

Seniors Groups & Services

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Residential Care

Bedingfeld Park Aged Care Facility

Phone: 08 9531 1622 **Fax:** 08 9531 1464
4 Bedingfeld Rd, Pinjarra WA 6208
Email: care@bedingfeld.com
Web: www.bedingfeld.com
Service Description: Aged care facility.

Brightwater The Cove

Phone: 08 9581 0100 **Fax:** 08 9581 0199
35 Hudson Dr, Mandurah WA 6210
Email: welcome@brightwatergroup.com
Web: www.brightwatergroup.com
Service Description: High and low aged care facilities, with both mainstream and dementia specific facilities available. "Extra service" for low and high care mainstream.

Coolibah Total Caring

Phone: 08 9535 0300 (Auto Attendant) **Fax:** 08 9535 0399
24-32 Third Ave, Mandurah WA 6210
Email: mrvlodge@tik.com.au
Web: www.mandurahretirementvillage.com.au
Service Description: Residential aged care facilities, community care services, respite services.

Greenfields Aged Care Facility

Phone: 1800 061 445 **Fax:** 08 9535 9249
cnr Lakes Rd and Murdoch Dr, Mandurah WA 6210
Mail to: PO Box 93, Belmont WA 6984
Web: www.belswan.com.au/index.asp
Service Description: Provides aged care - both low care and high care.

Mandurah Care Facility

Phone: 08 9535 4799 **Fax:** 08 9581 1488
1 Hungerford Ave, Halls Head WA 6210
Mail to: PO Box 678, Mandurah WA 6210
Email: mandurah@chcgroup.com.au
Service Description: Provides aged care facilities.

Mandurah Nursing Home

Phone: 08 9535 4799 **Fax:** 08 9581 1488
1 Hungerford Ave, Mandurah WA 6210
Mail to: PO Box 678, Mandurah WA 6210
Service Description: Provides aged care.

Mandurah Retirement Village Inc

Phone: 08 9535 0300 (Auto Attendant) **Fax:** 08 9535 0399

Third Ave, Mandurah WA 6210

Email: mrvlodge@tik.com.au

Web: www.mandurahretirementvillage.com.au

Service Description: Residential aged care services.

Seniors over 55

Hours: 9am-5pm

McNamara Lodge

Phone: 08 9582 5300 **Fax:** 08 9582 5330
41 Portrush Pde, Meadow Springs WA 6210

Email: gnuth@raafawa.org.au

Service Description: Aged care hostel.

Hours: Enquiries: 9am-3pm

Murray River Nursing Home

Phone: 08 9535 7466 **Fax:** 08 9581 2608
83 Boundary Rd, Dudley Park WA 6210
Service Description: Provides aged care facilities.

Peel Lodge

Phone: 08 9593 9370 **Fax:** 08 9593 9389

2 Maclaggan Turn, Mandurah WA 6210

Mail to: PO Box 2109, Mandurah WA 6210

Service Description: Low care facility for aged and disabled people.

RSL Care W.A.

Phone: 08 9535 0200 **Fax:** 08 9535 0202

82 Oakmont Ave, Meadow Springs WA 6210

Email: rslman@rslwvh.com

Web: www.88creative.com.au/rsl

Service Description: Ageing in place.

Hours: 8am-4pm

Wearne House

Phone: 08 9550 4300 **Fax:** 08 9581 3311

7 Leslie St, Mandurah WA 6210

Mail to: PO Box 1373, Mandurah WA 6210

Web: www.amanaliving.com.au

Service Description: Residential care facility for high care, low care and respite care.

Hours: Mon-Fri 9am-3pm

Social and Recreational Groups

Ac-cent Mandurah

Phone: 08 9550 3799 **Fax:** 08 9550 3790

41 Ormsby Tce, Mandurah WA 6210

Mail to: PO Box 210, Mandurah WA 6210

Email: council@mandurah.wa.gov.au

Web: www.mandurah.wa.gov.au

Service Description: A place for seniors to meet, recreate, participate and learn. Offers computer classes and facilities, dining room, podiatry, hairdressing, library, arts and crafts, outings, concerts, activities. People 55+ years old are eligible to become members and utilise the centre.

