

Accessing local resources

Community Directory

Looking for fun activities, friendship, support,
or where to go for assistance? **We can help.**

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Accommodation & Aged Care

Self-Care/Retirement Village Units (Independent Living)

- » Units are generally smaller than family homes and easier to maintain. Some are located in retirement villages with support facilities available if required.

Sunshine Park Retirement Village

- » 12 independent units. Residents can socialise with their neighbours and join in with activities program and events.

T: 9291 6100 | admin@roshana.com.au

W: roshana.com.au/services/facilities/sunshine-park

10 Brady Road Lesmurdie WA 6076

Clarege Retirement Village

- » Over 55's village.
 - » Six 2-bed units and two 1-bed units.
- T: 0450 133 990 | manager@clarege.com.au
W: <https://clarege.com.au/>
5 Varley Street Lesmurdie WA 6076

Donovan Retirement Village

- » 62 modern villas, nestled amongst natural bushland.
 - » Range of villas from 2x1 to 3x2 units with one or two carports and visitor parking.
- T: 1300 669 189 | info@scrosswa.org.au
W: scrosswa.org.au
138 Lewis Road Forresterfield WA 6058

Hillview Lifestyle Village

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

T: 6467 3100

W: nlv.com.au/villages/hillview/

597 Kalamunda Rd High Wycombe WA 6057

Walridge Country Estate

- » Independent Living Retirement Village. 121 units. Not for profit.
 - » Village with life tenure lease contracts.
- T: 9359 3777 | reception@walridge.org.au
W: walridge.org.au/
45a Berkshire Road Forresterfield WA 6058

Residential Care (Assisted/Supported Living)

- » Hostels provide bed-sit type accommodation with meals and other support services. Some rooms have ensuites 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.

Jeremiah Donovan House

- » 65 beds with specific wings catering for individuals with more complex and high level care needs, along with those with dementia specific support needs.
- » 15 extra service beds.
- » All residents receive nursing care 24 hours a day. Occupational therapy program that runs 7-days a week.

T: 9359 9800 or 1300 669 189

E: info@scrosswa.org.au

W: scrosswa.org.au

138 Lewis Road, Forresterfield WA 6058

Parry Hostel

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

T: 9422 1304 or 1300 920 895

W: amanaliving.com.au/care-centres/lesmurdie

74 Warlingham Drive, Lesmurdie WA 6076

Sunshine Park Hostel

- » Baptistcare offers 36 beds in total.
 - » Facility has its own pets & secure garden.
- T: 9291 6100 | admin@roshana.com.au
W: roshana.com.au/services/facilities/sunshine-park
10 Brady Road Lesmurdie WA 6076

Valencia Nursing Home

- » Low care. 15 beds in total.
 - » 24 hour Registered Nurse
 - » Team of GPs who attend weekly.
- T: 9293 5248 | admin@roshana.com.au
W: roshana.com.au/services/facilities/valencia-nursing-home
24 Valencia Road Carmel WA 6076

Villa Maria Hostel

- » Low care. 35 beds. All rooms are single rooms of various sizes, with private ensuites and air conditioning.

- » Registered Nurse on site

T: 9291 6314

W: amanaliving.com.au/care-centres/lesmurdie

173 Lesmurdie Road, Lesmurdie WA 6076

Residential Aged Care Facilities (Nursing Care)

- » Accommodation for people who require daily assistance and/or 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

- » 65 beds with specific wings catering for individuals with more complex and high level care needs, along with those with dementia specific support needs.
- » 15 extra service beds.
- » All residents receive nursing care 24 hours a day. Occupational therapy program that runs seven days a week.

T: 9359 9800 or 1300 669 189

E: info@scrosswa.org.au

W: scrosswa.org.au

138 Lewis Road Forresterfield WA 6058

Valencia Nursing Home

- » 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.
- » 24 hour Registered Nurse access and referral services, along with a team of GPs who attend weekly.

T: 9293 5248 | admin@roshana.com.au

W: roshana.com.au/services/facilities/valencia-nursing-home

24 Valencia Road Carmel WA 6076

Accommodation General

Seniors' Housing Advisory Centre

- » 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 a source of information for seniors and their families.

Consumer Protection:

Department of Commerce

T: 1300 367 057

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

W: commerce.wa.gov.au/consumer-protection/about-seniors-housing-advisory-centre

Level 2, 140 William Street Perth WA 6000

The Western Australian Retirement Villages Resident's Association

- » A voice for residents of retirement villages and for prospective residents to obtain information and assistance.
- » Non-profit, incorporated body without party political or religious affiliation, run by a committee of volunteers elected by its members.

W: warvra.org.au/

Aged Care & Retirement Placement Services

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

- » Private Provider

T: 9445 7128 or 0433 796 512

E: susanmclarke@westnet.co.m.au

W: agedplacements.com.au

Department of Housing

T: 9222 4666

E: generalenquiries@housing.wa.gov.au

W: housing.wa.gov.au/Pages/default.aspx

99 Plain Street East Perth WA 6004

Crisis Care

For those who need help sorting out serious problems, are alone or afraid and urgently need to talk to someone, are homeless or need counselling, information or other support.

T: 9223 1111

Women's Council for Domestic & Family Violence Services WA

T: 9420 7264 | info@womenscouncil.com.au

W: womenscouncil.com.au

PO Box 281 West Perth WA 6872

Crisis Care - Accommodation for Women

Ebenezer Home

- » Provides short/medium term accommodation for young single Aboriginal women aged 15-25

T: 9247 1330

Graceville Centre

- » Refuge for women aged 25 years and over with or without children (no boys over 12)

T: 9328 8529 or 9328 7284

Orana House

- » Refuge for women with or without children

T: 9370 4555 | W: orana.net.au

Patricia Giles Centre/Rebecca West Home

- » Counselling, crisis accommodation and specialised support services for women with or without children (children under 18) experiencing domestic and family violence

T: 9300 0340

Ruah Community Services

- » For women who are homeless or escaping family domestic violence

T: 9227 6616 for women with children

T: 9328 7562 for single aboriginal women

St Bartholomew's House

- » Provides safe, secure and affordable accommodation for females aged fifty years or over, who are experiencing or a risk of homelessness

T: 9323 5100

Stirling Safe at Home

- » Provides support to women and their children who are experiencing domestic violence and choose to be supported to remain in their own home when it is safe to do so.

T: 9205 7386 or 9205 7387

Stirling Women's Centre

- » Crisis accommodation for women with or without children who are escaping.

T: 9205 7375

Wooree Miya Refuge

- » For women with or without children who are homeless due to family domestic violence or other crisis.

T: 9223 1111

Zonta House Refuge Association

- » Accommodation for women over 19 years, with no children currently in their care, who have experienced or who are at risk of family domestic violence.

T: 1800 870 19

Crisis Care - Accommodation for Men

55 Central Crisis Accommodation Services

- » Provides 24-hour emergency crisis accommodation for up to 3 months for single adult males between the ages of 18 and 65 years.

T: 9272 1333 | W: 55central.asn.au

Salvation Army Homelessness Service - The Beacon

- » Accommodation and support for adult men who are homeless or at risk of homelessness.

T: 9492 7100

St Bartholomew's House

- » Supported accommodation for single men aged over 18 years. Clients with higher support needs, referral from prison, hospital or rehab, or diagnosed mental health will require a referral form.

T: 9323 5100



Tenacious House

- » Voluntary residential program for young men aged 18-35 who want to overcome life controlling issues such as addiction, anxiety, depression, unemployment or homelessness.form.

T: 0412 456 335

Crisis Care -Accommodation for Young People**Crossroads West**

- » Shared and independent accommodation and support services for young people.

T: 9328 1600

Ebenezer Home

- » Provides support and accommodation to young people aged 15-25 years who are homeless or at risk of homelessness. Ebenezer Home staff are predominantly Aboriginal

T: 9247 1330 (female accommodation)

T: 9440 1736 (male accommodation)

Foyer

- » For young people aged 16-23 years who are homeless or at risk who are willing to engage in education, training or employment and support programs. Will house young parents with one child under three years and pregnant women.

T: 6240 7200 or 1800 185 685

Household Network

- » Medium-long term supported accommodation for young people aged 16-25 who are homeless or at risk in addition to having current drug and/or alcohol issues, mental health issues or diverse sexuality and/or gender issues.

T: 9388 2792

Mercy Youth Services

- » Medium term accommodation for up to 9 months for young people aged 16-18. Accommodation for single mums aged 16-24. The Mercy Youth Support Service assists young people aged 18-25 to find and secure independent accommodation.

T: 9442 3444

Mission Australia Youth Accommodation and Support Services

- » Provides supported crisis/short term accommodation for 15-19 year olds and transitional housing for young people aged 16-25 years.

T: 9329 4480

Perth Inner City Youth Services

- » Externally supported medium to long-term accommodation for young people aged 16-25. Specialist supported accommodation for LGBTI and TGD young people.

T: 9388 2792

Youth Futures WA

- » Assist young people in the areas of accommodation, emergency relief, education, training, employment and community engagement.

T: 9300 2677

Yes! Housing (Anglicare WA)

- » 12-25 Years

T: 1300 11 44 46 or 9263 2009

Advocacy & Information**Advocare**

- » A free, professional advocacy service for older adults and care recipients.
- » Understand rights and make any complaints about care received.

The Perron Centre

9479 7566 | rights@advocare.org.au

4/61 Kitchener Ave, Victoria Park WA 6100

Elder Abuse Helpline: 1300 724 679

W: advocare.org.au

Aged Care Complaints Commissioner

- » A free service to raise concerns about the quality of care or services being delivered to people receiving aged care services subsidised by the Australian Government.

T: 1800 951 822

W: agedcarecomplaints.gov.au

GPO Box 9848 PERTH WA 6848

Australian Red Cross

- » Assisting people who are in private rentals and are at risk of eviction and homelessness.

T: 9225 8844

Citizens Advice Bureau

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

T: 9221 5711

W: firstnationshomelessnessproject.org

25 Barrack Street PERTH WA 6000

First Nations Homelessness Project

- » Perth based in-home support for first nation's people facing eviction.

T: 9300 2677

W: cabwa.com.au

25 Barrack Street PERTH WA 6000

Justice of the Peace:**Christine Jayne Lightowler JP**
(WA reg. no. 30106)

- » Mondays 10.00am - 1.00pm

- » Thursdays 2pm - 4.30pm.

