



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will not be liable for any loss, damage or injury whatsoever arising from any incorrect, inaccurate, incomplete or out of date information herein, or arising in any way as a result of the services listed herein.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



Disclaimer	2
Table of Contents	3
Accommodation/Housing	4
Accommodation, Housing and Support Services.....	5
Carer Support	12
Clubs and Friendship Groups	13
Crafts and Arts	17
Cultural and Linguistic Diverse Services	18
Day Centres/Respite Services	19
Education and Volunteering	19
Emergency Relief	21
Emergency Services	21
Entertainment/Dancing/Singing	22
Environment and Gardening	24
Health and Benefits	24
Hospitals	26
Housing	27
Information and Advocacy.....	27
Library Services.....	31
Medical.	32
Mobility Assistance, Aids and Equipment.....	32
Museums.....	33
Senior Citizens Clubs.....	34
Social Support	34
Sport and Recreation.	34
Index.....	36

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
Web: 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

Independent Living

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

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

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

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

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

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

Braemar Gardens

56 Bristol Avenue
Bicton 6157

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.

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.

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 and Community Care (HACC) and
Home Care Packages**

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

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

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

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

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

Services may include;

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

For information about services specifically
 for culturally and linguistically diverse
 groups or centre based respite please see
 pages 17 and 18.

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@mercyare.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: pwinc@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.

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

The City of Melville's SAF assists residents who are unable to access HACC or care packages for services to enable them to live independently in the community. The fund is managed by Chorus (formerly Care Options) who can be contacted on 08 9550 7888 for an assessment.

Residential Care

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

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

To access residential care you must be referred to an Aged Care Assessment Team (ACAT) by your GP contactor contact
1800 200 422 or visit
www.myagedcare.gov.au

The following facilities are within the City of Melville however to find further information or availability within these facilities you must go through My Aged Care.

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

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.

Home Care Packages

The Home Care Package program provides the next level of support if and when HACC support is no longer meeting your needs. The support provides people with higher level care needs this support provides people with higher level care needs requiring care coordination and case management to help seniors or people with disability live independently. For more information or an assessment contact My Aged Care on 1800 200 422 or go to www.myagedcar.gov.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.

Private Home Support Services

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

The Carers

1/4 Milson Place O'Connor WA 6163

Phone: 08 9331 5866

Email: office@thecarers.com.au 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.

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.

Carer Support**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
 leeminglions@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.

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.

Cultural and Linguistically Diverse Services

City of Melville Social English Classes

Phone: 08 9364 1062 or 1300 635 845

Email: library@melville.wa.gov.au

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
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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)

South West Metro Region
 Phone: 08 9457 1962 – Kathy
 Email: info@u3auwa.org
 www.u3auwa.org
 In Melville, U3A activities are run at the
 Miller Bakehouse Museum Palmyra,
 Melville Recreation Centre and Kadidjiny
 Hall, Kitchener Road Melville. 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 and learn new
 skills. Founded in 1986 to cater for
 seniors' interests. Offers activities and
 lectures in a wide variety of subjects.

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 of
 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
 Moolyeeen 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
 Moolyeeen 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 Australia being
 the only non-professional theatre, which has
 performances on a regular basis. Tivolettes
 perform on the last Sunday of each month
 April to November.

**WA Bush Poets and Yarn Spinners
Association**

Meets: The Auditorium
 26 Plantation Street, Bentley Park
 Retirement Village
 Bentley WA 6102
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
 Moolyeeen 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.slfwa.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: seniorcard@digc.wa.gov.au
www.seniorcard.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.

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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: Judith (Secretary) 08 9386 2049.

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.

Index

A

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

B

Baptist Care	11
Bateman Catholic Parish St Thomas More Catholic Church – More Care	21
Befriend Inc.	13
Bethanie Community Care	19
Bicton Medical Clinic	32
Bicton Men's Shed	13
Bicton Uniting Church Ladies Fellowship	13
Bladder and Bowel Health Australia Inc.	25
Blue Gum Park Tennis Club	36
Booragoon Ladies Probus Club	16

