	10
Breastcare WA (Pty) Ltd	24
BrightSky Australia	32
Brightwater	10
Bull Creek Library	31
Bull Creek Tennis Club	36
Bushwalkers of WA	35

### C

C.A.R.E Centre	19
Canning Bridge 7 Day Medical Centre	32
Canning Bridge Library Lounge	31
Capital Community Radio	22
Carelink Personal Alarms	24
Carer's Counselling Line	2
Carer's Association of Western Australia	27
The Carers	11
Carers WA	12
Carinya of Bicton	10
Centrelink	24
Chorus (Community First)	7
Chorus (Care Options Inc.)	11
Chorus (Volunteer Task Forcer)	8
Chung Wah Community and Aged Care	18
Citizens Advice Bureau of WA	28
City of Melville Air Force Association Brass Band	22
City of Melville Bridge Club	15
City of Melville Citizens Relief Fund	29
City of Melville Community Development Officers	29
City of Melville Community Safety Services	21
City of Melville Social English Classes	18
Civic Square Library	31
Combined Probus Club of Attadale	16
Comfort Keepers	14
Commonwealth Respite and Carelink Centre	28
Community Information and Justice of the Peace Service	29

Community Legal Centres Association	31
Community Orchestra South Side Symphony	22
Computer Courses	20
ConnectGroups	29
Continence Management and Advice Services	25
Council on the Ageing WA	29
Country Women's Association of WA Applecross/Mt Pleasant	13
Country Women's Association of WA Melville Branch	14
Covenant Bible-Presbyterian Church Craft Group	17
Craft Connection	17
Culture Club	22
Cura In-home Care	9
<b>D</b>	
Daily Living Products (Leeming)	32
Danza Loca- Zumba Fitness	22
Department of Communities	29
Department of Housing Fremantle	29
Department of Transport Concessions WA	29
Diabetes WA	28
Dial an Angel	12
<b>E</b>	
East Fremantle Breakaway Social Group	22
Easy Does It Exercise	35
Elder Abuse Helpline	27
Elite Concierge Estate Services	33
Embroiders Guild of WA	17
Energy Medicine	35
Epilepsy Association of WA	30
Even Keel Bipolar Disorder Support Association	30
East Fremantle Croquet Club	13

<b>F</b>	
Farrington Road Medical Clinic	32
Fatima Care Singers	22
Fibromyalgia Support Network	25
Fiona Stanley Hospital	28
ForeverFit Series	35
Frederick Guest Hostel Amana Living	10
Frederick Guest Village Amana Living	5
Fremantle Community Care	9
Fremantle Hospital	26
Fremantle Hospital Older Adult Mental Health Services	25
Friends of Wireless Hill	24
<b>G</b>	
Garden City Mall Walking Group	37
Gordon Lodge (residential Aged Care)	10
GP After Hours Murdoch	32
Grandparents Rearing Grandchildren	27
Greening Leeming	24
Guardianship and Administration Board	30
Games Club	13
<b>H</b>	
HACC Transport-Volunteer Task Force	32
Hall Café	14
Headwest (Brain Injury Association of WA)	34
Health Consumers Council (WA) Inc.	30
Heathcote Museum and Gallery	33
Helping Minds	27
Home Care Assistance	6
Home Care Packages	6
Home Instead Senior Care	12
Homecare Options	11

<b>I</b>			
Independent Living Centre of WA Inc.	32	Melville Cares Recreation and Respire	12
		Melville Cares Centre Based Day Care	19
<b>J</b>		Melville Cares Inc.	7
Juniper Community	7	Melville Combined Probus Club Inc.	16
Just Better Care	12	Melville Citizens Relief Fund	21
		Melville Community Arts Association	18
<b>K</b>		Melville Districts Orchid Society of WA	24
Kardinya Bowling Club	36	Melville Friendship Club	14
Kardinya Rotary Market	16	Melville Ladies Probus Club	16
Kardinya Tennis Club	36	Melville Palmyra Tennis Club	36
Kincare Home Services	11	Melville Rotary Club	16
Kitchener Gardens Retirement Village Aegis*	6	Melville Superbowl – Seniors League	13
		Melville Tai Chi	35
Kulungah-Myah Family Centre Seniors Group	14	Melville Theatre Company	23
		Melville Volunteer Resource Centre (MVRC)	20
<b>L</b>		Melville Women's Choir – Sound Sisters	22
Lawn Bowls	36	Men's Shed Association	14
Leeming Bowling Club	36	Mercy Care	7
Leeming Combined Probus Club	16	Millennium Aged Care Consultants	4
Leeming Retirement Village	5	Miller Bakehouse Museum	33
Lefroy Care Centre Amana Living	10	Mood Swings	23
LeisureFit Centres	35	Motor Neuron Disease Association of WA	28
Lions Club of Booragoon	13	Mt Pleasant Bowling Club	36
Lions Club of Leeming Districts	14	Murdoch Combined Probus Club	16
Living Longer Living Stronger	35	Murdoch Police Station	21
		Murdoch Southside Toastmasters	20
<b>M</b>		Music Amica	23
Macular Degeneration Foundation	25	Myaree Gardens Estate	6
Meals on Wheels (Chorus)	9	<b>N</b>	
Medi Alert Perth	22	National Disability Abuse and Neglect Hotline	30
Medihire & Sales	32	National Disability Services WA	33
Meditation and Wellbeing with Kate Faraday	35	National Relay Service	28
Melville Baptist Craft Group	18	National Seniors Australia	30
Melville Bicycle Users Group (BUG)	35	National Stroke Foundation	25
Melville Bowling Club	36	Neighbourhood Watch (NHW)	21
		Neurological Council	31

