

Seniors Information Directory

City of Kalamunda



**city of
kalamunda**

AGE-FRIENDLY COMMUNITIES

The City of Kalamunda is developing an Age Friendly Strategy to assist our residents to age well in their community.

Age friendly communities are those that are inclusive and accessible for people of all ages. This encompasses spaces and places and programs and initiatives that make a community better for all residents including children, young people, parents and seniors.

An age-friendly community is one that:

- recognises the great diversity among older people
- promotes their inclusion and contribution in all areas of community life
- respects their decisions and lifestyle choices, and
- anticipates and responds to age-related needs and preferences.

An age-friendly community benefits everyone by creating a culture of inclusion enjoyed by people of all ages and abilities.

See more at: [Age Friendly Communities Strategy](#)

DISABILITY ACCESS AND INCLUSION PLAN (DAIP)

The Western Australia Disability Services Act requires all Local Governments to develop and implement a *Disability Access and Inclusion Plan* (DAIP) to ensure that people with disability have equal access to its information, facilities and services.

The City of Kalamunda is committed to facilitating the inclusion, participation and a sense of belonging of people with disability in our community through the improvement of access to its information, facilities and services. The City adopted its first Disability Service Plan (DSP) in 1996 to address access barriers within the community.

The City's Disability Access and Inclusion Plan is updated every five years. The plan is reviewed annually and an annual report is submitted to the Disability Services Commission.

See the City of Kalamunda's DAIP at: [Disability Access and Inclusion Plan](#)

With Our Compliments

Updated August 2017

City of Kalamunda

2 Railway Road

Kalamunda WA 6076

PO Box 42, Kalamunda 6926

P: 9257 9999

E: enquiries@kalamunda.wa.gov.au

www.kalamunda.wa.gov.au/seniors

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Accommodation & Aged Care

SELF-CARE/RETIREMENT VILLAGE UNITS (Independent Living)

Self-care units are available for people who wish to live independently. Units are generally smaller than family homes and are easier to maintain. Some self-care units are located in retirement villages with support facilities available if required.

Baptistcare Sunshine Park Village

10 Brady Road
LESMURDIE WA 6076
Phone: 9291 6100

Email:

sunshine.reception@baptistcare.com.au

Web: www.baptistcare.com.au

Baptistcare retirement village offers 8 self-funded units and 4 rental units. Co-located with Sunshine Park residential aged care facility, residents can socialise with their neighbours

and join in with their activities program and events.

Donovan Village - Forrestfield

138 Lewis Road
FORRESTFIELD WA 6058

Phone: 1800 777 796

Email: info@scrosswa.org.au

Web: www.scrosswa.org.au

Donovan Village features 62 modern villas, nestled amongst natural bushland. The village offers a range of villas from 2x1 to 3x2 units with one or two carports and visitor parking.

Hillview Lifestyle Village

597 Kalamunda Road
HIGH WYCOMBE WA 6057

Phone: 6467 3100

Web: www.nlv.com.au

A unique mix of community living, personal privacy and security, and resort-style facilities. Offers the security of a friendly close-knit gated community with beautifully landscaped grounds fully maintained. 273 independent units on site.

Villa Maria

173 Lesmurdie Road
LESMURDIE WA 6076
Phone: 9291 6314
Web: <https://residential-care.mercyhealth.com.au/homes/villa-maria-hostel/>

Retirement Village and Independent living units. 34 self-funded 2-bedroom units. 22 single bedroom units for rent.

Walridge Country Estate

45a Berkshire Road
FORRESTFIELD WA 6058
Phone: 9359 5777
Email: pat@walridge.org.au
Web: www.walridge.net

Independent Living Retirement Village. 121 units. Not for profit village with life tenure lease contracts.

RESIDENTIAL CARE (Assisted/Supported Living)

Hostels provide bed-sit type accommodation with meals and other support services. Some rooms have en-suites and others have shared facilities. Support staff are on duty 24/7 and help is available with personal care,

cleaning and laundry. To be considered for a hostel, arrange a referral from your doctor to an Aged Care Assessment Team located at a public hospital.

Baptistcare Sunshine Park Hostel

10 Brady Road
LESMURDIE WA 6076
Phone: 9291 6100
Email: sunshine.reception@baptistcare.com.au

Baptistcare offers 36 beds in total. Facility has its own pets, and secure garden.

