

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 "Directions for Seniors" which target the key areas identified by seniors for improvements that promote active ageing. These include community support and health services, housing, transport, communication and information, respect, inclusion and 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. This document delivers on the communication and information key areas.

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will not be liable for any loss, damage or injury whatsoever arising from any incorrect, inaccurate, incomplete or out of date information herein, or arising in any way as a result of the services listed herein.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

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

September 2017

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Accommodation and Housing for Seniors

Uncertain about what accommodation would be right for you?

If you are unsure about what accommodation would suit you, call and discuss your situation with the Community Development Officer (Seniors) at the City of Melville on 1300 635 845 | 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
www.agedplacements.com.au
Phone: (08) 9445 7128
Phone: 0433 796 512

WA Retirement Villages Residents Association (Fee for Service)

Phone: 0448 812 888
PO Box 7896
Cloisters Square 6850
Website: www.warvra.org.au
Eligibility: All retirement villages and individuals residing in a retirement village. The aim of the association is to obtain improvements in the lifestyle of its members and to help people find the type of retirement village to suit their needs. The objects are to act as an advocate on behalf of its members for a large variety of issues.

Millennium Aged Care Consultants (Free Service)

Phone: 1300 755 702
Email: enquiries@millenniumagedcare.com.au
Web: www.millenniumagedcare.com.au
A team of aged care consultants are independent specialists and able to provide accommodation solutions and advice to individuals and families.

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.

**Seniors Housing Centre
(Free Service)**

The Perron Centre, 61 Kitchener Avenue
Victoria Park 6100
Phone: (08) 9472 0117
Email: admin@cotawa.org.au
Website: www.cotawa.org.au
Providing information for seniors about available housing options. The Centre does not directly offer housing, or financial and legal advice, but can be an invaluable information provider for seniors looking to plan their housing futures or wondering how to access the network of housing services available to them.

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 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 in independently refer to Home and Community Care (HACC) and Home Care Packages on page 6.

The following facilities provide Independent Living units and can be contacted directly to find out about availability.

Braemar Gardens

56 Bristol Avenue
Bicton
Phone: (08) 9319 0701
Web: www.braemar.org.au
An independent living unit complex, which offers one and two bedroom unit options.

Airforce Memorial Estate

Royal Australia Air Force Association Inc of WA (RAAF) (WA Division) Inc
Bull Creek Drive, Bull Creek WA 6149
Phone: (08) 9311 4444
Self-contained independent living units in one and two bedroom living configurations.
Mirage and Orion Terraces – Apartments

Alchera Living

40-44 Worley Street, Willagee
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 – 18 Hassell Crescent, Bull Creek

Webber Gardens

69 – 71 Bawden Street, Willagee

Weeronga Village

40 – 44 Worley Street, Willagee

Frederick Guest Village

Amana Living

23 Gleddon Road
Bull Creek WA 6149
Phone: 1300 920 895
Web: www.amanaliving.com.au
One and two bedroom homes including established gardens.

Leeming Retirement Village

2 Theakston Green
Leeming WA 6149
Phone: (08) 9386 8614 Sales
Web:
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 a study configurations.

Kitchener Gardens Retirement Village Aegis*

1 French Road

Melville WA 6157

Phone: (08) 9330 1911

Web: www.aegiscare.com.au

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

Myaree Gardens Estate

444 Marmion Street

Myaree WA 6154

Phone: (08) 9330 4776

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

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

St Ives

Phone: 1300 202 009

Web: www.stivesgroup.com.au

Homes available in Myaree and Murdoch.

Myaree

44 Rome Road

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

Murdoch

22 Windelya Road

Murdoch

Freestanding villa and apartment style homes.

Accommodation Independent Living Support Services
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Home and Community Care (HACC) and Home Care Packages

The HACC program provides basic support services to some older people, 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 can also be accessed by RAS Assessment.

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

(08) 6167 5610

Provide hourly and 24 hour care services, including personal care, meal preparation, social support, transport and respite supported by professional assessments and care management.

Juniper Community

Phone: (08) 6363 6324
Email: juniper@juniper.org.au
Website: www.juniper.org.au
HACC services and care packages available.

Activ Foundation

327 Cambridge Street
Wembley WA 6014
Phone: (08) 9387 0555
Web: www.active.asn.au
Email: info@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

Amana Living

Information and Service Centre
416 Stirling Hwy Cottesloe 6011
Phone: 1300 26 26 26
Website: www.amanaliving.com.au
Email: info@amanaliving.com.au
Provides home help, assessment, centre based day care, client care coordination, counselling, support information, advocacy, respite, social support and transport.

Mercy Care

38 Ord Street
West Perth
Phone: (08) 9442 3444
Website: www.merycare.com.au
Basic maintenance and support services including personal care, respite, domestic assistance, social support and home maintenance for the frail aged and people with disabilities. In addition, Mercy Home Care provides a retreat, Carer and Family Support and recreation. Servicing northern and southern suburbs.

Melville Cares**June Barton House**

21-23 Hammad Street
Palmyra WA 6157
Phone: (08) 9319 0900

Aim to help frail aged and younger people with disabilities and their carers to remain living independently in the community. Provides practical assistance and support with tasks such as shopping, home help, gardening, transport, home visiting, carer support, bus group outings. Offers an in-home respite service.