- » No appointment necessary.

wa.gov.au/service/justice/civil-law/find-justice-of-the-peace-your-area

Forrestfield Library, 3 Salix Way, Forrestfield

Other JPs:

- » Automated telephone service which provides information to locate a JP.

T: 1300 657 788

W: courts.dotag.wa.gov.au

Legal Aid (WA)

- » Provides a free telephone information service on legal problems including tenancy.

T: 1300 650 579

W: legalaids.wa.gov.au

32 St Georges Terrace Perth WA 6000

Midlas - Tenancy Advocacy Service

- » provides individual advocacy, education and support for residential tenants.

T: 9250 2123

W: www.midlas.org.au

People With Disability

- » Advocacy and information for people with disability, families and carers.

T: 9420 7279 or 1800 193 331

E: info@pwdwa.org

W: pwdwa.org/

My Aged Care

- » The Australian Government's My Aged Care contact centre is a starting point to access a range of aged care services.

Helpline: 1800 200 422

W: myagedcare.gov.au

Office for Seniors Interests

- » A free seniors telephone service 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 9:00am and 3:00pm weekdays.

T: 6551 8800

W: dlgc.wa.gov.au

140 William Street, Perth WA 6000

Welfare Rights and Advocacy Service

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

9328 1751 | welfare@wraswa.org.au

W: wraswa.org.au

98 Edward Street Perth WA 6000

Animal Welfare

Darling Range Wildlife Shelter Inc.

- » A not-for-profit, volunteer organisation that treats, cares for and rehabilitates Australian native wildlife.

T: 9474 9055

E: volunteers@darlingrangewildlife.com.au

W: darlingrangewildlife.com.au

PO Box 732 Gosnells WA 6990

Kanyana Wildlife Rehabilitation Centre

- » Volunteer operated. Education services on and off site. Monthly information sessions for new volunteers.

- » Open 7 Days per week.

9291 3900 | info@kanyanawildlife.org.au

W: kanyanawildlife.org.au

120 Gilchrist Road, Lesmurdie WA 6076

Swan Animal Haven

- » Rescue, sterilize and vet check stray and abandoned dogs. Homing.

T: 9293 2047 (11am - 3pm) or 0498 235 680

W: swananimalhaven.asn.au

714 Welshpool Rd East, Wattle Grove

Wildcare Helpline

- » For sick, injured or orphaned native animals. Volunteers put you in touch with your nearest registered wildlife rehabilitator, wherever you are in WA.

9474 9055 | enquiries@dbca.wa.gov.au

W: dpaw.wa.gov.au/about-us/contact-us/wildcare-helpline

Snake Removal / Relocation

- » keep pets and people well clear and keep an eye on snake's location.

- » Note: these services are not free.

W: snakecatchers.com/snakeremoval/western_australia/

Arts, Culture & Hobbies

After School Arts

Jorgensen Park Learning Centre

- » After school art classes for children.

T: 9293 4486

E: hookedonhessian@hotmail.com

Jorgensen Park, Crescent Rd, Kalamunda

Post: 27 Headingly Rd, Kalamunda WA 6076

Foothills Learning Centre

Mondays: 9:00pm - 12 noon - Art, watercolours, drawing

Tuesdays 12 noon - 3:30pm - Mahjong

Wednesday: 9:30am - 12 noon - Picture framing

Thursdays 12:30pm - 3:30pm - Patchwork

T: 9454 2541

High Wycombe Recreation Centre 200

Newburn Road, Forrestfield WA 6058

Forrestfield Autumn Club

- » Handy craft and friendship meetings.

T: 0403 601 584

Woodlupine Community Centre

88 Woolworths Drive, Forrestfield

Forrestfield Eggers & Craft Group

- » Ladies friendship, support, craft.

T: 0418 911 382

E: icecoffeequeen@amnet.net.au

Woodlupine Community Centre

88 Woolworths Drive Forrestfield

Forrestfield Pottery Group

T: 9453 6409 or 0408 939 230

E: day457@bigpond.com

Anderson Road Community Centre

24 Anderson Road Forrestfield

Post: C/- 302 Holmes Rd Forrestfield WA 6058

Zig Zag Gallery

- » Diverse range of cultural activities in a boutique - style gallery environment. Welcomes proposals from emerging and professional artists who are interested in exhibiting in our gallery.

T: 9257 9953

E: enquiries@kalamunda.wa.gov.au

W: zzcc.com.au/art-gallery/

Zig Zag Cultural Centre

50 Railway Road Kalamunda 6026

PO Box 42 Kalamunda WA 6926



Gem Camera Club Inc

T: 0429 535 384

E: president@gemcameraclub.com.auW: gemcamera.club

Gooseberry Hill Multi Use Facility
42 Ledger Road Gooseberry Hill WA 6076
PO Box 788 Kalamunda WA 6926

Gooseberry Hill Arts & Crafts Group

» A forum for local artisans and craftspeople to promote, exhibit and sell their work. Two exhibitions: April and November, with free entry.

T: 0427 260 252

E: gooseberryhillarts@yahoo.comW: gooseberryhillartscraftsgroup.weebly.com

Kalamunda Agricultural Hall
48 Canning Road Kalamunda WA 6076
PO Box 481 Kalamunda WA 6926

Hills Folk Club

» A forum for musicians and singers of all genders to perform to an appreciative audience. 1st Friday of the month, 8pm.

T: 9291 6026 | paulinekevin@bigpond.com

Falls Farm Cottage

41 Cagney Way Lesmurdie

Post: 23 Glen Road Lesmurdie WA 6076

Kalamunda & Districts Arts & Crafts Group

» Sale of Arts and Craft materials.

T: 0400 556 961 | peterfal@bigpond.com

"The Wagon" Railway Road Kalamunda

PO Box 167 Kalamunda WA 6926

Kalamunda Community Radio – KCR-FM

» Community Radio Station broadcasting from premises in Gooseberry Hill.

T: 9293 0548 | kcr-fm@westnet.com.auW: kcr-fm.org.au

42 Ledger Road Gooseberry Hill

PO Box 916 Kalamunda WA 6926

Kalamunda District Pipe Band

» Pipe and Drum Band practises on Tuesday evenings.

T: 0418 946 360

E: secretary@kalamundapipeband.comW: kalamundapipeband.com

Gooseberry Hill Hall

42 Ledger Road Gooseberry Hill

Post: C/- 32 Kalang Pl, Mundaring WA 6073

Kalamunda Dramatic Society Inc (KADS)

» Community Theatre. Market Day Cafe.

T: 9291 3773 or 0417 971 430

E: info@kadstheatre.com.auW: kadstheatre.com.au

KADS Town Square Theatre, Barber Street
Kalamunda

PO Box 89 Kalamunda WA 6926

Kalamunda Performing Arts Centre

» Raked seating for 257, an extendable stage, BioBox, ample dressing rooms, a green room, and a large back stage area.

» The Agricultural Hall has a capacity of 200 people and includes a large kitchen

» The hall and lesser hall is perfect for meetings, smaller functions or exhibitions.

T: 9257 2558

48 Canning Rd, Kalamunda

Men's Shed - Foothills

» Tuesday & Thursdays 9am–12noon

» An environment where men can be creative, productive, social, valued and support one another.

» Men of all ages welcome to attend

T: 9453 9938

E: fms24anderson@gmail.comW: mensheds.org.au

Anderson Rd Community Centre 24

Anderson Road, Forrestfield WA 6058

Men's Shed - Kalamunda

» Monday to Friday 8:30am–12:30pm.

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

T: 9291 7172

E: secretary@kalamundamensshed.org.auW: kalamundamensshed.com.au

22 Falls Road Lesmurdie 6076

PO Box 1359 Kalamunda WA 6926

Pickering Brook Heritage Group Inc.

» Preserving Local History.

T: 0418 923 970

E: info@pickeringbrookheritagegroup.comW: pickeringbrookheritagegroup.com

Pickering Brook Road Pickering Brook

Post: 32 Tourmaline Gardens Forrestfield

WA 6058

Singing - A Kappella Munda

» Community choir singing, all ages, world music, no auditions, practice Saturday afternoons 2.30pm - 4.30pm or 3.00pm - 5.00pm on market days (1st Saturday of the month)

T: 9293 0850

E: Akappellamunda@hotmail.comW: akappellamunda.asn.au

Town Square Hall

Barber Street Kalamunda

Post: 9043 Sampson Rd, Kalamunda WA 6076

Singing - Kalamunda Showtime Singers

» Singing group.

0419 471 583 | thorogood@inet.net.au

Jack Healey Centre, 21 Mead Street Kalamunda

PO Box 102 Kalamunda WA 6926

Singing - Madjitil Moorna

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

» Sings 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.

T: 0409 116 460

E: contactus@madjitilmoorna.org.auW: <http://madjitilmoorna.org.au>

Anderson Rd Community Centre

5 Anderson Rd, Forrestfield WA 6076

Stained Glass Group Kalamunda

» Workshop for people who have some knowledge and experience in the art of stained glass. Wednesdays 10 am - 3pm.

T: 9257 1473 or 0412 762 788

E: cjspencer@inet.net.au[Headingly Road Cottage](http://HeadinglyRoadCottage)

11 Headingly Road Kalamunda

Post: 6 William Street St Kalamunda WA 6076

Uthando Doll Making Project

» Making culturally appropriate dolls for traumatised children in KwaZulu Natal, South Africa. Teaching dollmaking skills to schools, multicultural groups, seniors etc. Friday 9.30am - 3pm

T: 9293 2363 or 0477 467 533

W: uthandoproject.org

Anderson Road Community Centre

24 Anderson Road Forrestfield

Post: C/- 2 Healey Pl, Gooseberry Hill WA 6076

Zig Zag Community Arts

- » Volunteer group promoting arts and culture in the hills region. Organises arts and music workshops / events all year.

T: 9291 3092 or 0438 718 090

E: info@zigzagfestival.org

W: zigzagfestival.org

11 Headingly Road Kalamunda WA 6076

PO Box 761 Kalamunda WA 692

Carer Support

Afford

- » Carer Support Program offers opportunities to meet other carers and form new friendships in a relaxed and welcoming environment.