Jeremiah Donovan House

138 Lewis Road
FORRESTFIELD WA 6058
Phone: 9359 9800 or 1300 669 189
Email: info@scrosswa.org.au
Web: <https://www.agedcareguide.com.au/southern-cross-care-jeremiah-donovan-house>

The home has 65 beds with specific wings catering for individuals with more complex and high level care needs, along with those with dementia specific support needs. The facility also

has 15 extra service beds. All residents receive nursing care 24 hours a day. There is also an occupational therapy program that runs seven days a week.

Parry Hostel

74 Warlingham Drive
LESMURDIE WA 6076
Phone: 9422 1304 or 1300 262
626
Email:

jsaward@amanaliving.com.au

Web:

<http://www.amanaliving.com.au/care-centres/lesmurdie>

Offers 40 low care units, a 10-bed dementia specific area and respite accommodation. All meals, cleaning, laundry, hairdressing and other health services provided.

Villa Maria Hostel

173 Lesmurdie Road
LESMURDIE WA 6076
Phone: 9291 6314

Low care. 35 beds. All rooms at Villa Maria Hostel are single rooms of various sizes, with private ensuites and individually controlled air conditioning. A Registered Nurse is on site to meet clinical care needs.

Valencia Nursing Home

24 Valencia Road
CARMEL WA 6076
Phone: 9293 5248
Email: valencianh@bigpond.com

Low care. 15 beds in total. Valencia has 24 hour Registered Nurse access and referral services, along with a team of GPs who attend weekly.

RESIDENTIAL AGED CARE FACILITIES (Nursing Care)

Accommodation provided is for people who require daily assistance and/or ongoing nursing care. To gain entry it is necessary to arrange a referral from your doctor to an Aged Care Assessment Team, located at a public hospital. If assessed by Aged Care Assessment Team, as needing nursing care, then a suitable accommodation would need to be found.

Jeremiah Donovan House

138 Lewis Road
FORRESTFIELD WA 6058
Phone: 9359 9800 or 1300 669
189
Email: info@scrosswa.org.au

Web:

<https://www.agedcareguide.com.au/southern-cross-care-jeremiah-donovan-house>

The home has 65 beds with specific wings catering for individuals with more complex and high level care needs, along with those with dementia specific support needs. The facility also has 15 extra service beds. All residents receive nursing care 24 hours a day. There is also an occupational therapy program that runs seven days a week.

Valencia Nursing Home

24 Valencia Road
CARMEL WA 6076

Phone: 9293 5248

Aged Care. ACAT Assessment—
medium level

Email: valencianh@bigpond.com

Valencia Nursing Care is a 60 bed residential facility located on a 2.5 hectare bush block in the beautiful Perth Hills. The Home has beds in the main building made up of single, double and four bed-rooms with communal bathrooms. Valencia has 24 hour Registered Nurse access and referral services, along with a team of GPs who attend weekly.

ACCOMODATION GENERAL

Seniors' Housing Advisory Centre

Consumer Protection:

Department of Commerce
Level 2, 140 William Street
PERTH WA 6000

Phone: 1300 367 057

Email: seniors.housing@commerce.wa.gov.au

Web: www.commerce.wa.gov.au
(search Seniors Housing)

A free, independent information and advice service covering the full range of housing options for seniors in WA. Does not directly offer housing, or provide financial and legal advice, but can be an invaluable source of information for seniors and their families.

The Western Australian Retirement Villages Resident's Association

Phone contact: 0448 812 888

Web: <http://warvra.org.au/contact/>

The Voice of Retirement Village Residents. In recent years the growth of retirement villages has been extraordinary and it has

become apparent that the residents of retirement villages, and also prospective residents, need somewhere to go where they can obtain reliable information and assistance. It is a non-profit, incorporated body without party political or religious affiliation, run by a committee of volunteers elected by its members.

Aged Care & Retirement Placement Services

(Private Provider)

Ph: 9445 7128 or 0433 796 512

Email: susanmclarke@westnet.com.au

Web: www.agedplacements.com.au

Provides professional advice and practical assistance to help you find the right type of care service, nursing home, hostel, or retirement village to meet your needs and preferences.

Department of Housing

99 Plain Street

EAST PERTH WA 6004

Phone: 9222 4666

Email:

generalenquiries@housing.wa.gov.au

Crisis Care

Phone: 9223 1111

Telephone if you need someone to help sort out a serious problem. You are alone or afraid and urgently need to talk to someone, you are homeless or you need counselling, information or other support.

Women's Council for Domestic & Family Violence Services WA

Po Box 281

WEST PERTH WA 6872

Phone: 9420 7264

Web:

www.womenscouncil.com.au

Advocacy & Information

Advocare

The Perron Centre

4/61 Kitchener Avenue

VICTORIA PARK WA 6100

Phone: 9479 7566

Elder Abuse Helpline: 1300 724 679

Email: rights@advocare.org.au

Web: www.advocare.org.au

Provides a free, professional advocacy service for older adults

and care recipients. Assisting clients to understand their rights and make any complaints about the care they receive.