Community First (CF)**Home and Community Care (HACC)**

Bull Creek Community Centre
Cnr Hassell Crescent & Leichhardt Street
Bull Creek WA 6149

Head Office: (08) 9435 1380

Provides a centre based day care program for frail aged seniors from a culturally and linguistically diverse background. We also provide in home support services including domestic assistance, personal and respite care, social support and garden maintenance. Care provided by appropriately trained staff and volunteers.

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
Website: 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.

People who Care

48 James Street
Guildford WA 6055
Phone: (08) 9379 1944
Website: www.peoplewhocare.org.au
Email: pwcinc@peoplewhocare.org.au
A volunteer organisation assisting older people, people with disabilities, carers and people with limited resources with minor home maintenance and home support activities, for example gardening, odd jobs, furniture delivery, transport, visiting, outings, assessments and referral. PWC service both northern and southern suburbs.

Silver Chain

Phone: (08) 9242 0242
Website: 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.

Meals on Wheels (Community First)

Stock Road Senior Citizen Club
38A Waddell Road, Palmyra
Phone: (08) 9339 7225
Deliver three course healthy meals prepared fresh daily 5 days per week. Frozen meals are available to meet weekend needs. The dine-in facility is located at the Palmyra Senior Citizen's Centre and provides affordable lunchtime meals in a welcoming environment.
Dining Room Opening Hours:
Monday to Friday
11.30am and 12.30pm
Closed Public Holidays
Bookings are preferred

Volunteer Task Force

43 Planet Street
Carlisle WA 6101
Phone: (08) 9318 5700
Provides a range of services for people with ongoing medical conditions or disabilities, and are on a pension and living in their own home. Services include gardening, home maintenance, transport, domestic assistance and social support.

Veterans' Home Care

(Gold or white card holders only)
Phone: 133 254
Email: GeneralEnquiries@dva.gov.au
Website:
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
Phone: 1300 669 189
Website: www.scrosswa.org.au
Email: info@scrosswa.org.au
Services are tailored to clients' needs that include personal care, meal preparation, nursing, home help, respite, shopping, dementia support, transport and access to a range of government funded programs often at little or no cost. There are also psych-geriatric and dementia specific services in a number of areas and services to those who may be financially or socially disadvantaged.
Specific services for Italian, Spanish, Aboriginal or Torres Strait Islander backgrounds available.

St Ives

44 Rome Road
Myaree WA 6154
Phone: 1300 20 20 03
Fax: (08) 9330 9002
Email: allocations@stivesgroup.com.au
Website: 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.

Volunteer Home Support Inc.

6 Mooney Place
 O'Connor WA 6163
 Phone: (08) 93312933
 Email:
 admin@volunteerhomesupport.com.au
 Web: 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.

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 Care Options who can be contacted on 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 or via www.myagedcare.gov.au or call 1800 200 422. The following residential facilities are within the City of Melville however to find further information or availability within these facilities you must go through My Aged Care.

Braemar Lodge

51 Point Walter Road
 Bicton WA 6157
 Phone: (08) 9319 0701
 Web: 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, ensuite rooms.

Opal Melville

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

Opal Murdoch

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

Frederick Guest Hostel

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

Royal Air Force Association WA Inc

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

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.

Alice Ross-King Care Centre

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

Brightwater

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

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
 Web: www.regentsgarden.com.au

Carinya of Bicton (Private)

220 Preston Point Road
 Bicton WA 6157
 Phone: (08) 9438 5333
 Website: www.carinyaofbicton.com.au
 Offers residential care with a wide choice of services, in consultation with residents and their families. Respite is available.

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. 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.myagedcare.gov.au

The following organisations provide Home Care Packages, however you will need an assessment via www.myagedcare.gov.au to access 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
 Website: 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.

Care Options Inc

Lifelinks Building
 4 Civic Boulevards
 Rockingham
 Phone: (08) 9550 7888
 Website: www.careoptions.org.au
info@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.

Baptist Care

95 Belgravia Street
 Belmont 6104
 Phone: 1300660640
 Website: 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 60 60 01
 Fax: (08) 9321 4226
 Website: 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.

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.

Dial an Angel

25 Kearns Crescent
Ardross 6154

Phone: 9364 5488

Web: www.dialanangel.com/perth

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

Home Instead Senior Care

Unit 24 / 784 Canning Highway
Applecross WA 6153

Phone (08) 6310 0450 – Perth South office

Phone (08) 6310 0400 – Perth North office

Fax: (08) 6310 0 411

Email: perth@homeinstead.com.au

Provides private care to seniors in their own home – providing companionship and helping them to remain living at home as independently as possible.

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

Website: 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 nursing services.

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

Website: 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

Website: www.comfortkeepers.com.au

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

Carer Support**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

Website: www.carerswa.asn.au

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

Well Ways – Carers

Phone: (08) 9237 8900

Web: 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

Mailing: PO Box 266, Melville 6956

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

Website: 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.

Southern Districts Support Association (Inc.)

Phone: (08) 9498 4800

Website: 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 to 12.30pm.
Bob Coventry – 0467 609 993
bobcov51@gmail.com
Trevor Taylor –0437 902 025
Trendy.t@bigpond.net.au
Come and have a chat, make something in the new workshop or get involved in a community project.

