



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.

We have 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will not be liable for any loss, damage or injury whatsoever arising from any incorrect, inaccurate, incomplete or out of date information herein, or arising in any way as a result of the services listed herein.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 635 845** or **(08) 9364 0666**.

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Accommodation and Housing for Seniors

Uncertain about what accommodation would be right for you?

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

Remember that you have the right to decide what accommodation you want to live in.

Gain as much information as you can to make the best decision that suits your needs.

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

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

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

Accommodation and Housing Advice Services

Aged Care and Retirement Placement Services

Phone: 0401 340 332 – Marcia

0433 796 512 – Susan

Email: susanmclarke@westnet.com.au

www.agedplacements.com.au/

WA Retirement Villages Residents Association

PO Box 135

Wembley WA 6913 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

Phone: 1300 755 702

Email: support@mycarepath.com.au

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

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

Accommodation - 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.

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.

Air Force Memorial Estate

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

2 Bull Creek Drive, Bull Creek WA 6149

Phone: (08) 9311 4488

Email: afme@raafawa.org.au

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

Alchera Living

40-44 Worley St, Willagee WA 6156

Phone: (08) 9314 5884

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 WA 6153
- Bull Creek Village
14-18 Hassell Crescent, Bull Creek WA 6149
Webber Gardens
69-71 Bawdan Street, Willagee WA 6156
- Weeronga Village
40-44 Worley Street, Willagee WA 6156

Arcadia Waters Bicton

153 Stock Road, Bicton WA 6157
Village Reception: (08) 9330 0100
Sales: 1300 88 98 35

Set in beautifully landscaped grounds with rich history, Arcadia Waters Bicton is a boutique village of 70 homes and encompasses the carefully restored Hammersmith House. Our welcoming community offers a range of two- and three-bedroom apartments and ground level villas.

Braemar Cooina Melville

31 Moorhouse St, Willagee WA 6156
Phone: (08) 6279 3636
www.braemarcare.com.au

Offers stylish residential accommodation and provides quality care for up to 108 residents. This includes a 27-room specialist care service, designed to support individuals with high care needs.

Braemar Village Willagee

32/24 Charsley St Willagee WA 6156
www.braemarcare.com.au Phone: (08) 6279 3636

Braemar Village provides warm and inviting, single story accommodation for up to 52 residents, each with their own bedroom, ensuite and private garden or courtyard access. This includes a 26-room memory support service.

Frederick Guest Village - Amana Living

25 Gleddon Road, Bull Creek WA 6149
Phone: 1300 794 519
www.amanaliving.com.au

One and two bedroom homes including established gardens.

Kitchener Gardens Retirement Village – Aegis

1 French Road, Melville WA 6157
Phone: (08) 9330 1911
www.aegiscare.com.au

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

Myaree Gardens Estate

444 Marmion Street, Myaree WA 6154
Phone: (08) 9330 4776

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

Leeming Retirement Village

2 Theakston Green, Leeming WA 6149
Phone: (08) 9386 8614
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 to 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.

St Ives Melville

44 Rome Road, Myaree WA 6154
www.stivesgroup.com.au/villages/melville/
Phone: 1300 202 001

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

St Jude's Aged Care

Phone: (08) 9279 4343
Email: hello@stjudes.com.au
www.stjudes.com.au/aged-care-services/aged-care-wa/home-care-perth#services

St Jude's Home Care services are designed to empower older Australians to live independently in their homes for as long as possible. With a focus on enhancing quality of life, these services provide the support needed to continue enjoying daily routines and activities - while maintaining their dignity, confidence, and wellbeing.

Accommodation - Independent Living Support Services

Commonwealth Home Support Program (CHSP)

As of the Saturday, 1st of July services for older people (people over the age of 65 and over and Aboriginal and/or Torres Strait Islander people aged 50 and over) have been transitioned and now are funded by the Commonwealth Department of Health through CHSP.

The CHSP provides service types similar to those provided by the HACC/COS Program. These services can include helping with housework, personal care, meals, social support, nursing care, equipment, allied health as well as home maintenance.

To check if you are eligible or to get an assessment contact the My Aged Care contact centre on 1800 200 422 or visit: www.myagedcare.gov.au

Home Care flow chart

City of
Melville

If you need extra help navigating the system you can seek help from:

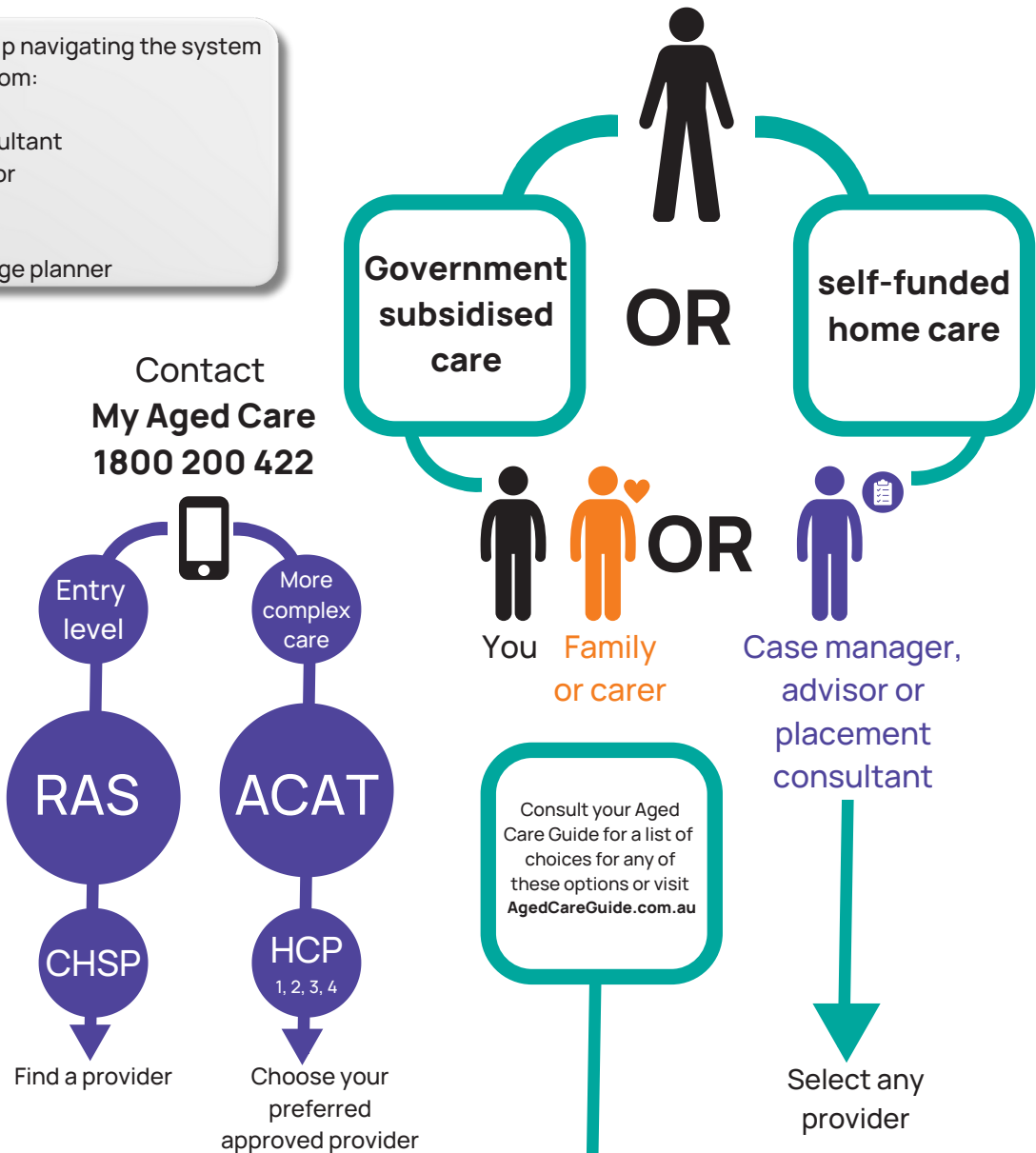
- Placement consultant
- Aged care advisor
- Social worker
- Case manager
- Hospital discharge planner

