

Health Services & Support Groups

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Aged Care Services

Baptistcare Home Care Services (South West Metropolitan)

Phone: 08 9534 7522 **Fax:** 08 9534 7566
Mandurah Baptist Church, 370 Pinjarra Rd, Mandurah WA 6210

Service Description: In-home support services for seniors who have been assessed by the Aged Care Assessment Team. Services include personal care, home help, meal preparation, transport and respite (for the main carer or client).

Brightwater At Home Services

Phone: 08 9581 0120 **Fax:** 08 9581 0199
35 Hudson Dr, Mandurah WA 6210

Email: lindam@brightwatercaregroup.com

Web: www.brightwatergroup.com.au

Service Description: Provides community packages (CACP, EACH, & DSC) to individuals in their own homes.

Hours: 8am-4pm

Disability Access: Yes (access, toilets)

Mandurah Aged Care Assessment Team

Phone: 08 9531 8088 **Fax:** 08 9531 8099

Peel Health Campus, cnr Lakes Rd and Murdoch Rd, Mandurah WA 6210

Mail to: PO Box 162, Mandurah WA 6210

Service Description: Help, support and care are available to older people through community care organisations and residential facilities. Aged Care Assessment Teams assist in determining the best care options, including rehabilitation, community care or residential care (including nursing homes).

Hours: Mon-Fri 8am-4pm

Fees: Free service

Mandurah Community Care Inc

Phone: 08 9581 3421 **Fax:** 08 9581 3172

15 Tindale St, Mandurah WA 6210

Mail to: PO Box 968, Mandurah WA 6210

Web: www.mandurahcommunitycare.org.au

Service Description: Provides a variety of services to frail aged, people with disabilities and their families. Our goal is to assist people so they can remain living in their community. Respite care in the home; Personal care; Gardening home maintenance; Transport; Social support; Domestic assistance. Meetings held 2nd Thursday of the month 9.30am - 11am at Baptist Church, Pinjarra Rd.

Hours: Mon-Fri 8.30am-4.30pm

Fees: Various (Discussed at assessment)

Disability Access: Yes (Access, toilets)

Mandurah Meals on Wheels Inc

Phone: 08 9531 2253 **Fax:** 08 9531 2254

Murray District Hospital, McKay St, Pinjarra WA 6208

Mail to: PO Box 243, Pinjarra WA 6208

Service Description: Providing and delivering meals to referred clients.

Hours: 8am-12noon

Disability Access: Yes (Access, toilets)

Mandurah Red Cross

Phone: 08 9582 1023 **Fax:** 08 9582 1023

CWA Hall, Cooper St, Mandurah WA 6210

Email: smartwan@accessin.com.au

Service Description: Supports all Australian Red Cross W.A. activities.

Hours: Contact for details

Disability Access: Yes (Access)

People Who Care

Phone: 08 9535 3433 **Fax:** 08 9535 5433

20 Davey St, Mandurah WA 6210

Email: pwc.swmanager@inet.net.au

Web: peoplewhocare.org.au

Service Description: People Who Care is a volunteer based non profit, non denominational charity helping the frail aged and people with disabilities to continue living independently. Help with gardening, transport, social outings, shopping and home maintenance. Centre based day care operates 2 days per week. Limited domestic services available.

Hours: 8am-3.30pm

Fees: As per H.A.C.C. funding

Disability Access: Yes (Toilets, Access)

Child Health Centres

Children's Immunisation Clinic

Phone: 08 9586 4400 (appointments) **Fax:** 08 9586 4499

Falcon Family Centre, 58a Linville St, Falcon WA 6210

Service Description: Immunisation service available on the 2nd and 4th Wednesdays of the month, by appointment.

Coodanup Child Health Service

Phone: 08 9535 9806 (Coodanup House)

Coodanup Family House, 54-56 Steerforth Dr, Coodanup WA 6210

Service Description: Your child health nurse works with new parents and families to promote health, identify health problems and intervenes early to prevent the development of chronic problems.

Hours: Tue, Fri (by appointment)

Contact: 08 9531 8088 (Peel Health Campus)

Falcon Child Health Centre

Phone: 08 9534 5491 **Fax:** 08 9534 5491

Falcon Family Centre, 58a Linville St, Falcon WA 6210

Service Description: Child Health Centres combat health problems in early childhood (0 to 5 years) and help parents with the general development and well being of their children. This occurs through a wide range of assessment services, illness prevention, treatment, rehabilitation and community support and by providing information to help parents care for their children.

Hours: Tue, Wed, Thu 8.30am-4.30pm (please phone to make an appointment)

Haven Youth Health Service

Phone: 08 9534 8943

Billy Dower Youth Centre, 41 Dower St, Mandurah WA 6210

Web:

www.mandurah.wa.gov.au/community/bdyc/providers/haven

Service Description: Free confidential health service for young people including doctors & nurses by appointment or drop in. One on one health care. Health education to individuals or groups. First line of call for youth assessing health services. Ongoing support and reviews as well as referrals to relevant agencies and services.

Hours: (See website)

Fees: None

Mandurah Coastal Child Health Clinic

Phone: 08 9535 9997

63 Ormsby Tce, Mandurah WA 6210

Service Description: Child health centre supporting parents of children 0-4 years. Checks child development and growth and carries out vision and hearing checks. Child health nurse available.