Hours: 8.30am-4.30pm

Association of Independent Retirees (Peel Region Branch)

Phone: 08 9581 7168 (Secretary)

Halls Head Sports and Recreation Club, 3 Sticks Blvd, Halls Head WA 6210

Mail to: PO Box 1254, Mandurah WA 6210

Web: www.independentretirees.com.au

Service Description: To promote the interests and social activities of fully and partly self-funding retirees.

Meetings held every month at the Halls Head Sports and Recreation Club, call or email for times and dates.

Beat the Feet

Phone: 08 9582 9219

Ac-cent Mandurah, Ormsby Tce, Mandurah WA 6210

Email: beatthefeet@eftel.com.au

Service Description: Seniors dance exercise programme. One of the largest groups in the South-West. Music and programme written for seniors. Social functions and community involvement at all levels.

Hours: Tues 8.45am - 11.30am, Wed 9.45am - 11.45am, Thurs 8.45am - 11.30

Bridge Builders Ministries (Inc)

Phone: 08 9581 1980 **Fax:** 08 9535 8100

Mandurah Baptist Office, 370 Pinjarra Rd, Mandurah WA 6210

Mail to: PO Box 327, Mandurah WA 6210

Email: mel@manbap.org

Service Description: Youth development and soccer activities (MBL United Soccer Club). Life skills for youth and families; Activities for aged persons; Craft centre; Christian book shop; Spread the Word Coffee Corner; General welfare and bread run. Application for Out of School Hours Care Centre licence has been applied for.

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

Combined Probus Club of Mandurah Inc.

Phone: 08 9534 3761

Mandurah Soccer Club, Peelwood Pde, Halls Head WA 6210

Mail to: PO Box 3351, Mandurah East, Mandurah WA 6210

Email: irene15@aapt.net.au

Service Description: A social club for retirees. Non fundraising, non sectarian, non political. Meets third Tuesday monthly 9.30am -12 noon. Guest speakers attend. Monthly outings.

Community Home Services

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

15 Tindale St, Mandurah WA 6210

Mail to: PO Box 968, Mandurah WA 6210

Email: Pauline@mandurahcommunitycare.org.au

Web: mandurahcommunitycare.org.au

Service Description: Community Home Services provides transport; Gardening & Home Maintenance; In home services; Centre Based Day Care

Hours: 8.30am-4.30pm

Dolphin Dancers

Phone: 08 9535 3205

Coodanup Community Centre, Wanjeep St, Coodanup WA 6210

Email: bill-joanroberts@westnet.com.au

Service Description: Over 55's Square Dancing Club

Hours: Tues 7.45pm - 10.15pm

Falcon Keep Fit 55+

Phone: 08 9535 7068

Falcon Pavilion, Lynda St, Falcon WA 6210

Service Description: Exercise Class and Social Activities for 55+ years

Hours: Every Tuesday & Thursday 8:30am - 9.30am

Falcon Seniors Recreation Group Inc

Phone: 08 9586 3997

Falcon Pavilion, cnr Flame St and Lynda St, Falcon WA 6210

Mail to: PO Box 5172, Falcon WA 6210

Service Description: Over 55's recreation group.

Activities include carpet bowls, table games, bus trips etc. Meetings held every Mon and Wed for bowls from 12.30pm-4.30pm at the Falcon Pavilion. Additional meetings held for games days on 1st Tue and 3rd Thur of the month 1pm-4.30pm at the Falcon Pavilion.

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

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

Heart & Soul Singers (Memory Makers)

Phone: 08 9535 2407

Mail to: 8B Scott St, Mandurah WA 6210

Service Description: Mixed choir and concert party.

Meets at various locations - contact the group for details.

Hours: Sat 10am-12noon

Home Visiting Program

Phone: 08 9534 8511 **Fax:** 08 9586 1187

Suite 1, Lotteries House, 7 Anzac Pl, Mandurah WA 6210

Service Description: Home visiting program for socially isolated people over 55 who could benefit from having a weekly visitor come to chat. Would suit those who enjoy the company of older people. Previously called Do Care Program.

Hours: one hour per week (Minimum)

Leslie Street Centre for over 55's

Phone: 08 9586 8692

7A Leslie St, Mandurah WA 6210

Mail to: PO Box 692, Mandurah WA 6210

Service Description: Social centre for over 55's, open to new members and willing to accommodate new activities, such as cards and chess.