ACAT = Aged
Care
Assessment
Team

CHSP =
Commonwealth
Home Support
Program

HCP = Home
Care Packages

RAS = Regional
Assessment
Service



CENTRE BASED
CARE



DAY THERAPY
CARE



SHOPPING



RESPIRE



SUPERVISION



DRESSING



WOUND
CARE



TRANSPORT



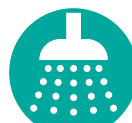
HOME
MAINTENANCE



MEALS



MEDICATION



SHOWER



PERSONAL
HYGIENE



ALLIED
HEALTH



TRANSITION
CARE

Juniper Community

Phone: 1300 313 000

Email: homecare@juniper.org.au www.juniper.org.au

HACC services and care packages available

Activ Foundation

327 Cambridge Street, Wembley WA 6014

PO Box 446

Wembley WA 6913

Phone: (08) 9387 0555

www.activ.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.

MercyCare

38 Ord Street, West Perth WA 6005

Phone: (08) 9442 3444

Email: corporate@mercyare.com.au

www.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.

Volunteer Home Support Network

6 Mooney Place, O'Connor WA 6163

Phone: (08) 9331 2933

Email: admin@volunteerhomesupport.com.au

www.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.

Melville Cares Inc.

June Barton House

21-23 Hammad Street, Palmyra WA 6157

PO Box 266 Melville WA 6956

Phone: (08) 9319 0900

www.melvillecares.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.

People Who Care

48 James Street, Guildford WA 6055

Phone: (08) 9379 1944

Email: enquiries@peoplewhocare.org.au www.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 WA 6101

PO Box 2114

Carlisle North WA 6101

Phone: 1800 264 268

Email: info@volunteertaskforce.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.

Veterans' Home Care (VHC)

(Gold or white card holders only)

Phone: 133 254

Email: GeneralEnquiries@dva.gov.au
dva.gov.au

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

Umbrella Multicultural Community Care Services Inc.

39 Abernathy Road, Belmont WA 6104

Phone: (08) 9275 4411

Email: enquiries@umbrellacommunitycare.com.au

Delivers home care service to seniors from 58 different countries.

Packages assist older people to have flexibility and choice in how their care and support is provided.

Southern Cross Care

15 Rowe Avenue, Rivervale WA 6100

Phone: 1300 669 189

Email: info@scrosswa.org.au

www.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: General enquiries – 1300 650 803

Referral enquiries – 1300 300 122

Email: info@silverchain.org.au

www.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 WA 6101

Phone: (08) 9382 4186

www.curahomecare.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.

Most staff are bilingual (German, Dutch, French, Thai, Swiss and Belgian).

Chorus Kitchen

38A Waddell Road

Palmyra WA 6157

Phone: 1800 264 268

Email: hello@vchorus.org.au

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

Floor 2, 30 Hasler Road, Osborne Park WA 6916

Phone: 1300 428 486

Crisis Support Phone: (08) 9204 7801

Email: hello@avivo.org.au

www.avivo.org.au

Avivo (Jandakot)

1/234 Berrigan Drive

Jandakot WA 6164

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

Information and Service Centre

Ground Floor 541 Hay Street, Subiaco WA 6008

Phone: 1300 262 626

Email: info@amanaliving.com.au

www.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 (AFMAF)

The City of Melville AFMAF assists residents to live interdependently in their own home. For more information or to access the fund, please call 1300 635 845 or 08 9364 0666.

To access residential care contact the my aged team on 1800 200 422 or visit 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 My Aged Care.

RAAFA Above and Beyond

18 Bowman Street, South Perth WA 6151

Phone: (08) 9288 8400

Email: enquiries@raafawa.org.au

Emphasis is on quality of life rather than just providing basic care needs.

Days involve community activities, entertainment and other events to ensure enjoyment of life in ways that are within your capabilities and that help to keep active both mentally and physically.

RAAFA Alice Ross-King Care Centre

Air Force Memorial Estate

2 Bull Creek Dr, Bull Creek WA 6149

Phone: 08 9324 0000

Situated on the banks of the serene Lake Howard.

Offers personalised care accommodation equipped with single bedrooms with ensuites.

Gordon Lodge RAAFA

Air Force Memorial Estate

2 Bull Creek Dr, Bull Creek WA 6149

Phone: (08) 9311 4500

Email: gordon@raafawa.org.au

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

Brightwater

Phone: 1300 223 968

Email: welcome@brightwatergroup.com

www.brightwatergroup.com

Services range from short and long term residential accommodation, rehabilitation services to assistance in the home.

Murdoch Gardens Care

Community Discovery Way (access via Wagtail Close) Murdoch WA 6150

Phone: 08 6332 6200

Email: Murdoch@opalagedcare.com.au

Melville Parkside Care Community

15 Cottrill Street, Myaree WA 6154

Phone: (08) 9424 0500.

Email: Melville@opalagedcare.com.au www.opalagedcare.com.au

Frederick Guest Hostel Amana Living

23 Gleddon Road, Bull Creek WA 6149

Phone: 1300 1300 766

www.amanaliving.com.au

Lefroy Care Centre Amana Living

22 Lefroy Road, Bull Creek WA 6149

Phone: 1300 920 895

Secure and specialised dementia care centre.

Regent's Garden Bateman

2 Amur Place

Bateman WA 6150

Phone: (08) 9332 7280

Dementia care, Chinese speaking staff and Asian cuisine which caters for people of Chinese and Asian backgrounds.

