

Mandurah Seniors Directory 2025



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Introduction

We are delighted to present this directory as a helpful resource for older adults in our community. Whether you're looking to stay active, connect with others, or find support services, this guide offers a range of opportunities to help you engage and thrive in your community.

This directory provides a snapshot of the programs, groups and services available in Mandurah and the surrounding areas. While it does not include every option, it serves as a valuable starting point for discovering what's available locally.

For services beyond the Mandurah region, we encourage you to refer to the [WA Seniors Information Resource](#) for broader support options.

Further Assistance

If you need assistance or want further information you are welcome to speak to City of Mandurah Staff at;

| | |
|------------------------------|-----------|
| Seniors and Community Centre | 9550 3799 |
| Customer Services | 9550 7777 |
| Mandurah Libraries | 9550 3650 |
| Mandurah Visitor Centre | 9550 3999 |
| Recreation Services | 9550 3601 |

We welcome your feedback.

Any comments or suggestions for future changes please email seniors@mandurah.wa.gov.au or phone 9550 3799.

*The City of Mandurah would like to acknowledge the Binjareb people, the Traditional Custodians of this land and pay respect to all Elders, past and present,
We wish to acknowledge and respect their continuing culture and the contribution they make to the life of this City and the region.*

Places

Getting Outdoors

Mandurah provides numerous public open spaces for use by individuals and families without charge. These include walking trails, cycleways, public beaches, parks, foreshore reserves, free public barbeques and shaded seating areas for active and passive recreation.

Beaches, Parks and Reserves

To find information on beaches, parks, and reserves go to www.mandurah.wa.gov.au.

Outdoor Exercise Equipment

There is free outdoor exercise equipment installed at

- Birchley Park - Coodanup
- Black Swan Lake - Lakelands
- Country Club Reserve - Dawesville
- Eros Place Reserve - San Remo
- Gallop Street - Halls Head
- Keith Holmes Reserve - Mandurah
- Osprey Waters Reserve - Erskine
- Novara Beach Reserve - Falcon
- Tickner Reserve - Mandurah

Outdoor Exercise Equipment

View the Outdoor Fitness Matrix at: www.mandurah.wa.gov.au/-/media/files/com/downloads/community/programs-and-activities/outdoor-fitness--equipment---location-matrix.pdf

Mandurah Walking Trails

There are a range of free walk trails in and around the peel area. The Mandurah Visitor Centre has brochures and walking guides for locals and visitors. Discover art, heritage, history and nature right on your doorstep.

You can find more information at www.visitmandurah.com.au or www.trailswa.com.au (click on the Perth tab for Peel trails).

Thomas Dambos Giants of Mandurah

Discover the 5 Giants of Mandurah while exploring Mandurah's wetlands, waterways, bushland and wildlife.

www.giantsofmandurah.com.au

Events

Mandurah has a vibrant events calendar with something for everyone throughout the year. For more details and events in the Peel Region go to www.visitmandurah.com or speak to City Events or Recreation Services staff.

January

Australia Day

March

Channel 7 Mandurah Crab Fest

April

Mandurah Rotary Duck Race

May

Families Week

June

Tree Planting

July

Winter in Mandurah

September

Mandurah Arts Festival

November

Seniors Week

NAIDOC Week

December

Community Christmas Pageant

Christmas Lights Trail

New Year's Celebrations



Markets

Mandurah has a range of markets selling many products from fresh fruit and vegetables to hand made gifts. They often have free entertainment and run seasonally.

Mandurah Boardwalk Markets: Most Sundays 8am – 12pm
Mandjar Square, James Service Place, Mandurah.

Mandjar Markets: Sundays 9am – 2pm (Oct-Apr)
Eastern Foreshore, Mandurah Terrace, Mandurah
www.mandjarmarkets.com.au

Peel Farmers Market: Most Sundays 9am – 4pm
Mandurah Ocean Marina, Dolphin Drive, Mandurah
www.peelproducemarket.com

Peel Produce Market: Sat 7am to 12pm
Leprechaun Reserve Dawesville

Smart Street Mall Saturday Markets: Every Saturday 9am – 2pm
Smart Street Mall, Mandurah

The Mandurah Visitor Centre has more about markets or go to www.visitmandurah.com and search for markets.



City of Mandurah Services

Seniors and Community Centre

Provide a wide range of activities and facilities for people 55 and over. Some services and groups include:

| | | |
|---------------------------------|--------------------------|---------------------|
| Beautician | Grey Matters | Poker for Fun |
| Bingo | (monthly quiz) | Podiatrist |
| Bowen Therapy | Happy Walking | Reflexology/Reiki |
| Cards | Seniors | Rummy-O |
| Carpet Bowls | Hairdresser | Scrabble |
| Chair Yoga | Jazz Dance | Shine Light |
| China Painting | Knit Wits (knitting) | Strong on Your Feet |
| Chiropractic Clinic | Line Dancing | Snooker |
| Creative Writing | Lip Reading | Social Drawing |
| Darts | Mah Jong | Sundowner (karaoke) |
| Digital Hub | Mexican Trains | Table Tennis |
| Dining room and cafe service | Painting for Pleasure | Tap Dance |
| Friendship Group | Paper Craft | Yoga for Seniors |
| | | Zumba |

**Transport pick up and drop off available for members*

Mandurah Aquatic & Recreation Centre (MARC)

303 Pinjarra Road,
Mandurah
9550 3600

A modern, inclusive, recreation facility that is 'fit for all'. It features indoor and outdoor pools, a state of the art gym and a wellness centre with a spa and sauna.

