



City of
Melville



Age-Friendly
Melville



Services

Directory





Age-Friendly Melville

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

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

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

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

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

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

Disclaimer

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

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

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will not be liable for any loss, damage or injury whatsoever arising from any incorrect, inaccurate, incomplete or out of date information herein, or arising in any way as a result of the services listed herein.

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

The information on the website and this Age-Friendly Melville Services Directory will be updated annually.

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

Reviewed February 2018



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Accommodation and Housing for Seniors

Uncertain about what accommodation would be right for you?

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

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

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

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

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

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

Accommodation and Housing Advice Services

Aged Care and Retirement Placement Services (Fee for Service)

PO Box 1237
Subiaco WA 6904
Phone: 08 9445 7128
Phone: 0433 796 512
www.agedplacements.com.au

WA Retirement Villages Residents Association (Fee for Service)

PO Box 7896
Cloisters Square 6850
Phone: 0448 812 888
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 646 962
Email: enquiries@millenniumagedcare.com.au
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.

Senior Living Today (Free Service)

15/73 Calley Drive
Leeming WA 6149
Phone: 08 9313 9292
Email: info@seniorlivingtoday.com.au
www.seniorlivingtoday.com.au

Senior Living Today explains the difference between strata, purple title, lease for life, Lifestyle Villages and Park Homes. No villages are the same, all having different rules and regulations, and are held in various titles. All have different ongoing costs, ingoing costs and outgoing fees. We can also give information regarding nursing homes, government costs and bond requirements.

Accommodation - Independent Living

Alchera Living

40-44 Worley Street, Willagee 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

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

25 Gleddon Road

Bull Creek WA 6149

www.amanaliving.com.au

Phone: 1300 794 519

One and two bedroom homes including established gardens.

Leeming Retirement Village

2 Theakston Green

Leeming WA 6149

Phone: 08 9386 8614

www.wesretirementcommunities.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.

Braemar Gardens

56 Bristol Avenue

Bicton 6157

www.braemarcare.com.au

Phone: 08 9319 0701

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

Airforce Memorial Estate

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

2 Bull Creek Drive,

Bull Creek WA 6149

Phone: 08 9311 4488

Email: afme@raafawa.org.au

Self-contained independent living units in one and two bedroom living configurations.

Mirage and Orion Terraces – Apartments.

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 onestudy configuration.

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 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

Homes available in Myaree and Murdoch.
Web: www.stivesgroup.com.au
Phone: 1300 202 009

Myaree

44 Rome Road 6154
Intimate medium sized retirement village with homes designed for independent living.

Murdoch

22 Windelya Road
Murdoch 6150
Freestanding villa and apartment style homes.

**Accommodation
Independent Living Support Services****Home Care Assistance**

3/38 Ardross Street
Applecross WA 6153
Phone: 1300 548 346 or 08 6167 5610
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 9240 0313
Email: juniper@juniper.org.au
www.juniper.org.au

Activ Foundation

327 Cambridge Street
Wembley WA 6014
PO Box 446 Wembley WA 6913
Phone: 08 9387 0555

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
Email: corporate@mercycares.com.au
www.merycare.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
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. Please contact 08 9319 0900 for more information.

Volunteer Home Support Inc.

6 Mooney Place
O'Connor WA 6163
Phone: 08 9331 2933
Email:
admin@volunteerhomesupport.com.au
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
Email: pwcinc@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)

Formally known as Volunteer Task Force
43 Planet Street
Carlisle WA 6101
PO Box 2114 Carlisle North 6101
Phone: 08 9318 5700
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.

St Ives

44 Rome Road
Myaree WA 6154
Phone: 1300 202 003
Fax: 08 9330 9002
Email: allocations@stivesgroup.com.au
www.stivesgroup.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
Email: enquiries@umbrellacommunitycare.com.au
Delivers home care service to seniors from 58 different countries. Packages assist older people to have flexibility and choice in how their care and support is provided.

Veterans' Home Care

(Gold or white card holders only)
Phone: 133 254
Email: GeneralEnquiries@dva.gov.au
www.dva.gov.au/health/homecare/mainvhc
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 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: 08 9242 0242
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 6101
Phone: 08 9382 1983

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. 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
Email: mow@cfi.net.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 (formerly Perth Home Care)

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
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 794 519

Email: info@amanaliving.com.au

www.amanaliving.com.au

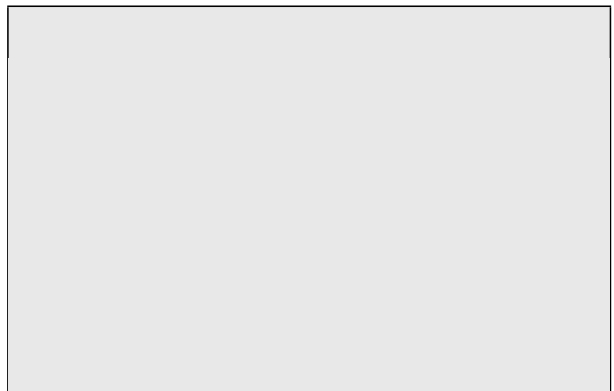
Provides home help, assessment, centre based day care, client care coordination, counselling, support information, advocacy, respite, social support and transport.