Hours: Mon-Fri by appointment ; Open clinic Tue 9am-11.30am, 1pm-2pm

Mandurah Community Health and Development Centre

Phone: 08 9586 4400 **Fax:** 08 9586 4499

112 Lakes Rd, Mandurah WA 6210

Mail to: PO Box 541, Mandurah WA 6210

Service Description: Community health centre, with services for adults and children. Adult services include physiotherapy, occupational therapy, social work, dietician, podiatry and a range of adult group programs. Children's services including child health nurse and immunisation. A Child Development Team services physiotherapy, occupational therapy, speech pathology, clinical psychology and social work. Centre also has a health information service.

Disability Access: Yes (Access, toilets)

Peel Health Campus

Phone: 08 9531 8000

110 Lakes Rd, Mandurah WA 6210

Email: executive@peelhc.com.au

Web: www.peelhc.com.au

Service Description: Offers a comprehensive range of medical services for people living in the Peel region. Services include the emergency department, renal dialysis and the oncology unit. We offer "Private" care for public, private and veteran patients both as in-patients and day surgery patients.

Disability Support

Beach Access Wheelchair

Phone: 08 9534 3003

Falcon Bay Deli, 11 Spinaway Pde, Falcon WA 6210

Service Description: Free use of beach access wheelchair. Proof of identity (driver's licence or pension card) required on pick-up. Suitable for children and adults. Winter hours 7am-4.30pm (except school holidays) closed Thursdays. Summer hours (starting Dec) 7am-5pm (open 7days a week Dec-Feb)

Fees: Nil

Disability Access: No

Beach Trekker Wheelchair

Phone: 08 9537 1147

Madora Bay Store, Lot 1 Madora Beach Rd, Madora Bay WA 6210

Service Description: Free use of beach trekker wheelchair. Proof of identity (driver's licence or pension card) required on pick-up. Suitable for children and adults.

Fees: Nil

Disability Access: No

Community First Inc (Cumberland St office)

Phone: 08 9581 9215 **Fax:** 08 9582 0899

6 Cumberland St, Mandurah WA 6210

Mail to: PO Box 3022, Mandurah East WA 6210

Email: info@cfi.net.au

Web: www.cfi.net.au

Service Description: Community First works to make a positive difference through employment, training and community services. Contact the Cumberland St office for adult day care, home maintenance, domestic assistance services and personal care

Hours: 8.30am-5pm

Fees: \$5 per class centre based day care, other fees negotiated on at assessment

Disability Access: Yes (Access, toilets)

Community First Inc

Phone: 08 9550 4555 **Fax:** 08 9535 3942

98 Mandurah Tce, Mandurah WA 6210

Mail to: PO Box 3022, Mandurah East WA 6210

Email: info@cfi.net.au

Web: www.cfi.net.au

Service Description: Community First works to make a positive difference through employment, training and community services. The organisation manages a diverse range of programs that train, educate and support people to enter the work place. Services to HACC-eligible clients also include the Arts Activity Resource Centre, home maintenance and domestic assistance.

Hours: 8.30am-4.30pm

Disability Access: Yes (Access, toilets)

Disability Services Commission

Phone: 08 9535 1112 **Fax:** 08 9581 5895

Suite 1, The Endeavour Centre, 94 Mandurah Tce, Mandurah WA 6210

Mail to: PO Box 4020, Silver Sands WA 6210

Email: david.walton@dsc.wa.gov.au

Web: www.dsc.wa.gov.au

Service Description: Local Area Coordinators (LACs) are based in local communities and each provide support and assistance to between 50 and 65 people with disabilities. This enables the support provided by LACs to be personalised, flexible and responsive. LACs aim to build and maintain effective working relationships with individuals and families in their local area. Local Area Coordination is available to people with physical, sensory, neurological, cognitive and/or intellectual disability who are under the age of 60 at the time they apply for LAC support. The LAC operates as a service coordinator rather than a service provider. The overall aim of the LAC program is to support people with disabilities to live within welcoming and supportive communities.

Hours: Mon-Fri 8.30am-5pm

Flojoes Friendship Club

Phone: 08 9531 2076 **Fax:** 08 9531 1235

18 Carcoola Ave, Pinjarra WA 6208

Mail to: PO Box 1, Pinjarra WA 6208

Email: mwhacc@bigpond.com.au

Service Description: Social club for intellectually challenged adults. The group meets each week Tue-Fri.

Hours: Office hours: 8.30am-4pm

Fees: \$10 per day

Disability Access: Yes

Lions Hearing Clinic

Phone: 08 9583 5855 **Fax:** 08 9583 5899

Erskine Shopping Centre, Cnr Oakleigh Dv and Old Coast Rd, Erskine WA 6210

Email: mandurah@lionshearing.com.au

Web: www.lionshearing.com.au

Service Description: Lions Hearing Clinic provide a dedicated service to people with hearing related disorders to improve their quality of life. Includes professional hearing assessments, hearing aid fittings and tinnitus management.

Hours: Mon-Fri 8.30am-5.00pm

Disability Access: Yes

Mandurah Autism Support Group

Phone: 0413 858 353

Mail to: 18 Royston Wy, Lakelands WA 6180

Service Description: Support group for families living with someone on the Autism Spectrum. Children are welcome. meet last Fri each month 12pm-2pm at Greenfields Community Centre.