The MARC offers over 100 group fitness classes weekly, including low-impact options like Yoga, Boomers, Tai Chi, Seniors Circuit and Aqua classes tailored for seniors. With a strong focus on accessibility, sustainability and community connection, MARC is a welcoming space for older adults looking to stay healthy, active and socially engaged.

Discounted membership and entry fees for Seniors/concession card holders.

City of Mandurah Ranger Services

Assistance with stray dogs, animal control, bush fire control, parking, off road vehicles, litter.

9550 3777

mandurah.wa.gov.au

Mandurah Libraries

Mandurah is home to 3 libraries each providing access to computers, a range of books, magazines, Ancestry.com, talking books, large print books, DVDs, CDs and magazines, author talks, classes, knitting group, music, poetry and book clubs, computer classes and digital literacy workshops.

A home visit library service is available fortnightly for people who are unable to come into the library.

Mandurah Library

331 Pinjarra Road,
Mandurah

9550 3650

manlib@mandurah.wa.gov.au

**Falcon eLibrary and
Community Centre**

Cnr Flavia Street
and Cobblers Road,
Falcon

9550 3230

elibstaff@mandurah.wa.gov.au

**Lakelands Library
and Community
Centre**

49 Banksiadale Gate,
Lakelands

9550 3835

lakelib@mandurah.wa.gov.au



Clubs and Groups

Mandurah hosts several excellent clubs and groups that accommodate members of all age groups. Below is a selection of those that are especially suitable for individuals aged 55 and over.

| Name | Contact details |
|--|--|
| Falcon's Seniors Group | 9586 3997 |
| Leslie Street Centre Provide affordable social and recreational services for over 50's and mature age people with disabilities and their carers. A small membership fee applies. | 9581 4384 7a Leslie Street Dudley Park WA 6210 lesliestreetcentre@gmail.com www.lesliestreetcentre.com.au |
| National Seniors Association Provides a range of services and advocacy for people over 50. | 9582 0679 peel.region.nsa@outlook.com www.nationalseniors.com.au |
| Seniors Recreation Council of WA Inc. Organises and delivers programs designed to promote healthy and active aging through activities such as Strong on Your Feet and Double Dip Saltwater Aerobics, Fit and Flexi and Chi Ball. Ask for a free copy of 'Add Life to Your Years' - a comprehensive directory of sport and recreation activities for seniors in WA. | 9535 4749 dmc56456@bigpond.net.au www.srcwa.asn.au |

Arts and Crafts

| Name | Contact details |
|-----------------------------------|--|
| Embroiderers Guild | wendywilliamson52@hotmail.com |
| Knattering Knitters | 9534 4422 |
| Mandurah Arts and Crafts | 9581 3777 |
| Mandurah Photography Club | secretary @mandurahphotography.club |
| Mandurah Plein Air Artists | mandurahpleinair@gmail.com |

Conservation/Nature

| Name | Contact details |
|--|--|
| Bouvard Coast Care Group | admin@bouvardcoastcare.org |
| Coastal Waste Warriors | www.coastalwastewarriors.com.au |
| Estuary Guardians | estuaryguardians@gmail.com |
| Lakelands Community Garden | lakelandscommunitygarden@gmail.com |
| Mandurah Community Gardens | info@mandurahcommunitygardens.com.au |
| Mandurah Wildlife Rehabilitation Centre | 9582 3938 |
| Men of the Trees – Peel | mottpeelsecretary@gmail.com |
| Peel Preservation Group | 0493 515 763 info@peelpreservation.org.au |

History and Collecting

| Name | Contact details |
|---|---|
| Mandurah Family History Society Inc. | 9586 9760 |
| Mandurah Historical Society | 9581 2292 info@mandurahhistorical.com.au |
| Mandurah Philatelic Society | 9582 3120 |
| Peel Collectors Club | 0403 006 871 |
| Peel Region Numismatic Group | PeelNumis@proton.me |

Lifelong Learning

| Name | Contact details |
|---|---|
| Mandurah Bridge Club | 9583 5448 mandurahbridge@outlook.com |
| Mature Adult Learning Association (MALA) | 0407 804 059 peelmala@gmail.com |
| U3A Mandurah | Anglican Community Centre, 2 Leslie Street, Mandurah secretary@u3amandurah.org.au |

Mens Activities

| Name | Contact details |
|------------------------------------|--|
| Falcon Community Men's Shed | 60 Linville Street, Falcon 0491 020 632 menshedfalcon@gmail.com |

| | |
|------------------------------------|--|
| Mandurah Men's Shed | 35 Gilba Street, Mandurah 0412 797 281 mandurahmshed@gmail.com |
| Peel Community Men's Shed | 0407 085 345 president@peelmenshed.co |
| Falcon Community Men's Shed | 60 Linville Street, Falcon 0491 020 632 menshedfalcon@gmail.com |
| Falcon Community Men's Shed | 60 Linville Street, Falcon 0491 020 632 menshedfalcon@gmail.com |

Music, Song and Dance

| Name | Contact details |
|--------------------------------------|--|
| Dolphin Square Dancers | 9534 7849 dolphindancers@outlook.com |
| Le Beat Dance Company | 0408 959 681 |
| Lifespan Dance (Seated Dance) | lifespan.dance@gmail.com |
| Mandurah Bell Ringers | 9582 3120 |
| Mandurah Dance World | 0457 153 887 mandurahdanceworld@yahoo.com |
| Mandurah City Choral Society | 0451 048 398 mandurahchoral@gmail.com |
| Mandurah Music Club | mmc@mandurahmusicclub.com |
| Peel Harmony Chorus | peelharmonychorus@gmail.com |

| Name | Contact details |
|------------------------------------|--|
| Rock n Roll | 9581 3281 |
| Twisted Shuffle | 0416 640 454 allen.blachford@outlook.com |
| Voices in Harmony | 0402 200 824 marythughes@gmail.com |
| Wiggle It Fitness and Dance | 0458 131 271 |

