

55+

in the PARK

A directory of community groups and services for people aged 55+ in the Town of Victoria Park

A collaborative project supported by the Department of Communities in partnership with:





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The Town of Victoria Park acknowledges the traditional custodians of this land, the Whadjuk Noongars from the Noongar nation and pays respect to past, present and emerging leaders, their cultural heritage, beliefs and relationship with this land which still continues today.

Introduction

55 + in the Park is a project supported by the Department of Communities in partnership with Connect Victoria Park, Harold Hawthorne Centre and SwanCare.

The project included the development of this directory to provide information about services and activities for people aged 55 and over to participate in and remain connected to community.

This directory provides a summary of what is available in the Town of Victoria Park and surrounds and does not aim to list every group or service in the first instance. There is the opportunity to include other groups and services in later editions. It is available online and in other formats upon request.

Visit www.victoriapark.wa.gov.au/55plus

We welcome your feedback. Any comments or suggestions for future changes please email admin@vicpark.wa.gov.au or phone **9311 8111**.

For further information about the Department of Communities visit www.communities.wa.gov.au

Community Places (Suburbs)

The Town's Place Planning team works closely with utilising a 'place approach' that may comprise of one or more existing suburbs. The Place Planning map is colour coded and is used to identify services and activities in these seven areas.

1. Burswood Peninsula
2. Lathlain
3. Causeway
4. Victoria Park
5. Carlisle & Welshpool
6. East Vic Park & St James
7. Curtin University & Bentley

Some of the 'places' have Town Teams that comprise of community members and businesses local to that area who meet on a regular basis. To date the teams have reviewed Town activities and plans that impact their local community, accessed Town funding for activities and events and undertaken training.

Town of Victoria Park Place Planning Boundary Map



Events

The Town of Victoria Park attracts a diverse range of events and along with community participates in international and national celebrations that have included NAIDOC, Volunteer, Seniors, Harmony and Disability Awareness Weeks. To find out the latest events near you visit: www.victoriapark.wa.gov.au/events

Going Outdoors

The Town of Victoria Park offers many beautiful open green spaces that provide opportunities for people of all ages and abilities to get together and enjoy being outdoors. In particular with:

- Disc Golf course: Taylor Reserve and Curtin University
- Outdoor exercise equipment: Read and McCallum Parks
- Public outdoor ping pong: John Macmillan, John Bissett, Rayment and Houghton Parks and Hawthorne Reserve

Kensington Bushland is a nine-hectare jarrah-banksia woodland recognised by the state as a 'Bush Forever' site with trails to experience the local flora and fauna. For volunteering opportunities and bushwalking visit **Friends of Kensington Bushland** Facebook page and www.victoriapark.wa.gov.au/parks-and-reserves

Public toilet facilities are identifiable via the Australian Government Toilet Map site. Visit: www.toiletmap.gov.au

The **Victoria Park Farmers' Market** operates outdoors all year round, selling fresh fruit, vegetables, handmade gifts, food and drinks. Visit the market every Sunday, from 8am to 12noon, at John Macmillan Park.

There are 10 **Free Little Libraries** around town, where you can take books for free and contribute books for others to enjoy. They are located in front of or close to:

- Antz Inya Pantz Café: 965 Albany Hwy, East Victoria Park
- Connect Victoria Park: 5 Mackie Street, Victoria Park
- Duncan Reserve: 36 Duncan Street, Victoria Park
- Library: 27 Sussex Street, East Victoria Park
- Leisurelife Centre: Reception, Cnr Kent & Gloucester Streets, East Victoria Park
- Little Raw Deli: 29 Archer Street, Carlisle
- Rayment Park: Howick Street, Lathlain
- Read Park: 5 Salford Street, Victoria Park
- Victoria Park Centre for the Arts: 12 Kent Street, East Victoria Park
- Harold Hawthorne Community Centre: 2 Memorial Avenue, Carlisle

Facilities & Services

Town of Victoria Park Administration Centre

99 Shepperton Road, Victoria Park
9311 8111 | admin@vicpark.wa.gov.au
www.victoriapark.wa.gov.au

Opening hours: 8.30am–5pm, Monday to Friday
Postal address: Locked Bag 437, Victoria Park WA 6979
Emergency after-hours number: 9311 8188

Digital Hub

1 Harper Street, Victoria Park
9329 4238 | admin@vicpark.wa.gov.au
www.victoriapark.wa.gov.au/digitalhub

Provides free computer courses and online training for the local community, not-for-profit organisations and businesses including one on one sessions for residents and Tech Savvy classes for people aged 55+.