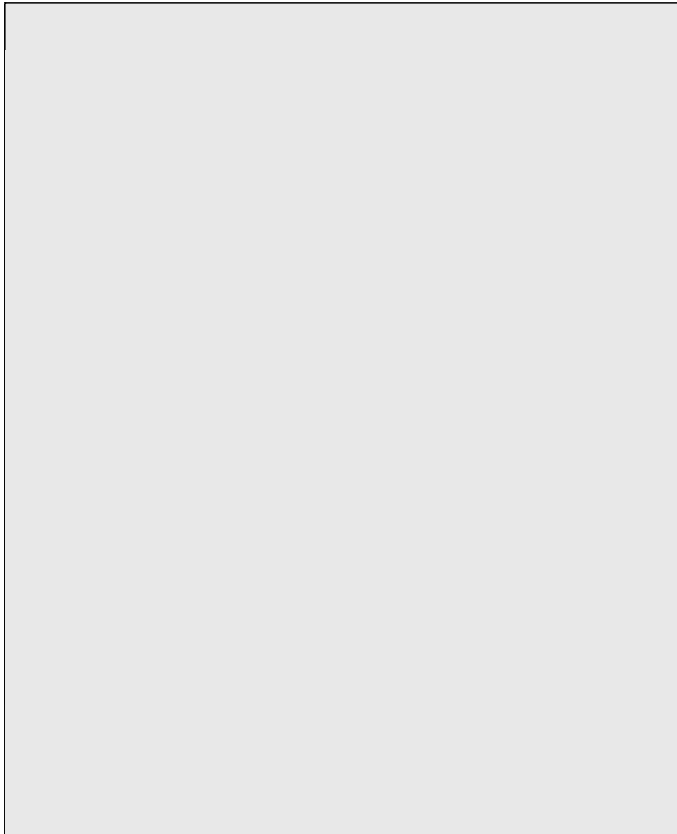
Fremantle Community Care

City of Fremantle Administration &
Library Fremantle Oval
70 Parry Street Fremantle WA
6160

Phone: 9432 9890

Promotes and provides support to older adults and people to maximise wellbeing, independence and access to the community.





Regent's Garden Bateman

2 Amur Place
Bateman WA 6150
Phone: 08 9332 7280
Dementia care, Chinese speaking staff and Asian cuisine caters for people of Chinese and Asian backgrounds.

Regent's Garden Four Seasons

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 5333
www.carinyaofbicton.com.au
Offers residential care with a wide choice of services, in consultation with residents and their families. Respite is available.

Braemar Lodge

51 Point Walter Road Bicton WA 6157
Phone: 08 9319 0701
www.braemar.org.au
Single ensuite rooms with a communal dining room and lounge, with smaller lounges around the building.

Braemar Village

24-32 Charsley Street
Willagee WA 6156
Phone: 08 9338 8801
Single bedrooms each equipped with an ensuite.

Frederick Guest Hostel

Amana Living
23 Gleddon Road Bull Creek WA 6149
Phone: 1300 1300 766
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.

Gordon Lodge (Residential Aged)

Phone: 08 9311 4500
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.

Royal Air Force Association WA Inc.

Cnr Bull Creek Drive and Leach Highway
Bull Creek WA 6149
Two facilities are available in Bull Creek.

Alice Ross-King Care Centre

Phone: 08 9324 0000
Situated on the banks of the serene Lake Howard. Offers personalised care accommodation equipped with single bedrooms with ensuites.

Brightwater

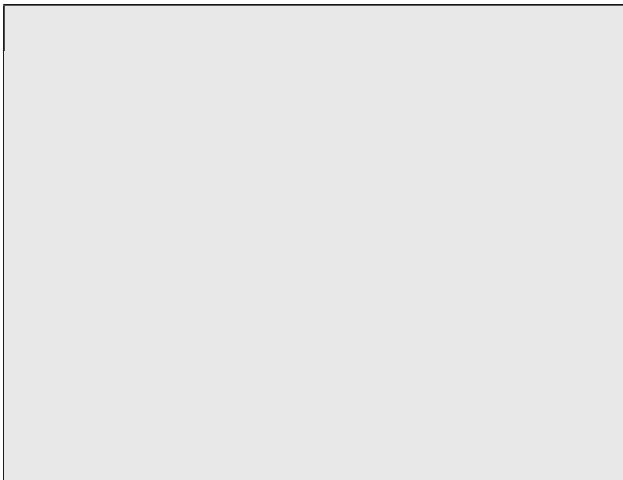
Phone: 1300 223 968
Email: welcome@brightwatergroup.com
www.brightwatergroup.com Services range from short and long term residential accommodation, rehabilitation services to assistance in the home.

Opal Murdoch

Discovery Way (access via Wagtail Close)
Murdoch 6150
Phone: 08 6332 6200
Email: Murdoch@opalagedcare.com.au

Opal Melville

15 Cottrill Street
Myaree 6154
Phone: 08 9424 0500.
Email: Melville@opalagedcare.com.au
www.opalagedcare.com.au



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

Chorus (formerly Care Options Inc.)

Formally known as Care Options Inc.

Lifelinks Building 4 Civic Boulevards
Rockingham

Phone: 08 9550 7888

info@careoptions.org.au

www.careoptions.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

Level 1, 2 Mackie Street Victoria Park WA 6976

Phone: 1300 733 510 or 6250 4319

Email: mail@kincare.com.au

www.stanhope.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: 1300 660 640

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

www.homecareoptions.com.au

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

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.