Hours: Sun-Fri

MALA Mature Adult Learning Association (Peel Branch)

Phone: 08 9535 5207 ; 0429 119 953

Mandurah Senior Citizens Centre, 41 Ormsby Tce, Mandurah WA 6210

Mail to: PO Box 1791, Mandurah WA 6210

Email: johaze@conceptual.net.au

Service Description: Ongoing education for the over-50s. Provides two semesters of 10 weeks each, commencing mid-March and mid-August, with 1.5 hr lectures on selected topics on one day of the week. Lectures conducted at the Mandurah Senior Citizens Centre.

Mandurah City Soccer Club

Phone: 08 9581 2388 **Fax:** 08 9581 2399

Peelwood Reserve, Mahogany Dr, Halls Head WA 6210

Mail to: PO Box 101, Mandurah WA 6210

Email: mandurahcity@bigond.com

Web: www.mandurahcity.com

Service Description: Coaching, training and playing soccer. Seniors meet at Peelwood Reserve on Saturdays and Sundays. Juniors meet at Bortolo Reserve on Saturday and Sunday, and at Laurie Stanford Reserve in Singleton on Saturday mornings.

Hours: Seniors Sat-Sun 12noon-5pm, Juniors Sun 9am-12 noon

Mandurah Community Care (Inc) Community Transport Service

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

15 Tindale St, Mandurah WA 6210

Mail to: PO Box 968, Mandurah WA 6210

Email: fran@mandurahcommunitycare.org.au

Service Description: The Community Transport Service operates five days per week, excluding public holidays, from 8.00am-3.45pm (Mon-Fri). Call 08 9581 3421 to arrange your transport pickup. Please book at least 24 hours in advance or service may not be possible.

Mandurah Dragon Boat Club

Phone: 08 9581 1137

Mandurah Offshore Fishing & Sailing Club, Lot 12 Breakwater Pde, Mandurah WA 6210

Mail to: PO Box 219, Mandurah WA 6210

Email: sanderswilson@hotmail.com

Web: mandurahdragonboatclub.com.au

Service Description: Paddling fun and exercise for anyone aged 12-70 years. Group attends inter-club regattas.

Hours: Tue, Thu 5.30-7.30pm (plus Sat 8.30pm during Summer months)

Mandurah Jazz Club

Phone: 08 9534 9913

RSL Club, Third Ave, Mandurah WA 6210

Email: handshorne@smartchat.net.au

Service Description: Group of local musicians (except one), all retired professionals playing all types of jazz (except modern) - mainly attracts seniors. Meet on the third Sunday in the month at the RSL Club, 2-5pm.

Mandurah Organ & Music Lovers' Club

Phone: 08 9534 3316

CWA Hall, Cooper St, Mandurah WA 6210

Service Description: Encourage people to play the organ or any musical instrument. No need to play, only listen if desired. Meetings held on the third Monday of each month.

Mandurah Over 55 Cycling Club Inc

Phone: 08 9586 1408

Mandurah Yacht Club, Mary St, Halls Head WA 6210

Mail to: PO Box 979, Mandurah WA 6210

Service Description: A group of like-minded senior people whose desire for social contact, friendship and fitness with gentle exercise is fulfilled through cycling, including appropriate adventure on organised cycling holidays.

Hours: Tues mornings (Meet 8.30 for 9.00am ride)

Mandurah Over 55s Canoe Club Inc

Mail to: PO Box 5214, Falcon WA 6210

Service Description: Canoeing and kayaking around the Mandurah and Rockingham areas. Group meets 3 times per week at various locations - for more information please send a self addressed envelope to Mandurah Over 55's Canoe Club, PO Box 5214, Falcon WA 6210.

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.

Mandurah Pensioners Social Bingo

Phone: 08 9535 3361

Nellie Reagan Hall, Peel St, Mandurah WA 6210

Service Description: Hold bingo nights and all proceeds assist local charities. Held Saturday 7pm

Mandurah Table Tennis Club

Phone: 08 9582 2731, 08 9535 6587

Service Description: Table Tennis

Mandurah Theatre Revue (All Stars)

Phone: 08 9582 8455

CWA Hall, Cooper St, Mandurah WA 6210

Mail to: 8 Luxmore Green, Erskine WA 6210

Service Description: The All Stars Variety Show has a cast of mature age volunteers who entertain similar groups with performances of song, dance and comedy from the 1940's to 1970's era.