Library

27 Sussex Street, East Victoria Park
9373 5500 | vicparklibrary@vicpark.wa.gov.au
www.victoriapark.wa.gov.au/library

Membership provides free access to services and information about the many events of interest to people aged 55+.

- Books on Wheels (home delivery service)
 - Digital (electronic) collection
 - Local history collection and Family History Group
 - Community and library book clubs
 - Tech savvy classes and computers
 - Bookmark e-newsletter and events page
-

Health and Wellbeing

Leisurelife Centre, Corner Kent and Gloucester Streets, East Victoria Park
9373 5450 | admin@vicpark.wa.gov.au
www.victoriapark.wa.gov.au/healthandwellbeing

Based at Leisurelife, the Healthy Community team provides programs, activities and information around overall wellbeing and includes:

- Nutrition and cooking workshops
 - Walking groups including seniors and bushland groups
 - Living Longer Living Stronger group/individual sessions for people aged 50+
 - Health and wellbeing programs and events
-

Aqualife Centre

42 Somerset Street, East Victoria Park
9373 5400 | admin@vicpark.wa.gov.au
www.victoriapark.wa.gov.au/aqualife

Facilities at Aqualife include eight-lane outdoor 50 metre pool, five-lane indoor 25 metre pool, leisure pool, hydrotherapy pool, spa, steam room, access ramp into indoor 25 metre pool, spa and hydro pool, hoist for transfer into aquatic wheelchair, change room facilities, family/accessible change room, fully equipped gym.

Programs include:

- **Aqua Dance:** invigorating, fun choreographed workout to uplifting music
- **Aqua Fit:** for all levels of fitness and ages. Cardio and conditioning workout performed in water to support the body and provide resistance
- **Aqua Resistance:** combines exercise band and water resistance exercise into one effective workout
- **Deep Water Aqua:** for all levels of fitness and ages and beneficial to people recovering from injuries. Work out in deep water aided by buoyancy equipment
- **Yoga:** 55 minute class suitable for all fitness levels

Resident Aqualife groups provide a variety of swimming opportunities and are listed in the Community Places section.

Leisurelife Centre

34 Kent Street, East Victoria Park
9373 5450 | leisurelife@vicpark.wa.gov.au
www.victoriapark.wa.gov.au/leisurelife

A multi-purpose recreation centre, Leisurelife offers a fully equipped gym, Les Mills group fitness classes and RPM studio, three indoor sports courts, squash courts, adult and kids sports programs. Leisurelife senior sessions are designed specifically for mature adults (over 50s).

Sessions may include use of cardio equipment (treadmills, bikes and cross trainers), hand-eye coordination work with basketballs, balance and abdominal work with fit balls, and floor work, always finishing up with a cool-down and stretching. There is a café, function facilities and bingo every Saturday night.

Activities include:

- **Living Longer Living Stronger:** strength training and exercise program
 - **Prime Movers:** invigorating dance exercise program
 - **Senior Circuit:** low impact social exercise program
-

Further Opportunities & Services

ACROD permit holders may use ACROD parking bays on streets and public and private businesses. People with significant mobility restrictions can apply.

Designated accessible parking is available throughout the Town for vehicles displaying current ACROD Permits. If no designated parking bays are available, you may park in a standard parking bay and display your current ACROD Permit and parking ticket if applicable. For further information including time extension concessions visit

www.victoriapark.wa.gov.au/parkingfaq

Community Grants program provides opportunity for not-for-profit community groups, schools and individuals to make a positive contribution to the community.

Visit: www.victoriapark.wa.gov.au/grants

Rubbish collection service is for residents who are unable to place their bins on the verge for collection due to disability, age or illness. The service includes returning the emptied bins to the property. To apply, contact the Town on **9311 8111**.

Security Incentive Scheme offers rebates to help residents improve the level of security within their home by installing security devices. Rebates up to the value of \$200 (or \$250 for approved concession card holders) are available.