Bicton Uniting Church Ladies Fellowship/Outreach

1 Carrington Street
Palmyra WA 6157
Phone: (08) 9330 6525 - Nancy
Motivating guest speakers, with devotions, on first Tuesday of each month.

Lions Club of Booragoon

Southern Districts Senior Citizens Centre
Cnr Archibald Street & North Lake Road
Willagee WA 6156
Email: booragoonlions@gmail.com
Website: www.booragoon.wa.lions.org.au
Meets every second and fourth Tuesday of the month at 6.30pm (dinner meetings)

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, no obligation involved.
For more information on day and times please contact
Wes – 9337 8434
Pat 9418 3297 or
Meville Superbowl (Gary) 9330 7466

Country Women's' Association of WA

(Applecross/Mt Pleasant)
St Michaels Hall
Mt Pleasant
Phone: (08) 9457 8136
Email: kaven.c.kubiak@gmail.com.au
Monthly meeting on every second Thursday at 12.30pm.

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
Web: www.melvillebc.org.au
Fees: Speak to Club for current fees.
Partnership Coordinator: if you need a partner please call Claire Weston on (08) 9339 810. For further information please contact the Bridge Club directly.

Befriend Inc

PO Box 1537
Booragoon WA 6954
Phone: 0404 831 201
Website: Befriend.org.au
Providing a calendar full of inclusive, accessible free or low cost social events all over Perth for adults of any age. Also offers technology training to help people use their computer or tablet to stay in contact with family and friends.

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
 For seniors to 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

Royal Aero Club
 Eagle Drive
 Jandakot Airport WA
 Phone: 0419 923 650
 leeminglions@gmail.com
 Website: www.leeming.wa.lions.org.au
 Meets every first and third Tuesday of the month at 6.30 pm (Dinner meetings).

Melville Branch of the Country Women’s Association of WA Inc

RSL Hall
 Foss Street
 Bicton WA 6157
 Phone: (08) 9319 8568– Antonia Farrington
 Email: farringtonantonia@hotmail.com.
 Provides a gathering of people who value the opportunity to meet others of similar interests. Arrange craft days, guest speakers, fundraising and social interaction.

Men’s Shed Association

Phone: 1300 550 009
 Email: amsa@mensshed.net
 Website: 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

5/1 Harfoot Street
 Willagee WA 6156
 Phone: (08) 9314 1857 Beryl
 Or (08) 9339 8465 Mary
 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
 Fax: (08) 9420 7276
 Email: j.powell-jones@nationalseniors.com.au
 Website: 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
 Phone: (08) 9287 3799 Denis
 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 to 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 to 1.00pm.

The Ideas Place Melville

Piney Lakes Environmental Centre
Mail: PO Box 2033 Palmyra DC WA 6961
Email: ideasplace@iinet.net.au
Provides unique opportunities for you to find likeminded people in your community with whom you can share activities and interests. Meets last Sunday of each month at 2.00pm at Piney Lakes Environmental Centre.

Bottle Collectors Club

6 Hickey Street
(Located in Wireless Hill Park)
Melville WA 6156
Phone: Loraine – 0403 006 871
Email: Loraine.c@optusnet.com.au
Meets on the first Tuesday of every month at 7.30 pm, starting in February.

Uniting Church Community Activities Centre

Applecross Uniting Church
Corner Kishorn and McKenzie Roads
Applecross WA 6153
Phone: (08) 9317 2415 – Dorothy Chatfield
(08) 9310 7992 – Beverley Farron
Provides a Day Centre on the first Tuesday of each month March through 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 twenty five years and over.

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 (except December). The main interest of the club is the restoration of old gramophones, phonographs and wirelasses although many members are also interested in telephone, musical boxes, tape recorders, television, film projectors.

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.

Probus Clubs:

Contact for Club Information:

Kaylah Robbins

Senior Administration Assistant

PROBUS SOUTH PACIFIC LIMITED

Email: admin@probussouthpacific.org

Website: www.probussouthpacific.org

Australia 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

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

Meets the second Wednesday of each month at 9.45am

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

Leeming Bowling Club

Dimond Court

Leeming WA 6149

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.

Combined Probus Club of Attadale (Inc)

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

Meets the second Monday of the month at 10.00am. 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.

The Ideas Place

Email: ideasplace@inet.net.au

Website: www.ideasplace.org.au

Provides unique opportunities for you to find likeminded people in your community with whom you can share activities and interests. Meets last Sunday of each month at 2.00pm at Piney Lakes Environmental Centre

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. Costs incurred.

Melville Rotary Club

Melville Plaza Car Park

Cnr Murray and Fifth Street

Bicton WA 6157

Every Sunday from 7.00am 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: 0477 952 070
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: 0409 334 809
Meets Mondays at 6.00pm for a 6.30pm start.

Rotary Club of Booragoon

Blue Gum Tennis Club
Disney Street
Brentwood WA 6153
Phone: 0432 298 325
Meets Tuesdays at 6.00pm for a 6.30 pm start.

Community Orchestra

South Side Symphony Orchestra

MORE Community Hall
Cnr Kitchener and Curtis Road
Melville WA
Phone: 0437 593 571 – Irene Wright
0419 934 334 – Lynda
Meets on Wednesdays at 7.30 pm.