Disability Access: Yes (Toilet, kitchen, play equipment)

Mandurah Community Care Inc

Phone: 08 9581 3421 **Fax:** 08 9581 3172

15 Tindale St, Mandurah WA 6210

Mail to: PO Box 968, Mandurah WA 6210

Web: www.mandurahcommunitycare.org.au

Service Description: Provides a variety of services to frail aged, people with disabilities and their families. Our goal is to assist people so they can remain living in their community. Respite care in the home; Personal care; Gardening home maintenance; Transport; Social support; Domestic assistance. Meetings held 2nd Thursday of the month 9.30am - 11am at Baptist Church, Pinjarra Rd.

Hours: Mon-Fri 8.30am-4.30pm

Fees: Various (Discussed at assessment)

Disability Access: Yes (Access, toilets)

Mandurah Disabled Support & Recreational Respite Inc (MADSAR)

Phone: 08 9586 1858 **Fax:** 08 9586 1858

Mandurah Lotteries House, 7 Anzac Pl, Mandurah WA 6210

Mail to: PO Box 805, Mandurah WA 6210

Email: madsar@iprimus.com.au

Service Description: MADSAR provides individualised support to people with disabilities enabling them to access recreation opportunities of their choice. Meetings held at Lotteries House on the third Monday of the month.

Hours: Mon; Wed; Thu

Fees: \$20 membership; \$30 service fee

Disability Access: Yes (Access, toilets)

Mandurah Meals on Wheels Inc

Phone: 08 9531 2253 **Fax:** 08 9531 2254
Murray District Hospital, McKay St, Pinjarra WA 6208
Mail to: PO Box 243, Pinjarra WA 6208
Service Description: Providing and delivering meals to referred clients.
Hours: 8am-12noon
Disability Access: Yes (Access, toilets)

Midway Community Care

Phone: 08 9535 5500 **Fax:** 08 9581 2411
6 Galbraith Loop, Erskine WA 6210
Mail to: PO Box 2043, Mandurah WA 6210
Email: tim@midcare.org
Web: www.midcom.info
Service Description: Midway provides services to children and young adults with an intellectual disability. Services include accommodation, day activities and family support.
Hours: 8.30am-4pm

Peel Access Lobby

Phone: 08 9537 8048
Mail to: 6 Oomoo Place, South Yunderup WA 6208
Email: sao@tadaust.org.au
Service Description: To assist the disabled to gain access around the Peel Region. Meetings held on the 2nd Monday of the month at 40A Randell St, Mandurah at 3pm.
Hours: Mon-Fri 9am-5pm
Fees: Nil
Disability Access: Yes (Access, toilets)

Peel Bowling and Social Club Inc

Phone: 08 9581 1415
2 Coolibah Ave, Mandurah WA 6210
Mail to: PO Box 147, Mandurah WA 6210
Service Description: Social bowling, with our commitment to create a user-friendly environment for people with disabilities and their families, particularly for vision impaired. Weather permitting :Bowls Tue, Thur 1pm, Sun 9.30am; Bocia Fri 10am; Wicked Wheelies Wed 10am (for people who use wheels for legs in cluding gophers, wheelchairs and pushers)
Hours: Tue, Thu 1pm
Fees: Bowling \$66 p.a.; Green fees \$4.40; Social \$22 p.a.
Disability Access: Yes (Access, toilets)

Peel Community Living Inc

Phone: 08 9582 6105 **Fax:** 08 9582 0657
Unit 1, 50 Reserve Dr, Mandurah WA 6210
Email: admin@peelcommunityliving.com.au
Service Description: An accommodation service for adults with an intellectual disability.
Hours: 8.30am-4.30pm
Contact: 24 hours: 08 9582 6111
Disability Access: Yes (Access, toilets)

Peel Community Palliative Care

Phone: 08 9531 7222 **Fax:** 08 9531 7221
Murray Districts Hospital, McKay St, Pinjarra WA 6208
Service Description: Peel Community Palliative Care provides specialised palliative home care and support for clients and their carers/families. Some specialised equipment available.
Hours: 24 hours; 7 days a week service

Peel Patient Transport & PATS

Phone: 08 9581 5088 **Fax:** 08 9581 2911
63 Ormsby Tce, Mandurah WA 6210
Mail to: PO Box 541, Mandurah WA 6210
Service Description: Provides transport for accessing medical appointments, locally and in the metropolitan area. Coordinates applications and claims for Patient Assisted Travel Scheme.
Hours: 8.30am-3pm
Fees: On application
Disability Access: Yes (Access, toilets)

Peel Personnel Inc

Phone: 08 9581 8800 **Fax:** 08 9581 8704
26 Quarry Way, Mandurah WA 6210
Mail to: PO Box 1124, Mandurah WA 6210
Email: admin@peelpersonnel.org.au
Web: www.peelpersonnel.org.au
Service Description: Open employment service for people with disabilities. Peelcon works to create jobs in the Peel region for people with disabilities by tendering for commercial contracts.
Hours: 8.30am-4.30pm
Disability Access: Yes (Access, toilets)