Visit: www.victoriapark.wa.gov.au/security

Travel and transport information including the Integrated Movement Network Strategy, local TravelSmart maps, bike pumps and repair stations and the Joint Bike Plan is available on the website. Train stations and other local services include:

- **Burswood** (partially accessible)
 - **Perth Stadium** (fully accessible)
 - **Victoria Park** (fully accessible)
 - **Carlisle** (partially accessible)
 - **Oats Street** (partially accessible)
 - **Victoria Park Transfer Station** is located at the eastern end of the Causeway. It has six stands and is served by 30 Transperth bus routes.
Visit: www.transperth.wa.gov.au
 - **Crown Bus** operates on Mondays to Saturdays via two routes picking up from the Park Centre in East Victoria Park and delivering to the Crown Perth. Visit: www.crownperth.com.au/general/crown-bus
 - **Park Centre Community Bus** is a free service provided by the shopping centre that runs every Tuesday morning, serving retirement villages. It welcomes members of the public and accommodates personal grocery carts. Visit: <https://theparkcentre.com.au/centre-info-4>
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Volunteering is valued by the Town and appreciates the important role volunteers play in creating a connected, thriving and vibrant community.

Visit: www.victoriapark.wa.gov.au/volunteering

Free Wi-Fi is available via a free internet connection along Albany Highway from the Causeway up to Welshpool Road. The public can access Wi-Fi by connecting to the 'Public Wi-Fi Vic Park' network. No password is required.

Concessions and/or **Companion Cards*** depending on eligibility may apply to:

- Designated accessible parking
 - Recreation centres
 - Dog and cat registrations
 - Security Incentive Scheme
 - Rates
-

***Companion Card WA**

1800 617 337 | wa@companioncard.asn.au

www.wacompanioncard.org.au

The Companion Card is for people with a significant and permanent disability, who require attendant care support in order to participate at community venues and activities, and who are always going to need a high level of care to get to community based activities. Cardholders present their card when booking or purchasing a ticket from a participating business. Participating businesses will recognise the Companion Card and issue the cardholder with a second ticket for their companion at no charge.



Community Places:

Groups | Activities | Services | Centres

Victoria Park **Burswood Peninsula** **Causeway**

Advocare

The Perron Centre, 61 Kitchener Avenue, Victoria Park
9479 7566 | rights@advocare.org.au | www.advocare.org.au

Provides an independent voice on behalf of older people, informs service delivery, influences practice and increases the understanding of the rights of older members in our community. Services include:

- Information, advice and resources about older people's rights and options
 - Support to resolve issues with aged or community care services
 - Skills and strategies to ensure older people are heard as they solve problems
 - Elder Abuse Hotline: 1300 724 679
-

Bladder and Bowel Health Australia

The Perron Centre, 61 Kitchener Avenue, Victoria Park
9386 9777 | info@bladderbowelhealth.org.au | www.bladderbowelhealth.org.au

Delivers personalised, compassionate advice and management of bladder and bowel health issues along with general health promotion, education, and training services for people of all ages. It offers free public seminars with interesting and engaging guest speakers for community groups, as well as a helpline and home visiting services.

Blind Citizens WA Inc.

The Perron Centre, 61 Kitchener Avenue, Victoria Park
6180 8938 | 0419 918 264 | bcwa@westnet.com.au | www.bcwa.org.au

A not-for-profit, peer-led support organisation to ensure that Western Australians who are blind or vision impaired have full participation in community.



Catholic Homes

123 Burswood Road, Burswood

1300 244 111 | catholichomes@catholichomes.com | www.catholichomes.com

Offers home care including short term restorative care, residential care and retirement living throughout the Perth metropolitan area and in Bunbury.