Calling all interested Musicians of all ages with varying abilities. Orchestra has been formed that is a much needed outlet for making music with others that enjoy the classical genre.

Crafts and Arts

Alfred Cove Art Society

Canning Highway
Alfred Cove WA 6154
Email: alfredcoveartsociety@gmail.com
Website: www.alfredcoveartsociety.com.au
Meets on the last Thursday of the month at 7.00pm. Promote art in the Melville area. Meetings include demonstrations of various techniques. Offer exhibitions of members' works and painting excursions to various metro and country sites.

Art Group

Willagee Community Centre
Corner Winnacott and Archibald Streets
Willagee WA 6156
Phone: (08) 9364 0848
Classes: Mondays and Thursdays 12.30pm to 3.30pm

Attadale Baptist Church

47 Davis Road
Attadale WA 6156
Phone: (08) 9418 2849 - Maureen
Meets on Wednesdays at 10.00am to 12noon.
Bring your craft project and join the group.

Craft Connection

Mt Pleasant Baptist Church
497 Marmion Street
Booragoon WA 6154
Phone: (08) 9332 1748
Cost: Small fees charged
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
Phone: (08) 9330 3065 – Guild House
Office hours 9.00am to 2.00pm Tuesday and Thursday
Website: 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.

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

Classes: Every alternative Wednesday from 9.00am to 12noon

Phone: (08) 9364 0848 for more information and costs.

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

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: small cost incurred

Three 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 Advanced.

AH Bracks Library – Beginners

Friday 10.00am to 12noon

AH Bracks Library – Intermediate

Conversation

Tuesday 10.00am to 12noon

Willagee Library – Intermediate

Conversation

Thursday 10.00am to 12noon

Western Australia Multicultural Association Inc

PO Box 132, Hillarys WA 6025

Phone: (08) 9444 6944

Mob: 0408 017 649

Email: secretary@wamainc.org.au

Web: www.wamainc.org.au

WA Tamil Seniors Association (Inc).

Phone: (08) 9259 5439

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

Burrendah Boulevard

Willetton WA 6155

Phone: 9328 3988

Web: www.chungwahcac.org.au

A not-for-profit organisation under Chung Wah Association and is dedicated to improving the life quality of individuals from non-English speaking background in Western Australia.

**Community First (CF)
Home and Community Care (HACC)**

Bull Creek Community Centre
Cnr Hassell Crescent & Leichhardt Street
Bull Creek WA 6149

Head Office: (08) 9435 1380

Provides a centre based day care program for frail aged seniors from a culturally and linguistically diverse background. We also provide in home support services including domestic assistance, personal and respite care, social support and garden maintenance. Care provided by appropriately trained staff and volunteers. A HACC assessment is required to determine service eligibility.

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 Croatia (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

Bethanie House
Level 2, 216 Stirling Highway
Claremont WA 6010
Phone: (08) 6222 9000
131 151

Respite for carers (in-home, overnight, short breaks). Support for people who work and care for an elderly family member or person with a disability. Home support services for people who are elderly or have a disability.

Melville Cares Centre Based Day Care

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:

- Cuppa's
- 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
Website: 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 of Melville Social English Classes

Contact: 9364 1062 or 1300 635 845

AH Bracks Library – Beginners

Friday 10.00am to 12noon (school terms)

AH Bracks Library - Intermediate

Conversation

Tuesday 10.00am to 12noon

Willagee Library – Intermediate

Conversation

Thursday 10.00am to 12noon

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 6 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 windows 7 or 8 computers.

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: 9364 0848 for an appointment
One-on-one help with your mobile phone.
Friday afternoons
Cost: \$5.00 per session

iPad User Group

Willagee Community Centre
Phone: 9364 0848
Join this social group to learn about your iPad. A volunteer tutor will also attend.
Friday: Beginners 12noon to 1.00pm
Cost: \$3.00 per session

Challenger TAFE Murdoch Campus

130 Murdoch Drive
Murdoch
Phone: 1800 001 001 for course information

SMYLE 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 170 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
Administration Building
1 Bull Creek Drive
Bull Creek WA 6149
Phone: (08) 9457 1717 – Joe
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: 0403 450 896 – Kumar
Meets every Tuesday from 7.00 pm 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 Region
Phone: (08) 9457 1962 – Kathy
Email: info@u3auwa.org
Website: 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**
Phone: (08) 9310 1747
Tuesday to Friday, 9.00am to 4.00pm
More Care: short term emergency help with
meals, housework and transport.

**Leeming Anglican Weekend Food
Hampers**
Phone: 0415 375 823
Residents of southern suburbs from Stock
Road to Tonkin Highway, up to the airport.
Ring between 4.00pm to 6.00pm Friday, or
9.00am to 11.30am Saturday. 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 1.00pm

Emergency Services

**City of Melville Community Security
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
Phone: 1300 635 845
Website:
www.melvillecity.com.au/community/safer-melville/neighbourhood-watch
Neighbourhood Watch (NHW) is a
community based program aimed at
promoting safety and reducing preventable
crime in the community. The program aims
to encourage neighbours to get to know
each other, and look out for each other and
each other's properties. The City of Melville
has a very active NHW group which is run
by a committed group of local volunteers.