Regent's Garden Booragoon

495 Marmion Street, Booragoon WA 6154

Phone: (08) 9333 7300

Email: fourseasons@regentsgarden.com.au www.regentsgarden.com.au

Carinya of Bicton (Private)

220 Preston Point Road Bicton WA 6157

Phone: (08) 9438 5500

www.carinyacare.com.au

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

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

Chorus

43 Planet Street, Carlisle WA 6101

Phone: 1800 264 268

Email: hello@chorus.org.au

www.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 or (08) 6555 3744

Email: mail@kinicare.com.au

www.kinicare.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.

Baptistcare

95 Belgravia Street, Belmont WA 6104

Phone: 1300 660 640

www.baptistcare.com.au

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

Enrich Living Services

Ground Floor

30 Delhi Street, West Perth WA 6005

Phone: 1300 164 274

Email: hello@enrichliving.com.au

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

Focused on helping individuals, families and couples when and where it matters. Personalising living services to support meaningful, rewarding, healthy and inspired lives at home.

Platinum Healthcare Perth – Disability & Home Care

70 Verde Drive, Jandakot WA 6164

Phone: (08) 9470 4075

Email: admin@platinumhealthcare.com.au

www.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

Email: office@thecarers.com.au

www.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.

White Oak Home Care Service

Five hubs conveniently located across the Perth metropolitan area (Butler, Claremont, Joondalup, Midland and Scarborough).

Phone: (08) 9301 0299

Email: info@whiteoak.com.au

www.whiteoak.com.au

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

Home Instead Senior Care

Unit 3/ 24 Parkland Road, Osborne Park WA 6017

Phone: (08) 6310 0400

Email: perth@homeinstead.com.au

Services include helping older people to remain

living at home as independently as possible.

Personal services range from assisting with showering and dressing, meal preparation, housekeeping, Alzheimer's support, respite care and transport.

Just Better Care

18 Baden St, Osborne Park WA 6017

Phone: 1300 587 823

Email: mailpe@justbettercare.com

www.justbettercare.com

Across Australia, Just Better Care provides in-home aged care and disability support services, supporting people to live independently.

Comfort Keepers

1/87 Glenelg Street, Mount Pleasant WA 6152

Phone: (08) 9315 2200

Email: fremantleoffice@comfortkeepers.com.au

www.comfortkeepers.com.au

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

Dial An Angel Perth

2/18 Hehir Street

Belmont WA 6104, Phone: (08) 9364 5488

www.dialanangel.com/perth

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

Carer Support

Wellways Carers

Call: 1300 111 400

Email: enquiries@wellways.org

www.wellways.org

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

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

Carers WA

182 Lord Street, Perth WA 6000

Phone: 1300 227 377

Carer Counselling Line: 1800 007 332

Free call: 1800 242 636

Email: info@carerswa.asn.au

www.carerswa.asn.au

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

Southern Districts Support

122 Forrest Road
Armadale WA 6112
Phone: (08) 9498 4800
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
Melville WA 6157
Contact: (08) 9339 5656
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: (08) 9319 8103
Email: booragoonlions@gmail.com
www.booragoon.wa.lions.org.au

Melville Superbowl – Seniors League

248 Stock Road
Melville WA 6156
Phone: (08) 9330 7466
Come down and learn the basics of ten pin
bowling, no previous experience required, and no
obligation involved.

City of Melville Bridge Club

431 Canning Highway
Melville WA 6153
Phone: (08) 9364 9109
Email: melvillebc@iinet.net.au
www.melvillebc.org.au
A large duplicate bridge club with games six days
a week and a Sunday monthly. A friendly relaxed
club at LeisureFit Melville, it runs beginners and
experienced classes and weekly workshops.

Befriend

PO Box 1537
Booragoon WA 6954
Phone: (08) 9520 8574
Email: rsvp@befriend.org.au
www.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.

Kulungah-Myah Family Centre Seniors Group

Kulungah-Myah Family Centre
136 Le Souef Drive
Kardinya WA 6163
Phone: (08) 9314 2798
kmcommunitycentre.org
Seniors enjoy afternoon tea, and a program of
structured activities, board games, guest speakers
and outings. In doing so, beautiful friendships are
created!

Lions Club of Leeming and Districts

Bull Creek Scout Hall
Benningfield Road
Bull Creek WA 6149
Phone: (08) 9310 6480
Email: leeminglions@gmail.com www.leeming.wa.lions.org.au

Country Women's Association of WA Inc. Melville/ Fremantle Branch

30B Foss Street Melville WA 6156
Phone: 0418 804 396
Email: cwa.melv-freo@hotmail.com
www.cwaofwa.asn.au
The CWA supports community and personal
development for women through guest speakers,
fundraising, crafts, social interaction, friendship
and fun.

Men's Sheds of WA

PO Box 663
Wembley WA 6193
Phone: (08) 6381 5324
Email: admin@mensshedwa.org.au www.mensshedswa.org.au
A place of acceptance, mateship and activity for all
men.

National Seniors Australia

Phone: (07) 3233 9191

Email: general@nationalseniors.com.au

www.nationalseniors.com.au

Australia's largest not for profit membership-based organisation assisting over 50's community.

Returned and Service League of Australia (RSL)

Bicton/ Palmyra, 30B Foss Street

Bicton WA 6157

Phone: (08) 9339 6401

Email: bicton-palmyra.secretary@sb.rslwa.org.au

Find a Sub-Branch - RSLWA

Meets second Sunday each month at 11.00am in Edinburgh Hall.

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

98 Kintail Road Applecross

Phone: 0408 934 573

Email: applecross.secretary@sb.rslwa.org.au

Find a Sub-Branch - RSLWA

Meets second Thursday at 1 pm and again at 6.15pm.

Melville Scrabble Club

Melville Bowling Club

592 Canning Highway, Melville WA 6156

Phone: (08) 9316 1157

Meets on a Monday from 10.00am - 4.00pm.

The Scrabble club caters for players of all abilities.

Mt Pleasant Baptist Church - Seniors Service

497 Marmion Street, Booragoon WA 6154

Phone: (08) 9329 1777

Third Monday of each month (Feb-Nov)

10.00am – 11.30am.

Encouragement in the word of God, prayer, communion and singing of traditional hymns.

The Collectibles Society of Western Australia (Inc)

Como Bowling Club, 99 Hensman Street

South Street WA 6151

Phone: 0449 110 379

Email: collectibleswa@gmail.com

If you have one it's an item, two a pair, three a collection, 150 ... an obsession!

Veteran and Classic Car Club of WA

265 Hale Rd, Wattle Grove WA 6107

Email: admin@veterancarclubofwa.asn.au

Meetings held first Monday of each month. Fosters interest in restoration and preservation of motor vehicles built before the end of 1918.