Aged Care Complaints Commissioner

GPO Box 9848
PERTH WA 6848
Phone: 1800 550 552
Web: www.agedcarecomplaints.gov.au
(making a complaint tab)

Provides a free service for anyone to raise their concerns about the quality of care or services being delivered to people receiving aged care services subsidised by the Australian Government.

Citizens Advice Bureau

25 Barrack Street
PERTH WA 6000
Phone: 9221 5711
Email: cab@cabwa.com.au
Web: www.cabwa.com.au

A community service offering information and referral on issues such as taxation, legal advice, consumer advice, missing persons and mediation services.

People with Disabilities

Phone: 9485 8900 or 1800 193 331
Email: info@pwdwa.org
Web: www.pwd.org.au

Providing advocacy and information for people with disabilities, families and carers.

My Aged Care

Helpline: 1800 200 422
Web: www.myagedcare.gov.au

The Australian Government's My Aged Care contact centre and Web is your starting point to access a range of aged care services. From home support to aged care homes, find the right services to help you.

Office for Seniors Interests

Department of Local Government and Communities
Level 2, 140 William Street,
PERTH WA 6000
Phone: 6551 8700
Web: www.dlgc.wa.gov.au

The Department of Local Government and Communities runs a free seniors information and referral telephone service

which is operated by volunteers at the Seniors Card Centre in Perth. Volunteers are trained to provide referrals and information on issues such as accommodation options, finance, health, education, business and lifestyle. Open between 9:00am and 3:00pm weekdays.

Welfare Rights and Advocacy Service

98 Edward Street

PERTH WA 6000

Phone: 9328 1751

Email: welfare@wraswa.org.au

Web: www.wraswa.org.au

Independent information, advice, advocacy and assistance, particularly with Centrelink and Family Assistance Office matters.

Carer Support

Australian Red Cross

110 Goderich Street,

EAST PERTH WA 6004

Phone: 9225 8888 or 1800 810 710

Email: wainfo@redcross.org.au

Web: www.redcross.org.au

Red Cross's services provide a range of support to older people. You can be matched one-on-one with a friend, receive regular caring welfare calls, be driven to appointments, be provided with a personal alarm or be delivered a healthy meal. We can also support you to access appropriate housing and care. You can access many of these services through the Federal Government's My Aged Care portal.

Carers Association of WA

182 Lord Street

PERTH WA 6000

Phone: 1800 242 636

Email: info@carerswa.asn.au

Web: www.carerswa.asn.au

Provides information, programs, support groups and services to support people in the community caring for others. Provides information, advice, counselling, advocacy and other support.

Commonwealth Respite & Carelink Centre

Phone: 1800 052 222

Supports the frail elderly, people with dementia, with moderate, severe or profound disabilities

and people with a terminal illness in need of palliative care who are living at home.

Forrestfield Carer Support Group

First Thurs of the month 10am to 12noon

Peter Anderton Centre
12 Anderson Road
FORRESTFIELD WA 6058
Phone: 1800 100 500

Join for community, social services and financial support. This is not welfare or charity, rather a commitment to mutual aid.

Headwest

645 Canning Hwy
ALFRED COVE WA 6154
Phone: 9330 6370 or 1800 626 370
Email: <http://headwest.asn.au/>

A supportive environment for families and carers of people with acquired brain injury.

People Who Care

48 James Street
GUILDFORD WA 6055
Phone: 9379 1944
Email: pwcinc@iinet.net.au

Assistance for frail aged persons with disabilities

Emergency Services

Carelink Personal Alarms

Silver Chain Nursing Association
6 Sundercombe Street
OSBORNE PARK WA 6017
Phone: 9242 0242 or 1300 554 123
Web: www.silverchain.org.au/wa/our-services/personal-alarms

The CareLink Personal Alarm is a small pendant which can be worn around your neck or wrist allowing you to alert someone for help.

Forrestfield Police Station

40 Strelitzia Avenue
FORRESTFIELD WA 6058
Phone: 9359 1033

Police, Ambulance, Fire

Phone: 000 for emergency only
Non-Emergency: 131 444

General Services

Aboriginal Legal Service of WA

7 Aberdeen Street
PERTH WA 6000
Phone: 9265 6666
After Hours: 1800 019 900
Web: www.als.org.au

Provides legal aid advice and services to Aboriginal and Torres Strait Islander peoples throughout WA.