Peel T.P.I. Social Club (Totally & Permanently Incapacitated Service Men & Women)

Phone: 08 9581 9460; 0422 319 753 (Mobile) **Fax:** 08 9581 9462
RSL Memorial Hall, 22 Third Ave, Mandurah WA 6210
Mail to: 4 Parkstone Grove, Meadow Springs WA 6210
Email: carolelari@yahoo.com.au
Service Description: Social activities for totally and permanently incapacitated service men and women, their partners and war widows. Meetings held on the 2nd Sunday of the month at 11am, followed by lunch at 12.30pm, at the RSL Memorial Hall. Monthly outings to various venues. New members very welcome.
Fees: Full membership \$5 single, \$10 double; Affiliate membership \$30 single, \$35 double
Disability Access: Yes (Access, toilets)

People Who Care

Phone: 08 9535 3433 **Fax:** 08 9535 5433

20 Davey St, Mandurah WA 6210

Email: pwc.swmanager@iinet.net.au

Web: peoplewhocare.org.au

Service Description: People Who Care is a volunteer based non profit, non denominational charity helping the frail aged and people with disabilities to continue living independently. Help with gardening, transport, social outings, shopping and home maintenance. Centre based day care operates 2 days per week. Limited domestic services available.

Hours: 8am-3.30pm

Fees: As per H.A.C.C. funding

Disability Access: Yes (Toilets, Access)

Silver Chain, Mandurah

Phone: 08 9242 0242 **Fax:** 08 9242 0268

72 Lakes Rd, Mandurah WA 6210

Web: www.silverchain.org.au

Service Description: Community nursing, HACC funded day centre, respite care, personal care, home help and Community Aged Care Packages (CACP). We also provide Independence programmes; EACH packages; Cottage Respite (Rockingham); Wound Clinic; Diabetic Clinic; and an Incontinence advisor. All referral for services can be made via Silver Chain Customer Centre 9242 0242.

Hours: 9am-5pm

Fees: Individually negotiated

Disability Access: Yes (Access, toilets)

SOS Supporting Our Seniors & Disabled Inc

Phone: 08 9535 9544 **Fax:** 08 9535 9522

Suite 3, 72 Lakes Rd, Mandurah WA 6210

Mail to: PO Box 1415, Mandurah WA 6210

Email: sos@tik.com.au

Service Description: Providing a home maintenance program for seniors and/or people with a physical disability by mature aged and/or retired men and women. Meetings held on the second Tuesday of the month, at 1.30pm.

Hours: Mon-Fri 9am-4pm

Fees: Donation is required

Disability Access: Yes (Access, toilets)

Western Hearing Services

Phone: 08 9581 2444 **Fax:** 08 9581 2627

Shop 4, 23 Pinjarra Rd, Mandurah WA 6210

Email: yvonne.harrison@westernhearing.com.au

Web: www.westernhearing.com.au

Service Description: Hearing and tinnitus testing. Pensioners and veterans seen for free.

Hours: Mon-Fri 8.30am-5pm ; Sat 9am-4.30pm

Disability Access: Yes (Access, toilets)

Drug and Alcohol Support

Mandurah Al-Anon Family Group

Phone: 08 9531 3103

Uniting Church, 156 Pinjarra Rd, Mandurah WA 6210

Mail to: PO BOX 63, Pinjarra WA 6208

Service Description: Self help group for family members and friends of alcoholics.

Hours: Mon 8pm-9.30pm ; Thu 12.30pm-2pm ; Fri 5.30-6.30pm

Fees: Voluntary donation

Disability Access: Yes (Access)

Peel Regional Family Violence Response

Phone: 08 9535 6911

Mail to: PO Box 751, Mandurah WA 6210

Service Description: Counselling for people affected by family violence, drugs or alcohol; assessments and referrals, prevention and community development programs delivered in local primary and high school and court diversion

South Metropolitan Community Drug Service (Mandurah)

Phone: 08 9581 4010 **Fax:** 08 9582 7062

22 Tuckey St, Mandurah WA 6210

Mail to: PO Box 904, Mandurah WA 6210

Email: mandurah@palmerston.org.au

Web: www.palmerston.org.au

Service Description: Provision of counselling and education on alcohol and drug issues. Individual, couple and family counselling available for own drug and/or alcohol issues or others affected by someone else's use.

Hours: Mon-Thu 8.30am-5pm

Fees: Nil

Disability Access: Yes (Access, toilets)

Street Net Youth Outreach Service

Phone: 08 9535 3243 **Fax:** 08 9535 3243

Billy Dower Youth Centre, Dower St, Mandurah WA 6210

Mail to: PO Box 641, Mandurah WA 6210

Email: streetnet@westnet.com.au

Service Description: Youth outreach and crime prevention. Provides information, referrals, support and programs for 10-25 year olds within the Peel Region. Programs include: Youth Maritime Programme; Year 7 Drug Conference; Mandurah Blue Light Branch; Bilyidar Cultural Project; Drug Education; School and Community Lectures; Outreach Patrols; Roadwise Mystery Tour and Young Men's Programme.