Vintage Wireless and Gramophone Club of WA

Blue Gum Community Centre

33 Moolyeen Road, Brentwood WA 6153

Phone: (08) 9319 1703

Email: info@vwgc.org.au

www.vwgc.org.au

Meets on the fourth Tuesday of each month at 8.00pm (except December). The main interest of the club is the restoration of old gramophones, phonographs and wireesses although many members are also interested in telephone, musical boxes, tape recorders, television, film projectors.

Probus Clubs**Melville Combined Probus Inc.**

Membership: Open to Men and Women

Meetings: First Wednesday of every month at 10:00am

Location: St Michael's Church

Booragoon Probus Inc.

Membership: Open to Men

Meetings: Third Wednesday of every month at 9:30am

Location: St Michael's Church Hall

Booragoon Ladies Probus Inc.

Membership: Open to Women

Meetings: Fourth Wednesday of every month at 09:45am

Location: Piney Lakes Environmental Education Centre

Murdoch Combined Probus Inc.

Membership: Open to Men and Women

Meetings: Second Wednesday of every month at 09:30am

Location: RAAFA Air Force Memorial Estate Rossmoyne Probus Western Australia Inc.

Membership: Open to Men and Women

Meetings: First Tuesday of every month at 9:30am

Location: Rossmoyne Bowling Club

Winthrop Combined Probus Inc.

Membership: Open to Men and Women

Meetings: Third Wednesday of every month at 09:45am

Location: Piney Lakes Environmental Centre

Rossmoyne Ladies Probus Inc.

Membership: Open to Women

Meetings: First Wednesday of every month at 09:30am

Location Piney Lakes Environmental Centre

Attadale Probus Inc.

Membership: Open to Men

Meetings: Third Tuesday of every month at 09:45am

Location: South of Perth Yacht Club

Rotary Clubs

Mosman Park-Cottesloe, W.A., Australia (Rotary Club)

Mosman Park, W.A., Australia

Mens Shed

Meets: Monday, 6.00pm.

Fremantle, W.A., Australia (Rotary Club)

Fremantle, WA, Australia

The Old Courthouse

Meets: Wednesday, 6.00pm, English.

Meetings are held the second and fourth

Wednesdays of each month.

Nedlands, W.A., Australia (Rotary Club)

Dalkeith, WA, Australia

Valdarno

Meets: Thursday, 07:30, English

Meetings on the first and third Thursday of every month. 7.00am for 7:30am start.

Booragoon, W.A., Australia (Rotary Club)

Mount Pleasant, WA, Australia

Dome Deepwater Point

Meets: Tuesday, 6.30pm, English.

Melville, W.A., Australia (Rotary Club)

Applecross, W.A., Australia

South of Perth Yacht Club

Meets: Monday, 12.30pm.

Dalkeith, W.A., Australia (Rotary Club)

Nedlands, WA, Australia

Nedlands Golf Club

Meets: Monday, 6.00pm.

Como, W.A., Australia (Rotary Club)

Como, W.A., Australia

Collier Park Golf Club

Meets: Monday, 6.30pm, English

Crafts and Arts

Alfred Cove Art Society

Canning Highway, Alfred Cove WA 6154

Email: alfredcoveartsociety@gmail.com

www.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.

Art Group

Willagee Community Centre

Corner Winnacott and Archibald Streets Willagee

WA 6156

Phone: (08) 9364 0848

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

Craft Connection

Mt Pleasant Baptist Church

497 Marmion Street, Booragoon WA 6154

Phone: (08) 9329 1777

Assorted crafts, knitting, crochet, embroidery, handmade teddy bears, candle wicking, hardanger, card making, mosaics, jewellery making and completion of own work.

Embroiders Guild of WA

565 Canning Highway, Alfred Cove WA 6154

PO Box 85

Applecross WA 6953

Phone: 08 9330 3065

Email: admin@embroiderersguildwa.org.au www.embroidersguildwa.org.au

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. Beginner's welcome.

Melville Community Arts Association

Atwell House and Gallery

586 Canning Highway, Alfred Cove WA 6153

Phone: (08) 9330 2800

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

Melville Baptist Craft Group

Melville Baptist Church

9 Sergeant Road, Melville WA 6156

Phone: (08) 9317 2006

Socialise and engage in craft. Offers various craft activities which vary to cater for the needs of the group.

South of the River Potters Club Inc.

Atwell House

586 Canning Highway, Alfred Cove WA 6154

Phone: (08) 9330 2800

Some classes available. New members welcome.

Wood Turners Association of WA Melville

Melville Recreation Centre

Cnr Stock Road and Canning Highway

Melville WA 6156

Phone: (08) 9332 5150

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

Cultural and Linguistically Diverse Services

City of Melville Social English Classes

Phone: (08) 9364 1062 or 1300 635 845

Email: library@melville.wa.gov.au

Clubs provide non-English speaking residents the opportunity to interact with residents from an English-speaking background. School Terms only. To practice conversational English in a safe, comfortable, and self-paced environment.

WA Tamil Seniors Association (Inc.)

Mandala Community Hall

1 Mandala Crescent

Bateman WA 6150

Phone: 0423 285 066

Email: secretary@tawa.org.au

Actively promotes the Tamil Culture and Language with widespread Tamil community in WA.

Chung Wah Community and Aged Care

58 Burrendah Boulevard

Willetton WA 6155

Phone: (08) 9328 3988

www.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

Email: hello@chorus.org.au

www.chorus.org.au

Chorus supports seniors, those living with disability or in mental health recovery. Also offers opportunities for people to volunteer their time within the community.

Villa Dalmacia Social Centre

27 Gorham Way

Spearwood WA 6163

Phone: (08) 9418 5222

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

Phone: 131 151

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

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.

St Ives Home Care - Day Respite Program

44 Rome Road

Myaree WA 6154

Phone: 1300 20 20 03

Email: allocations@stivesgroup.com.au www.stivesgroup.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 6163

Phone: (08) 9242 0242

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

Learn English at City of Melville Libraries

Phone: 9364 0115

www.melvillecity.com.au/things-to-do/libraries/learn-english

Learn Australian English conversation and gain the confidence to greet and talk to people. These classes, led by friendly volunteers, will help you speak and understand English and learn about Australian society, culture and customs. There are no fees charged for these classes and everyone is welcome. All sessions are held at AH Bracks Library and Creative Space during school terms only. No bookings required.

South Metropolitan TAFE Murdoch Campus

130 Murdoch Drive

Murdoch WA 6150

Phone: 1800 001 001

Email: info@smtafe.wa.edu.au
southmetrotafe.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 (MVRC)

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.

Murdoch Southsiders Toastmasters

Bull Creek Community Centre

2 Hassel Crescent

Bull Creek WA 6149

Email: murdochsouthsiderstm@gmail.com

Meets every Tuesday from 6.45pm. Encourages men and women in all walks of life to gain confidence and develop their own public communication skills.