<b>O</b>		Royal Australian Airforce Aviation Heritage Museum	34
Opal Melville	10	Royal Perth Volunteer Transport	33
Opal Murdoch	10		
Over 55's Walking Association	37	<b>S</b>	
<b>P</b>		Save the Children Fund	21
Parkinson's Association of WA Inc.	31	Scrabble Club – Melville	15
Parkland Villas*	6	Senior Housing Centre	4
Patchwork Group	18	Seniors Assistance Fund	9
The Penguins Club – Applecross Groups	21	Seniors Recreation Council of WA Inc.	36
People Who Care	8	Seniors/Retirees	15
Perth PC Users Group Inc.	20	Senses Foundation	31
Platinum Healthcare Group	11	Silver Chain	19,20
Podiatry Services	26	Silver Chain Alarms	22
Point Walter Golf Course- Tennis	36	Silver Chain Social Centre	19
Police, Ambulance, Fire	22	Sing Australia Fremantle	23
Prime Movers	36	Sing from the Heart	23
Probus Clubs	16	Sip, Sew and Socialise	17
Probus Men's Club of Attadale	16	Smartrider	33
Probus Men's Club of Booragoon	16	SMYL Community Services	20
Public Outreach Department of The Pleural Mesothelioma Center	26	Social Golf – Point Walter	36
<b>R</b>		South East Community Physiotherapy	25
RAC Repairs and Insurance	33	South Metropolitan TAFE Murdoch Campus	20
Red Cross Carer Support Services	34	South of the River Potters Club Inc.	18
Regent's Garden Bateman	10	Southern Cross Care	8
Regent's Garden Four Seasons	10	Southern Districts Support Association (Inc.)	12
Retirees WA Inc.	31	Southside Harmony Men's Barbershop Chorus	23
The Rhein Donau Club Inc.	22	Spine & Limb foundation (Inc.)	28
RSL Applecross	14	Spiritual Assembly of Bahai's of Melville	21
RSL Bicton/ Palmyra	14	Square Dancing	23
Rotary Club of Applecross	17	St Ives	6,8,19
Rotary Club of Attadale	17	St Ives Home Care	19
Rotary Club of Booragoon	17	St John Ambulance – Community Care	34
Royal Australian Airforce Association (WA)			

St John of God Hospital Murdoch	26	<b>W</b>	
St Vincent de Paul	21	WA Bush Poets and Yarn Spinners Association	23
Stan's Dancing Melville	24	WA Retirement Villages Residents Association	4
Stock Road Senior Citizens Club	34	WA Seniors Card Centre	26
Striker Indoor	35	WA Tamil Seniors Association (Inc.)	18
Swimming	37	Welcome Wednesday	15,34
Symphony Dancers	23	Well Ways Carers Support	12
<b>T</b>		Well Ways Mt Recovery	24
Tai Chi with Pat	35	West Australian Gerbera Society	24
Taxi Users Subsidy Scheme	33	Western Australian Multicultural Association Inc.	18
Technology Assisting Disability WA	33	White Oak Home Care Service	12
Tennis	36	Wildflower Society of WA – Murdoch Branch	24
Tin and Collectables Club of WA	15	Willagee Library	31
Tivoli Club of WA	23	Willagee Red Cross Shop	21
Total Denture Care	26	Willow Tree Care	25
Tuesday Ladies Badminton	35	Wireless Hill Museum	33
<b>U</b>		Wireless Hill Walking for Fitness Group	37
Uniting Church Community Activities Centre	15	Wood Turners Association of WA – Melville	18
University of the Third Age (U3A)	21	<b>Y</b>	
Umbrella	8	Y Striders Seniors Stride Out	37
<b>V</b>		Young at Heart Community Club	23
Veteran Car Club of WA (Veteran Section)	15	<b>Z</b>	
Veterans' Home Care	8	Zonta House Refuge Association	22
Villa Dalmacia Social Centre	19		
Village Club of RAAF Association	15		
Vintage Wireless and Gramophone Club of WA	15		
VisAbility	27		
Volunteer Home Support Inc.	7		





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Join the conversation

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