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 – Silver Chain
 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 twenty five years of age who are in crisis.

Medi Alert Perth

Phone: 0420 244 004 Sandra
 Email: medialertperth@gmail.com
 Emergency pendants for the elderly, people living alone, children or a as duress alarm for solo workers.

Entertainment/Dancing/Singing

City of Melville Air Force Association (AFA) Brass Band

Bull Creek Drive
 Bull Creek WA 6149
 Website: afabrass.org.au

Rhein Donau Club

Heimat Choir of the Rhein Donau Club Inc
 110 North Lake Road
 Myaree WA 6154
 Phone: (08) 9330 6488
 Folk and new vogue dancing all ages and nationalities, social gatherings.

Community Orchestra South Side Symphony Orchestra

MORE Community Hall
 Cnr Kitchener and Curtis Road
 Melville WA
 Website: www.sso.org.au
 Phone: 0437 593 571 – Irene Wright
 0419 934 334 – Lynda
 Meets on a Wednesday at 7.30pm.
 Calling all interested Musicians of all ages with varying abilities. Orchestra has been formed that is a much needed outlet for making music with others that enjoy the classical genre.

Capital Community Radio 90.5fm

Wireless Hill Park
 Ardross WA 6153
 Phone: (08) 9364 9888
 Email: info@capitalcommunityradio.com
 Website: 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 7.45pm to 10.15pm

Danza Loca

Blue Gum Recreation Centre
 Melville WA 6156
 Phone: 0449 913 034
 Meets on Mondays from 7.30pm to 8.30pm and Wednesday 7.45pm to 8.45pm

East Fremantle Breakaway Social Group

Cnr Carrington and Canning Highway
 East Fremantle WA 6153
 Phone: (08) 9445 5016
 Meets at Uniting Church Hall 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.

Sing from the Heart

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

Melville Women's Choir – Sound Sisters

Girl Guide Hall
 Cnr Stock and Kitchener Road
 Melville WA 6156
 Phone: (08) 9339 5631 – 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.

Melville Theatre Company

Roy Edinger Hall
 Corner Canning Hwy and Stock Road
 Palmyra WA 6157
 Phone: (08) 9330 4565
 Website: www.meltheco.org.au
 Email: melville.theatre.company@gmail.com
 Provide live, affordable theatrical entertainment and a meeting point for all persons interested in community theatre.

Mood Swings

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

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
 Meets every Monday at 7.15pm for a 7.30pm start until 9.30pm. For lots of singing and fun, no auditions.

Southside Harmony Chorus

Attadale Baptist Church Hall
 Swan Road
 Attadale WA 6156
 Email: info@southsideharmony.org
 New members welcome. Southside Harmony chorus is a Capella chorus singing in the barbershop style, mainly comprised of retired men. Performs around Perth and southern suburbs at Civic Centres, shopping malls, schools, senior citizens homes. Songs include old ballads to the Beatles and many others.

Square Dancing

P & C Hall
 Como Primary School
 225 Coode Street (off Alston Ave)
 Phone: (08) 9245 1200 Steve Longwood or 0419 900 441 Julie Longwood
 Website: www.squaredance.org.au

Symphony Dancers

Blue Gum Community Centre
 Moolyeen Road
 Brentwood WA 6153
 Phone: 0412 050 481 – Ivan
 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 – Bookings
 Website: www.tivoli.org.au
 Email: tivolibookings@hotmail.com
 Shows are performed at corner Kintail and Canning Beach Roads, Applecross. The Tivoli Club of WA holds a unique place in the entertainment scene of Australia-being the only non-professional theatre, which has performances on a regular basis. Tivolettes perform 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
 South Bentley
 Website: www.wabushpoets.com
 Email: webmaster@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
 Moolyeen Road
 Brentwood WA 6153
 Contact: Shirley Chow
 Phone: 9313 1527
 Meets: Saturday 7.30pm to 10.30pm
 Social dancing and other activities to improve the health and well-being of couples and singles aged over 50 (though not limited in ages)

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

Greening Leeming

Phone: (08) 9310 4463 – 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
Website: www.orchidsocietywa.net.au
To promote and assist in the cultivation and
displaying of orchids.

West Australian Gerbera Society

RSL Hall
98 Kintail Road
Applecross WA 6154
Phone: (08) 6363 6468 Frank Sturgeon
Meets last Sunday of the month (except
December and January) at 2.00 pm
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: pawel.waryszok@gmail.com
Website:
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
Fax: (08) 361 1411
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
Website: 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
Web: 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.

Community Physiotherapy Services

151 Wellington St, Perth 6000

Phone: (08) 9224 1783

Website: www.health.wa.gov.au/cps

Email: cps@health.wa.gov.au

All CPS programs focus on maintaining or improving mobility, function and physical activity with an aim to maximise independence. Referral necessary, eight to ten week programs.

Continence Advisory Services of WA

Phone: (08) 9386 9777

Website: www.continencewa.org.au

Email: info@continencewa.org.au

Incontinence affects nearly 5 million Australians. Contact us for advice and information on bladder and bowel health issues, including incontinence. We provide talks on promoting continence and preventing incontinence.