Home Care and Short Term Restorative Care

123 Burswood Road, Burswood

1300 244 000 | homecare@catholichomes.com
www.catholichomes.com/our-services/home-care

Provides help for older people to live independently at home by supporting them to navigate home care options that include:

- Domestic service and gardening
- Nursing and personal care
- Health and wellbeing
- Pastoral care and comfort care
- Meals and nutrition
- Respite care
- Private services
- Volunteers in place service

Centrelink

117–121 Shepperton Road, Victoria Park

132 300 | www.humanservices.gov.au

Provides income support and access to a range of concessions for eligible Australians. Benefits relevant to older people include:

- Advance payments
- Pension Bonus Scheme
- Age Pension
- Pensioner Education Supplement
- Carer allowance
- Pharmaceutical Benefits Scheme
- Contingence Aids Payment
- Scheme (CAPS)
- Rent Assistance
- Disability Support Pension (DSP)
- Widow Allowance
- Mobility Allowance (MOB)
- Work Bonus



Connect Victoria Park

5 Mackie St, Victoria Park

9361 2904 | admin@connectvictoriapark.org | www.connectvictoriapark.org

Village Hub

The Village Hub is an innovative and member-driven program that aims at changing the face of ageing by offering people over 55 opportunities to connect, be active, develop their interests and contribute to community. It offers courses, classes and interest groups, including:

- Ballroom Fit
- Line dancing
- Book club
- Photography group
- Chair yoga
- Stay Sharp (resistance exercise & brain health sessions)
- Community choir
- Social cycling
- Craft group
- Tai chi
- Creative writing
- Ukulele
- Gardening group
- Walking group
- Gentle Pilates

Also on offer:

- Bingo
- Podiatry (discounted)
- Coach trips
- Special events
- Community lunches
- Tech savvy sessions
- Guest speakers
- Volunteering
 - Neighbour-to-neighbour
 - General, admin etc.

Affordable Housing

Connect Victoria Park Inc., formerly known as Senior Citizens' Welfare Association, currently offers affordable housing to 80 people aged over 60. One bedroom and bedsitter rental units are located on Mackie and Cargill Streets, close to public transport and the Victoria Park café and shopping strip.

Council on the Ageing WA (COTA WA)

The Perron Centre, 61 Kitchener Avenue, Victoria Park

9472 0104 | admin@cotawa.org.au | www.cotawa.org.au

Advances the rights, interests and futures of Australians as they age. COTA members can access insurance designed specifically for over 50s, two-for-one dining, savings on food shopping and more.

The Etch Collective

chloe@theetchcollective.com | www.facebook.com/theetchcollective

A group that provides resources to women in Perth, who are in a new chapter of their lives and are in need of support due to circumstances of divorce/separation.

Lions Club of Victoria Park

0448 078 032 | ronfreestone@bigpond.com | www.victoriapark.wa.lions.org.au

Lions Clubs are part of community life in the cities and in the country. They are filled with people who share the common desire to make their communities better, by using their creativity, enthusiasm and energy.

Riverview Community Services

1 Thorogood Street, Burswood

9416 0000 | info@riverview.org.au | www.riverview.org.au

Provides a range of services to all people in an environment of respect including:

- Asylum seeker hub
 - Gift-giving projects
 - CAP Debt Centre
 - Street teams
 - Community Visitors Scheme
 - Tree of Hope
 - Emergency relief
-

Senses Australia

11 Kitchener Avenue, Burswood

9473 5400 | www.senses.org.au

A not-for-profit that offers a range of disability services to help seniors maintain independence and community connections, and improve health and wellbeing.

UnitingCare West

16 Sunbury Road, Victoria Park

1300 663 298 | hello@unitingcarewest.org.au | www.unitingcarewest.org.au

Offers a broad suite of services to assist individuals who experience adversity in their life. Services include community connections, mental health support, disability support, financial counselling and community housing.

Vic Park Collective

hello@vicparkcollective.com | www.vicparkcollective.com

Works to foster collaborations between local businesses, residents and the Town of Victoria Park to make Vic Park 'uniquely awesome'. The Collective aims to help make Victoria Park a more fun, interesting and sustainable place through projects, events and activities. Volunteering and membership opportunities.

Victoria Park Community Garden

Read Park, Corner Albany Highway and Salford Street, Victoria Park

communityallotment@gmail.com | www.facebook.com/VicParkCommunityGarden

A fenced area of Read Park, the community garden consists of 32 allotments leased by individuals and families, school and community groups. There are several fruit trees, communal growing sections, worm farms/composting, a native garden and a social area for making tea and coffee under a giant Moreton Bay Fig. There are discounts for Seniors Card holders to take up allotments.

Victoria Park Country Women's Association (CWA)

Connect Victoria Park, 5 Mackie Street, Victoria Park

9321 6041 | info@cwaofwa.asn.au

CWA aims to improve conditions for women and children, make life better for their families, especially those living in rural and remote Australia supporting many charities and local community projects. The Victoria Park CWA meets fortnightly.