1300 242 511 | afford.com.au

Alzheimer's Australia WA

- » Support carers of persons who are living with dementia in the community.
- » 2nd Thursday of month 1:00pm – 3:00pm
Jack Healey Centre
Corner Mead St and Canning Rd Kalamunda WA 6076

Australian Red Cross

- » Support to older people. Match to a friend, receive regular caring welfare calls, be driven to appointments, be provided with a personal alarm or be delivered a healthy meal.
- » Support to access appropriate housing and care.
- » You can access many of these services through the Federal Government's My Aged Care portal.

T: 9225 8888 or 1800 810 710

E: wainfo@redcross.org.au

W: redcross.org.au

110 Goderich Street, East Perth WA 6004

Carers Association of WA

- » Provides information, advice, counselling, advocacy and other support.

1300 227 377 | info@carerswa.asn.au

W: carerswa.asn.au

182 Lord Street Perth WA 6000

Carer Gateway

- » Caring for Carers. Connect with an Australia-wide network of Carer Gateway service providers.

T: 1800 422 737

W: carergateway.gov.au/

Headwest

- » Support for families and carers of people with acquired brain injury.

T: 9330 6370 or 1800 626 370

W: headwest.asn.au

645 Canning Hwy Alfred Cove WA 6154

People Who Care

- » Volunteer support for people in need.

9379 1944 | pwccinc@iinet.net.au

W: peoplewhocare.org.au/

48 James Street Guildford WA 6055

Children & Youth

City of Kalamunda Youth Services & Early Years

- » Youth services provide a variety of free events and activities for young people aged 10-25 in the City of Kalamunda.
- » The Youth program includes; skate, scooter & BMX clinics, music concerts, art competitions, creative workshops, WA Youth Week Celebrations, and annual Careers Expo and more. These initiatives are created in partnership with the City of Kalamunda's team of young volunteers, The influence.
- » The Zig Zag Early Years Partnership (ZZEYP) is the City's Early Years Network. Members include parents, professionals & community group members committed to improving outcomes for children aged 0-8. ZZEYP shares valuable research and information as well as organising community events and activities: everything from parenting seminars to pop up play sessions!

9257 9968 | youth@kalamunda.wa.gov.au

Health Services

Child and Adolescent Mental Health Services

1800 048 636 | cahs.health.wa.gov.au/our-services/mental-health

- » Healthcare for children, parenting education and developmental assessment.

T: Forrestfield: 9453 9269 HW: 9454 8885

E: childhealth.kalamunda@health.wa.gov.au

Kalamunda: 9257 1230

PO Box 577 Kalamunda WA 6926

Child Health Nurses

Kalamunda 9257 1230

Forestfield 9453 9269

High Wycombe 9454 8885

Kids Helpline 22/7 Crisis Support

1800 55 1800 | kidshelpline.com.au

Headspace Midland (for 12-25 yrs)

08 9274 8860 | headspace.org.au

Headspace Australia

1800 650 890

Emerging minds

<https://vimeo.com/394049129>

Smiling mind

smilingmind.com.au/

St John of God Youth Support Outreach

- » Connecting eligible 16-18 year olds with training and employment.

Recreation and Social Groups

1st Kalamunda Scout Group

- » Scout group for 6 - 18 year olds.
- » Rover 18 - 26 years.

T: 0404 899 196

E: ikki.kalamunda@gmail.com

W: kalamundascoutgroup.org.au

45 Canning Road Kalamunda 6026

PO Box 5 Kalamunda WA 6926

1st Maida Vale Scout Group

- » Encourages physical, intellectual, emotional, social and spiritual development of young people.

T: 0411 289 134

E: gl.maidavale@scoutswa.com.au

W: scouts.wa.com.au

Scout Hall, Cnr Newburn Road & Western

Avenue, High Wycombe

PO Box 2169 High Wycombe WA 6057

1st Walliston Scout Group

- » Scouting movement provides training of youth in all aspects of scouting.

0449 510 252 | palsalas@bigpond.com

Scout Hall

Cnr Clanthus & Grove Roads, Walliston

Post: 69 Lawnbrook Rd West Walliston WA

6925



Child and Adolescent Health Service

- » Healthcare for children, parenting education and developmental assessment.

Ring for locations:

Forrestfield: 9453 9269

High Wycombe: 9454 8885

Kalamunda: 9257 1230

W: healthywa.wa.gov.au/

PO Box 577 Kalamunda WA 6926

The Girls' Brigade - Kalamunda

- » After school for girls to make new friends, go on camps, enjoy crafts, drama, play sport, and awesome games, complete certified leadership courses and have fun.

T: 9478 1822

E: administration@girlsbrigadewa.org.au

W: girlsbrigadewa.org.au/

Kalamunda Uniting Church

Cnr Heath Rd & Brooks St Kalamunda

Girl Guides Lesmurdie

- » One of the largest organisations in Australia for girls and young women. Provides leadership and personal development to girls and young women aged 6 - 17.

T: 9479 9800

E: info@girlguideswa.org.au

W: girlguideswa.org.au/

5 Sanderson Road Lesmurdie WA 6076

Goodstart Early Learning Kalamunda

- » Long day care not for profit organisation. 6.30am - 6.00pm. Ages 0 - 6.

- » Offers before and after school care.

T: 6293 1477 or 1800 222 543

E: kaa@goodstart.org.au

W: goodstart.org.au/centres/kalamunda

103 Canning Road Kalamunda

Good Start Maida Vale

- » Long day care not for profit organisation. 6.30am - 6.00pm. Ages 0 - 6.

- » Kindergarten program.

T: 9454 3744 or 1800 222 543

E: mdv@goodstart.org.au

W: goodstart.org.au/centres/maida-vale
268 Kalamunda Road Maida Vale

Gooseberry Hill Playgroup

- » Community playgroup Ages 0 - 5

- » Wednesday and Friday 9.30 - 11.30

T: 0419 109 410

E: gooseberryhillplaygroup@hotmail.com

W: playgroupwpa.com.au

Gooseberry Hill Multi-Use, Ledger Road

PO Box 921 Kalamunda

Heath Road Playgroup

- » Playgroup 9.15am each Tuesday during school terms.

Kalamunda Uniting Church

E: heathrdplaygroup@outlook.com

7 Heath Road Kalamunda

Hills Playgroup

- » Wednesday 9.30am.

T: 1800 171 882

W: playgroupwpa.com.au

Carmel Hall 154 Carmel Road Postal

Jump & Jiggle

- » A music and movement program for children 0 - 4 years old. Held weekly during school term, Friday 9.30am - 11am

9257 1154 | kalamundauc@iinet.net.au

W: unitingchurchwa.org.au/kalamunda/contact/

Kalamunda Uniting Church

7 Heath Road Kalamunda

PO Box 203 Kalamunda WA 6926

Kalamunda Districts Toy Library

- » Borrow educational & outdoor toys, DVDS.

- » Saturdays 9.15am to 11.15am

- » 2nd and 4th Wednesday of the month 9.30am to 10.30am.

6293 1857 | kalatoylib@gmail.com

W: kalamundatoylibrary.wordpress.com

33 Canning Road Kalamunda

PO Box 793 Kalamunda WA 6926

Kalamunda Out of School Centre

- » Before school care, after school care, vacation care, meals and transport incl.

T: 9291 0088

E: kosc@bigpond.net.au

W: kosc.com.au

12 Grove Road WALLISTON

PO Box 326 Kalamunda WA 6926

Meerilinga High Wycombe

- » Connect with local services.

- » Early Learning Program, Playgroups, Parenting workshops and space for hire.

T: 9454 7198

E: highwycombe@meerilinga.org.au

W: meerilinga.org.au

104 Edney Rd High Wycombe

Woodlupine Family Centre

- » 3 year old kindy program: T, W & T. P

- » Playgroups M, T, Th & F.

- » Casual room hire with children's playground and kitchen facilities.

T: 9359 1155 or 0413 245 411

E: woodlupine-fc@bigpond.com

W: woodlupine3yokindy.com

88 Hale Road Forrestfield

Crisis and Support Services**Food bank**

- » Donating food/ household staples to vulnerable community members

08 9258 9277

wa.info@foodbankwa.org.au

foodbank.org.au

Foothills Information and Referral Services Inc. (FIRS)

- » Non-judgemental and nondiscriminatory information support services to individuals and families in times of need.

- » Financial counselling

- » Community services

- » Family law clinic. Custody & property advice

- » Training & development workshops

- » Playgroup WA - for autistic children, 0-6 years

- » Community Playgroups, 0-6 years

- » ADF partnered parenting programs

- » Emergency food relief, bill payment

- » Referrals to other organisations



9359 1253 | admin@firs.org.au

W: firs.org.au

35 Edinburgh Road Forrestfield

Salvation Army Community Support

08 9294 2811

salvationarmy.org.au/contact-us

St Vincent De Paul

08 6323 7500 | vinnies.org.au

Disability Support

ACROD Parking Program

- » 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.

9242 5544 | acrod@nds.org.au

W: app.org.au

12 Lindsay Street Perth WA 6000

Afford

- » Not-for-profit. With a whole-of-life approach to disability support.

1300 242 511 | afford.com.au

Cahoots

- » Assisting people with a disability Provided by WA Department of Health 24/7 for counselling, information or other support.

1300 103 880 | cahoots.org.au/

Crisis Care

9223 1111 | Rural: 1800 199 008

Department of Communities Disability Services

- » Agency responsible for advancing opportunities, community participation and quality of life for people with disability.

9426 9200 | disability.wa.gov.au

146-160 Colin Street, West Perth WA 6005

Fibromyalgia Support Network

W: fibronetwork.org.au

C/O Centre for Neurological Support

The Niche, 11 Aberdare Rd Nedlands WA 6009

Hairdressing Service

Mondays 9.00am – 4.30pm

T: 9293 3088 – Bookings essential

Jack Healey Centre

Corner Mead St and Canning Rd

Kalamunda WA 6076

Independent Living Assessment

- » Experienced health professionals helping people choose and access equipment, technology and services for their independence.

6202 4700 | general@ilaustralia.org.au

W: ilc.com.au

The Niche, Suite A 11 Aberdare Road

Nedlands WA 6009

RISE Network

– Peter Anderton Respite Centre

T: 6274 3680

W: risenetwork.com.au

12 Anderson Road, Forrestfield WA 6076

Senses Australia

- » Not for profit organisation providing disability support services to all ages.