The Carers

1/4 Milson Place O'Connor WA 6163

Phone: 08 9331 5866

Email: office@thecarers.com.au Website: 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.

Carer Support

Home Instead Senior Care

Unit 24 / 784 Canning Highway
Applecross WA 6153
Phone: 08 6310 0450 -Perth South office
or 08 6310 0400 -Perth North office
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.

Just Better Care

Phone: 1300 587 823
Email: mailpe@justbettercare.com
www.justbettercare.com Established 2005
Provides services to people in the community including:
In home respite, dementia care, carer support, domestic assistance, meal preparation, transport, personal care and

White Oak Home Care Service

14/115 Grand Boulevard
Joondalup WA 6027
Phone: 08 9301 0299 or 0413 734 999
Email: info@whiteoak.com.au
www.whiteoak.com.au
Provides personal care, home support services, social support and respite care.

Comfort Keepers

21A Kearns Crescent
Ardross WA 6153
Phone: 08 9315 2200
fremantleoffice@comfortkeepers.com.au
www.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
www.dialanangel.com/perth
Provides many care services for seniors such as assistance, respite, transportation, personal care, nursing and respite.

Well Ways Carers

Phone: 08 9237 8900
www.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
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
www.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
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 Association (Inc.)

Phone: 08 9498 4800
www.sdsa.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

New members are welcome at the Men's Shed located behind the Uniting Church, 1 Carrington Street Bicton
Open: Mondays 12.30-4.30pm
Wednesday 8.30am-12.30pm
Friday 8.30am -12.30pm.
Contact Tony Willis 0422 378 851

arwills@gmail.com

or Col Taylor

0427 353 575

taycol@bigpond.com

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 9330 6525

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

Email: booragoonlions@gmail.com

www.booragoon.wa.lions.org.au

Dinner meetings held every second and fourth Tuesday of the month at 6.30pm.

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.

For more information on day and times please contact

Wes – 08 9337 8434

Or Pat 08 9418 3297 or

Melville Superbowl - 08 9330 7466.

Country Women's' Association of WA

(Applecross/Mt Pleasant)

St Michaels Hall

Mt Pleasant

Phone: 08 9457 0402

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)

PO Box 545 Applecross WA 6953

Phone: 08 9364 9109

Email: melvillebc@iinet.net.au

www.melvillebc.org.au

Speak to Club for current fees. If you need a partner please call Partnership Coordinator Claire Weston on 08 9339 8101.

For further information please contact the Bridge Club directly.

Befriend Inc.

PO Box 1537

Booragoon WA 6954

Phone: 0404 831 201

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.

Hall Café

64 Kitchener Road
 Melville WA 6156
 Phone: 08 9330 4339
 Email: Melville.rev@gmail.com
 Meets every Wednesday from 10.00am to 12noon.

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

Kulungah-Myah Family Centre
 136 Le Souef Drive
 Kardinya WA 6163
 Phone: 08 9314 2798
 Meet on Mondays from 1.00pm to 4.00 pm
 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
 leeminglyons@gmail.com
 www.leeming.wa.lions.org.au
 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
 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
 Email: amsa@mensshed.net
 www.mensshed.org.au
 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

Phone: 08 9314 2126
 Roslyn or 08 9414 5993
 Margaret
 A non-profit friendship club offering monthly bus outings, speakers and other forms of entertainment. For example bring and buy day, fashion parades, plant and produce days, game days.

National Seniors Australia

City West Lotteries House
 2 Delhi Street
 West Perth WA 6005
 Phone 08 9420 7274
 Email: j.powell-jones@nationalseniors.com.au
 www.nationalseniors.com.au
 Australia's largest not for profit membership based organization assisting over 50's community.

Returned and Service League of Australia (RSL)

Bicton Palmyra Sub Branch
 28 Foss Street
 Bicton WA 6157
 Phone: 08 9339 6401 Kevin Hastie
 08 9339 3547 Club Phone
 Meets second Sunday of the month from 11.00am (except January.)

Returned and Service League of Australia (RSL)

Applecross Sub Branch
 RSL Memorial Hall
 98 Kintail Road Applecross
 PO box 396 Applecross WA 6153
 Phone: 08 9287 3799 Denis or
 08 9364 8564.
 Meets monthly on second Thursday at 1.00pm (except January.)

Royal Australian Airforce Association (WA) Inc.

Village Hall RAAF Association
Bull Creek Drive, Bull Creek WA 6149
Phone: 08 9311 4562 (Welfare Officer)
Aims to provide companionship for members and plan a program of activities and outings that reflect the needs and 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 9467 1939 Colin
Meets on a Monday from 10.00am - 4.00pm.
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
Seniors communion and luncheons occur on the third Thursday of each month (February to November) from 11.30am-1.00pm.

Tin and Collectables Club of WA

6 Hickey Street
(Located in Wireless Hill Park)
Melville WA 6156
Phone: Loraine on 0403 006 871
Email: Loraine.c@optusnet.com.au
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 for more information
Cost: \$4.00 which includes morning tea.
Come and enjoy our 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 Uniting Church
Corner Kishorn and McKenzie Roads
Applecross WA 6153
Phone: 089317 2415 – Dorothy Chatfield
08 9310 7992 – Beverley Farron
Provides a Day Centre on the first Tuesday of each month, March through to December between 10.00am -and 2.00pm in the church hall.