Continence Management and Advice Service (CMAS)

Phone: 1300 787 055

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

Willow Tree Care

1a Jane Road

Applecross WA 6153

Phone: Marie 0402 249490

Email: marie@willowtreecare.com.au

Web: ww.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

Website:

www.fibromyalgiawesternaustralia.com

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.

Fremantle Hospital Older Adult Mental Health Service

W Block, corner Alma Street and Hampton Road

Fremantle

Phone: (08) 431 3555

A community service for people 65 and older who have mental health problems like depression and anxiety, behavioural problems associated with dementia and memory loss.

Macular Degeneration Foundation

Suite 902, Level 9

447 Kent Street

Sydney NSW 2000

Helpline: 1800 111 709

Website: www.mdfoundation.com.au

Email: info@mdfoundation.com.au

The Foundation provides information and support to carers, family and friends.

Macular Degeneration causes central vision loss.

National Stroke Foundation

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

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

Podiatry Services

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

Stock Road Senior Citizens Centre

38-40 Waddell Road

Palmyra WA 6157

Fee applicable

WA Seniors Card Centre

Gordon Stephenson House
Level 2 140 William St
Perth WA 6000
Phone: (08) 6217 8800
Or 1800 671 233
Website:

www.communities.wa.gov.au/seniors-card
Email:

seniorscard@communities.wa.gov.au
Seniors Cards are available to most seniors who are over the age of sixty, a permanent resident of WA and work no more than twenty hours a week in paid employment. 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
Website: 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.

Hospitals

Attadale Private Hospital

21 Hislop Road
Attadale WA 6156
Phone: (08) 9330 1000
Fax: (08) 9330 2368
Website: www.attadaleprivate.com.au
Provides private maternity, general surgical and medical beds.

Fiona Stanley Hospital

102-118 Murdoch Drive
Murdoch
Phone: 6152 2222

St John of God Hospital, Murdoch

100 Murdoch Drive
Murdoch WA 6150
Phone: (08) 9366 1111
Website: www.sjog.org.au

Fremantle Hospital (no Emergency Department)

Alma Street
Fremantle
Phone: Patient 9431 2555
Website: 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
Web: <http://www.app.org.au/>
Phone: (08) 9242 5544

Advocare

The Perron Centre, 61 Kitchener Ave
Victoria Park WA 6100
Phone: (08) 9479 7566
Email: rights@advocare.org.au
Website: 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, 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 Hotline

Phone: 1300 724 679 for advice - weekdays 8.30 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) 9388 2800
 Phone: 1800 100 500 Dementia Helpline
 Email: alzwa@alzheimers.org.au
 Website: www.fightdementia.org.au
 To improve the quality of life for people with dementia and their carers.
 Offers information and education, support groups for people living with dementia and their families, counselling (24 hours telephone counselling), in home respite, centre based respite, ID bracelet service, resource centre.

Association for the Blind of WA

61 Kitchener Avenue
 Victoria Park WA 6010
 Phone: (08) 9311 8202
 Toll Free: 1800 847 466
 Website: www.guidedogswa.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, 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.

Association of Independent Retirees Inc.

WA – Regional Membership Officer
 Email: rmo_wa@independentretirees.com
 Website: 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.

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
 Website: www.arafmi.asn.au
 Support and information service to family members and friends of people with mental health issues.

National Relay Service

Phone: 1800 555 660
 Email: helpdesk@relayservice.com.au
 Fax: 1800 555 690
 TTY: 1800 555 630
 SMS: 0416 001 350
 Web: 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.

Carers WA

182 Lord Street
 Perth WA 6000
 Freecall: 1300 227 377
 Email: info@carerswa.asn.au
 Website: www.carerswa.asn.au
 Information, programs, support groups, and services to support unpaid family and friends.

Carer's Counselling Line

Phone: 1800 007 332
 Email: info@carerswa.asn.au
 Mon to Fri 8.00am-5.00pm
 Face to face, telephone, Skype, email counselling and evening counselling on Thursdays.

Citizens Advice Bureau of WA (Inc)

15A Queen Street
 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 providing information and referral on any subject.
 Mediation service.

Commonwealth Carelink Centre

Phone: 1800 052 222
 Website: www.commcarelink.health.gov.au
 Are you a carer? Are you looking for a break?

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

33 Moore Street
East Perth
Phone: (08) 9221 9322
Email: administrator@communitylaw.net
Website: www.communitylaw.net
Provides referral to community legal centres.

Department of Transport Concessions WA

Phone: 1300 660 147
Email: subsidies@transport.wa.gov.au
Website: www.transport.wa.gov.au
Information regarding the Taxi User Subsidy Scheme (TUSS) and accessible taxis. Application forms through website.

ConnectGroups

Phone: (08) 9364 6909
Free call: (Landlines only) 1800 195 575
Email: info@connectgroups.org.au
Website: 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 (ph for appointment)
Community based organization 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)

61 Kitchener Avenue
Victoria Park 6100
Phone: (08) 9472 0104
Email: admin@cotawa.org.au
Website: 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 Local Government and Communities

Seniors Information Service
Address: Level 2, 140 William Street, Perth
Phone: (08) 6551 8800 (metro)
Freecall: 1800 671 233 (country)
Website: www.seniorcard.wa.gov.au
Email: seniorcard@digc.wa.gov.au
A seniors information and referral telephone service operated by trained volunteers on issues such as finance, health, accommodation and lifestyle.