ACROD Parking Program

12 Lindsay Street
PERTH WA 6000
Phone: 9242 5544
Web: www.app.org.au

Provides the Australian Disability Parking Permit which entitles you to use easy access parking bays, including: on-street parking, shopping centres, hospitals, libraries, and schools.

Crisis Care

Phone: 9223 1111
Rural: 1800 199 008

Provided by WA Department of Health 24/7 for counselling, information or other support.

Council On The Ageing (COTA)

The Perron Centre
61 Kitchener Avenue
VICTORIA PARK WA 6100
Phone: 9472 0104
Email: admin@cotawa.org.au
Web: www.cotawa.org.au

Independent organisation run by older people for older people. Provides advocacy, aged sector development, disseminates information and promotes positive images of ageing.

Department of Veterans' Affairs

Level 5, 140 St. Georges Terrace
PERTH WA 6000
Phone: 133 254 or 1800 555 254
Web: <https://www.dva.gov.au/>
Provision of a range of services to people in receipt of a Veterans' Affairs pension including patient care and veterans' benefits.

Disability Services

146-160 Colin Street
WEST PERTH WA 6005
Phone: 9426 9200
Web: www.disability.wa.gov.au

The Department of Communities Disability Services is the agency responsible for advancing opportunities, community participation and quality of life for people with disability.

Financial Counsellors Association of WA

33 Moore Street
EAST PERTH WA 6004
Phone: 93251617
National Debt Hotline:
1800 007 007

Email:
afm@financialcounsellors.org

Web:
www.financialcounsellors.org

Offers a free service to provide information about possible ways of dealing with financial problems.

Foothills Information & Referral Service

35 Edinburgh Road
FORRESTFIELD WA 6058
Phone: 9359 1253
Email: info@firs.org.au

Non-judgemental and non-discriminatory information support services to individuals and families in times of need.

Independent Living Centre of WA

The Niche, 11 Aberdare Road
NEDLANDS WA 6009
Phone: 9381 0600 or 1800 885 886
Web: www.ilc.com.au

Advice and information for older people, people with disabilities and their carers on equipment, building and design, access and resources. View aids and appliances

Legal Aid (WA)

32 St Georges Terrace
PERTH WA 6000
Phone: 9261 6222
Legal Aid provides a free telephone information service on legal problems including tenancy.
Web: www.legalaid.wa.gov.au

Migrant Resource Centre

1/14 Chesterfield Road
MIRRABOOKA WA 6061
Phone: 9345 5755
Web: www.mmrcwa.org.au
A community organisation established to provide services for migrants.

National Seniors Australia - Kalamunda

Church of Christ Function Centre,
20 Mileti Road,
LESMURDIE WA 6076
Phone: 9454 7080
Web:
www.nationalseniors.com.au

Giving older Australians –
working and retired - a strong
national voice by representing
views to Government at all levels
and making donations to
charitable institutions.

WA Seniors Card Centre

Level 2, 140 William Street,
Corner Murray Street Mall
PERTH WA 6000
Phone: 6551 8800 or 1800 671
233
Web:
[http://www.seniorcard.wa.gov.a
u/](http://www.seniorcard.wa.gov.au/)

To be eligible for the WA Seniors
Card program, you need to be
aged 62 years or above, a
permanent resident of Western
Australia and work less than 25
hours per week, averaged over a
12 month period.

Retirees WA

Meet at Woodlupine Family &
Community Centre on the 1st and
3rd Fridays of each month at
1.00pm

88 Hale Road
FORRESTFIELD WA 6058
Phone: Norman Carter 9454
7378
Email: info@retireeswa.com.au
Web: www.retireeswa.com.au

A non-profit organisation which
provides affordable lifestyle
options for retirees in WA.
Offers government, tax, pension
and general information to
members and organises social
and recreational outings.

Welfare Rights and Advocacy Service

98 Edward Street
PERTH WA 6000
Phone: 9328 1751
Email: welfare@wraswa.org.au
Web: www.wraswa.org.au

Translating & Interpreting Service

24 hour service, 7 days a week
1260 Hay Street
WEST PERTH WA 6005
Phone: 131 450

TIS National is available 24/7 for anyone in Australia requiring interpreting services providing immediate telephone interpreting services.