Veteran Car Club of WA (Veteran Section)

Wireless Hill
Phone: 08 9454 5582
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

6 Hickey Street
Ardross WA 6153
Phone: 08 9319 1703 – Secretary
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 wirelesses although many members are also interested in telephone, musical boxes, tape recorders, television, film projectors.

Probus Clubs:

Contact for Club Information:

Kaylah Robbins

Senior Administration Assistant

Email: admin@probussouthpacific.org

www.probussouthpacific.org 1300 630 488,

Applecross/Attadale Ladies Probus Club

South of Perth Yacht Club, Coffee Point
Applecross WA 6153

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

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

It is non-political, non-sectarian and non-fundraising.

Booragoon Ladies Probus Club

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

Meetings held fourth Wednesday of every month at 10am

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

Melville Ladies Probus Club Inc.

Melville Bowling Club

Canning Highway

Alfred Cove WA 6154

Meets every second Thursday of the month at 10.00am. Aims to stimulate thought, interest and participation in activities and provide opportunities to make new friends.

Murdoch Combined Probus Club

South of Perth Yacht Club

Coffee Point

Applecross WA 6153

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

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

Probus Men's Club of Attadale

South of Perth Yacht Club

Coffee Point

Applecross WA 6153

Meetings held third Tuesday 9.45am to 12noon.

Leeming Combined Probus Club

Bull Creek Leeming Amateur Football Club

Cnr Karel Avenue and Beasley Road

Leeming

Meets 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 on the 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

Meets on the first Wednesday of the month at 9.30am

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 the third Tuesday of the month at 9.45am.

An association of retired and semi-retired people who join to provide regular opportunities to keep minds active, expand interests and enjoy fellowship of new friends.

Rotary Club Markets:

Kardinya Rotary Market

Kardinya Shopping Centre

Cnr South Street and North Lake Road

Kardinya WA 6163

Phone: 0432 298 325

To provide the community with an outlet to sell used goods and raise funds for charity.

On every Sunday 7.00am to 10.00am 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: 0408 958 506
Meets on a Tuesday at 7:30am
"Service above Self" is the motto of Rotary International Organisation, local clubs bring vitality to Rotary's humanitarian service.

Rotary Club of Attadale

Tompkins on Swan, corner Dunkley Avenue and Canning Highway, Alfred Cove
Phone: 0427 020 682
Meets Mondays at 6.00pm for a 6.30pm start.

Rotary Club of Booragoon

Blend Café
356 Marmion Street
MELVILLE WA 6156
Phone: 0432 298 325
Meets Tuesdays at 6.00pm for a 6.30pm start.

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.

Covenant Bible-Presbyterian Church Craft Group

47 Davis Road
Attadale WA 6156
Phone: 08 9337 4677
Meets on Wednesdays 10am to 12noon.
Bring your craft project and join the group.

Art Group

Willagee Community Centre
Corner Winnacott and Archibald Streets
Willagee WA 6156
Phone: 08 9364 0848
Classes: Mondays and Thursdays 12.30pm to 3.30pm
Cost: \$3.00
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
Cost: \$4.00
Resources are charged as required.
Morning Tea included
Meets on Wednesdays (excluding school holidays) 9.30am to 11.30am. 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 – Guild House
Office hours 9.00am to 2.00pm Tuesday and Thursday
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. Beginners welcome.

Sip, Sew & Socialise Sewing Group

Willagee Community Centre
Corner Winnacott and Archibald Streets
Willagee WA 6156
Phone: 08 9364 0848
Classes: Mondays 9.30am to 12.00pm.

Cultural and Linguistically Diverse Services

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

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.

Patchwork Group

Willagee Community Centre
Corner Winnacott and Archibald Streets
Willagee WA 6156

Phone: 08 9364 0848 for more information and costs.

Classes: Every other Wednesday from 9.00am to 12noon

Cost: \$3.00 per week.

South of the River Potters Club Inc.

Atwell House
586 Canning Highway
Alfred Cove WA 6154
Phone: 08 9330 2800

Meets on Wednesdays from 10.00am to 3.00pm. 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 9444 8680 Roy (Convenor)
08 9332 5150 Robin (Secretary)

Meets on Wednesdays at 9.00am.

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

Cost: Free

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.

Western Australia Multicultural Association Inc.

PO Box 132, Hillarys WA 6025

Phone: 08 9444 6944

Mob: 0407 160 287

Email: secretary@wamainc.org.au

www.wamainc.org.au

WA Tamil Seniors Association (Inc.).

6 Third Avenue Rossmoyne

Phone: 0433 150 447 – Alan Devdas

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

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

Web: 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

Fax: 08 9434 1755

Mobile: 0413 208 626

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

Level 2, 216 Stirling Highway

Claremont WA 6010

Phone: 08 6222 9000 or 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.

C.A.R.E. Centre Bicton

Uniting Church 1

Carrington Street

Palmyra WA 6157

Phone: 0427 665 300 Zak

Provides a packed day of:

- Cuppas
- Gentle exercise (optional)
- Crafts
- Lunch
- Afternoon entertainment

Transport can be arranged.

St Ives Home Care - Day Respite Program

44 Rome Road

Myaree WA 6154

Phone: 1300 20 20 03

Fax: 08 9330 9002

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

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

City of Melville Social English Classes

Phone: 1300 635 845

Website: www.melvillecity.com.au/social

English

Learn English in a fun and social environment.

Improve your reading, speaking, writing and listening skills.

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.