Service Clubs

| Name | Contact details |
|---|--|
| City of Mandurah RSL | 9581 4781 secmanrsl@westnet.com.au |
| Combined Probus Club of Mandurah | 0427 779 355 secretarycpcm@gmail.com |
| Dawesville RSL | admin@rsl dawesville.org.au |
| Falcon Lions Club | falcon.wa@lions.org.au |
| Mandurah Island Probus | membership@mipc.org.au |
| Mandurah Ladies Probus Inc | 9534 9301 |
| Mandurah Lions Club | 0419 194 293 |
| Mandurah Murray Vietnam Veterans | admin@mmvvg.org.au |
| Probus Club of Mandurah | 9581 9236 |

| Name | Contact details |
|--|-----------------------------------|
| Rotary Club of Mandurah City | 0429 372 376 |
| Rotary Club of Mandurah Districts | mandurahdistrictsrotary@gmail.com |

Social

| Name | Contact details |
|--|--|
| Association of Independent Retirees | 0417 404 721 airmandurah@gmail.com |
| Falcon Seniors Recreation Group | 9581 2978 |
| Mandurah Filipino Australian Multicultural Community (MFAMCI) Cooking Group | mfamci@yahoo.com |
| National Seniors Australia | 9582 0679 peel.region.nsa@outlook.com |
| Retirees WA Inc - Mandurah Branch | 9581 2330 |

Sport and Recreation

| Name | Contact details |
|---|--|
| Canoe Trail Friends of Mandurah and Pinjarra | info@mehg.org.au |
| Cycling Without Age | bookings@cyclingwithoutage-mandurah.org.au |

| Name | Contact details |
|---|--|
| Dudley Park Bowling and Recreation Club | 9535 2695 admin@dpbowls.com.au |
| Halls Head Bowling and Recreation Club | 9581 1726 admin@hallsheadbowling.com.au |
| Halls Head Country Croquet Club | 0419 504 353 hallsheadcroquet26@yahoo.com.au |
| Halls Head Cricket Club | 0422 316 771 info@hallsheadcricket.com.au |
| Mandurah Bowling and Recreation Club | 9535 1438 info@mbrc.com.au |
| Mandurah Country Club | 9581 2968 admin@mandcountryclub.com.au |
| Mandurah Cricket Club | mccseniorsocials@gmail.com |
| Mandurah Croquet Club | 9581 2968 croquetwest81@gmail.com |
| Mandurah Happy Hearts Walking Group | 0478 675 000 |
| Mandurah Masters Swimming Inc | 0419 373 564 secretary@mandurahswimmingclub.com.au |
| Mandurah Men's District Dart Association | 0419 863 711 ted_tina99@bigpond.com |
| Mandurah Mixed Badminton Club | 0498 690 033 mmbc.committee@gmail.com |
| Mandurah Offshore Fishing and Sailing Club | 9535 6251 reception@mofsc.com.au |

| Name | Contact details |
|--|--|
| Mandurah Over 55's Cycling Club | 0402 532 005 tony399@outlook.com |
| Mandurah Over 55's Kayak Club | 0403 165 346 manduraho55kayakclub@gmail.com |
| Mandurah Raw Prawns Veterans Rugby Club | normronni@bigpond.com |
| Meadow Springs Golf Club | 9582 2707 golf@msgcc.com.au |
| Peel AFL Masters (Mandurah Mako's) | 0411 953 252 |
| Peel Archery | secretary@peelarchers.org |
| Peel Bowling and Social Club | 0498 690 033 peelbowling@gmail.com |
| Port Bouvard Recreation and Sporting Club | 9582 2871 admin@pbrsc.org.au |
| Prime Movers | 0444 560 037 |
| Silver Wheels Cycle Club | 0400 252 651 silverwheelscycleclub@gmail.com |
| South Mandurah Cricket Club | 0427 777 336 glynwood15@gmail.com |
| South Mandurah Tennis Club | 0472 740 637 southmandurahtennis@gmail.com |
| The Cut Golf Club | 9582 4444 golf@the-cut.com.au |

| Name | Contact details |
|---------------------------------------|--|
| YAHOO Over 55 Bushwalking Club | 0427 160 552 westozman@internode.on.net |
| Walkie Talkie Group | tinajofrench@gmail.com |

Womens

| Name | Contact details |
|--|--|
| Country Women's Association of WA | 0426 805 115 klm45@live.com.au |
| Inner Wheel | iiw.au.mandurah@gmail.com |
| Koolbardies Talking Group | louise.helfgott@gmail.com |
| Soroptimist Mandurah | 0488 098 171 simandurah@siswp.org |
| Zonta Club of Peel | 0412 987 290 zontapeel@yahoo.com |



Volunteering

| Name | Contact details |
|---|---|
| City of Mandurah's Volunteering Opportunities Throughout the City there is a range of volunteering opportunities including: Senior's Centre City's Events Libraries Museum Contemporary Art Space Mandurah. | 9550 3777 www.mandurah.wa.gov.au/council/work-with-us/volunteer |
| Mandurah Southern District Fire Brigade | 0437 746 540 mandurahsd@gmail.com |
| Peel Volunteer Resource Centre Provides volunteering opportunities with a range of organisations, clubs and groups. | 9581 1187 volunteering@peelvolunteer.org.au |
| SES Mandurah | 0448 871 026 info@mandurahses.org.au |
| Wayfairers Mandurah The program helps adults aged 50+ years old and community networks to connect with each other through volunteering. | 0423 760 581 |

Travel and Transport

This section lists a selection of clubs and groups in Mandurah that may appeal to over 55's. The Community Finder on the City of Mandurah webpage has more information - please ask City of Mandurah staff at Mandurah Seniors Centre or Recreation Services.