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

C

C.A.R.E Centre	19
Canning Bridge 7 Day Medical Centre	32
Canning Bridge Library Lounge	31
Capital Community Radio	22
Carelink Personal Alarms	24
Carer's Counselling Line	28
Carer's Association of Western Australia	27
The Carers	11
Carers WA	12
Carinya of Bicton	10
Centrelink	24
Chorus (Community First)	7
Chorus (Care Options Inc.)	11
Chorus (Volunteer Task Forcer)	8
Chung Wah Community and Aged Care	18
Citizens Advice Bureau of WA	28
City of Melville Air Force Association Brass Band	22
City of Melville Bridge Club	13
City of Melville Citizens Relief Fund	29
City of Melville Community Development Officers	29
City of Melville Community Safety Services	21
City of Melville Social English Classes	18,19
Civic Square Library	31
Combined Probus Club of Attadale	16
Comfort Keepers	12
Commonwealth Respite and Carelink Centre	28
Community Information and Justice of the Peace Service	29

Community Legal Centres Association	29
Community Orchestra South Side Symphony	22
Computer Courses	20
ConnectGroups	29
Continence Management and Advice Services	25
Council on the Ageing WA	29
Country Women's Association of WA Applecross/Mt Pleasant	13
Country Women's Association of WA Melville Branch	14
Covenant Bible-Presbyterian Church Craft Group	17
Craft Connection	17
Culture Club	22
Cura In-home Care	9

D

Daily Living Products (Leeming)	32
Danza Loca- Zumba Fitness	22
Department of Communities	29
Department of Housing Fremantle	29
Department of Transport Concessions WA	29
Diabetes WA	28
Dial an Angel	12

E

East Fremantle Breakaway Social Group	22
Easy Does It Exercise	35
Elder Abuse Helpline	27
Embroiders Guild of WA	17
Energy Medicine	35
Epilepsy Association of WA	30
Even Keel Bipolar Disorder Support Association	30

F

Farrington Road Medical Clinic	32
Fatima Care Singers	22
Fibromyalgia Support Network	25
Fiona Stanley Hospital	26
ForeverFit Series	35
Frederick Guest Hostel Amana Living	10
Frederick Guest Village Amana Living	5
Fremantle Community Care	9
Fremantle Hospital	26
Fremantle Hospital Older Adult Mental Health Services	25
Friends of Wireless Hill	24

G

Garden City Mall Walking Group	37
Gordon Lodge (residential Aged Care)	10
GP After Hours Murdoch	32
Grandparents Rearing Grandchildren	27
Greening Leeming	24
Guardianship and Administration Board	30

H

HACC Transport-Volunteer Task Force	32
Hall Café	14
Headwest (Brain Injury Association of WA)	34
Health Consumers Council (WA) Inc.	30
Heathcote Museum and Gallery	33
Helping Minds	27
Home Care Assistance	6
Home Care Packages	6
Home Instead Senior Care	12
Homecare Options	11

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

O		Royal Australian Airforce Aviation Heritage Museum	34
Opal Melville	10	Royal Perth Volunteer Transport	32
Opal Murdoch	10		
Over 55's Walking Association	37		
P		S	
Parkinson's Association of WA Inc.	31	Save the Children Fund	21
Parkland Villas*	6	Scrabble Club – Melville	15
Patchwork Group	18	Senior Living Today	4
The Penguins Club – Applecross Groups	21	Seniors Assistance Fund	9
People Who Care	8	Seniors Recreation Council of WA Inc.	36
Perth PC Users Group Inc.	20	Seniors/Retirees	15
Platinum Healthcare Group	11	Senses Foundation	31
Podiatry Services	26	Silver Chain	19,22
Point Walter Golf Course- Tennis	36	Silver Chain Alarms	22
Police, Ambulance, Fire	22	Silver Chain Social Centre	19
Prime Movers	36	Sing Australia Fremantle	23
Probus Clubs	16	Sing from the Heart	23
Probus Men's Club of Attadale	16	Sip, Sew and Socialise	17
Probus Men's Club of Booragoon	16	Smartrider	33
		SMYL Community Services	20
R		Social Golf – Point Walter	36
RAC Repairs and Insurance	33	South East Community Physiotherapy	25
Red Cross Carer Support Services	34	South Metropolitan TAFE Murdoch Campus	20
Regent's Garden Bateman	10	South of the River Potters Club Inc.	18
Regent's Garden Four Seasons	10	Southern Cross Care	8
Retirees WA Inc.	31	Southern Districts Support Association (Inc.)	12
The Rhein Donau Club Inc.	22	Southside Harmony Men's Barbershop Chorus	23
RSL Applecross	14	Spine & Limb foundation (Inc.)	28
RSL Bicton/ Palmyra	14	Spiritual Assembly of Bahai's of Melville	21
Rotary Club of Applecross	17	Square Dancing	23
Rotary Club of Attadale	17	St Ives	6,8,19
Rotary Club of Booragoon	17	St Ives Home Care	19
Royal Australian Airforce Association (WA) Inc.	15	St John Ambulance – Community Care	34