Hours: Mon-Fri 8am-4pm

Hospitals

Peel Health Campus

Phone: 08 9531 8000

110 Lakes Rd, Mandurah WA 6210

Email: executive@peelhc.com.au

Web: www.peelhc.com.au

Service Description: Offers a comprehensive range of medical services for people living in the Peel region. Services include the emergency department, renal dialysis and the oncology unit. We offer "Private" care for public, private and veteran patients both as in-patients and day surgery patients.

Mental Health Support

Access Housing Association Inc

Phone: 08 9581 3435 **Fax:** 08 9586 1505

3 Tindale St, Mandurah WA 6210

Mail to: PO Box 1200, Mandurah WA 6210

Service Description: Community housing for mental health clients and others on low incomes. Disability support to mental health clients.

Hours: Mon-Fri 9am-12pm; 1pm-3.30pm

Disability Access: No

Allambee Counselling Inc

Phone: 08 9535 8263 **Fax:** 08 9535 3869

Suite 16, Mandurah Lotteries House, 7 Anzac Pl, Mandurah WA 6210

Mail to: PO Box 442, Mandurah WA 6210

Web: www.allambee.org.au

Service Description: Provides free counseling services for victims of sexual assault and abuse, domestic violence, rape and crisis counselling for clients. Provides community education programs, school presentations, training and consultation services for allied health workers and other service providers.

Hours: Mon-Fri 8.30am-4.30pm

Fees: Free service

Disability Access: Yes (Access, toilets)

Alzheimers WA Mandurah

Phone: 08 9535 8772 **Fax:** 08 9582 8533
Suite 7-9 Lotteries House, Anzac Pl, Mandurah WA 6210
Web: www.alzheimers.asn.au
Service Description: Provides support and information to individuals and families of people living with dementia at a personal and community level. Family Carer Support Group meetings held on the fourth Friday of the month at Lotteries House.
Hours: 9am-1pm
Contact: 0434 070 307
Fees: Some fees for respite services may apply
Disability Access: Yes (Access, toilets)

ARAFMI - Mental Health Carers West Australia

Phone: 08 9535 5844 **Fax:** 08 9535 5844
Mail to: Suite 17 Lotteries House, 7 Anzac Place, Mandurah WA 6210
Email: josephine@arafmi.asn.au
Web: www.arafmi.asn.au
Service Description: Support service for family, friends, work colleagues and community services assisting people with mental illness. Offers free professional counselling, support groups, workshops, publications, community education and a library. Arafmi Community Networks meets every Monday at Personal Helper & Mentor Program 2 Tuart Av Mandurah. On the first Monday of every month the meetings are held at Abingdon Miniature Village, Husband Rd, Barragup, 1.30-3pm.
Hours: 9am-4.30pm Mon
Contact: 0411 575 985
Fees: ARAFMI membership; \$20 annual fee; \$10 concession
Disability Access: Yes (Access, toilets)

GROW WA (Mandurah)

Phone: 08 9315 1666 **Fax:** 08 9321 7499
Church of the Way, 58 Steerforth Dr, Coodanup WA 6210
Mail to: 780B Canning Hwy, Applecross WA 6153
Email: wa@grow.net.au
Web: www.grow.net.au
Service Description: A support group for people who have had a breakdown, suffer mental illness or are struggling to cope emotionally.
Hours: Tue 10.30am-12.30pm
Contact: 1800 558 268
Fees: Voluntary donation

Mandurah Autism Support Group

Phone: 0413 858 353
Mail to: 18 Royston Wy, Lakelands WA 6180
Service Description: Support group for families living with someone on the Autism Spectrum. Children are welcome. meet last Fri each month 12pm-2pm at Greenfields Community Centre.
Disability Access: Yes (Toilet, kitchen, play equipment)

Midway Community Care

Phone: 08 9535 5500 **Fax:** 08 9581 2411
6 Galbraith Loop, Erskine WA 6210
Mail to: PO Box 2043, Mandurah WA 6210
Email: tim@midcare.org
Web: www.midcom.info
Service Description: Midway provides services to children and young adults with an intellectual disability. Services include accommodation, day activities and family support.
Hours: 8.30am-4pm

Peel Child Adolescent Mental Health Services

Phone: 08 9531 8080 **Fax:** 08 9531 8070
110 Lakes Rd, Mandurah WA 6210
Mail to: PO Box 162, Mandurah WA 6210
Service Description: Assessment, treatment and support for youth and their families experiencing emotional, psychological, behavioural, social and/or mental health problems.
Hours: 8.30am-4.30pm
Fees: Free service

Rainbow Project Mandurah

Phone: 08 9581 1743
Uniting Church in Australia, 156 Pinjarra Rd, Mandurah WA 6210
Mail to: PO Box 42, Mandurah WA 6210
Service Description: Fortnightly lunch for people living with mental illness and depression, in a friendly sociable atmosphere. The group also holds a Combined Churches "Journey of Hope" Service on the 2nd Sunday of each month at 6pm at Uniting Church 156 Pinjarra Rd. Service is followed by a "bring and share" supper. All living with mental illness, carers and friends welcome.
Hours: Fortnightly on Wednesdays Lunch 11.30am-1.30pm
Contact: AH: 08 9535 8774 or 08 9581 4270
Fees: Gold coin donation for lunch
Disability Access: Yes (Access, toilets)