T: 9473 5400 or 1300 111 881

W: senses.org.au

11 Kitchener Avenue Burswood WA 6100

VisAbility

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

T: 9311 8202 or 1800 847 466

E: info@visability.com.au

W: visability.com.au

61 Kitchener Avenue Victoria Park WA 6100

WA Association of the Deaf

E: info@waad.org.au

W: waad.org.au/

Education - Adult Courses

Kalamunda Community Learning Centre

- » Non profit organisation run by volunteers.

- » Low cost courses for adults

9293 2977 | kclc@kclc.org.au

W: Kalamundalearningcentre.org.au

Jorgensen Park – Learning Centre

Crescent Rd, Kalamunda WA 6076

Education - Primary Schools

Carmel Adventist College Primary

- » Primary School with 3 & 4 year old Kindy

9291 6399 | carmelcollege.wa.edu.au

E: primary@carmelcollege.wa.edu.au

18 First Avenue Bickley WA 6076

Dawson Park Primary School

- » Kindy, pre-primary and Years 1 – 6

9453 2499 | dawsonparkps.wa.edu.au

au

E: Dawsonpark.ps@education.wa.edu.au

au

120 Bougainvillea Avenue Forrestfield

Edney Primary School

- » Public Primary School.

9454 8377 | edneyps.wa.edu.au

E: edney.ps@education.wa.edu.au

204 Newburn Road High Wycombe

6057

Falls Road Primary School

- » Public Primary School, Kindy - Year 6.

T: 9291 2150

E: fallsroad.ps@education.wa.edu.au

W: fallsroadps.wa.edu.au

50 Falls Road Lesmurdie WA 6076

Gooseberry Hill Primary School

- » Public school for 4yo Kindy - 12 year old Year 6.

9257 4600 | ghps.com.au

E: gooseberryhill.ps@education.wa.edu.au

au

24 Ledger Road Gooseberry Hill 6076

Heritage College Perth

- » Private school, Kindy - Year 12.

9453 1833 | hcp.wa.edu.au

E: reception@hcp.wa.edu.au

339 Hawtin Road Forrestfield 6058

HillSide Christian College

- » Christian Independent School.

- » 3 Year old kindergarten to Year 12.

9453 2644 | hillside.wa.edu.au

E: admin@hillside.wa.edu.au

336 Hawtin Road Forrestfield 6058

Lesmurdie Primary School

- » Independent public primary school

9291 2100 | lesmurdieps.wa.edu.au

E: lesmurdie.ps@education.wa.edu.au

49 Sanderson Road Lesmurdie 6076

Kalamunda Christian School

9291 8749 | Kalamundacs.wa.edu.au

E: schooloffice@Kalamundacs.wa.edu.au

au

6 Halleendale Road Walliston 6076



Kalamunda Primary School

» Primary school (K - 6)
9257 1233 | Kalamundaps.wa.edu.au
E: Kalamunda.ps@education.wa.edu.au
32 Heath Road Kalamunda 6076

Mary's Mount Primary School

» Catholic Education since 1921. Co educational 3yo Kindergarten to Year 6.
9293 2800 | marysmount.wa.edu.au
E: admin@mmps.wa.edu.au
47 Davies Crescent Gooseberry Hill 6076

Matthew Gibney Catholic School

» Catholic Primary School that caters for students from pre - kindy (3yo) to Year 6.
6216 8400 | gibney.wa.edu.au
E: admin@gibney.wa.edu.au
30 Munday Road High Wycombe 6057

Pickering Brook Primary School

» Independent Public School.
9293 8256 | pickeringbrookps.wa.edu.au
E: pickeringbrook.ps@education.wa.edu.au
241 Pickering Brook Rd Pickering Brook

St Brigid's College

» PreKindy - Year 12 (Catholic)
9290 4200 | sbcl.wa.edu.au
E: sbc@stbrigids.wa.edu.au
200 Lesmurdie Road Lesmurdie 6076

Walliston Primary School

» Public school
9291 8099 | det.wa.edu.au/schoolsonline
E: walliston.ps@education.wa.edu.au
11 Daniella Road Walliston 6076

Wattle Grove Primary School

Public school
9453 6722 | wattlegroveps.wa.edu.au
E: wattlegrove.ps@education.wa.edu.au
73 St John Road Wattle Grove 6107

Woodlupine Primary School

» Public school
9453 6928 | woodlupineps.wa.edu.au
E: woodlupine.ps@education.wa.edu.au
29 Solandra Way Forrestfield 6058

Education - Secondary Schools**Carmel Adventist College High School**

T: 9293 5333 | carmelcollege.wa.edu.au
E: secondary@carmelcollege.wa.edu.au
210 Glenisla Road CARMEL 6076

Darling Range Sports College

» Years 7 - 12 with a focus on both sport and academic programs.
9453 0100 | darlingrangesc.wa.edu.au
E: darlingrangesc@education.wa.edu.au
117 Berkshire Road Forrestfield 6058

Kalamunda Senior High School

» For children aged 12 - 18 (Years 7 - 12).
9293 6400 | Kalamundashs.wa.edu.au
E: Kalamunda.shs@education.wa.edu.au
12 Cotherstone Road Kalamunda 6076

Kalamunda Senior High School Education Support Centre

» Educational services to students with moderate to severe disabilities.
9293 6490 | Kalamundashsesc.wa.edu.au
E: enquiries@kses.wa.edu.au

Lesmurdie Senior High School

» Independent public school Years 7 - 12.
9291 1200 | lesmurdie.wa.edu.au
E: lesmurdie.shs@education.wa.edu.au
Reid Road Lesmurdie 6076

Mazenod College

» Catholic secondary day/boarding school for boys Years 7 - 12.
9291 1500 | mazenod.wa.edu.au
E: oblate@mazenod.wa.edu.au
55 Gladys Road Lesmurdie 6076

Environment**Darling Range Branch of the WA Naturalists' Club**

» Monthly meetings, excursions and courses to help people appreciate, learn about and enjoy nature in the Perth Hills.

T: 0436 448 647

E: DRB@wanaturalists.org.au

W: wanaturalists.org.au/branches-groups/darling-range/

Jorgenson Park Pavilion, Crescent Road, off Mundaring Weir Road, Kalamunda 6076
PO Box 348 Kalamunda WA 6926

Friends of Groups

» Over 47 individual Friends Groups are supported to provide bushland care to City-vested reserves.

Environment Friends Group Officer:
9257 9809.

W: kalamunda.wa.gov.au/community/community-groups/friends-group

Financial and Utilities**Financial Counsellors Association of WA**

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

9325 1617 | admin@fcawa.org

W: financialcounsellors.org

National Debt Hotline: 1800 007 007
33 Moore Street East Perth WA 6004

Centrelink

servicesaustralia.gov.au/individuals/centrelink

Synergy

synergy.net.au/Covid-19

Water corporation

watercorporation.com.au/About-us/Our-commitments/COVID-19-coronavirus-response

Optus

optus.com.au/about/media-centre/coronavirus-support

Telstra

telstra.com.au/covid19

Banks

Please refer to your individual bank.

Moneysmart

moneysmart.gov.au/covid-19



Healthy Mind - Healthy Body

Alcoholics Anonymous

- » If you think you may be drinking too much we can help – come to a meeting – any meeting, and get the help you need.

9325 3566 | aaperthwa@iinet.net.au
W: aa.org.au

Jack Healey Centre Kalamunda
Post: Claisebrook House
33 Moore Street East Perth WA 6004

Alcohol & Drug Support Line

- » 24/7 confidential information service.

T: 9442 5000 or 1800 198 024

W: mhc.wa.gov.au

Level 1, 1 Nash Street, Perth WA 6000

Alzheimer's Australia

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

National Dementia Helpline: 1300 667 788
W: alzheimerswa.org.au/

Anglicare

- » Financial counselling, WA No interest loans (WANILS), family support and more.

1300 11 44 46 | anglicarewa.org.au/

Asthma WA

1800 278 462 | asthma.org.au/blog/faqs-asthma-and-covid-19/

Beyondblue 24/7

1300 22 4636 | beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak

Black Dog Institute

blackdoginstitute.org.au/COVID-19

Breastcare WA

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

T: Free call 1300 791 137 or 9361 1600

E: info@breastcare.wa.com.au

W: <http://breastcarewa.com.au>

31 Teddington Rd Burswood WA 6100

The Butterfly Foundation

thebutterflyfoundation.org.au/covid-19

Cancer Council WA

- » Cancer Council WA – Hills Regional Office
- » Provides information and support services for people affected by cancer.

T: 9382 9358 or 0433 874 390
13 11 20 | cancerwa.asn.au/patients/cancer-and-covid-19/
1/42 Victoria Street Midland WA 6056
PO Box 5085 Centrepont LPO
Midland WA 6056

COACH Community Mentoring

- » Non - judgemental, long - term volunteer mentor support – a 'friend with a purpose'. One-to-one goal focused program supporting families going through tough times. Funded by Lesmurdie Baptist Church.

9291 9866 | coach.lbc@iinet.net.au

W: coachnetwork.org

1 Varley Street Lesmurdie WA 6076

COMHWA

- » An independent, state-wide, peak body for people with lived/living experience of mental health issues.

T: 9258 8911 | admin@comhwa.org.au

W: <https://comhwa.org.au>

Contenance Management & Advice Service

- » Free consultation with a trained nurse for concession card holders.