For more information, costs or to find out class times visit website or call above numbers.

Computer Courses:

Melville Digital Hub

Phone: 08 9364 0121

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, a range of training solutions are available including group classes, one-on-one sessions or six week courses to increase your level of confidence.

One on One Sessions

We have a range of trainers who can assist you with specific enquiries relating to computers, the internet, tablets and mobile phones. As well as an Apple Mac specialist who can provide training on all things Apple.

Cost: fee payable.

Six Week Courses

First Stage: is an introduction six week course for those who are new to computers and want to learn the basics to get started. This is suitable for anyone using windows10.

Second Stage: is a six week course for those who have completed the "first stage" course and are ready to take the next step to expand on what they have learnt from the First Stage.

Cost: \$30 per six week course.

Mobile Phone Sessions

Willagee Community Centre

Phone: 08 9364 0848 for an appointment

One-on-one help with your mobile phone.

Thursdays by appointment.

Cost: \$5.00 per session.

iPad One on One Session

Willagee Community Centre

Phone: 08 9364 0848

A volunteer tutor will be able to answer any of your queries.

Thursdays by appointment:

Cost: \$3.00 per session.

South Metropolitan TAFE Murdoch Campus

130 Murdoch Drive

Murdoch

Phone: 1800 001 001 for course information

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 (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.

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 – Mal

Email: msdennet@bigpond.net.au

Meets on the third Thursday of the month 1.00pm to 3.30pm (January to November).

Murdoch Southside Toastmasters

Bull Creek Community Centre

Hassel Road Bull Creek WA 6149 Crescent

Phone: 0406 036 954 – Erfan

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

Bahai Centre of Learning
453 Marmion Street (cnr North Lake Road)
Myaree WA 6154
Phone: 08 9330 6999
Email: Melville@wa.bahai.org.au
Migrant, ethnic and Bahai spiritual learning.

The Penguin Club – Applecross Group

St Georges Anglican Church
Cnr Kintail Road and McLennan Road
Applecross WA 6153
Phone: 08 9364 8872 – Lyn Houlton
Meets alternate Fridays at 1.00pm.
Aims to meet the needs of all women by teaching them to communicate with confidence.

University of the Third Age (U3A)

Melville and Districts Region
Phone: 0419 919 993 Anne
Email: info@u3auwa.org
www.u3auwa.org
Almost all our activities are held in venues within the City of Melville, including Melville LeisureFit, Kadidjiny Park Hall, Miller Bakehouse etc.
Open to anyone over the age of fifty who is no longer in full time employment. U3A gives members the opportunity to develop new interests, learn new skills and meet like-minded people. Founded in 1986 to cater for seniors' interests. 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
More Care: 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 4.00pm to 6.00pm Friday, or 9.00am to 11.30am Saturday (may cut off earlier). Delivery of hamper between 12noon and 4.00pm Saturday.

Melville Citizens Relief Fund

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

Save the Children Fund

9/67 McCoy Street
Myaree WA 6154
Phone: 08 9330 9204
Pre-loved goods retail store.

St Vincent de Paul

4/67 McCoy Street
Myaree WA 6154
Phone: 08 9330 5770
Pre-loved goods retail store.

Willagee Red Cross Shop

62 Archibald Street
Willagee WA 6153
Phone: 08 9337 9255
Second hand clothing and household items.
Shop Hours:

- Monday to Friday 9.00am to 5.00pm
- Saturday 9.00am to 4.00pm

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: 1300 635 845
www.melville.com.au/safermelville
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: 08 9364 8295
 Offers short, medium and long term accommodation to women over 25 years of age who are in crisis.

Medi Alert Perth

Phone: 0420 244 004 Sandra
 Email: medialertperth@gmail.com
 Personal alarm pendants for the elderly, children or 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. Linked in with The COM Seniors Assistance Fund, so you could be eligible to pay 10-20% of cost and COM pay rest.

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
 Culturally social club with group activities for all ages.
 Seniors groups meet Wednesdays weekly from 9.30am to 3.00pm
 Folk Singing Group meets Fridays weekly from 1.30pm to 3.00pm

Community Orchestra**South Side Symphony Orchestra**

Kadidjiny Community Hall
 70-72 Kitchener Road
 Melville WA
 www.sso.org.au
 Phone: 0415 678 905 – Danielle
 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
 Email: info@capital1017fm.org.au
 www.capitalcommunityradio.com

Culture Club

Bull Creek Community Centre
 Hassell Crescent
 Bull Creek WA 6149
 Phone: 0411 110 088
 New Vogue dancing for seniors – ballroom sequel.
 Classes: Friday 8.15pm to 10.15pm.

Danza Loca – Zumba Fitness

Blue Gum Recreation Centre
 Melville WA 6156
 Phone: 0449 913 034 - Teri
 Meets on Wednesday 7.30pm to 8.30pm.

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.

Fatima Care Singers

Lady of Fatima Church
 10 Foss Street
 Palmyra WA
 Contact: 08 9319 2464 – Marie Barns
 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 – Joanna
 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. Opportunity to perform.

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
Corner Canning Hwy and Stock Road
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.