Health Services

GENERAL HEALTH SERVICES

Silver Chain Nursing Association

6 Sundercombe Street
OSBORNE PARK WA 6017
Phone: 9242 0242
Email: info@.org.au
Web: www.silverchain.org.au

Grief Support Service, Hospice Care Service and Respite House

St Ives Home Care

Level 1 27-31 Troode Street
WEST PERTH WA 6005
Phone: 9330 9002
Web: www.stiveshomecare.com.au

St Ives Home Care is one of Australia's leading and most trusted providers of personalised in home care and support.

Alcohol & Drug Support Line

Level 1, 1 Nash Street
PERTH WA 6000
Phone: 9442 5000 or 1800 198 024
Web: www.mhc.wa.gov.au

24/7 confidential information service.

Alzheimer's Australia

National Dementia Helpline:
1800 100 500

Understanding and support for people with dementia, their family and carers.

Visibility

61 Kitchener Avenue
VICTORIA PARK WA 6100
Phone: 9311 8202 or 1800 484 333
Web: www.visibility.com.au

Services include a library, orientation and mobility for blind or people with low vision.

Breastcare WA

31 Teddington Rd
Burswood WA 6100
Phone: Free call 1300 791 137 or
9361 1600

Email:

info@breastcare.wa.com.au

Web:

<http://breastcarewa.com.au>

WA's post breast-surgery fitting specialists. Registered for Medicare, Vets Affairs, Cancer Council and all major health Funds.

Continence Management & Advice Service

Phone: 1300 787 055

Web:

www.silverchain.org.au/services/emas

Free consultation with a trained nurse for concession card holders.

Deaf Society of WA

46/5 Aberdeen Street
EAST PERTH WA 6004
Phone: 9441 2677

TTY: 9441 2655

Relay service: 13 36 77

Email: wadeaf@wadeaf.org.au

Web: www.wadeaf.org.au

Fibromyalgia Support Network

C/O Centre for Neurological Support

The Niche, 11 Aberdare Road
NEDLANDS WA 6009

We do not have a telephone number

Web for online enquiry:

www.fibronetwork.org.au

Hairdressing Service

Mondays from 9.00am–4.30pm

Jack Healey Centre

Corner Mead St and Canning Rd,
KALAMUNDA WA 6076

Phone: 9293 3088 – Bookings essential

Australian Hearing

Phone: 1300 412 512

Email: info@ihear.com.au

Web: www.hearing.com.au

Provides education and advice. Leading hearing specialist and largest provider of Government funded hearing services.

Injury Control Council of WA (ICCWA)

City West Lotteries House

2 Delhi Street

WEST PERTH WA 6005

Phone: 9420 7212

Email: info@injurymatters.org.au

Web: www.injurymatters.org.au

Macular Disease Foundation

Support line: 1800 111 709

Web: www.mdffoundation.com.au

Provides information and support to carers, family and friends.

Palliative Care WA

Palliative Care WA
15 Bedbrook Place
SHENTON PARK WA 6008

Phone: 1300 551 704

Email:

pcwainc@palliativecarewa.asn.au

Web:

www.palliativecarewa.asn.au

Raising awareness and building capacity for the community to address life limiting conditions, death and dying, grief and loss.

Podiatry Service

Subsidised service for people over 60 who live in the City of Kalamunda and work less than 20 hours/week. Cost \$29 with payments to be made in advance.

BOOKINGS ALL CENTRES:
Phone: 9293 3088

- Forrestfield

Thursdays fortnightly 8.00am–2.00pm

Woodlupine Family & Community Centre 88 Woolworths Drive, FORRESTFIELD WA 6058

- High Wycombe

Thursdays fortnightly 8.00am–2.00pm

High Wycombe Community & Recreation Centre 200 Newburn Road, HIGH WYCOMBE WA 6057

- Kalamunda

Mondays & Tuesdays 8.30am–4.00pm

Jack Healey Centre, Corner Mead St & Canning Rd, KALAMUNDA

Senses Australia

11 Kitchener Avenue
BURSWOOD WA 6100

Phone: 9473 5400 or 1800 111 881

Email: admin@senses.asn.au

Web: www.senses.org.au

Not for profit organisation providing disability support services to people of all ages.