Department of Housing Fremantle

42 Queen Street
Fremantle 6160
Phone: 9432 5300
Email: fremantle@housing.wa.gov.au
Website: 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.

Diabetes WA

Level 3, 322 Hay Street
Subiaco 6008
Phone: (08) 9325 7699
Email: info@diabeteswa.com.au
Website: www.diabeteswa.com.au
Advice Line: 1300 136 588 Vision is to minimize the impact of diabetes in WA.

Epilepsy Association of WA

The Niche, Suite B
11 Aberdare Road
Nedlands WA 6009
Phone: 1300 852 853
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

76 Wittenoom Street
East Perth 6004
Phone: (08) 9425 2005
Fax: 9388 2298
Email office@evenkeel.org.au
Website: <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.
Contact Corrine Lorton, Office Manager if you have any further queries.

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
Website: 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.

Neurological Council

The Niche
Suite B, 11 Aberdare Road
Nedlands WA 6009
Phone: (08) 9346 7533 or 1800 645 771
Fax: (08) 9346 7534
Email: admin@ncwa.com.au
Assessment, case planning/review and coordination, respite care and social support services.

Health Consumers Council (WA) Inc

Unit 6, Wellington Fair, 40 Lord Street
East Perth, WA, 6004
GPO Box C134
Perth WA 6839
Phone: (08)9221 3422
Freecall: 1800 620 780
Fax: (08) 9221 5435
Email: info@hconc.org.au
Website: 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

PO Box Q687
Queen Victoria Building
NSW
Phone: 1800 880 052
Fax: (02) 9318 1372
TTY: 1800 301 130
Email: hotline@workfocus.com
Website: 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
Fax: (07) 3211 9339
Email: general@nationalseniors.com.au
Website: www.nationalseniors.com.au
National Seniors is the largest organisation representing Australians aged 50 and over. Lobbying for changes in government policies, offering great travel deals and community grants, are a few of their services.

Motor Neurone Disease Association of WA

Centre for Neurological Support
The Niche B, 11 Aberdare Road
Nedlands WA 6009
Phone: (08) 9346 7355
Fax: (08) 9346 7332
Email: admin@mindawa.asn.au
Website: www.mndawa.asn.au

Retirees WA Inc

Suite 2, 915 Albany Highway
 East Victoria Park WA 6101
 Phone: (08) 9362 0100
 Email: info@retireeswa.com.au
 Website: www.retireeswa.com.au
 Membership based, self-funded organization 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
 Phone: (08) 9473 5400
 Fax: (08) 9473 5499
 TTY: (08) 9473 5488
 Email: admin@senses.org.au
 Website: 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.

Spine & Limb Foundation (Inc.)

10 Selby Street
 Shenton Park WA
 PO Box 257
 Subiaco WA 6904
 Phone: (08) 9381 0111
 Fax: (08) 9382 3687
 Email: slf@slfwa.org.au
 Website: www.paraquadwa.asn.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.

Parkinson's Association of WA Inc

The Niche
 11 Aberdare Road
 Nedlands WA 6009
 Phone: (08) 9346 7373
 Fax: (08) 9346 7374
 Email: pwaadmin@cnswa.com
 Provides a Parkinson's Nurse Specialist Service; Support Networks for people with Parkinson's and their family carers

Library Services

If for some reason you can't come to the Library – it may come to you. If you are housebound and a resident of the City, we can arrange for books and cassettes to be delivered to your home. Contact any City of Melville Library for more information.

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 6.00pm
 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 0138
 Monday, Tuesday, Thursday and Friday
 9.00am to 6.00pm
 Saturday 9.00am to 1.00pm
 Wednesday and Sunday, closed.

Medical

Applecross Medical Centre

764 Canning Highway
 Applecross WA 6154
 Phone: (08) 9364 6444
 Monday to Friday, 8.00am to 6.00pm
 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 Thursday, 7.00am to 9.00pm
 Friday, 2.00pm to 7.00pm
 Saturday, 2.00pm to 7.00pm
 Sunday, closed.

GP After Hours Murdoch

St John of God Hospital
 Suite 5-7 Medical Centre
 100 Murdoch Drive
 Murdoch
 Phone: 9366 1500

Reynolds Road 7 Day Medical Centre

857 Canning Highway
 Applecross
 Phone: 9364 6633
 Bulk Billing for all Seniors, Health Care
 Card holders and Veterans. Open 7 days a
 week 8.00am to 6.00pm.

Mobility Assistance, Aids and Equipment
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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
 Fax: 1300 88 66 02
 Website: www.brightsky.com.au
 Website: 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

The Niche, Suite A, 11 Aberdare Road
 Nedlands WA 6009
 Phone: (08) 9381 0600
 1300 885 886
 Email: general@ilc.com.au
 Open Monday to Friday 8.30am to 5.00pm
 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 and Sales

Phone:
 Balcatta (08) 9240 6100
 Guilford (08) 9379 1555
 Wembley (08) 9387 3911
 Willetton (08) 9354 3111
 Website: 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: 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
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

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 Transperth's new 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
Website: 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

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 nineteenth century wood fired brick oven.