Travel and Tours

| Name | Contact details |
|--|--|
| Alcoa Tour Free guided tour at one of Alcoa WA's mining and refinery operations, departing from Alcoa Pinjarra. | 9530 2400/0436 925 658 tourcentre@alcoa.com |
| Mandjoogoordup Dreaming One country experiences and culture knowledge. | 0408 952 740 george@mandurahdreaming.com.au |
| Regional Pensioner Travel Card Provides eligible pensioners up to \$675 annually for fuel and transport costs in regional areas. | 1300 666 609 enquiries@wexaustralia.com |
| Travel with Me Travel agency specialising in travel companion clubs for solo travellers and seniors. | 9581 5944 www.travelwithme.com.au |
| Wannadoo Tours Discounted tours for Seniors. Interstate, international and local day tours for individuals and groups. | 1300 146 757 info@wannadootours.com.au |

Transport

| Name | Contact details |
|---|---|
| ACROD Permits Permit holders may use ACROD parking bays on streets and public and private businesses. People with significant mobility restrictions can apply. | 9242 5544 www.acrod.org.au |
| Buswest Provide a fortnightly return bus trip for Waroona-Pinjarra-Mandurah. Free for Concession card holders. | 9581 6555 www.buswest.com.au |
| Carers Plus Travel Assist Care assisted travel to medical appointments, social outings, family events, holiday support, hospital transfers and same day tasks. Minimum booking time of 2 hours. | 13 42 43 www.carersplus.com.au |
| Patient Assisted Travel Scheme (PATS) Subsidised travel/accommodation for specialist medical services not available locally. GP referral required. Specific conditions apply. | 9599 4485 PATS.peel@health.wa.gov.au |



| Name | Contact details |
|---|---|
| <p>St John Ambulance Community Transport Service</p> <p>Affordable pick up and drop off transport service for medical appointments on weekdays. Companions provided as needed.</p> | <p>9334 1300 pts.stjohnambulance.com.au</p> |
| <p>Taxi Users Subsidy Scheme (TUSS)</p> <p>Reduced taxi rates for people who have a severe or permanent disability that prevents them from using public transport. GP referral required.</p> | <p>1300 660 147 www.transport.wa.gov.au/taxis/passenger-subsidies.asp</p> |
| <p>Taxi Companies</p> <p>Mandurah Taxis</p> <p>Swan Taxis</p> <p>Black and White Taxis</p> | <p>131 008</p> <p>131 330</p> <p>133 222</p> |
| <p>Transperth Buses & Trains</p> <p>The station is located on the corner of Mandurah Road and Allnutt Street. The train travels to Perth at 15 – 30 minute intervals every day. Regular buses run from the station to Mandurah central and surrounds.</p> <p>First time users or people needing assistance can arrange an appointment to be shown the SmartRider system or gain assistance with boarding / disembarking. Advanced bookings required 1800 800 022, at least one hours notice required.</p> | <p>136 213 www.transperth.wa.gov.au</p> |

Community Services

Advice, Legal and Finance

| Name | Contact details |
|---|---|
| Advocare Provide advocacy and information for people concerned they are being abused or concerned about the aged care service they are receiving. | 9479 7566 rights@advocare.org.au www.advocare.org.au |
| Citizens Advice Bureau Provide free information and referrals to services. Provide a JP service, probate kits, Tax Help and NILS applications. | 9535 3101 Mewburn Centre 13 Sholl St, Mandurah mandurah@cabwa.com.au |
| Money Mentors Free information and assistance with debts, paying creditors or budgeting. | 9581 1281 www.moneymentors.org.au |
| Legal Aid Information Line Free legal advice, information and appropriate referrals at local call cost. | 1300 650 579 www.legalaid.wa.gov.au |
| Office of the Public Advocate Provide information on Enduring Power of Attorney/Guardianship and Advanced Health Care Directives. | 1300 858 455 www.publicadvocate.wa.gov.au |

| Name | Contact details |
|--|--|
| Peel Community Legal Services Free general legal advice for Peel residents on a pension or low income. | 9581 4511 61B Pinjarra Road, Mandurah hello@peelcls.com.au www.peelcls.com.au |
| St Vincent De Paul Society (WA) | 9535 9035 23 Davey Street, Mandurah mandurah.welfare@svdpwa.org.au svdpwa.org.au |

Emergency Relief

These organisations can help during the tough times or provide support to prevent homelessness. The service may charge a small fee or ask for a gold coin donation.