Hours: Thu 7pm-9.30pm

Mandurah Triathlon Club Inc

Phone: 08 9586 1472

Mail to: Po Box 707, Mandurah WA 6210

Email: Grant.Tomlinson@bigpond.com

Web: www.trimandurah.com

Service Description: Series of races and training, approximately every 6 weeks.

Mandurah Vikings Dragon Boat Club

DRAFT

Phone: 08 9581 4481

Web: www.mandurahdragonboatclub.com.au

Service Description: Dragon boat team 12 to 80 years. Looking for new members No experience necessary. Tue, Thur 5.30pm Sat 8.30am at Mandurah Yacht Club, Mary Street Mandurah

Margaret Harris Adult Day Care

DRAFT

Phone: 08 9535 7149

63 Ormsby Tce, Mandurah WA 6210

Meadow Springs RAAFA Estate Art Club

Phone: 08 9581 6840

RAAFA Estate Club Rooms, 41 Portrush Pde, Meadow Springs WA 6210

Email: meleng@msvillage.com.au

Web: www.raafameadowsprings.com

Service Description: Specifically for members and associates of RAAFA, this co-operative group offers mutual support for drawing and painting in various forms. Services include exhibits, workshops and art supplies and equipment.

Hours: Fri 8.30am-4pm

Murray Day Club

Phone: 08 9582 8357

Pinjarra RSL Hall, Lot 4, Pinjarra Rd, Pinjarra WA 6208

Email: megancook@tpg.com.au

Service Description: Non profit community social club for the elderly. Activities include morning tea, lunch and bingo.

Hours: 10am-2pm

National Seniors Australia, Mandurah/Murray Branch

Phone: 08 9581 7198

Mandurah Senior Citizens Centre, 41 Ormsby Tce, Mandurah WA 6210

Mail to: PO Box 517, Mandurah WA 6210

Web:

www.nationalseniors.com.au/local//6mm.com.au/natseniors /

Service Description: To serve and improve living standards of all seniors by representation to all levels of government and business. The group meets on the 2nd Monday of the month: meetings 1.30pm on even months at the Mandurah Senior Citizens Centre, outings on odd months.

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

Peel SeniorNet Association Inc

Phone: 08 9581 5945

Mandurah Senior Citizens Centre (Main Hall), Ormsby Tce, Mandurah WA 6210

Mail to: PO Box 987, Mandurah WA 6210

Email: cjackson_01@optusnet.com.au

Web: www.peelseniors.net

Service Description: Teaching seniors computer, internet and digital camera skills. Group also offers social outings. Meetings held on the fourth Monday of each month, 1.30pm, at the Senior Citizens Centre.

Peel Trefoil Guild

Phone: 08 9207 1975

Mail to: Unit 3, 15 Anthony Wy, Tuart Hill WA 6060

Service Description: The Trefoil Guild enables previous members of the Girl Guides to continue their association with the organisation. It preserves the friendships formed, is a chance to widen your horizons and allows important contributions to be made to today's Girl Guides. Meetings held on the second Thursday of the month, 1pm, at varying locations.

Prime Movers Inc (Coodanup)

Phone: 08 9244 8057 **Fax:** 08 9244 8503

Coodanup Community Centre, Wanjeep Rd, Mandurah WA 6210

Mail to: PO Box 1362, Booragoon WA 6954

Service Description: Prime movers conducts exercise classes, low impact and set to music for active older adults. Accredited instructors will guide you to a greater sense of well being through fitness and friendship.

Hours: Mon 10am-11am

Prime Movers Inc (Mandurah Senior Citizens Centre)

Phone: 08 9244 8057 **Fax:** 08 9244 8503

Mandurah Senior Citizens Centre, 41 Ormsby Tce, Mandurah WA 6210

Mail to: PO Box 1362, Booragoon WA 6954

Service Description: Prime movers conducts exercise classes, low impact and set to music for active older adults. Accredited instructors will guide you to a greater sense of well being through fitness and friendship.