Emergency Relief

Spiritual Assembly of Bahai's of Melville

Bahai Centre of Learning

453 Marmion Street

Myaree WA 6154

Phone: (08) 9330 6999

Email: Melville@wa.bahai.org.au

HOME | Melvillebahai

Migrant, ethnic and Bahai spiritual learning.

Bateman Catholic Parish St Thomas More Catholic Church – More Care

Phone: (08) 9310 1747

Tuesday to Friday, 9.30am to 3.00pm

More Care: short-term emergency help with meals, and transport.

Melville Citizens Relief Fund

Phone: (08) 9364 0661

Provides emergency financial relief or advice, bill paying assistance or food parcels to families in crisis.

Uniting – Emergency Relief

Phone: (08) 9220 1255

Emergency relief - Uniting WA

Call from 10am on Fridays for an appointment on Monday or Tuesday. Emergency Relief provides support for people facing immediate financial crisis.

The Salvation Army Financial Assistance - Bills, Food, Utilities

Phone: 1300 371 288

Financial Assistance - Bills, Food, Utilities | More | The Salvation Army Australia

Please call the Salvos Assessment Line between the hours of 9:00am - 5:00pm on Mondays - Fridays. Offers a range of support options to help with financial difficulties, depending on the nature of your problems.

Emergency Services

City of Melville Community Safety Service

Phone: 1300 635 845

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: 1300 635 845

Neighbourhood Watch - City of Melville (melvillecity.com.au)

A good neighbour cares about their community. A great neighbourhood gets to know, looks out for and helps neighbours and their community. Great neighbours make great neighbourhoods! NHW is about connecting communities and encouraging neighbours to look out for each other.

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

Email: info@zontahouse.org.au

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

MedicAlert Foundation

Phone: 1800 882 222

Email: enquiry@medicalert.org.au

MedicAlert

For more than half a century we've been providing Australians with lifesaving assistance – so first responders can see their full story and give fast treatment when seconds count.

Entertainment/ Dancing/ Singing

WA Mandolin Orchestra

110 North Lake Road

Myaree WA 6154

Phone: 0490 868 244 - Robert

Wednesday 7.30pm – 9.30pm. The West Australian Mandolin Orchestra (WAMO) Inc. was formed in Fremantle over 40 years ago and continues to be Perth's premier mandolin and guitar ensemble.

WAMO is a non-profit, community-based orchestra comprising of instruments from the plucked string family - primarily mandolins, mandolas, guitars and bass guitars. The Orchestra perform a number of times each year in Perth and country areas.

Capital Community Radio 101.7FM

Wireless Hill Park

Ardross WA 6153

PO Box 1388

Booragoon WA 6954

Phone: (08) 9364 9888

Email: info@capital1017fm.org.au

www.capitalcommunityradio.com

East Fremantle Breakaway Social Group

East Fremantle Tennis Club

186 Preston Point Road

East Fremantle WA 6153

Phone: (08) 9364 4461

Meets at East Fremantle Tennis Club Mondays at 7.30pm to 11.30pm. All ages and nationalities.

City of Melville Air Force Association (AFA) Brass Band

Bull Creek Drive

Bull Creek WA 6149

www.afabrass.org.au

Melville Theatre Company

Roy Edinger Hall

393A Canning Highway

Palmyra WA 6157

Phone: 08 9330 4565

Email: melville.theatre.company@gmail.com www.meltheco.org.au

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

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 1.45pm for a 2.00pm start until 3.30pm. For lots of singing and fun, no auditions.

Southside Harmony Men Barbershop Chorus Inc.

26 Freeman Drive

Rossmoyne WA 6148

Phone: 0409 291 453 - Gary

Email: garythomas44@bigpond.com

Sing a cappella (unaccompanied) songs in Barbershop style.

Square Dancing

P & C Hall

Como Primary School

225 Coode Street (off Alston Ave)

Como WA 6152

Phone: (08) 9243 1200

www.squaredance.org.au

Tivoli Club of WA

PO Box 713

Wembley WA 6913

Phone: (08) 9364 5463

Email: tivolibookings@hotmail.com

www.tivoli.org.au

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

Meets: The Auditorium

26 Plantation Street, Bentley Park Retirement

Village, Bentley WA 6102

Email: secretary@wabushpoets.asn.au www.wabushpoets.asn.au

First Friday of each month 7.00pm to 9.30pm.

Promote and conserve the unique Australian ethos via the spoken word and opportunities to practice and display talents.

Stan's Dancing Melville

Melville Leisurefit Centre

Cnr Stock Road and Canning Highway

Melville WA 6156

Phone: (08) 9330 6737 or 0409 306 737

Email: stan@stansdancing.com

Meet Mondays 7.30pm to 9.00pm. 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

Western Australia Native Orchid Study and Conservation Group Inc.

Email: wanoscg@gmail.com

wanoscg.com

We are a group of people from diverse backgrounds who share the love of Western Australia's native orchids and their outstanding diversity.

In addition to gaining satisfaction and increased knowledge from the study of these fascinating plants in their natural environment, we aim to promote interest in their conservation for the benefit of future generations.

Melville Districts Orchid Society of WA

Phone: (08) 9310 2800

www.orchidsocietywa.net.au

Facebook: www.facebook.com/orchidsWA

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

WA Gerbera Society Inc.

Phone: (08) 9274 2757

Email: wa.gerbera.society@gmail.com

The main object of the WA Gerbera Society is to establish, maintain and conduct a Society of educational recreation and social character for the purpose of promoting and fostering the study and practice of horticulture in general and in particular as it applies to the culture, propagation and improvement of Gerberas.

Wildflower Society of WA – Murdoch Branch

Cockburn Wetlands Education Centre

Lot 387 Hope Road, Bibra Lake WA 6164

Email:

murdoch.secretary@wildflowersocietywa.org.au

[www.wildflowersocietywa.org.au/branches/](http://www.wildflowersocietywa.org.au/branches/murdoch-branch/)

[murdoch-branch/](http://www.wildflowersocietywa.org.au/branches/murdoch-branch/)

Meets first Thursday of each month at

8.00pm (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

31 Teddington Road, Burswood WA 6100

Phone: (08) 9361 1300

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

Centrelink

Phone: 132 300

Centrelink - Services Australia

Dental Health Service: (08) 9313 0555

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 Western Australia

Phone: (08) 9237 8900

www.mifwa.org.au

Mental Illness Fellowship of WA (MIFWA) is an independent community based mental health organisation with 30 years' experience supporting people with a lived experience of mental illness, their families, and carers across Western Australia.

Absolute Care Therapy

PO Box 1068, Willagee WA 6156

Phone: 0491 048 871

Email: absolutecare@iinet.net.au

www.absolutecaretherapy.com.au/

Absolute Care Therapy offers home visiting physiotherapy, dementia therapy, and aged care support to people living with a diagnosis of dementia, and older adults facing declining health.

Services can be provided at home or in residential care and include:

holistic functional assessments, physiotherapy, dementia therapy, health advocacy and education, and residential aged care support.