| Organisation | Days & Times | Services |
|--|-------------------------------------|-------------------------|
| Bridge Builders 370 Pinjarra Rd, Mandurah (Mandurah Baptist Church) 0458 297 185 (office) 0498 844 851 (pantry) admin@bridgebuilders.org.au cfs@bridgebuilders.org.au | Mon to Fri 9am – 1pm | Food Hampers |
| Church of the Way 58 Steerforth Drive, Mandurah 9581 5544 ercotw@westnet.com.au | Thurs 9am – 12pm By appt only | Food parcels Op shop |
| Foodbank Peel 1/68 Reserve Drive, Mandurah 9581 9200 peel@foodbank.org.au | Mon to Fri 8.30am – 2.30pm | Discounted food |

| Organisation | Days & Times | Services |
|--|--|--|
| Halo Team Inc 3 Gibson Street, Mandurah 9586 2245 team@haloteaminc.org.au | Mon to Sat 9am – 4pm | Op shop, meals |
| Peel Community Kitchen 2 Tuart Avenue, Mandurah 0420 293 538 | Mon – Fri 9.30am – 1pm | Meals, information |
| Salvation Army Mandurah 45 Lakes Road, Coodanup 9535 4951 | Mon, Tues, Fri 9 – 11.30am By appt | Food, clothing and furniture vouchers. |
| St Vincent de Paul 9535 9035 mandurah.welfare@svdpwa.org.au | Mon – Fri 10am – 1pm | Advice and support. Food, clothing and furniture |
| Uniting Outreach Mandurah 156 Pinjarra Road, Mandurah 9581 1743 info@mandurah.unitingchurch.org.au | Tues – Thurs 9.30 – 3pm | Practical support, Op shop |
| West Aus Crisis & Welfare Services Suite 3 Mandurah Lotteries House - 7 Anzac Place, Mandurah 9582 9920 | Phone for appointment | Food, clothing, information, advocacy |



Counselling & Phone Support

| Name | Contact details |
|--|---|
| Allambee Counselling Free counselling and group support for victims of sexual assault, and domestic violence. | 9535 8263 www.allambee.org.au help@allambee.org.au |
| Mental Health Emergency Response Line After-hours assessment and intervention for people needing urgent assistance or families, carers or providers witnessing a mental health crisis. | 1800 676 822 |
| Men's Domestic Violence Helpline 24 hour support, information and counselling for men concerned about becoming abusive or experiencing abuse themselves. | 1800 000 599 |
| National Sexual Assault, Domestic Violence Counselling Service 24 hour domestic, family and sexual violence counselling, information and support service. | 1800 RESPECT 1800 737 732 |
| Neami National Recovering support with people experiencing mental illness. | 9535 9326 mandurah@neaminational.org.au |
| OVIS Community Services Refuge accommodation and support for women escaping domestic violence. | 1800 199 008 |

| Name | Contact details |
|--|---|
| Relationships Australia Provide Peel Senior Relationship Centre, counselling, family dispute resolution (mediation) and workshops for individuals, families and communities. | 6164 0570 mandurah@relationshipsaustralia.org.au www.relationshipsaustralia.org.au |
| Standby Postvention suicide support. | 1300 727 247 standby.perthmetro@anglicarewa.org.au |
| The Compassionate Friends Mandurah Peer support for bereaved parents, siblings and grandparents who've suffered the death of a child. | 9535 7761 tcfmandurah@bigpond.com www.tcfmandurah.com.au |

Other Online Phone Services

| Name | Contact details |
|--|---|
| Beyond Blue Crisis support and counselling. | 1300 224 636 |
| Lifeline 24 hour crisis and suicide prevention service for people experiencing depression, loneliness, abuse, trauma or suicidal thoughts. | 13 11 14 |
| Mindspot Online clinic for people struggling with mental health. | 1800 61 44 34 contact@mindspot.org.au |

Health Services

Hospitals

| Name | Contact details |
|--|---|
| Peel Health Campus Hospital in Mandurah that delivers public and private health care services. | 9531 8000 110 Lakes Road, Mandurah www.peelhealthcampus.com.au |
| Murray District Hospital Hospital in Pinjarra that delivers many health services. Does not have an Emergency department. | 9531 7222 McKay Street, Pinjarra |

General Health Services

| Name | Contact details |
|---|--|
| 360 Health and Community Provides no or low cost health services including physical and mental health care services. Has an after hours GP service. | 1300 706 922 U10, 3 Dower Street, Mandurah info@360.org.au www.360.org.au |
| Dial a Doctor After hours GP home visiting service. Free to Medicare and Veteran Affairs cards holders. | 1300 030 030 info@dial-a-doctor.com.au www.dial-a-doctor.com.au |
| Health Direct 24 hr free health service and information provided by a registered nurse. | 1800 022 222 www.healthdirect.gov.au |

| Name | Contact details |
|---|---|
| <p>Mandurah Community Health and Development Centre</p> <p>Community health centre with allied health services for adults and children.</p> | <p>9586 4400 112 Lakes Road, Greenfields</p> |
| <p>Nidjalla Waangan Mia</p> <p>Provides health services for Aboriginal people including; nursing, outreach, podiatry, diabetes education and visiting specialists.</p> | <p>9586 4580 112 Lakes Road, Greenfields office@nidjallawm.com.au</p> |
| <p>PARK - Peel and Rockingham, Kwinana Mental Health Services</p> <p>Provides a range of health services and support for people experiencing mental health issues.</p> | <p>Peel Adult Community Mental Health Service (65 years and under) 9531 8080</p> <p>Peel Community Older Adult Mental Health Service (over 65 years) 6557 4900</p> |
| <p>South Metro Community Drug and Alcohol Service (Palmerston)</p> <p>Individual and family counselling and referrals to rehabilitation and detox programs.</p> | <p>9581 4010 Peel Health Hub 91 Allnut Street, Mandurah www.palmerston.org.au mandurah@palmerston.org.au</p> |
| <p>Southwest Aboriginal Medical Service</p> <p>For aboriginal people over 50 years old.</p> | <p>1800 779 000 Records@swams.com.au</p> |