Wireless Hill Museum

Almondbury Road
Booragoon WA 6154
Phone: (08) 9364 0158
Open Tuesday and Thursdays 1.00pm to 4.00pm.
Housed in the heritage listed buildings of the Applecross Wireless Station is a significant collection of early telecommunications equipment from Morse to early satellites.

Royal Australian Air Force Aviation 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 twenty six
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
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. \$4.00 per session,
including 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 who are seniors
receive a 10% subsidy for casual programs
and 20% subsidy for memberships
(subsidies do not apply for term programs).

For more information, contact your local City
of Melville Leisurefit Centre. For cycling,
walking tracks and parks, call City of
Melville Customer Service on 1300 635 845
| 9364 0666 for a Travel Smart map.

Energy Medicine

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

Melville Tai Chi

Willagee Community Centre
Cnr Winnacott & Archibald Streets
Willagee WA 6156
Classes: Tues 7:00pm-9:00pm
Phone: 0417 958 858 Rocky

Heathcote Cultural Precinct

Duncraig Road
Applecross WA 6153
Phone: (08) 9364 5666
As part of a heritage precinct of conserved and reused buildings, the Heathcote Cultural Precinct is now home to Heathcote Museum & Gallery, artist studios, BWG Steakhouse and kiosk, Melville Playgroup and Toy Library. Accessible entry and parking. Free open access to grounds seven days a week. Good for walking and views.

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

Murdoch University Bicycle User Group
Peter Fallon – (08) 9360 2232
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: \$5 per session
Phone: 9364 0848

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** – 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.
- **Lifeball** is an exciting new game for older adults and it not only a great way to keep in shape but also great fun. It is played by both men and women in a mixed team. For current information on programs being run by the City of Melville go to:
www.melvillecity.com.au

Winnacott Ladies Badminton

Willagee Community Centre
Corner Winnacott and Archibald Streets
Willagee WA 6156
Phone: (08) 9364 0848
Session: Thursday 9.30am to 11.00am

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) 9386 2049

Locations:Leisurefit Melville

Corner Canning Highway and Stock Road
Melville WA 6156

Tuesday – 9.30am to 10.30am

Instructor – Margaret 0427 448 892

Thursday – 9.30 to 10.30am

Instructor – Mary 9332 7292

St David's Anglican Hall

54 Simpson Street

Ardross WA 6153

Wednesday 9.30am to 10.30am

Instructor: Margaret T 9364 5151

Blue Gum Community Centre

Moolyteen Road

Brentwood

Wednesday 10.30am to 11.30am

Instructor – Mary 9332 7292

Kardinya Community Centre

Corner Prescott Drive and Williamson
Road

Kardinya

Tuesday – 8.45am to 9.45am

Instructor: Pauline 9365 2281

Thursday – 9.30am to 10.30 am

Instructor: Margaret 9364 5151

Social Golf – Point Walter

Bicton WA 6157

Phone: (08) 9330 3262

Website: www.pointwaltergolf.com.au

All levels of skills welcome. Playing days to suit all schedules. Over 55 Retirees Club – Play Friday

Tuesday Seniors Club- Play Tuesday

Pt Walter Ladies – Play Thursday

Pt Walter Gumnuts Club – Mon & Wed

More details on website.

Willow Pilates

Phone: 0430 556 939

Bull Creek Community Centre

Hassell Crescent

Bull Creek WA 6149

Classes: Thursday 5.00pm to 6.30pm

Blue Gum Community Centre

Moolyteen Road

Brentwood WA 6153

Classes: Tuesday 9.15am to 10.15am

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 Scott Smith 0417 461 807

Blue Gum Tennis Club

(08) 9364 1638

Bull Creek Tennis Club

President Paul Breuer (08) 9332 7303

Kardinya Tennis Club

President Jacinta Bushnell 0408 433 803

Melville Palmyra Tennis Club

(08) 9330 2217

Point Walter Golf Course – Tennis

(08) 9330 3262

Three grass courts.

Swimming:

Adult Ezy Swim

Phone: (08) 9457 7785

Leisurefit Booragoon

Marmion Street

Booragoon WA 6154

Take the first step towards a fitter, healthier you. Easy and enjoyable training sessions. For those just beginning or those wanting to get back into swimming. No experience needed, except the ability to swim 50m of a recognised stroke. For those of you looking to take your swim fitness to the next level and maybe even consider competing get in contact with the Melville Aussie Master Swimming Club.

Adult Learn to Swim

Leisurefit Booragoon

Marmion Street

Booragoon WA 6154

Phone: (08) 9364 0825

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 incurred.

Walking:

Bushwalkers of WA

Phone: (08) 9384 5505

Email: enquiries@bushwalkingwa.org.au

Website: www.bushwalkingwa.org.au

Promotes and encourages bushwalking.

A reasonable fitness level is required.

Garden City Mall Walking Group

Garden City Shopping Centre

125 Riseley Street

Booragoon

Phone: (08) 9472 0104

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

Over 55's Walking Association

Phone: Bronwen Frazer on (08) 9448 6965

Email: bronwen12@hotmail.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 8.30am in the northern car park – approximately 6.5kms in different areas across the metro area.

Y Striders Seniors Stride Out

Phone: (08) 6468 3032

Email: ystriders@inet.net.au

Cost: Fee charged

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

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