HOSPITALS

Armadale Hospital

3056 Albany Highway
MOUNT NASURA WA 6112

Phone: 9391 2000
Email: ahs@health.wa.gov.au

Bentley Hospital

Mills Street
BENTLEY WA 6102
Phone: 9334 3666

Hollywood Private Hospital

Monash Ave
NEDLANDS WA 6009
Phone: 9346 6000
Web:
www.hollywoodprivate.com.au

Kalamunda Districts Community Hospital

Elizabeth Street
KALAMUNDA WA 6076
Phone: 9257 8100

King Edward Memorial Hospital

374 Bagot Road
SUBIACO WA 6008
Phone: 9340 2222
Web:
www.kemh.health.wa.gov.au

Royal Perth Hospital

Wellington Street
PERTH WA 6000
Phone: 9224 2244

Royal Perth Rehabilitation Hospital

6 Selby Street
SHENTON PARK WA 6008
Phone: 9382 7171

Sir Charles Gairdner Hospital

Queen Elizabeth II Medical
Centre// G BLOCK
Hospital Avenue
NEDLANDS WA 6009
Phone: 6457 3333
Web: www.schg.wa.gov.au

St John of God Midland Hospital

1 Clayton Street, Bellevue WA
6056
Phone: 9462 4000
Email: info.midland@sjog.org.au

HOME SUPPORT SERVICES

RISE Network

41a Great Northern Hwy
MIDDLE SWAN WA 6056
Phone: 6274 3700
Web: www.risenetwork.com.au

Providing basic support services to assist frail, aged and younger people with disability to continue living at home. Delivers services

from Peter Anderton Centre
Forrestfield.

Homecare Options

Level 1, 27-31 Troode St
WEST PERTH 6005
Phone: 9321 5348 or 1300 606
001

Email:

admin@homecareoptions.com.au

Web:

www.homecareoptions.com.au

24/7 range of rehabilitative
community care services
following hospitalisation including
personal and nursing care, home
help meal preparation, respite,
transport, social support and
allied health services.

People Who Care

48 James Street
GUILDFORD WA 6055
Phone: 9379 1944
Web:

www.peoplewhocare.org.au

Volunteer organisation assisting
older people, people with
disability, carers and people with
limited resources with minor
home maintenance and support
activities for example gardening
and odd jobs.

AVIVO

Level 2/30 Hasler Road
OSBORNE PARK WA 6017
Phone: 1300 620 267
Email: hello@avivo.org.au
Web: www.avivo.org.au

Working with people to live life.

Silver Chain Nursing Association

6 Sundercombe Street
OSBORNE PARK WA 6017
Phone: 9242 0242
Email: info@silverchain.org.au
Web: www.silverchain.org.au

A variety of services, including
home nursing, respite care and
home help.

St John Ambulance WA

209 Great Eastern Highway
BELMONT WA 6104
Phone: 9334 1222

Providing high quality ambulance
and first aid services.

Veterans' Home Care (Veterans Only)

Department Veterans Affairs
Phone 133 254.
Assessment for services – phone
1800 555 254

Web: www.dva.gov.au/health-and-wellbeing

The Department of Veteran's Affairs provides a range of home support services including domestic assistance, personal care, home and garden maintenance and respite care.

Recreational & Social Groups

Forrestfield Seniors Leisure Group

Tuesdays from 1:00pm–3:00pm
Woodlupine Family & Community Centre
88 Woolworths Drive,
FORRESTFIELD WA 6058
Phone: 0438 414 472

Social activities for seniors, entertainers, speakers and outings at affordable prices.

Forrestfield Senior Citizens Travel & Social Club

Thursday from 1:00pm–3:00pm
Woodlupine Family & Community Centre
88 Woolworths Drive,
FORRESTFIELD WA 6058

Phone: 9454 5371

Members gather for entertainment, activities, informative speakers and social interaction over afternoon tea/coffee, sandwiches and cakes.

Friday Afternoon Social Group

Fridays from 1:30pm–4:00pm
Uniting Church
Cnr Brooks Street and Heath Road,
KALAMUNDA WA 6076
Phone: 9293 2006

Recreation for seniors: Canasta, Sambo, Scrabble in social atmosphere.

High Wycombe Leisure Group for Over 55s

Alternate Wednesdays from 1:00pm–3:00pm
Cyril Road Community Hall
58 Cyril Road,
HIGH WYCOMBE WA 6057
Phone: 9454 5998 or 0413 311 307

Social activities, speakers or live entertainment with afternoon tea, and trips out for lunch.

Jack Healey Centre Computer Classes

Jack Healey Senior Citizens
Centre
Cnr Mead St and Canning Rd,
KALAMUNDA WA 6076
Phone: Roger 0487 139 308

Training in computer skills and
software to help you enjoy the
full potential of your computer.

Kalamunda Community Radio -KCR

Gooseberry Hill Community Hall
42 Ledger Road
GOOSEBERRY HILL WA 607
Phone: 9293 0548
Email: kcr-fm@westnet.com.au
Web: <http://kcr-fm.tripod.com>

We are always looking for new
show presenters, so if you love
music or talk back please make
an appointment with one of our
volunteer staff.