Telehealth

| Name | Contact details |
|--------------------------|--|
| Health Engine | www.healthengine.com.au |
| HotDoc Telehealth | www.hotdoc.com.au |
| Instant Scripts | www.instantscripts.com.au |

Specific Condition Organisations and Support Groups

| Name | Contact details |
|---|--|
| Alzheimers Australia Provides advocacy, information and support for people living with dementia, and their families and carers. | 9535 8772 11 Candelo Loop, Greenfields www.alzheimerswa.org.au |
| Breast Cancer Care WA Provides emotional, practical and financial support to people affected by breast cancer, their families and friends. | 9324 3703 www.breastcancer.org.au |
| Cancer Council WA Provides a range of services including counselling, support groups, wig service, gardening and complementary services. | 13 11 20 www.cancerwa.asn.au |
| Advisory Service WA Provides information, training and education by a qualified continence nurse advisor about bladder and bowel health issues. | 1800 814 925 info@continencewa.org.au www.continencewa.org.au |

| Name | Contact details |
|--|---|
| Diabetes WA Educate, support and inform people living with Diabetes. | 1300 001 880 info@diabeteswa.com.au www.diabeteswa.com.au |
| Dot's Place Peel Cancer support centre offering information, resources and support | 6389 7830 34 Victoria Circle Greenfields www.cancerwa.asn.au |
| Mandurah Prostate Cancer Support Group Providing direct and family support when dealing with prostate cancer. | mandurah.pcsg@gmail.com www.mandurahprostate.com.au |
| Motor Neurone Disease Association of WA Support groups and events providing connection and guidance for people with MND and their families. | 6186 4133 admin@mndwa.asn.au |
| Ostomy Support Group Providing educational and peer support to people who have an ostomy, their families and friends. | lorriegrays07@yahoo.com.au www.waostomy.org.au |
| Parkinson's WA Provides education, specialised nursing service and support for people with Parkinson's and their family and friends. Monthly support groups in Mandurah. | 6457 7373 info@parkinsonswa.org.au www.parkinsonswa.org.au |

| Name | Contact details |
|---|---|
| <p>Stroke Foundation</p> <p>Provides information and support, awareness and prevention, research and fundraising.</p> | <p>1800 787 653 strokeline@strokefoundation.org.au www.strokefoundation.com.au</p> |
| <p>VisAbility</p> <p>Provides support for people who are blind or vision impaired; employment assistance, low vision clinic, group programs.</p> | <p>1800 847 466 info@visability.com.au www.visability.com.au</p> |



Services Supporting Independence at Home

The new Support at Home program, commencing 1 July 2025 will replace the Home Care Packages Program and the Short-Term Restorative Care Program, to provide better support to older people to remain independent at home. It will bring together current in-home aged care programs, have new classifications, equitable pricing, an increased focus on early interventions, and higher levels of care for people with complex needs.

| Provider | Support at Home | Private Home Care | Day Centre Respite | Respite Facility |
|--|-----------------|-------------------|--------------------|------------------|
| Bethanie 131 151 www.bethanie.com.au | ● | | ● | ● |
| Baptist Care 1300 275 227 www.baptistcare.org.au | ● | ● | | ● |
| Brightwater 1300 223 968 welcome@brightwatergroup.com www.brightwatergroup.com | ● | ● | | ● |
| Carealot Home Care and Support 9284 7562 info@careoptions.org.au www.carealot.com.au | ● | ● | | |
| Chorus 1800 264 268 hello@chorus.org.au | ● | ● | | |
| Coolibah Total Caring info@coolibah.org.au www.coolibah.org.au | ● | ● | ● | ● |

| Provider | Support at Home | Private Home Care | Day Centre Respite | Respite Facility |
|---|-----------------|-------------------|--------------------|------------------|
| Dial An Angel 9364 5488 perth@dialanangel.com www.dialanangel.com | • | • | | |
| Dovida 6310 0460 www.dovida.com.au enquiries@dovida-pwa.com.au | • | • | | |
| Juniper Community UCH 1300 313 000 juniper@juniper.org.au www.juniper.org.au | • | | | |
| Kincare 1300 733 510 www.kincare.com.au | • | | | |
| My Flex Health International 9427 7500 homecare@myflexhealth.com.au www.myflexhealth.com.au | • | • | | |
| Peel Community Care 9531 2076 pat@peelcommunitycare.org.au www.peelcommunitycare.org.au | | | • | |
| Peel Home & Community Support 1800 733 522 enquiries@peelhcs.com.au www.peelhcs.com.au | • | | • | |
| People Who Care Mandurah 9535 3433 enquiries@peoplewhocare.org.au | • | • | | |

| Provider | Support at Home | Private Home Care | Day Centre Respite | Respite Facility |
|--|-----------------|-------------------|--------------------|------------------|
| Red Cross Carers Support 9225 8888 wacarersupport@redcross.org.au | ● | | | |
| Silver Chain 9242 0242 info@silverchain.org.au www.silverchain.org.au | ● | | ● | ● |
| Southern Cross Care 1300 669 189 info@scrosswa.org.au www.scrosswa.org.au | ● | | ● | ● |
| St Ives Home Care 1300 202 001 www.stivesgroup.com.au/home-care | ● | ● | ● | |
| St Judes 9279 4343 | ● | ● | ● | ● |
| The Carers 9331 5866 office@thecarers.com.au www.thecarers.com.au | | ● | | |