Relationships Australia Mandurah

Phone: 08 9535 5711 **Fax:** 08 9535 8055
Lotteries House, Suite 20, 7 Anzac Place, Mandurah WA 6210
Web: www.relationships.com.au
Service Description: Provides marriage and family counselling, domestic violence intervention programs, family mediation and community education, unplanned pregnancy counselling, child contact centre, relationships education programs; professional development programs; men and family relationships and anger management courses
Hours: Mon Thu Fri 9:00am-5:00pm; Tue 1:00pm-9:00pm; Wed 9am-9pm
Contact: 08 9583 6000
Fees: Phone for details
Disability Access: Yes (Toilets)

The Compassionate Friends Mandurah Inc

Phone: 08 9535 7761 **Fax:** 08 9535 7761

Mandurah Lotteries House, 7 Anzac Pl, Mandurah WA 6210

Email: tcfmandurah@bigpond.com

Web: www.tcfmandurah.bravehost.com

Service Description: Mandurah chapter of international organisation of volunteers, providing a range of support services to families after the death of a child at any age, by any cause. Monthly support groups held at various locations and include sessions for siblings and suicide survivors.

Hours: Mon-Fri 10am-2pm

Fees: \$10 annual membership ; gold coin donation for meetings

Youth Focus

Phone: 08 9361 4222 **Fax:** 08 9361 4299

Billy Dower Youth Centre, 41 Dower St, Mandurah WA 6210

Mail to: 54 Goodwood Pde, Burswood WA 6100

Email: reception@yct.asn.au

Web: www.youthfocus.com.au

Service Description: A West Australian, non-profit community based organisation working with young people 12-18 years of age who are showing early signs associated with suicide, depression and deliberate self harm.

Hours: Mon-Fri 9am-5pm (Burswood) Mon-Thur 9am-5pm (Mandurah)

Fees: Nil

Support Groups

Association for the Blind of WA

Phone: 08 9586 1147 **Fax:** 08 9586 1187

Mandurah Lotteries House, Suite 4, 7 Anzac Pl, Mandurah WA 6210

Email: rosemary@guidedogswa.com.au

Web: www.guidedogswa.com.au

Service Description: Support services for vision impaired and blind people of all ages. Hours: Mon 8.30am-3pm Wed 9am-5pm Thur 8.30am-1pm

Fees: Annual fees apply

Disability Access: Yes (Access, toilets)

Australian Breastfeeding Association Mandurah Group

Phone: 08 9733 2387

Greenfields Family & Community Centre, Cnr Waldron Blvd and Murdoch Dr, Greenfields WA 6210

Email: abamandurah@gmail.com

Web: www.breastfeeding.asn.au

Service Description: Australia's leading source of breastfeeding information and support. 7 day a week Helpline. All parents and children of all ages are welcome. Child friendly and safe environment with indoor and outdoor play areas, toilet and changing facility. Group Library and breast pump hire. Regular Breastfeeding topics discussed as well as Guest Speakers covering a wide range of parenting topics. Meetings held on the 2nd and 4th Wednesday of each month, 10am-12pm at the Greenfields Family & Community Centre.

Contact: 1800 MUM 2 MUM (7 days a week national help line)

Fees: First 2 visits free

Disability Access: Yes

Community Link and Network (CLAN)

Phone: 08 9581 5595 **Fax:** 08 9586 1115

Mandurah Lotteries House, Suite 14, 7 Anzac Pl, Mandurah WA 6210

Mail to: PO Box 1192, Mandurah WA 6210

Email: mandurah@clanwa.com.au

Web: www.clanwa.com.au

Service Description: Provides family support service and family relationship skills workshops.

Hours: Mon-Wed 8.30am-3pm

Disability Access: Yes (Access, toilets)

Epilepsy Support Group

Phone: 08 9535 9034 **Fax:** 08 9535 9034

Suite 9, Mandurah Lotteries House, 7 Anzac Pl, Mandurah WA 6210

Email: nfwainc@bigpond.net

Service Description: To support people who have epilepsy, their carers and their families. Meetings held bimonthly, on the 3rd Wednesday of the month, 10am-12noon at Lotteries House.

Fees: Nil

Disability Access: Yes (Access, toilets)

Eyes Wide Open Project

Phone: 08 9581 3365, 0419 906 330 (Mobile) **Fax:** 08 9582 7365

41 Dower St, Mandurah WA 6210

Mail to: PO Box 117, Mandurah WA 6210

Service Description: Offers support to young pregnant women and young families aged 15-21 years of age. The Pregnancy Program and Life After Birth Program are offered on a rotation basis, each lasting for 6 weeks. Eyes Wide Open offers appropriate support, information and knowledge in a safe and respectful environment to all participants at the individual programs. A fully qualified Creche is offered to the participants of both programs. External mentoring is also offered if needed. Meetings held on Tuesdays, 10am-1pm at the Greenfields Family Centre, Murdoch Dr, Greenfields.

Hours: Contact Peel Youth Programme regarding enquiries for Eyes Wide Open, Mon-Fri 9am-3pm.

Fees: No cost

GROW WA (Mandurah)

Phone: 08 9315 1666 **Fax:** 08 9321 7499

Church of the Way, 58 Steerforth Dr, Coodanup WA 6210

Mail to: 780B Canning Hwy, Applecross WA 6153

Email: wa@grow.net.au

Web: www.grow.net.au

Service Description: A support group for people who have had a breakdown, suffer mental illness or are struggling to cope emotionally.