Hours: Tue 11am-12 noon & Fri 9:30am-10.30am

RAAFA Computer Group

Phone: 08 9582 5123

RAAFA Meadow Springs Estate, 41 Portrush Pde, Meadow Springs WA 6210

Email: shirljohn@tadaust.org.au

Service Description: Teaching mainly (but not exclusively) seniors how to use a computer. We conduct 3 courses per year, 40 students per course. Each course runs for 10 weeks. We teach 10 students per day, Mon to Thurs.

Hours: Mon-Thu 10am-12noon

Retirees WA Mandurah-Murray

Phone: 08 9581 2330

City of Mandurah Senior Citizens Centre, 41 Ormsby Terrace, Mandurah WA 6210

Service Description: Social Activities. Group meets on the fourth Tuesday each month at 1:30pm

See ~ Shell Yoga

Phone: 08 9534 5849

Falcon Pavilion, Flame St, Falcon WA 6210

Service Description: Yoga Class for mothers, seniors, disabled. Anyone can benefit from this gentle form of exercise.

Hours: 9.45am - 11.45am

Seniors Recreational Council of WA Inc Peel Branch

Phone: 08 9535 4749

C/- Suite 3, Endeavour Centre, 94 Mandurah Tce, Mandurah WA 6210

Mail to: c/- Department of Sport and Recreation, PO Box 1445, Mandurah WA 6210

Email: dmc56456@bigpond.net.au

Service Description: Assists seniors organisations with sporting and/or recreational activities. Peel Recreational Activities Booklet and database. Meetings held first Wednesday in each month at the Dept of Sport and Recreation, Endeavour Centre, Mandurah Terrace, Mandurah.

Hours: 1pm meeting time

Silver Wheels Cycle Club Inc

Phone: 08 9534 7521

South Mandurah Football Club, Falcon WA 6210

Mail to: PO Box 5746, Falcon WA 6210

Service Description: Provides exercise by means of cycling. Six different groups for different abilities.

Hours: 8.00am - 12.00pm (Summer); 9.00am-12.00pm (Winter)

Southern Cross Cloggers

Phone: 08 9398 4472

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

Email: kandltay@bigpond.net.au

Service Description: Dance workshops to teach clogging - country style of tap dancing for mature age and seniors. Fun social get together.

Hours: Monday 9am to 12pm

Stanhope Healthcare Services

Phone: 1300 732 370 **Fax:** 08 9446 8309

Mail to: 12/25 Walters Dr, Osborne Park WA 6017

Email: mary.otten@stanhope.com.au

Web: www.stanhope.com.au

Service Description: Provider to Dept of Veterans Affairs for both Community Nursing and Veterans Home Care. Provides Community Aged Care Packages, Brokerage to Disability Services, Alzheimers and Hospitals discharge programs. Private Care can be provided from 1 to 24 hours plus respite and companionship care. Predominately aged however not exclusively. Meets Monday of every month 6-7pm.

Hours: 8am- 4.30pm Mon-Fri (office hours)

Tai Chi

Phone: 08 9582 9819

Mandurah Yoga & Tai Chi Centre, 220 Lakes Rd, Greenfields WA 6210

Email: mmoorhoff@hotmail.com

Service Description: Tai Chi classes, suitable for beginners. Specialist "Tai Chi for Arthritis" classes offered. Gentle exercises for older people.

Hours: Sat 10am - 11am at Lakes Rd; Mon 10.15am-11.15am at Terance Mews

Tapestry Quartet

Phone: 08 9581 5655

Mail to: PO Box 909, Mandurah WA 6210

Email: mfbyrne@southwest.com.au

Service Description: Quartet singing 4-part barbershop harmony (female). Entertain at public and private functions, for aged and/or retired groups mostly, but anyone suitable.

Umbrella Multicultural Community Care Services Inc - Mobile Centre Based Day Care

Phone: 08 9275 4411 **Fax:** 08 9275 8993

Mail to: 263 Coode St, Bedford WA 6052

Email: umbrella@westnet.com.au

Web: www.multiculturalwa.net.au/umbrella

Service Description: Friday weekly 10am to 2pm mobile centre. This is a mobile Centre Based Day Care, aimed at people from migrant communities living in Mandurah, who are HACC eligible. The mobile unit travels around the Peel region and has several culturally specific activities including meals. The service is targeting socially isolated and financially disadvantaged people. All future clients must be assessed as per HACC guidelines. To join phone project manager Alena Pacak on 042 112 8858.