T: 1300 787 055

W: silverchain.org.au/services/cmas

Crisis Care Helpline

- » A telephone information and counselling service for people needing urgent help

1800 199 008 or 9223 1111
entrypointperth.com.au/directory/crisis-care-perth/

Drug and Alcohol Youth Service (DAYS)

- » A free and confidential service which provides young people and their families access to a comprehensive range of alcohol and drug services

T: 6553 0600 | W: www.mhc.wa.gov.au

Hospitals

Armadale Hospital

T: 9391 2000

W: ahs.health.wa.gov.au/

3056 Albany Highway Mount Nasura WA 6112

Bentley Hospital

T: 9416 3666

W: bhs.health.wa.gov.au/

31-59 Mills Street Bentley WA 6102

Hollywood Private Hospital

T: 9346 6000

W: hollywoodprivate.com.au

Monash Ave Nedlands WA 6009

Kalamunda Districts Community Hospital

T: 9257 8100

W: emhs.health.wa.gov.au/Hospitals-and-Services/Hospitals/Kalamunda-Hospital

Elizabeth Street Kalamunda WA 6076

King Edward Memorial Hospital

T: 6458 2222

W: kemh.health.wa.gov.au

374 Bagot Road Subiaco WA 6008

Royal Perth Hospital

T: 9224 2244

W: rph.health.wa.gov.au/

Victoria Square, Wellington Street Perth WA 6000

Sir Charles Gairdner Hospital

T: 6457 3333

W: www.schg.wa.gov.au

Hospital Avenue Nedlands WA 6009

St John of God Midland Hospital

T: 9462 4000

E: info.midland@sjog.org.au

W: sjog.org.au/our-locations/st-john-of-god-midland-public-hospital

1 Clayton Street, Midland WA 6056



Department of Health

health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

Lifeline: 24/7 Crisis Service

» Crisis support and suicide prevention
131 114 | lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

Health Direct

healthdirect.gov.au/coronavirus

Head to Health

headtohealth.gov.au/covid-19-support

Hearing - Australian Hearing

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

Kalamunda District Community Hospital
T: 9258 2000

W: hearing.com.au

Elizabeth Street Kalamunda

Heart Foundation

heartfoundation.org.au/

Helping Minds

» Supporting children, young people, adults and families affected by mental illness 1800 811 747 | helpingminds.org.au/

Holy Oake, Victoria Park

9416 4444 | clientservices@holyoake.org.au

W: holyoake.org.au/

Holy Oake, Midland

9274 7055 | NEMCADS@holyoake.org.au

Injury Control Council of WA (ICCWA)

T: 6166 7688

E: info@injurymatters.org.au

W: injurymatters.org.au

Level 2, 297 Vincent Street
Leederville, WA, 6007

Macular Disease Foundation

» Provides information and support to carers, family and friends.

Support line: 1800 111 709

W: mdfoundation.com.au

MensLine Australia

1300 78 99 78 | mensline.org.au

Mental Health Commission

mhc.wa.gov.au/your-health-and-wellbeing/covid-19-information-and-resources/

MIDLAS

» A not-for-profit community legal centre based in Midland that provides financial counselling, tenancy advocacy & disability advocacy

T: 9250 2123 | W: www.midlas.org.au

MIFWA

» An independent community based mental health organisation supporting people with a lived experience of mental illness, their families, and carers.

T: 9237 8900 | W: www.mifwa.org.au

Mindspot

mindspot.org.au/coronavirus

Palliative Care WA

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

T: 1300 551 704

W: palliativecarewa.asn.au

15 Bedbrook Place Shenton Park WA 6008

People Who Care

» Assistance with transport, financial hardship, starting over and more.

08 9379 1944 | peoplewhocare.org.au

Phoenix Australia

phoenixaustralia.org/wp-content/uploads/2020/03/Coronavirus-Families-tip-sheet.pdf

Podiatry Service

» Subsidised service for people over 60 who live in the City of Kalamunda and work less than 20 hours/week.

» Payments to be made in advance.

Bookings all centres: 9293 3088

Forrestfield:

Thursdays fortnightly 8.00am – 2.00pm
Woodlupine Family & Community Centre
88 Hale Road off Woolworths Drive
Forrestfield WA 6058

Kalamunda:

Mondays & Tuesdays 8.30am – 4.00pm
Jack Healey Centre
Corner Mead St & Canning Rd, Kalamunda

Reach Out

au.reachout.com/collections/coping-during-coronavirus

1800RESPECT

1800 737 732

» Counselling and support service

Richard Wellbeing

» A registered NDIS provider

» Offering supported accommodation, NDIS supports and community services, they assist towards self-empowerment and living well in your community.

T: 1800 742 466 | W: <https://www.rw.org.au>

Rise Network

» working with communities for more than 35 years.

» Provides choices for more than 3000 people from all walks of life.

» These include young people at risk, those experiencing mental health issues, people with disability, our carers and older people.

T: 6274 37200

E: contact@risenetwork.com.au

W: <https://www.risenetwork.com.au>

Smoking

quit.org.au/articles/faqs-coronavirus-covid-19-and-smoking/



Suicide Call Back Service 24/7

1300 659 467 | suicidecallbackservice.org.au

Dharmapala Kadampa Meditation Centre

» Meditation and Buddhism classes suitable for everyone. Meeting at Falls Farm.
 » Wednesday nights 7.00pm – 8.30pm.
 T: 9339 1553 or 0431 256 875
 E: Dkceducation@iinet.net.au
 W: meditationinperth.org
 Falls Farm 41 Cagney Way Lesmurdie
 Post: 158 Canning Hwy East Fremantle WA 6158

Grow WA

» Practical help for mental health issues.
 9228 1411 | grow.org.au
 E: wa@grow.org.au
 Woodlupine Family Centre 88 Hale Road
 Forrestfield WA 6058
 PO Box 1312 West Leederville WA 6901

Crystal Singing Bowls Meditation

0431 687 163 | Graemelyon1@gmail.com
 Jack Healey Centre 21 Mead Street
 Kalamunda WA 6076
 Post: 214 Peet Road Roleystone WA 6111

The Mankind Project

» Men's personal growth, support & training.
 0405 021 084 | mankindproject.org.au/
 E: tzoltan.esteli@gmail.com
 Falls Farm, 41 Cagney Rd, Lesmurdie

Prostate Cancer Support Group

» Support group for patients, partners and others.
 0407 183 635 | robbo@iinet.net.au
 W: pcfa.org.au
 Jack Healey Centre
 21 Mead Street Kalamunda WA 6076

Home Support Services**AVIVO**

» Working with people to live life.
 T: 1300 428 486
 E: hello@avivo.org.au
 W: avivo.org.au
 30 Hasler Road Osborne Park WA 6017

Enrich Living

» Aged and home care services. Formerly known as St Ives Home Care, HomeCare Options, and Community Care Services,
 T: 1300 202 003
 W: enrichliving.com.au/

Level 1,27-31 Troode St West Perth 6005

People Who Care

» 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.
 T: 9379 1944
 W: peoplewhocare.org.au
 48 James Street Guildford WA 6055

RISE Network

» Assists frail, aged and younger people with a disability to continue living at home. Services include domestic assistance, personal care, home and garden maintenance, transport, in home and overnight respite, meal preparation. Social Centre and Social Group Outings from Peter Anderton Centre Forrestfield.
 T: 6274 3711
 W: risenetwork.com.au
 41a Great Northern Hwy
 Middle Swan WA 6056

Silver Chain Nursing Association

» A variety of services, including home nursing, respite care and home help
 9242 0119 | info@silverchain.org.au
 W: silverchain.org.au
 6 Sundercombe St Osborne Park WA 6017

St John Ambulance

» Provides high quality ambulance and first aid services.
 T: 9334 1222
 W: stjohnwa.com.au
 209 Great Eastern Hwy Belmont WA 6104

Veterans' Home Care (Veterans Only)

» Provides home support services including domestic assistance, personal care, home and garden maintenance and respite care.
 T: Department Veterans Affairs - 133 254
 T: Assessment for services 1800 555 254
 W: dva.gov.au/

Hiring Public Facilities

» Halls, hire facilities, libraries, sporting centres, parks and playgrounds, public toilets, recycling or waste facilities.
kalamunda.wa.gov.au/recreation-tourism/sports-recreation/recreation-facilities/

facility-hire**Barbeques (BBQ's) & Public Toilets**

T: 9257 9809

Halls & Hire Facilities

T: 9257 9957

Hartfield Park Recreation Centre

9359 1700 | recreation@kalamunda
 199 Hale Road, Forrestfield

Ray Owen Sports Centre

9359 1700 | recreation@kalamunda
 Gladys Road, Lesmurdie

High Wycombe Community & Recreation Centre

9359 1700 | recreation@kalamunda
 200 Newburn Road, High Wycombe

Kalamunda Water Park

T: 9293 4432
 Collins Road, Kalamunda
 Open November to March

Active Sporting Reserves

T: 9257 9839

Indigenous Support**Gayaa Dhuwi (Proud Spirit) Australia**

gayaadhuwi.org.au/coronavirus/

RUAH Community Services

ruah.org.au/directories/

Aboriginal Legal Service of WA

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

T: 9265 6666 | Freecall: 1800 019 900

W: als.org.au

7 Aberdeen Street Perth WA 6000

Madjitil Moorna

» Community Choir meets Monday evenings for friendship, healing and reconciliation since 2006. Award winning Aboriginal performers lead the choir.

T: 0409 116 460

E: contactus@madjitilmoorna.org.au

W: madjitilmoorna.org.au

Anderson Road Community Hall

24 Anderson Road Forrestfield WA 6058



Library Services

kalamunda.wa.gov.au/libraries

Forrestfield Public Library

T: 9257 9975
3 Salix Way, Forrestfield WA 6058

High Wycombe Public Library

T: 9257 9974
15 Markham Rd, High Wycombe WA 6057

Kalamunda Public Library

T: 9257 9969
7 Williams Street, Kalamunda WA 6076

Lesmurdie Community Library

T: 9257 9976
21 Reid Road, Lesmurdie WA 6076

Migrant Services

Migrant Resource Centre

» A community organisation established to provide services for migrants.

9345 5755 | admin@mmrcwa.org.au
W: mmrcwa.org.au
9/24 Chesterfield Road Mirrabooka WA 6061

Translating & Interpreting Service

» TIS National available for anyone in Australia requiring immediate telephone interpreting services.