Victoria Park Croquet Club

51 Rushton Street, Victoria Park

0419 049 593 | 9367 3356

bethwynjohnson@bigpond.com | www.croquetwest.org.au

Offers low cost casual social croquet games, hosts association competitions for its members, and provides coaches for groups. The club offers people of all ages and abilities association croquet, golf croquet and gateball.

Victoria Park Men's Shed

51 Anketell Street, Kensington

0423 115 295 | vicparkmensshed@gmail.com | www.facebook.com/vicparkmensshed

Focuses on men's health, in an environment for social engagement and working together. It has a community garden and facilities for woodwork and metalwork.

Victoria Park Rotary Club

0403 121 543 | www.facebook.com/victoriaparkrotary

The local chapter of Rotary inspires business, professional and community leaders who translate their passion into relevant social causes to change lives in community. Members provide humanitarian service, encourage high ethical standard in all vocations, and help build goodwill and peace in the world.

VisAbility

The Perron Centre, 61 Kitchener Avenue, Victoria Park
1800 847 466 | info@visability.com.au | www.visability.com.au

Provides services that benefit the lives of people with disability. It offers therapy for all ages and disabilities, specialising in vision impairment. It can assist people with disability with My Aged Care planning and employment opportunities.



Community Places: Groups | Activities | Services | Centres

Lathlain Carlisle & Welshpool

Chorus

43 Planet Street, Carlisle

1800 264 268 | hello@chorus.org.au | www.chorus.org.au

Formerly known as Volunteer Taskforce, Chorus supports seniors, those living with disability or in mental health recovery. It also offers opportunities for people to volunteer their time within their community.

Harold Hawthorne Community Centre

2 Memorial Avenue, Carlisle

9470 1155 | reception@hhcentre.org | www.hhcentre.org

Supports the independence, personal growth and wellbeing of seniors and younger people with disability in the local community. Train and bus services are within easy walking distances, free parking available. The centre offers:

- Ballroom dancing
- Student work experience
- Indoor social bowls
- Coffee & Craft / Choir Group
- Bingo / Book Exchange
- Meditation / Tai chi / Reiki / Yoga
- Monthly lunch and shows
- English Conversation Classes
- Outings (e.g. fishing/movies)
- Wellbeing information sessions
- Casino bus / Volunteering
- Event space for hire
- Podiatry / Computer lounge
- Harry's Diner (lunches)

Home and Community Support

Offers a variety of at home support and community services including:

- Community Access / Transport
- Respite Services
- Domestic Assistance
- Small Group Outings
- Home & Garden Maintenance
- Social Activities Centre
- Meals on Wheels / Meals Prep
- Personal Care / Social Support

Over 55s Village (housing)

The Village consists of 41 independent living units and four social housing units with attractive gardens, a community centre next door and a short distance to cafés, bakery, butcher, chemist and specialty stores.

Lathlain Playgroup

Keith Hayes Community Centre, 6 Lathlain Place, Lathlain

lathlainplaygroup@gmail.com | www.lathlainplaygroup.com

Welcomes mums, dads, carers and grandparents of newborns to five year olds and caters for culturally diverse families. The group operates Monday to Friday all year round including school holidays.

Mercy Place Lathlain

63 Archer Street, Carlisle

9361 8969 | residential-care.mercyhealth.com.au/homes/mercy-place-lathlain

Offers a range of aged care accommodation based on lifestyle plans that celebrate individuality. Local attractions include shopping precincts and parklands with many in-house activities including weekly Italian coffee club, tai chi and intergenerational programs with local students.

Probus Club of Victoria Park Inc.

Perth Football Club Function Room, Cnr Bishopsgate and Goddard Streets, Lathlain

0416 382 072 | probus9vicpark@gmail.com

www.probusouthpacific.org/microsites/VICTORIAPARK/Welcome

Probus is about friendship, fellowship and fun in retirement. Clubs progress healthy minds and active bodies through social interaction and activities with other retirees in the community.

Victoria Park Soccer Club

Parnham Reserve, Corner Mercury and Star Streets, Carlisle

1300 793 654 | info@vicparksc.com | vicparksc.com

Offers playing opportunities for juniors and seniors as well as social memberships and volunteering.