Additional Support Options

| Name | Contact details |
|---|---|
| Carer Alert/Alarms A personal alarm where pushing a button will trigger a phone call to 5 people of your choice to advise them you need help. | 1300 758 595 office@carealert.com.au www.carealert.com.au |
| Emprise Mobility Hire, sales and service of products to assist people with reduced mobility arising from age, illness or disability. | 1300 761 196 hello@emprise.com.au www.emprise.com.au |
| Independent Living Centre WA Provides information, advice, assessment, funding options and hire services around equipment that support people to live more independently. | 1300 885 886 enquiries@ilc.com.au www.ilc.com.au |
| Mandurah Scooters Hire, sales and service of motor scooters, mobility units, electric cycles and electric wheelchairs. | 9582 0420 info@mandurahscooters.com.au www.mandurahscooters.com.au |
| Motobility Mandurah Hire and purchase mobility equipment. | 9479 3232 info@motobility.com.au www.motobility.com.au |
| Perth Mobility Provides a range of mobility and healthcare products. | 5 Tindale St, Mandurah 9535 1609 www.perthmobility.com |

| Name | Contact details |
|---|---|
| Red Cross Telechat Provides a phone call at an agreed time once a week or fortnight for a chat with people who have little social connection with others. Must be registered for My Aged Care to access this service. | 1800 200 422 www.myagedcare.gov.au/assessment www.redcross.org.au/telechat |
| Red Cross Telecross Telecross volunteers provide a daily call to check on wellbeing and safety, providing peace of mind to people who are isolated. | 1300 885 698 www.redcross.org.au/telecross |
| Silverchain Alarms and Sensors Personal alarms that call an operator, who accesses your medical history and contacts your nominated people for help. | 1300 650 803 alarms@silverchain.org.au |
| Umbrella Multicultural Community Care Services Provide support services to people from diverse cultural backgrounds with a mobile day care centre in Mandurah. | 9275 4411 enquiries@umbrellacommunitycare.com.au umbrellacommunitycare.com.au |



Carers

Carers are most often a family member or friend who provide personal care, support and assistance to people who are frail, have a disability or specific health condition. To sustain the caring role in the long term, carers need support and regular breaks.

| Name | Contact details |
|--|---|
| Alzheimers Australia Provide community based day care, respite care, carer support and advise for people caring for someone living with dementia. | 9535 8772 mandurah@alzheimers.org.au www.alzheimerswa.org.au/ellashouse |
| Carers WA Provide counselling, information, advocacy and support to carers of someone who is frail aged, has a chronic illness, disability, mental health or drug/alcohol issues. | 1300 227 377 info@carerswa.asn.au www.carerswa.asn.au |
| Helping Minds Mandurah HelpingMinds offers free mental health support to the family and friends of people living with mental health challenges across WA & Darwin. We have been around for over 40 years and were previously called ARAFMI. | 9427 7100 info@helpingminds.org.au www.helpingminds.org.au |
| Meal Delivery | |
| Chorus Kitchen Deliver frozen meals using fresh, quality ingredients. | 9435 1379 hello@chorus.org.au www.chorus.org.au |

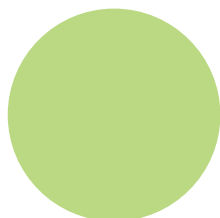
| Name | Contact details |
|---|--|
| Easy Fit Meals Healthy ready made meals with home | www.easyfit.net.au |
| Feed Me Deliver frozen, nutritionally balanced meals. | enquiries@feed-me.com.au www.feed-me.com.au |
| Home Chef Provide wide variety of dishes including vegetarian, diabetic, coeliac and vitamised meals. Seniors discount apply. | 9378 2544 www.homechef.com.au |
| Life n Easy Nutritious, calorie controlled frozen meals delivered to your home. | 13 15 12 www.liteneasy.com.au |
| Meals on Wheels – Peel Community Care Deliver 3 course cooked meals ready for freezing or heating. Vegetarian and diabetic option. HACC clients receive small discount. | 9531 2076 meals@peelcommunitycare.org.au |
| My Muscle Chef Personalised meal plans to support every body and every goal, delivered to your home. | 1300 364 993 www.mymusclechef.com |
| Youfoodz Offering a mix of new options and classic favorites, along with a variety of add-ons to suit your lifestyle, delivered straight to your door. | 13 63 25 www.youfoodz.com |

Accommodation & Housing

Housing Assistance

These organisations provide specific advice and support about housing.

| Name | Contact details |
|--|--|
| Department of Communities - Mandurah Provide assessment for eligibility for public housing and bond assistance for people seeking tenancy in a private rental. | 6277 3883 1 / 17 Sholl Street, Mandurah www.wa.gov.au/organisation/departments-of-housing-and-works |
| Housing Choices Australia Provides affordable rental options for low income earners, including people with disabilities and seniors. | 9534 0400 4 Stevenson Street, Mandurah info-wa@hcau.org.au |
| WestAus Crisis & Welfare Services Provide support and advocacy for people having trouble maintaining their private rental accommodation. | 9582 9920 7 Anzac Place, Mandurah admin@westauscrisis.com.au www.westauscrisis.org.au |



Housing Options

As people age, their accommodation needs often change. This section gives an overview of your options. We recommend getting independent financial advice to ensure you are aware of the long term financial implications of each choice.

Lifestyle Villages

A lifestyle village is a community of homes generally restricted to residents 45 years and over and are purely for independent living. Residents requiring extra support will need to arrange independently.