» 24 hour service, 7 days a week
T: 131 450
1260 Hay Street West Perth WA 6005

Forrestfield and Kalamunda Uniting Church

» Migrant and student support (Pandemic)
0409 804 558

Places of Worship

Carmel Seventh Day Adventist

» Offering assistance, including food hampers
0422 471 104

Forrestfield Adventist Church

» Religious services, food parcels, emergency assistance, weddings, funerals, youth activities, baptisms, blessings.
0429 796 159 | jazhorvath@hotmail.com
W: adventist.org/
Anderson Road Community Centre
24 Anderson Road Forrestfield
PO Box 1122 Kalamunda WA 6076

Fount of Life Outreach Ministries

» Free English tutorials Year 7 to Year 10, Food hampers to struggling families, grief and trauma packs to individuals and families, free quarterly mental health forums.
0438 907 275 | church@folomi.com.au
W: folomi.com.au
Forrestfield Hall, Cnr Hale & Anderson Rds
Post: 18 Campbell Rd Canning Vale WA 6155

Hillside Christian Church

» Community Outreach program offering emergency food hampers and pastoral care to those in hardship in our local community. Open every Tuesday and Thursday 10:30am to 1:30pm.
9359 2777 | info@hillside.org.au
W: hillside.org.au
45 Berkshire Rd Forrestfield WA 6058

Holy Family Catholic Church

» Catholic Church. Services held Tues, Wed and Thu 9am, Friday 12pm, Saturday 6pm, Sunday 730am and 9am.
T: 9293 1646 or 0412 842 380
E: kalamunda@perthcatholic.org.au
W: holyfamilykalamunda.org.au
2 Burt Street Kalamunda WA 6076

Kalamunda Church of Christ

» Office Hours: Tues - Fri 9am - 4pm.
» Church: Sunday Service 9.30am
» Playgroup: Thurs 9.30 - 11.30am
» Sewing Group: Thurs 10am - 3.30pm
» Empire Youth: Fri 6.30 - 9pm (Term time)
» Rooms for hire
9291 7813 | info@Kalamunda.church.com
W: Kalamunda.church
20 Mileti Road Lesmurdie WA 6076

Kalamunda Uniting Church

» Worship services Sunday 8am - 10am
» Messy Church - 3rd Sunday of the month during school terms 4.30pm - 6.30pm
T: 9257 1154
E: kalaucoffice@iinet.net.au
9 Heath Road Kalamunda WA 6076
PO Box 203 Kalamunda WA 6926

Lesmurdie Baptist Church

» Offering assistance for community including food hampers
08 9291 9866 | lbc@iinet.net.au

Living Faith Community Church Kalamunda

» Pentecostal Church Services. Meet 2nd and 4th Sunday of each month at 5pm
9446 1019 | admin@lfc.org.au
Jack Healey Centre
21 Mead Street, Kalamunda WA 6076

St Andrew's Church

» Traditional Anglican Services
T: 9291 0103 or 0421 116 534
E: snottygobble@bigpond.com
Falls Farm
41 Cagney Road Lesmurdie WA 6076
Post: 21 Punai Place Bickley WA 6076

Westminster Presbyterian Church Maida Vale

» Worship Services: Sunday 10am & 6pm
Youth Groups: Friday call for details
» Craft Groups: Thurs 9 - 11am
» Quilting: every second Tues 1 - 4pm
T: 9454 7401 | admin@wpcmv.net
W: site2.wpcmv.net/
4 Old Maida Vale Road, Maida Vale



Resident's Associations

Forrestfield Resident's Association

- » All residents welcome! Meet your local Councillor! Tell us about any issues you feel strongly about in our area. We are there to listen and act on your behalf and the community. Notice of meetings at Forrestfield Library entry.

T: 9453 9132 or 0418 900 478

E: mahony@arach.net.au

Forrestfield Library Meeting Room

Post: C/- 51 Mallee Way Forrestfield WA 6058

Kalamunda Districts Rate Payers and Residents Association Inc.

- » Non-sectarian and apolitical Association that investigates and promotes community interests with Councillors and the City of Kalamunda Administration. We keenly welcome contact on issues that reflect changing realities for people of all ages living in our unique hills and foot-hills location.

T: 0409 900 327

E: community23@bigpond.com

PO Box 180 Kalamunda WA 6076

Wattle Grove Resident's Association

- » For those living in Wattle Grove.

T: 0400 789 480

E: wattlegroveresidents@gmail.com

Woodlupine Community Centre

Post: c/- 8 Yoondarn Elbow Wattle Grove

Seniors Services

Council On The Ageing (COTA)

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

9472 0104 | admin@cotawa.org.au

W: cotawa.org.au

The Perron Centre, 61 Kitchener Avenue, Victoria Park WA 6100

Darling Range Seniors Hub

- » A grassroots movement to connect ageing residents with a local 'mutual support' network, other age generations, community groups and their local community. Access to vetted business referrals, volunteer support, social and neighbour connection, friendship and meaningful community engagement opportunities which utilises their passions and skills.

0492 807 603 | hello@drseniorthub.com.au

W: drseniorthub.com.au

Kalamunda Town Square

8 Barber Street, Kalamunda

My Aged Care

1800 200 422 | myagedcare.gov.au

- » Australian Government contact point to access a range of aged care services.

National Seniors Australia - Kalamunda

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

9454 7080 | nationalseniors.com.au

Church of Christ

20 Mileti Road, Lesmurdie WA 6076

Retirees WA

- » Meet at Woodlupine Family & Community Centre on the 1st and 3rd Fridays of each month at 1.00pm
- » A non-profit organisation which provides affordable lifestyle options for retirees in WA. 9454 6569 | info@retireeswa.com.au

W: retireeswa.com.au

88 Hale Road, Forrestfield WA 6058

Canasta Club for Seniors

- » Seniors playing canasta.

T: 0487 139 308

Jack Healey Centre Kalamunda 6076

14 Kathleen Close Maida Vale 6057

Computer Group for Seniors

- » Small classes for those with little or no experience run by tutors who are seniors.

0487 139 308

E: jhc-computerghroup@inet.net.au

Jack Healey Centre Kalamunda 6076

Post: c/- 3/29 Central Rd Kalamunda WA 6076

Forrestfield Senior Citizens Travel and Social Club Inc

- » Entertainment, games, speakers, socialising, day trip once a month 9am - 4pm. Meet on Thursdays 1pm - 3pm.

T: 9454 5371 or 0427 833 178

E: wrightbmt@space.net.au

Woodlupine Community & Family Centre

Hale Road Forrestfield WA 6058

5 Barbary Road High Wycombe WA 6057

Forrestfield Seniors Indoor Bowls.

- » Purely for fun. Wednesday afternoons 1pm to 3pm.

0409 905 747 | annlewleu@bigpond.com

Woodlupine Family Centre

88 Hale Road Forrestfield

Forrestfield Seniors Leisure Group

- » Tuesdays 1pm - 3pm for seniors to socialise and enjoy afternoon tea. Our program includes speakers, entertainment, quizzes, bingo plus an outing once a month.

T: 0438 414 472

Woodlupine Community Centre Forrestfield

PO Box 444 Forrestfield

Friday Afternoon Social Club

- » Fridays 1.30pm - 4.00pm to play canasta, samba.

T: 9293 2006

Kalamunda Uniting Church Cnr Brooks &

Heath Road Kalamunda 6076

PO Box 203 Kalamunda WA 6926

Kalamunda Happy Hatters

- » The Red Hat Society is a playgroup for women created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship.

T: 9257 1456 or 0437 201 130

E: wjkcards@bigpond.com

Jack Healey Centre Kalamunda 6076

Post: 9 Roach Road Kalamunda WA 6076

Kalamunda Ladies Probus Club Fellowship

» Friendship. Fun. Monthly meetings with speaker 2nd Thursday 10am.
T: 9454 9646 or 0417 934 632
E: Kalamunda.ladies.probus@gmail.com
W: Kalamundaladiesprobus.wordpress.com
St Barnabas Church Hall Kalamunda 6076
PO Box 675 Kalamunda WA 6926

Kalamunda Probus Club Inc

» A social club for senior men and women. Meets every second Wednesday of the month at the Kalamunda Bowling Club Kalamunda Road at 10am. Speakers, morning tea, outings.
T: 9293 3911
E: jeanmaybin@bigpond.com
Kalamunda Bowling Club, Kalamunda Road
PO Box 461 Kalamunda WA 6926

National Seniors Australia Kalamunda District Branch

» Meets on second Tuesday of each month commencing at 10am.
» Interesting guest speakers and monthly outings.
» Giving older Australians - working and retired - a strong national voice by representing views to Government at all levels and making donations to charitable institutions.

T: 9454 7080
Church of Christ 22 Milette Road Lesmurdie
PO Box 268 Kalamunda WA 6926

Retirees WA

» 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.
» Meet at Woodlupine Family & Community Centre on the 1st and 3rd Fridays 1.00pm

9454 6569 | info@retireeswa.com.au
W: retireeswa.com.au
88 Hale Road Forrestfield WA 6058

University of the Third Age - Lesmurdie Hills

» Lifetime learning opportunities for seniors. Speakers on many interesting topics.
T: 9453 1436 or 0418 371 238
W: u3auwa.org/regions/lesmurdie-hills
Falls Farm, Cagney Way Lesmurdie 6076
Post: 50 Lincoln Road Forrestfield WA 6058

WA Seniors Card Centre

» To be eligible for the WA Seniors Card program, you need to be aged 63 years or above, a permanent resident of Western Australia and work less than 25 hours per week, averaged over a 12 month period.
T: 6551 8800 or 1800 671 233
W: seniorscard.wa.gov.au
Level 2 140 William Street Perth WA 6000

Woodlupine Seniors Coffee Lounge

» Meet for coffee tea and refreshments. Run by volunteers by donation only. Monday - Friday 9.30am - 12.00pm.
0409 905 747 | anlewleu@bigpond.com
Woodlupine Community & Family Centre
Hale Road Forrestfield WA 6058

Seniors Recreational & Social Groups

Forrestfield Seniors Leisure Group

Tuesdays 1:00pm-3:00pm
» Social activities for seniors, entertainers, speakers and outings
T: 0438 414 472
Woodlupine Family & Community Centre
88 Woolworths Drive, Forrestfield WA 6058

Forrestfield Senior Citizens Travel & Social Club

» Thursdays 1:00pm-3:00pm
» Fridays 1:30pm-4:00pm
» Members gather for entertainment, activities, informative speakers and social interaction over afternoon tea
T: 9454 5371
Woodlupine Family & Community Centre
88 Woolworths Drive, Forrestfield WA 6058

Kalamunda & Districts Laurel Club

» We organise outings and gettogethers with guest speakers or just social.
T: 9359 4034
RSL Hall, Canning Rd Kalamunda WA 6076

Recreation for seniors

» Canasta, Sambo, Scrabble in social atmosphere.
T: 9293 2006
Uniting Church Cnr Brooks Street and Heath Road, Kalamunda WA 6076

High Wycombe Leisure Group for Over 55s

» Alternate Wednesdays 1:00pm 3:00pm
» Social activities, speakers or live entertainment with afternoon tea, and trips out for lunch.