St John of God Hospital Murdoch	26
St Vincent de Paul	21
Stan's Dancing Melville	24
Stock Road Senior Citizens Club	34
Striker Indoor	35
Swimming	37
Symphony Dancers	23
T	
Tai Chi with Pat	35
Taxi Users Subsidy Scheme	33
Technology Assisting Disability WA	33
Tennis	36
Tin and Collectables Club of WA	15
Tivoli Club of WA	23
Total Denture Care	26
Tuesday Ladies Badminton	35
U	
Uniting Church Community Activities Centre	15
University of the Third Age (U3A)	21
Umbrella	8
V	
Veteran Car Club of WA (Veteran Section)	15
Veterans' Home Care	8
Villa Dalmacia Social Centre	19
Village Club of RAAF Association	15
Vintage Wireless and Gramophone Club of WA	15
VisAbility	27
Volunteer Home Support Inc.	7

W	
WA Bush Poets and Yarn Spinners Association	23
WA Retirement Villages Residents Association	4
WA Seniors Card Centre	26
WA Tamil Seniors Association (Inc.)	18
Welcome Wednesday	15,34
Well Ways Carers Support	12
Well Ways Mt Recovery	24
West Australian Gerbera Society	24
Western Australian Multicultural Association Inc.	18
White Oak Home Care Service	12
Wildflower Society of WA – Murdoch Branch	24
Willagee Library	31
Willagee Red Cross Shop	21
Willow Tree Care	25
Wireless Hill Museum	33
Wireless Hill Walking for Fitness Group	37
Wood Turners Association of WA – Melville	18
Y	
Y Striders Seniors Stride Out	37
Young at Heart Community Club	23
Z	
Zonta House Refuge Association	22



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



Disclaimer	2
Table of Contents	3
Accommodation/Housing	4
Accommodation, Housing and Support Services.....	5
Carer Support	12
Clubs and Friendship Groups	13
Crafts and Arts	17
Cultural and Linguistic Diverse Services	18
Day Centres/Respite Services	19
Education and Volunteering	19
Emergency Relief	21
Emergency Services	21
Entertainment/Dancing/Singing	22
Environment and Gardening	24
Health and Benefits	24
Hospitals	26
Housing	27
Information and Advocacy.....	27
Library Services.....	31
Medical.	32
Mobility Assistance, Aids and Equipment.....	32
Museums.....	33
Senior Citizens Clubs.....	34
Social Support	34
Sport and Recreation.	34
Index.....	36

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
Web: 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

Independent Living

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

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

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

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

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

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

Braemar Gardens

56 Bristol Avenue
Bicton 6157

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.

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.

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 and Community Care (HACC) and
Home Care Packages**

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

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

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

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

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

Services may include;

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

For information about services specifically
 for culturally and linguistically diverse
 groups or centre based respite please see
 pages 17 and 18.

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: pwinc@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.

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

The City of Melville's SAF assists residents who are unable to access HACC or care packages for services to enable them to live independently in the community. The fund is managed by Chorus (formerly Care Options) who can be contacted on 08 9550 7888 for an assessment.

Residential Care

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

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

To access residential care you must be referred to an Aged Care Assessment Team (ACAT) by your GP contactor contact
1800 200 422 or visit
www.myagedcare.gov.au

The following facilities are within the City of Melville however to find further information or availability within these facilities you must go through My Aged Care.

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

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.

Home Care Packages

The Home Care Package program provides the next level of support if and when HACC support is no longer meeting your needs. The support provides people with higher level care needs this support provides people with higher level care needs requiring care coordination and case management to help seniors or people with disability live independently. For more information or an assessment contact My Aged Care on 1800 200 422 or go to www.myagedcar.gov.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.