Victoria Park Xavier Hockey Club Inc.

Fletcher Park, 56 Weston Street, Carlisle

0419 940 278 | slamont@iinet.net.au or secretary@vicparkpanthers.com.au |

www.vicparkpanthers.com.au

One of Perth's largest hockey clubs, with more than 600 members, the Victoria Park Xavier Hockey Club caters for players of all ages and abilities. In particular men's and women's senior and masters teams including over 40s, 50s and 60s. There are also volunteering opportunities.

Windsor Park Aged Care Home

Hall & Prior, 110 Star Street, Carlisle

9472 9488 | info@hallprior.com.au | www.hallprior.com.au

Provides provide 24-hour care by registered nurses, supported by a dedicated team of enrolled nurses and personal carers. Comprises of two houses, one of which provides specialised care programs for residents with complex care needs. Both houses have large activity rooms, quiet rooms, lounge rooms and extensive shaded gardens with outdoor barbecue areas. Activity program includes bus trips and outings, arts and crafts, movie days, and theme days. Hall & Prior also manage **Kensington Park Aged Care Home** that is located just outside the Town of Victoria Park on Gwentyfred Road, Kensington.

Community Places:

Groups | Activities | Services | Centres

East Victoria Park & St James

Aegis Aged Care Group

Central Office, 90 Goodwood Parade, Burswood
6254 8200 | aegis@aegiscare.com.au | aegiscare.com.au

Owns and operates more than 25 quality aged care residences throughout the Perth metropolitan area and provides 24-hour care and lifestyle support to residents.

Aegis St James (residence)

38 Aldey Street, St James
9361 8918 | stjames@aegiscare.com.au | aegiscare.com.au/locations/aegis-st-james

Residence that offers vibrant community care close to Victoria Park precinct for a variety of shopping, restaurants and services. Residence is dementia secure and caters for people requiring high care.

Aqualife resident groups

- **Eclipse Performance Centre**

info@eclipsepc.com.au | www.eclipsepc.com.au

A not for profit triathlon coaching centre based locally in Victoria Park offering triathlon specific swim coaching and squad sessions for all levels of triathlete. It also welcomes swimmers who don't participate in triathlon (open water swimmers and swimming for fitness and enjoyment). They hold five squad sessions per week at Aqualife.

- **Somerset Masters Swimming Club**

info@somersetmasters.org.au | www.somersetmasters.org.au

A swimming club in which people can improve their skill, and maintain or develop fitness in an enjoyable manner. Anyone 18 years or older with an interest in swimming for fitness and fun is welcome to join. Swimming is a sport you can actively participate in throughout life.

- **Somerset Seals Water Polo Club**

somersetseals@hotmail.com | www.facebook.com/SomersetSealsWaterPoloClub

Has teams for all age groups and abilities from flippa ball through to masters. Teams compete in the Western Australian Water Polo Association competition which runs October to March.

- **Somerset Sea Snakes**

0428 684 488 | corad.1@hotmail.com

Meet once a week at Aqualife during the winter months to promote men's health and fitness. Men of all ages and abilities are welcome, and you can expect a few laps of the pool, a race or two, some hot soup and plenty of banter.

- **Victoria Park Swimming Club**

vpssc.secretary@gmail.com or vicparkswimclub@hotmail.com | www.victoriapark.swimming.org.au

A community-based sporting club that caters for a whole spectrum of swimmers from the competitive (pool and open water) to the recreational. They have professional accredited coaching staff and new members are always welcome.

Auscare Group

184A Shepperton Road, East Victoria Park

6364 3917 | admin@auscaregroup.com.au | www.auscaregroup.com.au

Encourages clients to maintain as much independence as possible, particularly through social activities such as day trips, classes and social clubs. Recognises that different people have different needs and therefore Auscare offers a wide range of individual services including:

- Domestic assistance
- Therapeutic support
- Community access
- Nursing/specialised care
- Respite care
- NDIS
- Transport
- Disability services

Burswood Care (housing)

16 Duncan Street, Victoria Park

9279 9988 | admin@roshana.com.au | www.roshana.com.au

Offers an in-home like setting that encourages residents with mental health diagnosis to remain as independent as possible including taking an active role in identifying and planning care needs. Lifestyle and recreational activities are planned in accordance with residents' needs and interests.