Bladder and Bowel Health Australia Inc.

Phone: (08) 9386 9777

Email: info@bladderbowelhealth.org.au www.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 249490

Email: marie@willowtreecare.com.au

www.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

South Perth Library

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

Email: info@silverchain.org.au

continenceandyou.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 WA 6160

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

Email: info@mdfoundation.com.au

www.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

WA Office Phone: (08) 9346 7540

Stroke Line: 1800 787 653

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 ASTHMA
(1800 278 462)

Email: ask@asthmawa.org.au www.
asthmaaustralia.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

Email: info@seniorscard.wa.gov.au www.

seniorscard.wa.gov.au

Seniors Cards are available to most seniors who are over the age of 62, 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

Email: info@totaldenturecare.com.au www.

totaldenturecare.com.au

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 6157

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.

Hospitals

Attadale Rehabilitation Hospital

21 Hislop Road, Attadale WA 6156

Phone: (08) 9330 1000

www.attadalerehabilitation.com.au

Specialised Rehabilitation Hospital.

Fiona Stanley Hospital

11 Robin Warren Drive, Murdoch WA 6150

Phone: (08) 6152 2222

St John of God Hospital - Murdoch

1 Barry Marshall Parade, Murdoch WA 6150

Phone: (08) 9366 1111

www.sjog.org.au

Fremantle Hospital

(No Emergency Department)

Alma Street, Fremantle WA 6160

Phone Patient: (08) 9431 1255

www.fhhs.health.wa.gov.au

Accommodation/ Housing Information and Advocacy

ACROD Parking Program

12 Lindsay Street, Perth WA 6000

Phone: (08) 9242 5544

www.app.org.au

The ACROD Parking Program supports Western Australians with a severe walking restriction to access the community. ACROD Parking Permits are free. Monday to Friday 9.00am to 4.00pm

Advocare

The Perron Centre

61 Kitchener Avenue, Victoria Park WA 6100

Phone: (08) 9479 7566

Email: rights@advocare.org.au

www.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.

Elder Abuse Helpline

Phone: 1300 724 679

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

Email: support@alzheimerswa.org.au

www.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

61 Kitchener Avenue, Victoria Park WA 6010

Phone: (08) 9311 8202

Toll Free: 1800 847 466

www.visability.com.au

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

Freecall: 1300 227 377

Email: info@carerswa.asn.au

www.carerswa.asn.au

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

Helping Minds

The Carer Centre

182 Lord Street, Perth WA 6000

Phone: 1800 811 747 or (08) 9427 7100

www.arafmi.asn.au

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

Grandparents Rearing Grandchildren WA

Phone: (08) 9246 4753

Email: president@grgwa.org.au

Association of Independent Retirees Inc. WA – Regional Membership Officer General

Email: aircbr@bigpond.com www.independentretirees.com

www.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

TTY: 1800 555 630

SMS: 0416 001 350

Email: helpdesk@relayservice.com.au

www.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 WA 6008

Phone: (08) 9325 7699

Advice Line: 1300 136 588

Email: info@diabeteswa.com.au

www.diabeteswa.com.au

Vision is to minimize the impact of diabetes in WA.

Alinea

4/6 Orton Road, Shenton Park WA 6008

Phone: (08) 9381 0111

Email: info@alinea.org.au

<https://alinea.org.au/>

Alinea is dedicated to supporting elderly individuals and people with disabilities in the Western Australian community.

Carer Gateway Counselling Service

Phone: 1800 422 737

www.carergateway.gov.au

The Carer Gateway Counselling Service is a free service for carers. Each weekday, from 8.00am to 6.00pm, our professional counsellors are waiting to talk through the concerns you have and how you feel about your carer role.

Citizens Advice Bureau (CAB) WA

25 Barrack Street, Perth WA 6000

Phone: (08) 9221 5711

Email: queries@cabwa.com.au

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

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

Motor Neurone Disease Association of WA

Carlisle Commercial Centre, Unit 1/184 Raleigh St
Carlisle WA 6101

Phone: (08) 6186 4133

Email: admin@mndawa.asn.au

www.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 Motor Neurone Disease.

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.

Justice of the Peace – Civic Centre

10 Almondbury Road, Booragoon WA 6154

Phone: (08) 9364 0666 or 1300 635 845

Monday to Friday 10.00am to 1.00pm.

The JP is located in a meeting room just inside the glass sliding doors from the courtyard area opposite the Main Hall (if you are walking from Westfield Booragoon and the Civic Square Library side). There is signage and a waiting area with seats. One client is allowed in the room at one time. The client must provide their own blue or black pen.

Justice of the Peace – Bull Creek Library

24 Leichhardt Street, Bull Creek WA 6149

Phone: (08) 9364 0150

Mondays, 4.30pm to 6.30pm. Saturdays, 9.00am to 12.00pm.

Community Legal Centres Association

Claisebrook Lotteries House

33 Moore Street, East Perth WA 6000

Phone: (08) 9221 9322

Email: administrator@communitylaw.net www.communitylaw.net

Provides referral to community legal centres.

Department of Transport Concessions WA

Phone: 1300 660 147

Email: subsidies@transport.wa.gov.au www.transport.wa.gov.au

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

ConnectGroups

Phone: (08) 9364 6909

Free call: (Landlines only) 1800 195 575

Email: info@connectgroups.org.au

www.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 for an appointment. 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

Email: admin@cotawa.org.au www.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.

Seniors Information Service

Phone: 1800 671 233

Email: info@seniorcard.wa.gov.au

www.wa.gov.au/service/education-and-training/community-education/seniors-information-service
It operates from 8.30am to 4.30pm on weekdays. Callers can also seek advice about the WA Seniors Card.

Department of Housing Fremantle

42 Queen Street

Fremantle WA 6160

Phone: (08) 9432 5300

Email: fremantle@housing.wa.gov.au

www.housing.wa.gov.au/contactus/offices/Pages/default.aspx

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: 1300 660 880

Email: epilepsy@epilepsywa.asn.au

www.epilepsywa.asn.au/

Provides the widest array of epilepsy support services for the WA community, including a network of monthly support groups, a free seizure-alert bed mat loan program, epilepsy training, patient/carer seminars, a compassionate ear listening service, a seizure technology display and awareness-raising activities.

Even Keel Bipolar Disorder Support Association

39 Helena Street, Midland WA 6056

Phone: (08) 9274 8200

We are a support organisation for people with mental health issues, including bi-polar disorder, depression, and other related illnesses.

Office of the Public Advocate

Level 23 David Malcolm Justice Centre
 28 Barrack Street
 Perth WA 6000
 Phone: 1300 858 455
 Email: opa@justice.wa.gov.au
www.wa.gov.au/organisation/department-of-justice/office-of-the-public-advocate
 The Office of the Public Advocate provides access to advocacy, guardianship and administration services which protect and promote the financial interests and welfare of adults with a decision-making disability.