Private Home Support Services

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

The Carers

1/4 Milson Place O'Connor WA 6163

Phone: 08 9331 5866

Email: office@thecarers.com.au 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.

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.

Carer Support**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
 leeminglions@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.

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.

Cultural and Linguistically Diverse Services

City of Melville Social English Classes

Phone: 08 9364 1062 or 1300 635 845

Email: library@melville.wa.gov.au

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
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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)

South West Metro Region
Phone: 08 9457 1962 – Kathy
Email: info@u3auwa.org
www.u3auwa.org
In Melville, U3A activities are run at the
Miller Bakehouse Museum Palmyra,
Melville Recreation Centre and Kadidjiny
Hall, Kitchener Road Melville. 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 and learn new
skills. Founded in 1986 to cater for
seniors' interests. Offers activities and
lectures in a wide variety of subjects.

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 of
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
 Moolyeeen 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
 Moolyeeen 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 Australia being
 the only non-professional theatre, which has
 performances on a regular basis. Tivolettes
 perform on the last Sunday of each month
 April to November.

**WA Bush Poets and Yarn Spinners
Association**

Meets: The Auditorium
 26 Plantation Street, Bentley Park
 Retirement Village
 Bentley WA 6102
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
 Moolyeeen 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: jrvmengler@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.slfwa.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: seniorcard@digc.wa.gov.au
www.seniorcard.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.

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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: Judith (Secretary) 08 9386 2049.

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.

Index

A

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

B

Baptist Care	11
Bateman Catholic Parish St Thomas More Catholic Church – More Care	21
Befriend Inc.	13
Bethanie Community Care	19
Bicton Medical Clinic	32
Bicton Men's Shed	13
Bicton Uniting Church Ladies Fellowship	13
Bladder and Bowel Health Australia Inc.	25
Blue Gum Park Tennis Club	36
Booragoon Ladies Probus Club	16

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

C

C.A.R.E Centre	19
Canning Bridge 7 Day Medical Centre	32
Canning Bridge Library Lounge	31
Capital Community Radio	22
Carelink Personal Alarms	24
Carer's Counselling Line	28
Carer's Association of Western Australia	27
The Carers	11
Carers WA	12
Carinya of Bicton	10
Centrelink	24
Chorus (Community First)	7
Chorus (Care Options Inc.)	11
Chorus (Volunteer Task Forcer)	8
Chung Wah Community and Aged Care	18
Citizens Advice Bureau of WA	28
City of Melville Air Force Association Brass Band	22
City of Melville Bridge Club	13
City of Melville Citizens Relief Fund	29
City of Melville Community Development Officers	29
City of Melville Community Safety Services	21
City of Melville Social English Classes	18,19
Civic Square Library	31
Combined Probus Club of Attadale	16
Comfort Keepers	12
Commonwealth Respite and Carelink Centre	28
Community Information and Justice of the Peace Service	29

Community Legal Centres Association	29
Community Orchestra South Side Symphony	22
Computer Courses	20
ConnectGroups	29
Continence Management and Advice Services	25
Council on the Ageing WA	29
Country Women's Association of WA Applecross/Mt Pleasant	13
Country Women's Association of WA Melville Branch	14
Covenant Bible-Presbyterian Church Craft Group	17
Craft Connection	17
Culture Club	22
Cura In-home Care	9

D

Daily Living Products (Leeming)	32
Danza Loca- Zumba Fitness	22
Department of Communities	29
Department of Housing Fremantle	29
Department of Transport Concessions WA	29
Diabetes WA	28
Dial an Angel	12

E

East Fremantle Breakaway Social Group	22
Easy Does It Exercise	35
Elder Abuse Helpline	27
Embroiders Guild of WA	17
Energy Medicine	35
Epilepsy Association of WA	30
Even Keel Bipolar Disorder Support Association	30

F

Farrington Road Medical Clinic	32
Fatima Care Singers	22
Fibromyalgia Support Network	25
Fiona Stanley Hospital	26
ForeverFit Series	35
Frederick Guest Hostel Amana Living	10
Frederick Guest Village Amana Living	5
Fremantle Community Care	9
Fremantle Hospital	26
Fremantle Hospital Older Adult Mental Health Services	25
Friends of Wireless Hill	24

G

Garden City Mall Walking Group	37
Gordon Lodge (residential Aged Care)	10
GP After Hours Murdoch	32
Grandparents Rearing Grandchildren	27
Greening Leeming	24
Guardianship and Administration Board	30