Cyril Road Community Hall
T: 9454 5998 or 0413 311 307
58 Cyril Road, High Wycombe WA 6057

Jack Healey Centre Computer Classes

» Training in computer skills and software
T: Roger 0487 139 308
Jack Healey Senior Citizens Centre
Cnr Mead St & Canning Rd, Kalamunda 6076

Midweek Escape (50+)

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

T: 9291 9866
E: lbc@inet.net.au
W: lesmurdiechurch.com.au
Lesmurdie Baptist Church
1 Varley Street Lesmurdie WA 6076

National Seniors Australia - Kalamunda

» Economic and social benefits; representing views to Government at all levels; and making donations to charitable institutions.

T: 9454 7080
W: nationalseniors.com.au
Church of Christ Function Centre
20 Milette Road, Lesmurdie WA 6076

Prime Movers

» Tuesdays & Fridays 9:30am-10:30am
» Incorporates low impact exercises to music which can improve cardiovascular function, muscle strength, endurance, flexibility and balance in older adults.

T: 6467 3148
W: primemovers-exercise.com.au
Woodlupine Family & Community Centre,
88 Woolworths Drive, Forrestfield WA 6058



Retiree's WA – Forrestfield & High Wycombe Branch

- » 1st & 3rd Friday of month 1:00pm–3:00pm
- » A service for aged retired people.
- » Friendship, help, and offer a competitive funeral fund.

Woodlupine Family & Community Centre,
88 Woolworths Drive, Forrestfield WA 6058
T: 9454 6569 | W: retireeswa.com.au

Seniors Recreation Council of WA

- » Monday – Friday 8:00am – 4:00pm
- 9492 9773 | info@srcwa.asn.au
- W: srcwa.asn.au

246 Vincent Street Leederville WA 6007

University of The Third Age (U3a)

- » 1st & 3rd Tuesday of month 10:00am
- » For over 50s - opportunities to use their knowledge, skills and experience to acquire new ones in an informal, friendly atmosphere.

9453 1436 | kay41@inet.net.au
Falls Farm, Cagney Way, Lesmurdie WA 6076

Woodlupine Seniors Coffee Lounge

- » Monday to Friday 10:00am to 12 noon
- » A great way to make friends and find out more about activities at the Centre.

Forrestfield WA 6076

T: 0409 905 747

Woodlupine Family & Community Centre
88 Hale Road (Off Woolworths Drive)

Service Clubs

Country Women's Association

- » Meet 2nd Friday month at 9.30am.
- Includes choir, op shop, social outings, craft group and country of study and drama.

T: 9257 3402 or 0499 892 525

E: cwaKalamunda@gmail.com

W: cwaofwa.asn.au

22 Central Road Kalamunda 6076

PO Box 378 Kalamunda WA 6926

Foothills Country Women's Association

- » A community group for women who are looking for an outlet to socialise and to get involved with community events and fundraising. Meets 4th Saturday of month. T: 0410 407 135

E: foothillscwa@yahoo.com.au

35 Edinburgh Road Forrestfield 6058

Post: C/- 149 Lewis Rd Forrestfield WA 6058

Inner Wheel of Kalamunda Inc

- » Friendship group for women over age of 18. Meet monthly with guest speaker. One major fundraiser a year, supporting Cord for Blood project.

T: 6293 1421 or 0404 758 459

E: iivw.au.Kalamunda@gmail.com

W: Kalamundainnerwheel.webs.com

Post: C/- 6/31 Byron Rd Kalamunda WA 6076

Kalamunda & Districts Laurel Club

- » Legacy club for widows of servicemen.
- » Support and friendship to widows.
- » Meet 3rd Friday of month 1pm - 3pm.

T: 9291 8148

Jack Healey Centre Centre Mead Street
Kalamunda WA 6076

Post: Villa Maria 25/173 Lesmurdie Road
Lesmurdie WA 6076

Kalamunda Ladies Probus Club Inc

- » 2nd Thursday morning of the month
- » Guest speaker and entertainment.
- » Monthly outing and other activities.

St Barnabus Anglican Church,
T: 9293 2050

W: Kalamundaladiesprobus.wordpress.com

40 Railway Road, Kalamunda WA 6076

Kalamunda Toastmasters

- » Wednesdays fortnightly 7:00pm–8:30pm
- » Develop public speaking skills in a friendly and supportive informal gathering providing tips, tricks and techniques to help build confidence.

W: Kalamunda.toastmastersclubs.org

Kalamunda Agricultural Hall

48 Canning Road (cnr Recreation Rd)

Kalamunda WA 6076

Kalamunda RSL

- » Founded to provide comradeship, support and advocacy for serving and ex-serving Australian Defence Force personnel and their families.

T: 9293 4592 or 0401 146 807

E: c_hannah@bigpond.net.au

W: rslwa.org.au/services/Kalamunda

35 Canning Road Kalamunda 6076

PO Box 231 Kalamunda WA 6926

Lions Club of Forrestfield High Wycombe

- » Humanitarian service, disaster relief, medical research, sight and the encourage of youth.

T: 0412 776 693

E: Forrestfieldhighwycombelions@gmail.com

W: Forrestfield-highwycombe.wa.lions.org.au

PO Box 101 Forrestfield WA 6058

Lions Club of Kalamunda

- » Volunteer at the Kalamunda Show and the City to Surf Fun Run. MRD WA Family Day Sausage sizzle, seniors fish n chips, Christmas Lights bus tour, carols at senior centre plus many more

0420 529 979 | Kalamunda.wa.lions.org.au

E: secetary@Kalamundalions.com

RSL Hall 35 Canning Highway Kalamunda

PO Box 322 Bassendean WA 6934

Men's Shed - Foothills

- » Socialising, woodworking, metal work, vegetable garden.

T: 9453 9938

E: fms24anderson@gmail.com

W: mensheds.org.au

Anderson Rd Community Centre

24 Anderson Road, Forrestfield WA 6058

Men's Shed - Kalamunda

- » Monday to Friday 8:30am–12:30pm.
- » An environment where men can be creative, productive, social, valued and support one another. Men of all ages welcome to attend.

T: 9291 7172

E: secretary@kalamundamensshed.org.au

W: kalamundamensshed.com.au

22 Falls Road Lesmurdie 6076

PO Box 1359 Kalamunda WA 6926

Rotary Club of Kalamunda

- » Service organisation with a range of Local Community and International projects. Meets on most Tuesday evenings at 6.30 for 6.45pm start at the Kalamunda Club.

E: secretary@rotaryKalamunda.org.au

W: rotaryKalamunda.org

Kalamunda Club, 18 Kalamunda Road

PO Box 206 Kalamunda WA 6926

Sporting & Recreation Clubs

Forrestfield Cricket Club

» providing cricket for senior players
<http://forrestfieldcc.wa.cricket.com.au/>
 Hartfield Park, Hartfield Rd, Forrestfield

Forrestfield & Districts Bowling Club

» Social and competitive lawn bowls
 T: 9359 1148 | fdbc@live.com.au
 Cnr Hartfield & Morrison Roads Forrestfield

Forrestfield Flyers

» Tee/Base/Softball Junior tee-ball club for primary school aged children.
 E: secretary@forrestfieldflyers.org.au
 W: forrestfieldflyers.org.au
 Hartfield Road Forrestfield WA 6058

Forrestfield Football Club

» AFL Football Club, Auskick, Juniors, Youth, Amateurs.
 E: secretary@forrestfieldfc.com.au
 W: forrestfieldfc.com.au
 Reid Oval Morrison Rd, Forrestfield WA 6058

Forrestfield Little Athletics Club

» For children aged 5 - 17 year.
 E: Forrestfieldlittleathletics@gmail.com
 W: flac.org.au
 Hartfield Park 199 Hale Road Forrestfield

Forrestfield Tennis Club Inc

» Social and Competitive Tennis for all ages.
 0488 017 943 | ftcperth@gmail.com
 W: forrestfieldtennisclub.org
 Morrison Road Hartfield Park

Forrestfield United Football Club

» Training + Competition for males and females, 4 years to Masters
 E: secretary@fusc.org.au
 W: fusc.org.au
 Hartfield Park 199 Hale Road Forrestfield

Guildford and Kalamunda Districts Swimming Club

» Learn to swim, adult fitness and squad training.
 0419 953 528 | president@gkdsc.com.au
 W: gkdsc.com.au
 117 Berkshire Road Forrestfield

High Wycombe Amateur Football Club

» Senior football club ages 16 - 50.
hwafc@gmail.com
 W: hwafc.org.au
 Scott Reserve Norling Street High Wycombe

High Wycombe Cricket Club

» Providing cricket for juniors and seniors.
 9454 4800 | hwcc@iinet.net.au
 W: hwcc.com.au
 Scott Reserve Norling Street High Wycombe

High Wycombe Little Athletics Club

» Teaching children how to run, jump and throw in a fun and friendly environment. All about being your best.
 E: contact@hwlac.com.au
 W: hwlac.com.au
 High Wycombe Primary School oval

Hills BMX Club

» For riders of all ages 2 to 50+
 E: hillsbmxclub@live.com.au
 BMX track, Ray Owen Reserve
 Gladys Rd, Kalamunda

Kalamunda & Districts Basketball Association Inc (KDBA)

» Community/District/State (SBL & WABL)/West Rise (Intellectual Disability) Basketball for all ages. Mini/Aussie Hoops for Years 1 - 4, competitions for 9yo - Mature age male and female players.
 9291 7600 | kalamundabasketball.com.au
 E: admin@kalamundabasketball.com.au
 Ray Owen Sports Centre
 96 Gladys Road Lesmurdie WA 6026

Kalamunda & Districts Football Club

» Local Football team making AFL available to all skill levels.
kalamundacougars.com.au
 E: secretary@kalamundacougars.com.au
 96 Gladys Road Lesmurdie WA 6027

Kalamunda & Districts Junior Football Club

» Junior AFL Football Club
 E: president@kdjfc.com.au
<http://www.kdjfc.com.au/>
 Kostera Oval, Recreation Rd, Kalamunda

Kalamunda & Districts Netball Association

» Provides netball for all ages
 9291 8763 | kdna.1@bigpond.com
<https://kalamundanetball.com.au/>
 Ray Owen Sports Centre, Gladys Rd, Lesmurdie