Hours: 9am-5pm

University of the Third Age

Phone: 08 9582 5214

Mandurah Senior Citizens Centre, Ormsby Tce, Mandurah WA 6210

Mail to: PO Box 483, Mandurah WA 6210

Email: chalksjc@iprimus.com.au

Web: www.u3amandurah.org.au

Service Description: Group of over 50 year olds who wish to continue learning and retain an active mind. Activities include learning and discussion groups, guest speakers, educational trips, tours and social outings. Regular meetings held at the Senior Citizens Centre, 1.30pm-3.30pm - visit their website for further details. Hours available in semester booklets available at Mandurah Libraries & mandurah Senior Citizens Centre

Voices in Harmony Inc

Phone: 08 9537 6775

The Leslie St Centre, 7A Leslie St, Mandurah WA 6210

Mail to: PO Box 142, Mandurah WA 6210

Service Description: Ladies' choir which performs at various venues such as nursing homes, senior citizens centres and the RSL, as well as civic occasions such as Anzac Day, Australia Day, carol services. Meetings held at The Leslie St Centre, Mandurah.

Hours: Wed 8.30-11.45am

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.

Yunderup Sport & Recreation Club

Phone: 08 9537 6587

Mail to: Delta Dr, South Yunderup WA 6208

Email: pat.harwood@bigpond.com

Web: www.yunderupsportclub.org.au

Service Description: Social bowls, tennis, darts & pool.

Support Services

Ac-cent Mandurah

Phone: 08 9550 3799 Fax: 08 9550 3790

41 Ormsby Tce, Mandurah WA 6210

Mail to: PO Box 210, Mandurah WA 6210

Email: council@mandurah.wa.gov.au

Web: www.mandurah.wa.gov.au

Service Description: A place for seniors to meet, recreate, participate and learn. Offers computer classes and facilities, dining room, podiatry, hairdressing, library, arts and crafts, outings, concerts, activities. People 55+ years old are eligible to become members and utilise the centre.

Hours: 8.30am-4.30pm

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

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).

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 7 days a week Dec-Feb)

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.

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

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

Community Home Services

Phone: 08 9581 3421 Fax: 08 9581 3172

15 Tindale St, Mandurah WA 6210

Mail to: PO Box 968, Mandurah WA 6210

Email: Pauline@mandurahcommunitycare.org.au

Web: mandurahcommunitycare.org.au

Service Description: Community Home Services provides transport; Gardening & Home Maintenance; In home services; Centre Based Day Care

Hours: 8.30am-4.30pm

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

Home Visiting Program

Phone: 08 9534 8511 **Fax:** 08 9586 1187

Suite 1, Lotteries House, 7 Anzac Pl, Mandurah WA 6210

Service Description: Home visiting program for socially isolated people over 55 who could benefit from having a weekly visitor come to chat. Would suit those who enjoy the company of older people. Previously called Do Care Program.

Hours: one hour per week (Minimum)

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

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

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.

Mandurah Community Care (Inc) Community Transport Service

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

15 Tindale St, Mandurah WA 6210

Mail to: PO Box 968, Mandurah WA 6210

Email: fran@mandurahcommunitycare.org.au

Service Description: The Community Transport Service operates five days per week, excluding public holidays, from 8.00am-3.45pm (Mon-Fri). Call 08 9581 3421 to arrange your transport pickup. Please book at least 24 hours in advance or service may not be possible.

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

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

Mandurah Mobility Products

Phone: 08 9535 1411 **Fax:** 08 9535 1755

45 Reserve Dr, Mandurah WA 6210

Email: info@mandurahmobility.com.au

Web: www.MandurahMobility.com.au

Service Description: Hire, sales and service of mobility equipment for aged and disabled. Products include gophers, mobility scooters, manual and electric wheelchairs, recline and lift chairs and walking aids.