Kalamunda Community Learning Centre

Jorgensen Park, Crescent Road,
KALAMUNDA WA 6076
Phone: 9293 2977
Email: kclc@iinet.net.au

Web:
www.kalamundalearningcentre.org.au

The Learning Centre is a non
profit organisation offering a
wide range of courses each
semester. The centre is run by
volunteers.

Kalamunda & Districts Laurel Club

RSL Hall, Canning Road
KALAMUNDA WA 6076
Phone: 9359 4034

We organise outings and get-
togethers with guest speakers or
just social.

Kalamunda Ladies Probus Club Inc

2nd Thursday morning of the
month
St Barnabus Anglican Church,
40 Railway Road, KALAMUNDA
WA 6076
Phone: 9293 2050
www.probus.com.au/clubs/WA/index.html

Includes guest speaker and
entertainment. Regular monthly
outing and other activities.

Kalamunda Toastmasters

Wednesdays fortnightly 7:00pm–8:30pm

Kalamunda Agricultural Hall,
48 Canning Road (cnr Recreation Rd)

KALAMUNDA WA 6076

Phone: Bill 0417 917 706

Develop your public speaking skills in a friendly and supportive informal gathering providing tips, tricks and techniques to help build confidence.

Men's Shed - Foothills

Open Tuesday & Thursdays from 9am–12noon

Forrestfield Community Centre

24 Anderson Road,

FORRESTFIELD WA 6058

Phone: 0413 598 697 or 9453 9146

Email: nblennox007@gmail.com

Web: :www.mensheds.org.au

An environment where men can be creative, productive, social, valued and support one another. Men of all ages welcome to attend.

Men's Shed - Kalamunda

Open Monday to Friday from 8:30am–12:30pm.

22 Falls Road,

Lesmurdie WA 6076

Phone: Shed Boss on 9291 7172

An environment where men can be creative, productive, social, valued and support one another. Men of all ages welcome to attend.

Midweek Escape (50+)

Lesmurdie Baptist Church,

1 Varley Street

LESMURDIE WA 6076

Phone: 9291 9866

Email: lbc@iinet.net.au

Web:

www.lesmurdiechurch.com.au

We provide a space for those who are 50+ to meet together to play badminton, pool and board games. Morning tea is provided.

National Seniors Australia - Kalamunda

Church of Christ Function Centre,

20 Mileti Road,

LESMURDIE WA 6076

Phone: 9454 7080

Web:

www.nationalseniors.com.au

Economic and social benefits; representing views to Government at all levels; and

making donations to charitable institutions.

Prime Movers

Tuesdays & Fridays from
9:30am–10:30am
88 Woolworths Drive,
FORRESTFIELD WA 6058
Phone: 6467 3148

Prime Movers classes incorporate low impact exercises to music which can improve cardiovascular function, muscle strength, endurance, flexibility and balance in older adults.

Retiree's WA – Forrestfield & High Wycombe Branch

1st & 3rd Friday of the month
1:00pm–3:00pm
Woodlupine Family & Community
Centre,
88 Woolworths Drive,
FORRESTFIELD WA 6058
Phone: 9454 7378

Retiree's WA provides a service for aged retired people. We offer friendship and help, also a very competitive funeral fund.

Seniors Recreation Council of WA

Monday – Friday from 8:00am –
4:00pm
246 Vincent Street
LEEDERVILLE WA 6007
Phone: 9492 9773
Email: info@srcwa.asn.au
Web: www.srcwa.asn.au
The peak body for organisations supporting seniors' involvement in sport and recreation.

Singing - A Kappella Munda

Rehearsals on Saturdays from
2:30–4:30pm
(except 1st Saturdays: 3:00–
5:00pm)
Town Square Community Hall
Barber Street,
KALAMUNDA WA 6076
Phone: 9293 4838
Email:
akappellamunda@hotmail.com
Web:
www.akappellamunda.asn.au

A Kappella Munda sings as unaccompanied voices, with a repertoire spanning the traditional, some modern, and quite a bit of what gets called World Music. Everyone is welcome.

Singing - Madjitol Moorna

Most Monday evenings 6:30pm
for a cuppa
and 7:00pm to sing.

Anderson Rd Community Centre,
5 Anderson Rd,
FORRESTFIELD WA 6076

Phone: Jo Randell on 0409 116
460

Email:
contactus@madjitolmoorna.org.au

Web:
<http://madjitolmoorna.org.au>

We sing songs of joy and hope,
love and fun in indigenous
languages and English. Singing
both traditional songs in
language and soulful
contemporary songs, the group
has been winning over audiences
since they began in 2006. All
voices and ages welcome.