Lifestyle villages offer communal facilities and activities for residents. Contracts generally provide for the purchase of a transportable home and the lease of the land on which it stands.

Retirement Villages

A retirement village is a community of homes for residents 55 years or older. Most offer independent living units or serviced apartments for residents who require some assistance. Retirement villages offer several different 'ownership' options such as:

- Leasehold
- Loan and licence agreement
- Strata title
- Company title
- Unit trust
- Rental

Residential Aged Care Facilities (Nursing Homes)

There are two levels of care provided in aged care homes. Low level care for people who are semi-dependent and high level care for people who need greater assistance and daily nursing care.

They provide accommodation, meals, cleaning and laundry, assistance with showering and dressing, medication management and social activities.

Contact your GP or your local hospital to arrange an assessment.

Accommodation Options in Mandurah

| Facility | Lifestyle Village | Retirement Village | Residential Aged Care |
|--|-------------------|--------------------|-----------------------|
| Aegis Greenfields Aged Care 95 Lakes Road, Greenfields 9535 0700 | | | ● |
| Amana Living 7 Leslie Street, Mandurah 1300 262 626 | | ● | ● |
| Amana Meadow Springs 21 Oakmont Avenue, Meadow Springs 1300 262 626 | | ● | |
| Arcadia Waters Mandurah 23 Lady Brand Drive, Greenfields 9550 4600 | ● | ● | |
| Aspen Lifestyle Mandurah Gardens 445 Pinjarra Rd, Mandurah 9586 8080 | | | |
| Belswan Mandurah 129 Murdoch Road, Mandurah 9535 1197 | ● | | |
| Brightwater The Cove Aged Care 35 Hudson Drive, Mariners Cove, Dudley Park 1300 223 968 | | | ● |
| Bridgewater - National Lifestyle Village 106 Oakleigh Drive, Erskine 9550 4882 | ● | | |
| Coolibah Aged Care Facility & Retirement Village 30 Third Ave, Mandurah 9535 0300 | | ● | ● |

| Facility | Lifestyle Village | Retirement Village | Residential Aged Care |
|--|-------------------|--------------------|-----------------------|
| Eureka Ocean Grove 5 Sticks Boulevard, Mandurah 9534 7166 | ● | | |
| Halls Head Retirement Village 10 Hungerford Ave, Halls Head 9309 0117 | | ● | |
| Lattitude Lakelands 52 Bellambi Chase, Lakelands 9583 4011 | | ● | |
| Aspen Lifestyle Mandurah Gardens 445 Pinjarra Rd, Mandurah 9586 8080 | ● | ● | |
| Mercy Place Mandurah 1 Hungerford Avenue, Mandurah 9559 2800 | | | ● |
| Murray River Retirement Village 7 Coolibah Avenue, Mandurah 9581 3770 | | ● | |
| Mandurah Coastcare Community 83 Boundary Road, Mandurah 9550 2500 | | | ● |
| Parkland Villas Mandurah 2 Hungerford Avenue, Halls Head 9535 5377 | | ● | |
| RAAFA Erskine Grove Estate 19 Oakleigh Drive, Mandurah 9586 4100 | | ● | |
| RAAFA Meadow Springs Estate 41 Portrush Parade, Meadow Springs 9586 4100 (Village) 9582 5300 (Aged Care) | | ● | ● |

| Facility | Lifestyle Village | Retirement Village | Residential Aged Care |
|---|-------------------|--------------------|-----------------------|
| RSL Care WA (Mandurah Village and Coral Estate) 22 Third Ave, Mandurah 9535 0200 | | ● | |
| RSL Care WA 82 Oakmont Ave, Meadow Springs 9353 0202 | | | ● |
| Amana Meadow Springs 21 Oakmont Avenue, Meadow Springs 1300 262 626 | | ● | |
| St Ives Mandurah Retirement Village 22 Carnegie Place, Greenfields 1300 202 001 | | ● | |
| Teranca Mews Lifestyle Village 140 Teranca Road, Mandurah 9550 4900 | ● | ● | |
| Waratah Community Village 748 Old Coast Road, Wannanup 08 9582 2002 | | ● | |
| Willow Creek Mews 16 Legend Cres, Mandurah 0419 042 300 | | ● | |



Safety

| | |
|---|--|
| Police, Fire and Ambulance Life threatening emergency | 000 |
| Police – NON EMERGENCY Report a crime, non-urgent police attendance | 131 444 |
| Crimestoppers Provide information anonymously about current or past criminal activity. | 1800 333 000 |
| Department of Fire & Emergency Services Information about particular emergencies | 133 337 |
| Neighbourhood Watch Knowing your neighbours helps you identify unusual or suspicious activities where you live. | www.nhwa.com.au |
| State Emergency Services (SES) Emergency assistance eg; storm/flood repairs | 132 500 |
| WA ScamNet Advice on scams and on how to protect yourself online. | 1300 304 054 www.scamnet.wa.gov.au |

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Mandurah Seniors Centre

41 Ormsby Terrace
MANDURAH WA 6210

Phone 9550 3799
seniors@mandurah.wa.gov.au

Centre Opening Hours
8am – 4pm

Reception Opening Hours
9am – 3pm

mandurah.wa.gov.au/seniors



City of Mandurah

PO Box 210, Mandurah WA 6210

seniors@mandurah.wa.gov.au

08 9550 3799

If you need help to speak or listen on the
phone you can use the National Relay
Service on 1300 555 727.

For more information visit:
www.accesshub.gov.au

This information is available in alternative
formats on request.