Hours: Tue 10.30am-12.30pm

Contact: 1800 558 268

Fees: Voluntary donation

Health Matters

Phone: 08 9586 4500 **Fax:** 08 9586 4595

Mandurah Community Health and Development Centre, 112 Lakes Rd, Mandurah WA 6210

Mail to: PO Box 541, Mandurah WA 6210

Email: Laraine.Lanaghan@health.wa.gov.au

Service Description: Health information and referral service, internet searches, library service, videos for hire. Covering all aspects of health, from birth to aged care.

Hours: Mon-Fri 8am-4pm

Irlen Syndrome Australasia Inc

Phone: 08 9535 9034 **Fax:** 08 9535 9034

65 Steerforth Dr, Coodanup WA 6210

Mail to: PO Box 3398, Mandurah East, Mandurah WA 6210

Service Description: Supporting people who have Irlen Syndrome and their families. Provides Ckickadees Children's Service including: Tutoring for children with learning difficulties or those who are falling behind; Junior Theatre for 6-14 year olds; School holiday art program for 6-18 years; C.A.Y.L.A.- provides assessment for each child in a family who may be having learning difficulties and may need referral to a Specialist. Assessment is free, a donation would be appreciated.

Contact: 0416 057 644

Disability Access: Yes (Access, toilets)

Mandurah Autism Support Group

Phone: 0413 858 353

Mail to: 18 Royston Wy, Lakelands WA 6180

Service Description: Support group for families living with someone on the Autism Spectrum. Children are welcome. meet last Fri each month 12pm-2pm at Greenfields Community Centre.

Disability Access: Yes (Toilet, kitchen, play equipment)

Mandurah Carers Group

Phone: 08 9534 9690

RSL Hall, Third Ave, Mandurah WA 6210

Mail to: PO Box 261, Mandurah WA 6210

Email: uni.pth@optusnet.com.au

Service Description: Provide information and support for the progress, health and wellbeing of family carers.

Meetings held on the second Friday of each month at the RSL Hall, 9.30-11.30am.

Fees: \$5 per family p.a.

Disability Access: Yes (Access, toilets)

Mandurah Disabled Support & Recreational Respite Inc (MADSAR)

Phone: 08 9586 1858 **Fax:** 08 9586 1858

Mandurah Lotteries House, 7 Anzac Pl, Mandurah WA 6210

Mail to: PO Box 805, Mandurah WA 6210

Email: madsar@iprimus.com.au

Service Description: MADSAR provides individualised support to people with disabilities enabling them to access recreation opportunities of their choice. Meetings held at Lotteries House on the third Monday of the month.

Hours: Mon; Wed; Thu

Fees: \$20 membership; \$30 service fee

Disability Access: Yes (Access, toilets)

Mandurah Fibromyalgia Support and Education Group

Phone: 08 9537 3026

Greenfields Family and Community Centre, Cnr Waldron Blvd and Murdoch Dr, Greenfields WA 6210

Mail to: 44 Crystaluna Dr, Golden Bay WA 6174

Email: ulakuz@tadaust.org.au

Web: au.geocities.com/senior_matters_senior/fmsonline

Service Description: Provides support and education for sufferers of Fibromyalgia and their families. Meetings held on the first Wednesday of each month, 12.30pm-3pm.

Hours: 12.30-3pm First Wed each month

Contact: Ph: 9535 2275 or 0417 914 750

Fees: \$3.00 per meeting. No joining fee.

Disability Access: Yes (Access)

Mandurah Murray Laurel Club

Phone: 08 9530 1228

Baptist Church, Pinjarra Rd, Mandurah WA 6210

Mail to: PO Box 57, North Dandalup WA 6207

Service Description: A meeting place for all war widows, to have outings and social events. Meetings held on the third Monday of the month, 1.30pm, at the Baptist Church.

Contact: 08 9586 8648

Fees: Nil

Disability Access: Yes (Access, toilets)

Mandurah Parkinson's Support Group

Phone: 08 9535 7219

Bortolo Pavilion, Cnr Bortolo Dr and Murdoch Dr, Greenfields WA 6210

Email: joymillar@westnet.com.au

Service Description: To provide on-going support to people with Parkinson's and their carers and family members. The group provides emotional, social and educational support. Fitball classes are offered and funded for people with Parkinson's and are taken by a fitness trainer. Lawn Bowls are also held each week for members of the group. Meetings are held on the last Friday of the month, 1pm-4pm, at Bortolo Pavilion.

Fees: Nil

Disability Access: Yes (Toilets)

Mandurah Uniting Church in Australia

Phone: 08 9581 1743 **Fax:** 08 9581 1743

156 Pinjarra Rd, Mandurah WA 6210

Mail to: PO Box 42, Mandurah WA 6210

Email: ucm@dodo.com.au

Web: www.mandurah.unitingchurch.org.au

Service Description: Church service and Sunday School every Sunday at 10.15am. Mental health support offered with a Rainbow lunch every second Wednesday 11.30am-1.30pm and an evening service held on the 2nd Sunday of each month, 6pm followed by supper. Adult fellowship support group meet on 2nd Wednesday of each month at 1.30pm. Opportunity shop and drop-in-centre, Mon-Fri 10am-3pm. Car Park Market on the 2nd Saturday of each month 7.30am-12noon. The Church also offers financial counselling by appointment (phone 9581 1281 for an appointment)

Hours: Church office open Wed, Thur 9am -1pm

Contact: Rev Ian Pearse

Fees: A small fee applies for hire of church hall

Disability Access: Yes (Access, toilets)

Mandurah Widows and Widowers Association Inc

Phone: 08 9534 5760

Service Description: Helping people in crisis after the death of a partner. Free counselling available on a one-on-one basis.