University of The Third Age (U3a)

1st & 3rd Tuesday of the month
at 10:00am

Falls Farm, Cagney Way,
LESMURDIE WA 6076

Phone: 9453 1436

Email: kay41@iinet.net.au

U3A offers all people over 50 a
variety of opportunities to use

their knowledge, skills and
experience to acquire new ones
in an informal, friendly
atmosphere.

Woodlupine Seniors Coffee Lounge

Monday to Friday from 10.00am
to 12noon

Woodlupine Family & Community
Centre,

Phone: 9291 7431

88 Woolworths Drive,
FORRESTFIELD WA 6076

Join our friendly volunteers for
morning tea or coffee. A great
way to make friends and find out
more about what activities are at
the Centre.

Transport, Aids & Equipment

Community Bus – City of Kalamunda

City of Kalamunda Recreation
Services Officer

2 Railway Road

KALAMUNDA WA 6076

Phone: 9257 9957

Email:

enquiries@kalamunda.wa.gov.au

Web: www.kalamunda.wa.gov.au

The City of Kalamunda provides an 18-seater Community Bus and fuel free of charge to local seniors groups and charitable organisations arranging outings for senior citizens. The bus seats 17 passengers and can hold 2 wheelchairs which will reduce the passenger numbers to 15.

RISE Network – Peter Anderton Respite Centre

12 Anderson Road,
FORRESTFIELD WA 6076
Phone: 9359 9797 or 6274 3700

Web:

<http://www.risenetwork.com.au/>

RAC Repairs and Insurance

Phone: 9436 4444
Breakdown Line: 13 11 11

Provides a free repair service for electric wheelchairs. Register your chair by telephoning RAC Insurance. If a breakdown occurs, phone the Breakdown Line and a serviceman will attend to any punctures or minor electrical problems to get you going. While staff will repair punctures, they do not routinely carry spare tubes, so remember to keep a spare or two at home.

Hospequip

Hospital, Aged Care, Home Care and Rehabilitation Equipment
21 Tulloch Way, WA 6155
Phone: (08) 9456 1661
1800 251 463 freecall number

Mobility Equipment Hire and Contenance products. Attractive rates for seniors and pensioners. Metro wide delivery Small cost incurred.

Royal Perth Volunteer Transport

Wellington Street
Perth WA 6000
Phone: 9224 2054

A volunteer transport service to patients who have met eligibility criteria—subject to an assessment.

Smartrider

Phone: 13 62 13
Web:
www.transperth.wa.gov.au/TicketsandFares/SmartRider.aspx

SmartRider is Transperth's electronic ticketing system. An embedded microchip enables the smartcard to communicate with processors located on board Transperth buses and ferries and

at train stations. It enables value to be stored onto your SmartRider card, journey details to be recorded, and the value of the fare of each journey to be deducted from the stored value on your card.

The SmartRider system is simple to use and the most important two things to remember are:

- 1) Add value to you card (money)
- 2) Tag on and tag off whenever you travel

If your SmartRider goes into debit, you will not be able to use your SmartRider to undertake a new journey until you add value to your SmartRider card. Alternatively, you can purchase a cash ticket.

Taxi User Subsidy Scheme

Passenger Services
Department for Planning and Infrastructure
Phone: 1300 660 147
Email:
passenger.services@dpi.wa.gov.au

Web:
www.concessions.wa.gov.au/concessions

Taxi travel at a reduced rate for people who have a severe disability that prevents them from using a conventional public transport bus service.

Volunteer Taskforce – Transport

43 Planet Street
CARLISLE WA 6101
Phone for bookings: 9318 5700
Web:
www.volunteertaskforce.org.au

Volunteer Taskforce is an agency that seeks to provide subsidised cost effective transport for the frail, aged and disabled. Bookings: must be made at least two days before the journey; require up to a week's notice when around the date of a public holiday; cannot be used as same day or emergency service.

Disclaimer

City of Kalamunda has made every effort to ensure that the information in this Seniors Information Directory is accurate and up to date.

The City of Kalamunda has no control over the services listed herein, with the exception of its own services, and cannot accept responsibility for accuracy, completeness or timeliness of the information's suitability, or safety of services.

It is **not** the intention of the Seniors Information Directory to include all services and facilities that are available, but rather a range of relevant information.

If you have any questions about the information in the directory or would like to suggest further inclusions, please contact:

City of Kalamunda
2 Railway Road
KALAMUNDA WA 6076
9257 9999
Email: enquiries@kalamunda.wa.gov.au