Health Consumers Council (WA) Inc.

Unit 4/434 Lord Street
 Mount Lawley WA 6050
 Phone: (08) 9221 3422
 Free call: 1800 620 780
 Email: info@hconc.org.au
www.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

Phone: 1800 880 052
 Email: hotline@workfocus.com
www.jobaccess.gov.au/complaints/hotline
 Is a free, independent and confidential service for reporting abuse and neglect of people with disability. Anyone can contact the Hotline, including family members, friends, service providers or a person with disability.

National Seniors Australia

Phone: 1300 765 050
 Email: general@nationalseniors.com.au
www.nationalseniors.com.au
 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.

915 Albany Highway
 East Victoria Park WA 6101
 Phone: (08) 9362 0100
 Email: info@retireeswa.com.au
www.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.

SensesWA – Burswood

11 Kitchener Avenue
 Burswood WA 6100
 Phone: 1300 111 881
 Email: customerservice@senses.org.au
www.senseswa.com.au/?utm_source=google&utm_medium=organic&utm_campaign=gmb-head-office
 We provide a comprehensive range of support services to help you achieve your goals in life, whether it's gaining greater independence, forming closer community connections, furthering your education, finding employment or improving your health and wellbeing.

We provide a wide range of support services for family members, teachers and other significant people in your life, including health professionals and providers. We can even provide you with that short break you so well deserve.

We care for all of the people who care for you. It's a relationship that transcends the traditional role of service provider and client. It's a partnership. And it all begins with a chat. Person to person.

Neurological Council of WA (NCWA)

The Niche
 11 Aberdare Road
 Nedlands WA 6009
 Phone: (08) 6457 7533 or 1800 645 771
 Email: hello@ncwa.com.au
www.ncwa.com.au/
 Is a not-for-profit organisation dedicated to improving health and well-being by reducing the incidence and impact of brain, spinal cord, and nervous system disorders.

Parkinson's Association of WA Inc.

The Niche
 11 Aberdare Road
 Nedlands WA 6009
 Phone: (08) 6457 7373
 Email: infoparkinsonswa.org.au
 Provides a Parkinson's Nurse Specialist Service - support networks for people with Parkinson's and their family carers.

Library Services

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.

Civic Square Library

Almondbury Road (entry off Davy Street)

Booragoon WA 6154

Phone: (08) 9364 0138

Opening Hours:

- Monday to Thursday: 9.00am to 7.00pm
- Friday: 9.00am to 6.00pm
- Saturday: 9.00am to 1.00pm
- Public Holidays and Sundays: Closed

AH Bracks Library and Creative Space

Corner Stock Road and Canning Highway

Melville WA 6157

Phone: (08) 9364 0115

Opening Hours:

- Monday to Thursday: 9.00am to 7.00pm
- Friday: 9.00am to 6.00pm
- Saturday: 9.00am to 1.00pm
- Sunday: 10.00am to 2.00pm
- Public Holidays: Closed

Bull Creek Library

24 Leichhardt Street

Bull Creek WA 6149

Phone: (08) 9364 0150

Opening Hours:

- Monday to Thursday: 9.00am to 7.00pm
- Friday: 9.00am to 6.00pm
- Saturday: 9.00am to 1.00pm
- Public Holidays and Sundays: Closed

Canning Bridge Express Library

2 Kintail Road

Applecross WA 6153

Phone: (08) 9364 0121

Opening Hours:

- Monday to Friday: 9.00am to 4.00pm
- Saturdays, Sundays and Public Holidays: Closed

Willagee Library

Corner Winnacott Street and Archibald Street

Willagee WA 6156

Phone: (08) 9364 0170

Opening Hours:

- Monday to Friday: 9.00am to 6.00pm
- Saturday: 9.00am to 1.00pm
- Sundays and Public Holidays: Closed

Medical

Applecross Medical Group

764 Canning Highway, Applecross WA 6154

Phone: (08) 9364 6444

Monday to Thursday 8.00am to 6.00pm. Friday 8.00am to 5.00pm. Saturday, 8.00am to 3.00pm. Sunday Closed.

Farrington Road Medical Clinic

84 Farrington Road, Leeming WA 6156

Phone: (08) 9312 1106

Monday to Friday, 9.00am to 6.00pm. Saturday 9.00pm to 1.00pm. Sunday Closed.

Reynolds Road 7 Day Medical Centre

Level 1 / 39 Reynolds Road,

Mount Pleasant WA 6153

Phone: (08) 9364 6633

We will continue to Bulk Bill Pensioners, Health Care Card Holders and Children under 12 years of age during the weekdays. All weekend appointments will be privately billed, this will include Pensioners, Health Care Card Holders and Children under 12 years of age. Thursday to Monday 8.00am-6.00pm. Tuesday and Wednesday 8.00am-8.00pm.

Bicton Medical Clinic

3 Westbury Crescent, Bicton WA 6157

Phone: (08) 9339 4744

Private Billing Clinic - Open Monday to Friday 8.30am-6.00pm. Saturday 9.00am-12.00pm. Sunday Closed.

Mobility Assistance, Aids and Equipment

Royal Perth Volunteer Transport

Phone: (08) 9224 2054

A volunteer transport service to patients

BrightSky Australia

6 Holker Street, Newington NSW 2127

Phone: 1300 886 601

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

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

Volunteer Home Support

6 Mooney Place, O'Connor WA 6163

Phone: (08) 9331 2933

Email: admin@volunteerhomesupport.com.au

<http://volunteerhomesupport.com.au/about/>

Provides a wide range of services that support the elderly & disabled living in their own home through the Commonwealth Home Support Program (CHSP).

Indigo

The Niche

11 Aberdare Road, Nedlands WA 6009

Phone: (08) 9381 0600

Email: help@indigosolutions.org.au

www.indigosolutions.org.au/?utm_source=gmb&utm_medium=organic

We work with people to select and access devices and equipment to maintain or restore functionality, so they can remain independent at home and active in the community. Ask us about Occupational Therapy, Speech Pathology, physiotherapy, home modifications, services for schools and professional training.

Medihire & Sales

Phone:

- Balcatta (08) 9240 6100
- Midland (08) 9374 0355
- Osborne Park (08) 9387 3911
- Willetton (08) 9354 3111

www.medihireandsales.com/

Products range from mobility, bathroom/toilet/seating and continence products.

ACROD Parking Program

12 Lindsay Street, Northbridge WA 6000

Phone: (08) 9242 5544

Email: acrod@nds.org.au

<https://acrod.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.

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 WA 6054

Phone: (08) 9379 7400

Email: enquiries@tadwa.org.au www.tadwa.org.au

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

Taxi User Subsidy Scheme Passenger Services

Department of Transport

Phone: 1300 660 147

Email: odtcustomerservice@transport.wa.gov.au

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

Museums

Heathcote Museum and Gallery

Derbal Yerrigan Swan House

58 Duncraig Road, Applecross WA 6153

Phone: (08) 9364 5666

Email: heathcote@melville.wa.gov.au

Open Monday to Sunday from 10am – 4pm.