Mood Swings

Blue Gum Community Centre
Moolyean Road
Brentwood WA 6153
Tuesdays and Thursdays, 7.00pm to
9:00pm
Bull Creek Community Centre Thursdays,
7.00pm to 9.00pm.
Phone: 08 9478 2829 - Linda

Music Amica

St Stephens Uniting Church
Cnr McKenzie and Kishorn Road
Applecross WA 6153
Phone: 08 9364 3256 – Margaret Benness
Meets every third Saturday March to
October, and first Saturday of December at
8.00pm. 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 – Christine
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 Covenant Bible –
Presbyterian Church Hall
47 Davis Road
Attadale WA 6156
Email: info@southsideharmony.org
Meets on Tuesdays at 1pm to 3.30pm
New members welcome. 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 (off Alston Ave)
Phone: 08 9243 1200 Steve Longwood or
0419 900 441 Julie Longwood _
www.squaredance.org.au

Symphony Dancers

Blue Gum Community Centre
Moolyean Road
Brentwood WA 6153
Phone: 0412 050 481 – Ivan or Irene
Meets: Tuesdays 8.00pm to 10.00pm and
Fridays 7.30pm to 10.30pm

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

Young at Heart Community Club

Blue Gum Community Centre
Moolyean Road
Brentwood WA 6153
Phone: 9313 1527 – Shirley
Meets every Saturday 7.30pm to
10.30pm. Social activities, karaoke,
New Vogue dancing and Cultural
dance etc.

Sing from the Heart

Melville Leisurefit
Cnr Stock Road and Canning Highway
Phone: 0433 653 219 Martin
Tuesday 11.00am to 1.00pm.

Stan's Dancing Melville

Melville Leisurefit Centre
Cnr Stock Road and Canning Highway
Melville
Phone: Stan 9330 6737/0409 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

Friends of Wireless Hill

Phone: 08 9316 8109 – Kate
Email: kate.creed@optusnet.com.au
www.friendsofwirelesshill.org
A community group made up of volunteers
dedicated to conserving and protecting the
bushland of Wireless Hill Park.

Greening Leeming

Phone: 08 9310 4463 – Jeff
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 – Murray Baker
www.orchidsocietywa.net.au
Facebook:
www.facebook.com/orchidsWA
To promote and assist in the cultivation and
displaying of orchids.

WA Gerbera Society Inc.

RSL Hall
98 Kintail Road
Applecross WA 6154
Phone: 08 9364 7175 – Secretary
Meets last Sunday of the month (except
December and January) at 2.00pm.
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
Email:
murdoch.secretary@wildflowersocietywa.org.au
www.members.ozemail.com.au/wildflowers
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

Freecall: 1300 791 137
Phone: 08 9361 1300
Specialists in providing and fitting post-
surgical garments to assist people during
their recovery after surgery.

Carelink Personal Alarms

See Emergency Services on Page 20.

Centrelink

Phone: 13 23 00
www.humanservices.gov.au
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.

Well Ways Mt Recovery

Phone: 08 9237 8900
www.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
Postal Address: Locked Bag 100 Palmyra
DC WA 6961

www.southmetropolitan.health.wa.gov.au

Email:

smhs.communityphysiotherapy@health.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

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: Marie 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

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

Suite 902, Level 9

447 Kent Street Sydney NSW 2000

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 contact: 08 9346 7540

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. Stroke Line – 1800 787 653

www.strokefoundation.com.au to access information and resources for stroke survivors and carers.

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@seniorcard.wa.gov.au

www.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
Highways Attadale WA
6156

Phone: 08 9317 7777

Email: info@totaldenturecare.com.au

www.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.

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
Phone: 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: 9431 1255
www.fhhs.health.wa.gov.au

Accommodation/Housing Information and Advocacy

ACROD Parking Program

12 Lindsay Street
Perth 6000

Monday to Friday 9.00am to 4.00pm

Phone: 08 9242 5544

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

Advocare

The Perron Centre, 61 Kitchener Ave
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. 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: 08 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

Formally known as Association
for the Blind of WA

61 Kitchener Avenue
Victoria Park WA 6010

Phone: 08 9311 8202

Toll Free: 1800 847 466

www.visability.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

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

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

: www.arafmi.asn.au

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

Grandparents Rearing Grandchildren WA

Phone: 9246 4753

Main Contact: Penny and Clive

Email: president@grgwa.org.au

Association of Independent Retirees Inc.

WA – Regional Membership Officer
General
Email: aircbr@bigpond.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
Email:
helpdesk@relayservice.com.au
TTY: 1800 555 630
SMS: 0416 001 350
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 6008
Phone: 089325 7699
Email: info@diabeteswa.com.au
www.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 PO Box 257
Subiaco WA 6904
Phone: 08 9381 0111
Email: slf@slfwa.org.au
www.slflwa.org.au
Office Hours 8.30am to 4.30 pm
Rehabilitation assistance to patients moving
back into the community following
discharge from hospital. Provides support,
information, advice and advocacy services
to enable people with a range of disabilities
to participate in community life.

Carer's Counselling Line

Phone: 1800 007 332
Email: info@carerswa.asn.au
Mon to Fri 8.30am-7.30pm
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
Email: fremantle@cabwa.com.au
Information, referral on any subject.
Mediation service.
Monday to Thursday, 9.30am to
3.30pm
Friday 9.30am to 12.30pm.

Citizens Advice Bureau (CAB) WA

25 Barrack Street
Perth WA 6000
Phone: 08 9221 5711
Administration phone: 9325 4217
Email: cab@cabwa.com.au
Not for profit organization mediation
service providing information and
referral on any subject.