CURA (in-home care)

Unit 3, 8 Welshpool Road, East Victoria Park

9382 1983 | care@cura-inhomecare.org.au | cura-inhomecare.org.au

Provides individualised in-home care services to people of different ethnic backgrounds and diverse lifestyles through home care packages, private services and a community visitor scheme.

Services include:

- Companionship and friendship
- Personal care
- Shopping
- Cleaning and gardening
- Transport
- Allied health
- Domestic
- Volunteering

Higgins Park Tennis Club

Playfield Street, East Victoria Park

0438 897 995 | higginsparktennisclub@gmail.com | www.tennis.com.au/higginspark

A friendly and active club that caters for social and competitive players of all ages and abilities. The club has a strong focus on social tennis holding regular events and tournaments open to all.

Leisurelife user groups**• Agility Rehab**

6162 8145 | admin@agilityrehab.com.au | www.agilityrehab.com.au

Provides specialised exercise rehabilitation services designed to assist with recovery from injury or chronic disease.

• Dynamic Flame Badminton Club Inc.

0413 562 421 | badminton.dfbcl@gmail.com
www.dynamicflamebadmintonclub.com.au

An Act Belong Commit club involving partnerships with Multicultural Services and Edmund Rice Centre. Volunteers deliver Keep Fit FUN Badminton activities to people of all ages, abilities and diverse backgrounds.

• GKR Karate International

0422 878 497 | region12au@gkrkarate.com | www.gkrkarate.com

Traditional Japanese style of karate that is a non-contact. Classes are disciplined, yet fun, allowing the whole family to participate, learn and develop at their own speed. Classes cater for people aged five years to those well into their 70s.

• WA Disabled Sports Association Inc. (WASDA)

9470 1442 | reception@wadsa.org.au | www.wadsa.org.au

A sport and recreation organisation believing in participation for all and using innovation to change the daily lives of people living with disability.

• Yoga with Janine

0422 223 649 | jbanks@iinet.net.au

Hatha yoga class moves through breath awareness and meditation practices meditation to achieve a balance of both body strength and flexibility and calmness and clarity for the mind.

Neami National

Suite 3, 353 Shepperton Road, East Victoria Park

6252 0420 | eastvictoriapark@neaminational.org.au

Provides community-based mental health services that support people to improve their wellbeing, live independently and pursue a fulfilling life.

Prime Movers

0444 560 037 | secretary@primemovers-exercise.com.au
www.primemovers-exercise.com.au

Provide exercise for the active older adult. Classes are conducted by accredited volunteer instructors and are structured to include stretching, low impact aerobics and muscle work, all carried out in a friendly environment to familiar music. Classes run every Wednesday at Leisurelife, in East Victoria Park.

Retirees WA Inc.

Suite 2, 915 Albany Highway, East Victoria Park
9362 0100 | info@retireeswa.com.au | www.retireeswa.com.au

A not-for-profit organisation that advocates for seniors and ensure that retirees are able to access affordable lifestyle options. Retirees WA services to members include advice and referrals to appropriate government departments, social club, financial advice, low cost prepaid funeral plans.

Sussex Street Community Law Service

29 Sussex Street, East Victoria Park
6253 9500 | sscls@sscls.asn.au | www.sscls.asn.au

Provides social welfare services and legal advice, including free community legal education sessions and a night legal service offering short advice appointments in family and civil law.

Victoria Park Carlisle Bowling Club

18 Kent Street, East Victoria Park
9470 3100 | secretary@vicparkbowls.com.au | www.vicparkbowls.com.au

Offers a range of competitive and social bowls and a variety of membership options. It has a function centre available for hire, with a large hall that holds 150 people, a commercial kitchen and an enjoyable bar area.