H

HACC Transport-Volunteer Task Force	32
Hall Café	14
Headwest (Brain Injury Association of WA)	34
Health Consumers Council (WA) Inc.	30
Heathcote Museum and Gallery	33
Helping Minds	27
Home Care Assistance	6
Home Care Packages	6
Home Instead Senior Care	12
Homecare Options	11

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

O		Royal Australian Airforce Aviation Heritage Museum	34
Opal Melville	10	Royal Perth Volunteer Transport	32
Opal Murdoch	10		
Over 55's Walking Association	37		
P		S	
Parkinson's Association of WA Inc.	31	Save the Children Fund	21
Parkland Villas*	6	Scrabble Club – Melville	15
Patchwork Group	18	Senior Living Today	4
The Penguins Club – Applecross Groups	21	Seniors Assistance Fund	9
People Who Care	8	Seniors Recreation Council of WA Inc.	36
Perth PC Users Group Inc.	20	Seniors/Retirees	15
Platinum Healthcare Group	11	Senses Foundation	31
Podiatry Services	26	Silver Chain	19,22
Point Walter Golf Course- Tennis	36	Silver Chain Alarms	22
Police, Ambulance, Fire	22	Silver Chain Social Centre	19
Prime Movers	36	Sing Australia Fremantle	23
Probus Clubs	16	Sing from the Heart	23
Probus Men's Club of Attadale	16	Sip, Sew and Socialise	17
Probus Men's Club of Booragoon	16	Smartrider	33
		SMYL Community Services	20
R		Social Golf – Point Walter	36
RAC Repairs and Insurance	33	South East Community Physiotherapy	25
Red Cross Carer Support Services	34	South Metropolitan TAFE Murdoch Campus	20
Regent's Garden Bateman	10	South of the River Potters Club Inc.	18
Regent's Garden Four Seasons	10	Southern Cross Care	8
Retirees WA Inc.	31	Southern Districts Support Association (Inc.)	12
The Rhein Donau Club Inc.	22	Southside Harmony Men's Barbershop Chorus	23
RSL Applecross	14	Spine & Limb foundation (Inc.)	28
RSL Bicton/ Palmyra	14	Spiritual Assembly of Bahai's of Melville	21
Rotary Club of Applecross	17	Square Dancing	23
Rotary Club of Attadale	17	St Ives	6,8,19
Rotary Club of Booragoon	17	St Ives Home Care	19
Royal Australian Airforce Association (WA) Inc.	15	St John Ambulance – Community Care	34

St John of God Hospital Murdoch	26
St Vincent de Paul	21
Stan's Dancing Melville	24
Stock Road Senior Citizens Club	34
Striker Indoor	35
Swimming	37
Symphony Dancers	23
T	
Tai Chi with Pat	35
Taxi Users Subsidy Scheme	33
Technology Assisting Disability WA	33
Tennis	36
Tin and Collectables Club of WA	15
Tivoli Club of WA	23
Total Denture Care	26
Tuesday Ladies Badminton	35
U	
Uniting Church Community Activities Centre	15
University of the Third Age (U3A)	21
Umbrella	8
V	
Veteran Car Club of WA (Veteran Section)	15
Veterans' Home Care	8
Villa Dalmacia Social Centre	19
Village Club of RAAF Association	15
Vintage Wireless and Gramophone Club of WA	15
VisAbility	27
Volunteer Home Support Inc.	7

W	
WA Bush Poets and Yarn Spinners Association	23
WA Retirement Villages Residents Association	4
WA Seniors Card Centre	26
WA Tamil Seniors Association (Inc.)	18
Welcome Wednesday	15,34
Well Ways Carers Support	12
Well Ways Mt Recovery	24
West Australian Gerbera Society	24
Western Australian Multicultural Association Inc.	18
White Oak Home Care Service	12
Wildflower Society of WA – Murdoch Branch	24
Willagee Library	31
Willagee Red Cross Shop	21
Willow Tree Care	25
Wireless Hill Museum	33
Wireless Hill Walking for Fitness Group	37
Wood Turners Association of WA – Melville	18
Y	
Y Striders Seniors Stride Out	37
Young at Heart Community Club	23
Z	
Zonta House Refuge Association	22