**Commonwealth Respite and Carelink
Centre**

Phone: 1800 052 222
www.commcarelink.health.gov.au 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: 6457 7355
Email: admin@mndawa.asn.au
www.mndawa.asn.au

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

West End, Garden City Shopping Centre
(Next door to the Post Office)
Phone: 08 9364 9083 (Centre)
Centre Hours: Monday to Friday 9.00am to 4.00pm
JP Hours: Monday to Thursday 10.00am to 1.00pm, Friday 10.00am to 3.30pm
This service is run by volunteers.

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

PO Box 1209 Booragoon WA 6954
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.

Department of Communities

Seniors Information Service
Address: 189 Royal Street East Perth Phone: 08 6551 8800(metro)
Freecall: 1800 671 233 (country)
Email: seniorscard@digc.wa.gov.au
www.seniorscard.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 6160
Phone: 9432 5300
Email: fremantle@housing.wa.gov.au
www.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
Email: eo@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

Unit 6 294 Great Eastern Highway
Midland WA 6056
Phone: 08 9274 8200
Monday and Friday 9.30am to 2.30pm
Email office@evenkeel.org.au
<http://www.evenkeel.org.au>
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
Email: opa@justice.wa.gov.au
www.publicadvocate.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
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

Locked Bag 2705
Strawberry Hills NSW 2012
Phone: 1800 880 052
TTY: 1800 301 130
Email:
enquiries@disabilityhotline.org
www.disabilityhotline.net.au
Hotline is open on Monday to Friday
9.00am to 9.00pm AEST
Weekends from 10.00am to 9.00pm AEST
Public Holidays 10.00am to 4.00pm AEST.

National Seniors Australia

GPO Box 1450
Brisbane QLD 4001
Phone: 1300 765 050
Email: general@nationalseniors.com.au
www.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

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.

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

Email: admin@senses.org.au

www.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

Email: admin@ncwa.com.au

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

Parkinson's Association of WA Inc.

The Niche

11 Aberdare Road Nedlands WA 6009

Phone: 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.

AH Bracks Library

Cnr Stock Road and Canning Highway
Melville WA 6157

Phone: 08 9364 0115

Monday to Thursday 9.00am to 7.00pm

Friday 9.00am to 6.00pm

Saturday 9.00am to 1.00pm

Sunday 11.00am to 3.00pm.

Bull Creek Library

24 Leichhardt Street

Bull Creek WA 6149

Phone: 08 9364 0150

Monday to Thursday 9.00am to 7.00pm

Friday 9.00am to 6.00pm

Saturday 9.00am to 1.00pm

Sunday, closed.

Canning Bridge Library Lounge

2 Kintail Road

Applecross WA 6153

Phone: 08 9364 0121

Monday, Tuesday, Thursday and Friday
9.00am to 6.00pm

Saturday 9.00am to 1.00pm

Wednesday and Sunday closed.

Civic Square Library

Almondbury Road

Ardross WA 6153

Phone: 08 9364 0138

Monday to Thursday, 9.00am to 7.00pm

Friday 9.00am to 6.00pm

Saturday 9.00am to 1.00pm

Sunday – closed.

Willagee Library

Corner Winnacott and Archibald Streets
Willagee WA 6156

Phone: 08 9364 0170

Monday, Tuesday, Thursday and Friday
9.00am to 6.00pm

Saturday 9.00am to 1.00pm

Wednesday and Sunday, 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, 9.00am to 3.00pm
Public Holiday, 9.00 to 3.00pm

Farrington Road Medical Clinic

84 Farrington Road
Leeming WA 6156
Phone: 08 9312 1106
Monday to Friday, 9.00am to 7.00pm
Saturday 9.00pm to 7.00pm
Sunday 1.00pm-7.00pm

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 8.00am to 6.00pm.

Bicton Medical Clinic

3 Westbury Crescent Bicton WA 6157
Phone: 08 9339 4744
Private Billing Clinic
Open Monday to Friday 9.00am-5.00pm
Saturday 9.00am-11.00pm

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
www.brightsky.com.au
www.paraquad.org.au
This service provides every day and hard
to-find healthcare products and equipment
home-delivered.

Education

BeBrightStudy Series for healthcare
professionals

Advice

BrightSky Clinical Consumer Advisory
Service

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

HACC Transport – Volunteer Task Force

Phone: 08 9318 5777
Email: info@volunteertaskforce.org.au
Bookings are to be made between the
hours of 8:00am to 4:00 pm Monday
to Friday. At least two working days'
notice required for bookings. A fee is
payable.

Independent Living Centre of WA Inc.

Cockburn Integrated Health and Community
Facility (Ground Floor)
11 Wentworth Parade
Success WA 6164
Phone: 08 9381 0600
Email: cockburnJ@ilc.com.au
Open Monday to Friday 9.00am to 4.00pm
by appointment only. Trained staff available
to assess needs. Recommend and
demonstrate a large range of aids and
appliances to assist activities of daily living.

Medihire & Sales

Phone:
Balcatta 08 9240 6100
Midvale 08 9374 0355
Wembley 08 9387 3911
Willetton 08 9354 3111
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)
Email: app@app.org.au
Applications for parking/mobility stickers.
All applications must be endorsed by your
Doctor or Occupational Therapist.