Parkinson's Carers Support Group - Mandurah

Phone: 08 9535 7219

32 Myerick St, Mandurah WA 6210

Email: joymillar@westnet.com.au

Service Description: Informal gathering of carers of Parkinson's to support each other through information, practical application and understanding in a non-threatening environment. Meetings held on the 2nd Wednesday of the month.

Hours: 1.5hours

Fees: Nil

Partners of Veterans South West Support Group - Mandurah

Phone: 08 9586 1283

Mail to: 1 Wamba Rd, Coodanup WA 6210

Email: gaedonaldson@optusnet.com.au

Service Description: Removal of isolation as a partner of a veteran. Meetings held on the 4th Tuesday of the month - please contact the group for details.

Disability Access: No (Access, toilets)

Peel T.P.I. Social Club (Totally & Permanently Incapacitated Service Men & Women)

Phone: 08 9581 9460; 0422 319 753 (Mobile) **Fax:** 08 9581 9462

RSL Memorial Hall, 22 Third Ave, Mandurah WA 6210

Mail to: 4 Parkstone Grove, Meadow Springs WA 6210

Email: carolelari@yahoo.com.au

Service Description: Social activities for totally and permanently incapacitated service men and women, their partners and war widows. Meetings held on the 2nd Sunday of the month at 11am, followed by lunch at 12.30pm, at the RSL Memorial Hall. Monthly outings to various venues. New members very welcome.

Fees: Full membership \$5 single, \$10 double; Affiliate membership \$30 single, \$35 double

Disability Access: Yes (Access, toilets)

Red Cross Carer's Support Service Greenfields

Phone: 08 9225 1940 **Fax:** 08 9421 6378

Bortolo Pavillion, Cnr Bortolo and Murdoch Dr, Greenfields WA 6210

Mail to: GPO Box P1239, Perth WA 6844

Email: dwilliams@redcross.org.au

Web: www.redcross.org.au

Service Description: This service provides support to people who provide long-term, home-based care to a family member or friend. The biggest help to carers are the support groups held on a regular basis. In these groups carers share common experiences and enjoy social interaction while taking a short respite break. Respite care and transport can be arranged for those who wish to attend. Meetings 4th Thursday each month 10am -12pm

Disability Access: Yes (Toilet)

Red Cross Carers Support Group Mandurah

Phone: 08 9225 1940 **Fax:** 08 9421 6378

RSL Hall, 22 Third Av, Mandurah WA 6210

Mail to: GPO Box P1239, Perth WA 6844

Email: dwilliams@redcross.org.au

Web: www.redcross.org.au

Service Description: This service provides support to people who provide long-term, home-based care to a family member or friend. The biggest help to carers are the support groups held on a regular basis. In these groups carers share common experiences and enjoy social interaction while taking a short respite break. Respite care and transport can be arranged for those who wish to attend. Meetings 1st Thursday each month 10am- 12pm.

Disability Access: Yes (toilet)

Southern Districts Weight Watchers

Phone: 08 9582 1291 (Secretary)

Falcon Family Centre, 60 Linville St, Falcon WA 6210

Service Description: Our group aims to help people lose weight. We donate monies accumulated to people in need. Social outings included.

Hours: Wed (weekly) 7.45-10am

Fees: \$10 joining fee; \$2 per week

Disability Access: Yes (Access, toilets)

The Compassionate Friends Mandurah Inc

Phone: 08 9535 7761 **Fax:** 08 9535 7761

Mandurah Lotteries House, 7 Anzac Pl, Mandurah WA 6210

Email: tcfmandurah@bigpond.com

Web: www.tcfmandurah.bravehost.com

Service Description: Mandurah chapter of international organisation of volunteers, providing a range of support services to families after the death of a child at any age, by any cause. Monthly support groups held at various locations and include sessions for siblings and suicide survivors.

Hours: Mon-Fri 10am-2pm

Fees: \$10 annual membership ; gold coin donation for meetings

Uniting Church in Australia Adult Fellowship

Phone: 08 9581 1743

Uniting Church in Australia, 156 Pinjarra Rd, Mandurah WA 6210

Mail to: PO Box 42, Mandurah WA 6210

Service Description: Support group, providing fellowship, outings, helpers at monthly carpark mart and guest speakers. Meetings held on the 2nd Wednesday of the month, 1.30pm, at the Uniting Church.

Fees: \$5 annual fee

Wearne House Auxiliary

Phone: 08 9581 1894 **Fax:** 08 9581 1894

Wearne House, 7 Leslie St, Mandurah WA 6210

Service Description: To provide extra comforts and entertainment for residents of Wearne House retirement facility. Meetings held on the 2nd Friday of each month, at 9.30am.

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