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

7 Baal Street, Palmyra WA 6157

Phone: (08) 9433 1183

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

Open Wednesday to Sunday 10.00am to 4.00pm.

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.

Aviation Heritage Museum

Air Force Memorial Estate
2 Bull Creek Drive, Bull Creek WA 6149
Phone: (08) 9311 4470
Email: museum@raafawa.org.au
Cost: Entry Fees charged.
Reputed to be the largest aviation museum in Australia. A collection of 26 aircraft are on display with an extensive range of aero engines and memorabilia including a large photographic section. Also has a large reference library.

Senior Citizens Club

Southern Districts Senior Citizens Centre

1 Jemerson Street, Willagee WA 6156
Phone: (08) 9337 3900
Promotes recreational and social activities for senior citizens aged 55 and over. Includes carpet bowls, billiards, snooker, darts, board and card games, as well as bingo. Holds regular outings.

Social Support

Community Visitors Scheme (CVS)

Phone: (08) 9319 0916
Email: arivers@melvillecares.org.au
The Community Visitors Scheme (CVS) has supported volunteer visits to older people for over 30 years. The Community Visitors Scheme (CVS) supports volunteer visits to provide friendship and companionship to older people. From Saturday, 1st July 2023, the CVS will become the Aged Care Volunteer Visitors Scheme (ACVVS).

Synapse

Belmont Hub
213 Wright Street, Cloverdale WA 6105
Phone: (08) 9330 6370 or 1800 673 074
<https://synapse.org.au/>
Provides a range of support services for people who have been impacted by brain injury and disability. These services promote quality of life, self-determination, and choice through information, specialist support, and targeted research activities.

St John – Metro Community Transport

Phone: (08) 9334 1300
Email: patient.services@stjohnwa.com.au
Metro Community Transport Service (stjohnwa.com.au)
Aims to fill that void by providing a door-to-door service to people who are unable to use public transport or their own means of transportation. The service can be used to travel to community centres and medical appointments.

Sport and Recreation

LeisureFit Centres:

LeisureFit Booragoon

521 Marmion Street
Booragoon WA 6154
Phone: (08) 9364 0823
Email: leisurefit@melville.wa.gov.au
Opening Hours:
– Monday to Friday: 5.30am to 9.00pm
(Gym open until 10.00pm)
– Saturday: 6.00am to 6.00pm
– Sunday: 7.00am to 6.00pm

LeisureFit Melville

431 Canning Highway
Melville WA 6156
Phone: (08) 9364 0808
Email: leisurefit@melville.wa.gov.au
Opening Hours:
– Monday to Friday: 6.00am to 9.00pm*
– Saturday: 7.00am to 5.00pm*
– Sunday: 9.00am to 3.00pm*
*modified operating hours. NOTE: the facility is available for group bookings outside of these hours.

City of Melville LeisureFit Centres

For the latest information on what is happening in the LeisureFit Centres go to: www.melvillecity.com.au/community-and-facilities/leisurefit
City of Melville residents with a Pension Concession receive a 10% subsidy for casual programs and 20% subsidy for membership.
New to Leisure Fit Over 70 years old?

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

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

*Additional concessions may apply
For more information, contact your local City of Melville LeisureFit Centre.

Striker Indoor Sports and Fitness

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.

Prime Movers

Phone: 0444 560 037

<https://www.primemovers-exercise.com.au/>

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.

Seniors Recreation Council of WA Inc.

246 Vincent Street

Leederville WA 6007

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.

Social Golf

Point Walter

Point Walter Golf Course

Honour Avenue

Bicton WA 6157

Phone: (08) 9330 3262

www.pointwaltergolf.com.au/

– Tuesday Seniors Club

Phone: (08) 9337 1238 - John Ellison (Captain)

Play 9 holes every Tuesday. Mixed membership. Hit off is at 1:00pm. Register by 12:30pm

– Over 55 Retirees Club

Phone: 0451 668 639 - Alan Finlay

Play 9 holes every Friday. Mixed membership. Hit off is at 8:00am. Register by 7:30am

Lawn Bowls

Melville Bowling Club

592 Canning Highway

Alfred Cove WA 6154

Phone: (08) 9330 3370

Kardinya Bowling Club

Williamson Road

Kardinya WA 6163

Phone: (08) 9310 6107

Leeming Bowling Club

Dimond Court

Leeming WA 6149

Phone: (08) 9310 5400

Mt Pleasant Bowling Club

40 Bedford Road

Ardross WA 6153

Phone: (08) 9364 4662

Tennis

Applecross Tennis Club

32 The Strand

Applecross WA 6153

Email: admin@applecrosstennisclub.com

Bull Creek Tennis Club

Benningfield Road

Bull Creek WA 6149

Phone: 0417 769 797 – Paul Breuer (President)

Email: presidentbtc@outlook.com

Kardinya Tennis Club

Kardinya WA 6163

Phone: 0407 006 863 – Dale Ewart (President)

Email: admin@kardinyatennis.com

Melville Tennis Centre

Canning Highway and Stock Road

Melville WA 6156

Phone: (08) 9330 2217

Email: admin@melvilletenniscentre.com.au

Swimming

LeisureFit Booragoon – Adult Lessons

521 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. Cost available on website.

Walking

Bushwalkers of WA

Phone: (08) 9384 5505

Email: enquiries@bushwalkingwa.org.au

www.bushwalkerswa.asn.au

Promotes and encourages bushwalking.

A reasonable fitness level is required.

Perth Bushwalkers Club

Heathcote Reserve

Applecross WA 6156

Phone: 0408 099 063

<https://perthbushwalkers.asn.au/>

One of the oldest, largest and most active bushwalking clubs in Western Australia, our members enjoy a range of bushwalking activities throughout the year. Most within an hour's drive from Perth.

Stockland Bull Creek Mall Walkers - Heart Foundation Walking

South St and Benningfield Rd

Bull Creek WA 6149

Email: apa131756@gmail.com - Anne

Tuesday and Thursday from 7.30am. Joining Heart Foundation Walking will help you to reduce stress, be more alert, have a healthier body and build strong relationships.

Over 55's Walking Association

Phone: 0490 472 145

Email: over55walkingassoc@gmail.com

Meet Tuesday at 10am from March until November. The walks are chosen for their surfaces, interest, and availability of parking and provision of toilets. You can walk as fast as you choose and at the pace you choose.

Y Striders: Group Exercise Club

Troy Park Club Rooms Burke Drive

Attadale WA 6156

Phone: 0481 308 735

Email: ys_info@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. Each person is encouraged to exercise within their own capabilities and to set their own goals.

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