RAC Repairs and Insurance

General Inquiries: 13 17 03
Breakdowns: 13 11 11
Provides a free repair service for electric
gophers if insured with RAC. Register your
gopher by telephoning RAC Insurance. If a
breakdown occurs, phone the RAC
Breakdown line and a serviceman will
attend to any punctures or minor electrical
problems to get you going again. Please
note that while the RAC staff will repair
punctures, they do not routinely carry spare
tubes, so remember to keep a spare or two
at home.

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
Email: enquiries@tadwa.org.au
www.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

Passenger Services
Department of Transport
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.

Museums

Heathcote Museum and Gallery

Swan House, Heathcote Cultural Precinct
58 Duncraig Road
Applecross WA 6153
Phone: 08 9364 5666
Email: heathcote@melville.wa.gov.au
Tuesday to Friday, 10.00am to 3.00pm
Weekends, 12noon to 4.00pm
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
Open: Sundays 2.00pm to 4.30 pm
March to November, except Easter Sunday.
Cost: Entry Fee charged.
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
Museum is open:
Wednesday and Friday 10am to 2pm
Sunday 12pm to 4pm
Located at the heritage listed A Class
reserve of Wireless Hill Park, the museum
houses a significant collection of
communications equipment and hosts
changing exhibitions on a regular basis.

Royal Australian Air Force Aviation Heritage Museum

Bull Creek Drive
Bull Creek WA 6149
Phone: 08 9311 4470
Email: museum@raafawa.org.au
Open: Everyday 10.00am to 4.00pm
except Christmas and Boxing Day,
New Year Day and Good Friday.
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 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
Email: admin@headwest.asn.au
A not for profit organization set up to give
help and support for people with an
acquired brain injury, their family and
carers.

St John Ambulance – Community Care

Phone: 08 9334 1222
Provides friendly support to meet social,
recreational and conversational needs.

Welcome Wednesday

Willagee Community Centre
Corner Winnacott and Archibald Streets
Willagee WA 6156
Phone: 08 9364 0848
A Coffee and Talk Morning with an
interesting and different topic by a guest
speaker each fortnight.
9.30am to 11.30am. Cost \$4.00 per
session, includes morning tea. Please
contact for an update on what's coming up.

Sport and Recreation

City of Melville Leisurefit Centres

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

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

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

New to Leisure Fit Over 70 years old?

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

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

*Additional concessions may apply

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

Melville Tai Chi

Willagee Community Centre
Cnr Winnacott & Archibald Streets
Willagee WA 6156
Classes: Tues 7:00pm-9:00pm
Phone: Brad 0438 882 278.

Tai Chi with Pat

Willagee Community Centre
Cnr Archibald and Winnacott Street
Thursday 9.00am-10.00am
More information contact 08 9364 0848.

Easy Does It Exercise

Willagee Community Centre
Corner Archibald and Winnacott Street
Wed 10.30am-11.30am
Cost \$3.50
For more information phone 08 9364 0848.

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
Gary Young – 08 9330 5576
Evan Biggs –
evanb@tpg.com.au
Murdoch University Bicycle User Group
Peter Fallon – 08 9360 2232 or
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
Wednesday: 1.00pm to 2.30pm
Cost: \$7.00 per session
Phone: 08 9364 0848 or 08 9368 1824.

Energy Medicine

Bull Creek Community
Centre Hassell Crescent
Bull Creek WA 6149
Phone: 0405 388 414 or
08 9457 0965 - Glenys
Basic Qigong movements and breathing techniques.
Classes: Tuesday 7:00pm-9:00pm.

LeisureFit Centres

Phone: 08 9364 0800

Booragoon

Marmion Street
Booragoon WA 6154
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. Please go to www.melvillecity.com.au for more information.

Melville

Cnr Stock Road and Canning Highway
Melville WA 6156
Recreation programs for the community include Yoga, Fitness for over 50's, calligraphy, woodturning, kiln fired china painting, ballroom dancing, over 50's boot scooting, 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.

Tuesday Ladies Badminton

Willagee Community Centre
Corner Winnacott and Archibald Street
Willagee WA 6156
Phone: 08 9364 0848 or 0400 554 315 Ann
Tuesdays 9.30am to 11.30am.

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

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.

Phone: 0444 560 037

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

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 7.42am

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.

More information can be found at

pointwaltergolf.com.au/golf/social-clubs

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.

Cost available on website.

Adult Swimfit

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.

Cost available online.

www.melvillecity.com.au

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.

Garden City Mall Walking Group

Garden City Shopping Centre

125 Riseley Street

Booragoon

Phone: 08 9472 0104

A free walk program which includes a warm up and stretching exercises and a walk for a distance of 300m, 500m or 1km depending on ability. The walk finishes with cool down and Tai Chi. The group meets on Tuesday and Fridays at 7.30am. Walkers enter at the Priceline entrance, corner Marmion Street and Riseley Street (near Bankwest and David Jones car park). Meet in front of Priceline shop.

Over 55's Walking Association

Phone: 0490 472 145

Email: over55walkingassoc@gmail.com

Meet Tuesday at 10am from March until November.

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

Wireless Hill Walking for Fitness Group

Phone 08 9310 1385

Weekly walking groups for fun pleasure and exercise. Meets every Thursday and Sunday at 8.00am in the northern car park –approximately 6.5kms in different areas across the metro area.

Y Striders Seniors Stride Out

Troy Park Club Rooms

Burke Drive Attadale

Phone: 0481 308 735

Email: ystriders@inet.net.au

Cost: Fee charged

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

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