Kalamunda & Districts Rugby Union Club

» All ages and genders welcome to enjoy the sport of Rugby Union.
 Hartfield Park, Morrison Rd, Forrestfield
 E: kalabulls.president@gmail.com
<http://www.kalamundarugby.com.au/>

Kalamunda & Districts Rugby League Club

» All ages and genders welcome to enjoy the sport of Rugby League.
 Hartfield Park, Morrison Rd, Forrestfield
 E: kalamundabulldogs@gmail.com
<https://www.kalamundabulldogs.com/>

Kalamunda Bridge Club

» Friendly but competitive bridge
kalamunda.bridgeaustralia.org
 56 Ledger Road Gooseberry Hill 6076

Kalamunda Club Inc

» Lawn Bowls and Darts,
 18 Kalamunda Road Kalamunda 6026
 E: admin@kalamundaclubinc.com
 W: kalamundaclub.com/

Kalamunda Cricket Club

» Providing turf + synthetic cricket for both junior and senior players.
 E: kalamundacrickclub@gmail.com
 W: kalamundacrickclub.com.au
 Kostera Oval Kalamunda

Kalamunda Districts Hockey Club

» Caters for all ages 3 - 60+.
 Hartfield Park Morrison Road Forrestfield
 E: president@kalahockey.org.au
 W: kalahockey.org.au



Kalamunda Governor Stirling Archers

» Archery Club
kgsa.org.au
Ridge Hill Road Maida Vale WA 6057
E: secretary@kgsa.org.au

Kalamunda Lesmurdie Little Athletics

» For children aged 5-17 years
E: kllac@hotmail.com
Kostera Oval, Recreation Rd, Kalamunda

Kalamunda Mountain Bike Collective

» Organised social rides, events, volunteers and trail maintenance.
kmbc.org.au/
E: kmbcmember@gmail.com

Kalamunda Rangers Inc

» tee-ball, baseball, softball
Kalamundarangers.com.au
Maida Vale Reserve Maida Vale WA 6057
E: Kalamunda.rangers@gmail.com

Kalamunda Tennis Club

» Social and Compative
T: 0403 160 980
E: Kalamundatc@gmail.com
W: play.tennis.com.au/
Kalamundatennisclub
22 Railway Road Kalamunda WA 6076

Kalamunda United Football Club

» Training and competition for males and females from 4 years.
kufc.net.au
E: secretarykufc@gmail.com
Maida Vale Reserve Maida Vale WA 6057

Lesmurdie Club

» darts, pool and social groups and individuals.
92919500 | office@lesmurdieclub.com.au
W: lesmurdieclub.com
Cnr Boronia and Lawnbrook Roads
Walliston WA 6076

Lesmurdie Tennis Club Inc

» Social and competitive tennis.
» For all ages
E: secretary@lesmurdietennisclub.com.au
W: play.tennis.com.au/lesmurdietennisclub
22 Falls Road Lesmurdie WA 6076

Lesmurdie Legends Swimming Club

» Recreational and competitive swimmers welcomed.
St Brigid's College, Lesmurdie Rd, Lesmurdie
E: president.lisc@hotmail.com
http://www.lesmurdielegends.org.au/

Lesmurdie Mazenod Cricket Club

» Community club providing cricket for senior players
Ray Owen Reserve, Grove Rd, Lesmurdie
E: presidentlmcc@hotmail.com
http://lmcc.wa.cricket.com.au/

Lesmurdie Mazenod Junior Cricket Club

» Community club providing cricket for junior players
Ray Owen Reserve, Grove Rd, Lesmurdie
E: president.lmjcc@hotmail.com
http://lmjcc.wa.cricket.com.au/

Lesmurdie Saints Junior Football Club

» Community Junior AFL Football Club
St Brigid's College, Lesmurdie Rd, Lesmurdie
E: lsjfc.president@gmail.com
https://www.lesmurdiesaintsjfc.com.au/

Maida Vale Tennis Club

» Social tennis
35 Acacia Rd, Maida Vale WA 6057

Pickering Brook Football Club

» Senior AFL Football Club
Pickering Brook Sports Club
E: Pickeringbrookhawks@gmail.com
http://www.pickeringbrookfc.com.au/

Range View Park Tennis Club

E: rvp.tennis.club@gmail.com
W: https://play.tennis.com.au/court-hire
Swan Road High Wycombe

Walliston Riding & Pony Club

» Club Grounds for Pony Club, meeting, riding horses, kid sport, promoting equestrian sports, youth, coaching, horses, PCWA, EWA, eventing, dressage.
E: wallistonrpc@gmail.com
W: wallistonrpc.org
Boronia Road Walliston 6076

Yoga with Ann

» Classes based on Hatha Yoga.
E: taatterton@yahoo.co.uk
Lesmurdie Hall
97 Gladys Rd, Lesmurdie WA 6076

Yoga with Julie

» Gentle yoga suitable for beginners.
Forrestfield Hall, Cnr Hale and Anderson Rd, Forrestfield
Cyril Rd Hall, 58 Cyril Rd, High Wycombe
E: julie.sutherland@iinet.net.au

Tourism & Special Events**Kalamunda & Districts Agricultural Society Inc**

» Agricultural Society meets every 2nd Wednesday of the month (except Dec, Jan & April) Primary purpose is to organise the Annual Kalamunda Show, Spring Flower Show and support horticulture and agriculture in the community.

T: 9454 5228 or 0408 900 541
E: pam@Kalamundashow.com.au
W: Kalamundaagriculturalsociety.com.au
Jack Healey Centre Mead Street
Kalamunda

Kalamunda & Districts Historical Society

» To research, collect and preserve the history of Kalamunda and Districts, and to promote the interchange of information among members of the society and the wider community.

T: 9293 1371
E: kdhv@westnet.com.au
W: Kalamundahistoricalsociety.com
Kalamunda History Village Railway Road Kalamunda WA 6026

Kalamunda Annual Show

» The Show is a traditional community event run entirely by volunteers. 2-day event held in Autumn annually. Many local community groups also involved.

T: 9293 3628
E: wayne@Kalamundashow.com.au
W: Kalamundashow.com.au

Kalamunda History Village

- » To collect, preserve and interpret artefacts and archival material relating to the history of Kalamunda and Districts for the education and enjoyment of visitors and for the benefit of future generations.

T: 9293 1371

E: kdhv@westnet.com.au

W: Kalamundahistoricalociety.com

Kalamunda History Village Railway Road
Kalamunda WA 6026

PO Box 121 Kalamunda WA 6926

Kalamunda Artisan Market

- » Premier craft market in the State
 - » Up to 200 stalls.
 - » First Saturday each month 8.30am – 2.30pm.
 - » Organised by the Rotary Club.
- E: manager@Kalamundaartisanmarket.com.au

W: Kalamundaartisanmarket.com.au

Central Mall and Town Square Kalamunda

Zig Zag Cultural Centre

- » Situated in the 'Kalamunda Cultural Precinct' between Kalamunda History Village and Kalamunda Library.
- » Welcomes visitors to experience the history, culture and attractions that the City of Kalamunda offers.
- » Includes the Perth Hills Visitor Centre, Art Gallery, Seminar/Meeting Facilities and cafe/restaurant next door.

T: 9257 9998

E: zzcc@Kalamunda.wa.gov.au

W: zzcc.com.au

50 Railway Road Kalamunda 6026

PO Box 42 Kalamunda WA 6926

Transport, Aids & Equipment

Carelink 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.

T: 9242 0242 or 1300 557 551

W: silverchain.org.au/wa/home-care/personal-safety-and-alarms/personal-alarms/

Silver Chain Nursing House

6 Sundercombe St Osborne Park WA 6017

Chorus

- » Enabling people to live the life they choose, in their home, in their own community.

T: 1800 264 268

E: hello@chorus.org.au

W: volunteertaskforce.org.au

43 Planet Street Carlisle WA 6101

Community Bus – City of Kalamunda

- » 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.

T: 9257 9957

E: enquiries@Kalamunda.wa.gov.au

W: Kalamunda.wa.gov.au/community/community-support/seniors/transport

City of Facilities Booking Officer

2 Railway Road Kalamunda WA 6076

RAC Repairs and Insurance

- » 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.

T: 13 17 03 Breakdown Line: 13 11 11

Hospequip

- » Hospital, Aged Care, Home Care and Rehabilitation Equipment
- » Mobility Equipment Hire and Continence products. Attractive rates for seniors and pensioners.

T: (08) 9456 1661

W: hospequip.com.au/

21 Tulloch Way, Canning Vale WA 6155

Royal Perth Volunteer Transport

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

T: 9224 2054

W: www:rph.health.wa.gov.au/Volunteering/Voluntary-transport-program

Wellington Street Perth WA 6000

Smartrider

- » Transperth's electronic ticketing system
- » Alternatively, you can purchase a cash ticket.

T: 13 62 13

W: transperth.wa.gov.au/TicketsandFares/SmartRider.aspx

Taxi User Subsidy Scheme

- » Passenger Services Department for Planning and Infrastructure
 - Taxi travel at a reduced rate for people who have a severe disability that prevents them from using a conventional public transport
- T: 1300 660 147

E: ondemandtransport@transport.wa.gov.au

W: transport.wa.gov.au

Veteran Services

Department of Veterans' Affairs

- » Provision of a range of services to people in receipt of a Veterans' Affairs pension including patient care and veterans' benefits.

T: 1800 555 254

Volunteering

EdConnect Australia

- » A charity that trains, supports and places volunteers in local schools to improve the lives of vulnerable students.

T: 9444 8646 or 1800 668 550

E: edconnect@edconnect.org.au

W: edconnectaustralia.org.au

Kalamunda Community Garden

- » A place for sharing ideas about growing food and connecting with others in the community. Monthly busy bees and workshops that cater to all age groups.

T: 0429 667 476

E: kalamundacommunitygarden@gmail.com

W: Kalamundacommunitygarden.com

8 Lindsay Street Kalamunda

Emergency Services

If you are experiencing an emergency or life-threatening situation please dial 000 to contact the emergency Fire, Ambulance or Police services.

Forrestfield Police Station

9359 1033
40 Strelitzia Avenue, Forrestfield WA
6058

Police, Ambulance, Fire

Phone 000 for emergency only
Non-Emergency: 131 444

Please Note:

The information printed in this directory is published in good faith and may be subject to changes.

The City of Kalamunda is committed to supporting our community.

*If you,
or someone
you knows
needs help
PLEASE
reach out!*