Hours: Mon-Fri 9am-5pm ; Sat 9-12noon

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

Mandurah Scooters

Phone: 08 9582 0420 **Fax:** 08 9582 0495
Unit 1/29 Hampton St, Mandurah WA 6210
Email: info@mandurahscooters.com.au
Web: www.mandurahscooters.com.au
Service Description: Hire, sales, service and repair of motor scooters, mobility units, electric cycles and shaft drive push bikes.
Hours: 8am-5pm Mon-Fri; Sat 8am-1pm

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

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

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

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 (CACAP). 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

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

Stanhope Healthcare Services

Phone: 1300 732 370 **Fax:** 08 9446 8309
Mail to: 12/25 Walters Dr, Osborne Park WA 6017
Email: mary.otten@stanhope.com.au
Web: www.stanhope.com.au
Service Description: Provider to Dept of Veterans Affairs for both Community Nursing and Veterans Home Care. Provides Community Aged Care Packages, Brokerage to Disability Services, Alzheimers and Hospitals discharge programs. Private Care can be provided from 1 to 24 hours plus respite and companionship care. Predominately aged however not exclusively. Meets Monday of every month 6-7pm.
Hours: 8am- 4.30pm Mon-Fri (office hours)

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

Veterans

City of Mandurah RSL Sub-Branch

Phone: 08 9581 4781 **Fax:** 08 9586 8883
RSL Memorial Hall, 22 Third Ave, Mandurah WA 6210
Email: secmanrsl@westnet.com.au
Service Description: Ex-service organisation, providing welfare and camaraderie for ex-service members and their families. Meetings held on the 4th Sunday of the month, 11am. Licenced club facilities Mon-Sat 3pm-7pm. Social night Thurs 4pm onwards
Hours: Office hours: Mon-Fri 9-12 noon

Dawesville RSL Sub-Branch

Phone: 08 9535 7686
Port Bouvard Sporting and Recreation Club, 30 Estuary Rd, Dawesville WA 6211
Mail to: PO Box 5313, Falcon WA 6210
Email: jaybee@southwest.com.au
Service Description: Service personnel benefits and fellowship. Meetings held on the last Monday of the month (except December), at the Port Bouvard Sporting & Recreation Club.

Department of Veterans' Affairs

Phone: 1800 555 254 **Fax:** 08 9366 8375
Mandurah RSL, 22 Third Av, Mandurah WA 6210
Mail to: GPO Box F352, Perth WA 6001
Web: www.dva.gov.au
Service Description: Personal consultations are conducted on Veterans' Affairs matters at Mandurah RSL. See local papers for details of visits. Veterans' Affairs offers compensation and income support pensions as well as health care to Australian war veterans and their dependants. Income support pensions and pharmaceutical benefits are available to most Allied veterans.
Hours: See local papers for details of visits.

Mandurah Ex-Service Womens Group (RSL)

Phone: 08 9582 5277
Service Description: Meets for lunch shared or at a restaurant. Group meets on the 1st Wednesday of the month, 11am-1pm, at the RSL.

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.

National Servicemen's Association - Mandurah/Murray Sub Branch

Phone: 08 9534 2117 **Fax:** 08 9534 6821
Mandurah Football Club, Dower St, Mandurah WA 6210
Mail to: PO Box 1699, Mandurah WA 6210
Email: rquirk@eftel.com
Service Description: Aim to improve the general welfare of all national servicemen. The group participates in ANZAC Day marches and holds a Remembrance Day service every year on National Servicemen's Day 14th February and promotes the concept of national or community service for our youth, both male and female. Social gatherings and outings for members. Meetings held on the 3rd Thursday of the month at 10am at the Mandurah Football Club.

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.

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.

Stanhope Healthcare Services

Phone: 1300 732 370 **Fax:** 08 9446 8309

Mail to: 12/25 Walters Dr, Osborne Park WA 6017

Email: mary.otten@stanhope.com.au

Web: www.stanhope.com.au

Service Description: Provider to Dept of Veterans Affairs for both Community Nursing and Veterans Home Care. Provides Community Aged Care Packages, Brokerage to Disability Services, Alzheimers and Hospitals discharge programs. Private Care can be provided from 1 to 24 hours plus respite and companionship care. Predominately aged however not exclusively. Meets Monday of every month 6-7pm.

Hours: 8am- 4.30pm Mon-Fri (office hours)

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