Victoria Park Centre for the Arts

12 Kent Street, East Victoria Park
6454 1803 | info@vicparkarts.org.au | www.vicparkarts.org.au

The Town's community arts and culture centre. It encourages, stimulates and promotes local arts and cultural activities for established and emerging artists of all ages and persuasions. A variety of classes and courses are offered offer, including:

- Painting
 - Language
 - Singing
 - Creative writing
 - Writers group
 - Colouring
 - Printmaking
-

Victoria Park Community Centre

248 Gloucester Street, East Victoria Park

9361 1999 | vpcc@westnet.com.au | vicparkcc.org.au

A community centre situated alongside John MacMillan Park that encourages and facilitates people to come together for friendship, learning, support and fun. The Centre hosts many workshops and community events as well as resident groups including:

- Vic Park community craft
- Vic Park Sewcialists (sewing)
- St Mary's Outreach Service
- Belmont Camera Club
- Vic Park community board games
- Qi yoga (chi-gung and hatha yoga)
- Curtin Enactus Suited Up (basic sewing)
- Narcotics Anonymous
- The Awkwardstra (community orchestra for beginner-intermediate musicians)
- Grandparent Welcoming Playgroup

Victoria Park RSL

1 Fred Bell Parade, East Victoria Park

9361 8802 | info@victoriaparkrsl.org.au | www.victoriaparkrsl.org.au

Provides services to returning veterans who have served in conflicts including the Boer War, World Wars I and II, Korea, Malayan Emergency, Borneo, Vietnam, Timor, Iraq, Iran, Afghanistan and other peacekeeping operations. Support, social and volunteering opportunities.





Community Places: Groups | Activities | Services | Centres Curtin University & Bentley

Curtin Health and Wellness Centre

Building 404, Curtin University Bentley Campus, Bentley

9266 1717 | curtinclinics404@curtin.edu.au

www.healthsciences.curtin.edu.au/our-clinics/specialised-exercise-programs

Offers specialised programs for people who have a health condition or risk factors. Programs available include:

- Cardiac exercise
 - Life Now (cancer recovery)
 - Living Longer, Living Stronger (strength training)
-

Curtin Stadium Active Seniors

Curtin Stadium, Building 111, Curtin University Bentley Campus

9266 7870 | stadium@curtin.edu.au

stadium.curtin.edu.au/health-rehabilitation/active-seniors

A supervised group program for people over 50. The program incorporates weight training, balance activities and health education guided by dedicated trainers. The program requires a medical clearance and introductory consultation to evaluate conditions and needs for a safe and effective exercise program.

Curtin University Rugby Club

Endinburgh Oval Club Rooms, Curtin University, Bentley

0419 809 722 | goat@curugby.com.au | www.curugby.com.au

A community based rugby club with seniors, ladies and Golden Oldies (over 35s social rugby) teams. It further includes 'The Knackered Goats' club, affiliated the Perth Rams as an all-inclusive Rugby Union team. The club offers people aged 55 years and over social and volunteer opportunities. Volunteers are offered training as required for roles in coaching, club management and bar management.

Friends of Kensington Bushland

Kensington Bushland, Kent Street, East Victoria Park

<http://www.facebook.com/Friends-of-Kensington-Bushland-412357182259702>

A group based around Victoria Park dedicated to the preservation of Kensington Bushland and the promotion of its importance in the community.

Juniper Rowethorpe Retirement Living

4-10 Hayman Road, Bentley

6363 6311 | www.juniper.org.au/retirement-living/location-finder

Retirement living, surrounded by landscaped gardens, parks and shady tree-lined avenues, a wide choice of comfortable housing options are designed to suit all tastes with the security of independent living.

Juniper Home Care

1300 638 022 | www.juniper.org.au/home-care

Offers help for older people to live safely and happily in their own homes for as long as possible. Services include:

- Housework
- Activity programs
- Personal care
- Health
- Outings and transport
- Nursing care

SwanCare

26 Plantation Drive, Bentley, WA 6102

6117 8328 | info@swancare.com.au | www.swancare.com.au

SwanCare Bentley Park is on a 15 hectare site that is home for more than 1,000 residents, occupying three aged care centres and a vibrant retirement living community.

SwanCare at Home provides a range of support services to assist people wishing to live independently in their own homes. Services include:

- Social engagement
- Transport
- Companionship
- Help to stay healthy
- General household help
- Personal assistance



Other Community Contacts

Aboriginal Aged Care Health Services Directory

healthywa.wa.gov.au/Articles/N_R/Perth-Aboriginal-services-aged-care-services

Provides a list of aged care services and centres for Aboriginal people in the Perth metropolitan area including:

Jacaranda Community Centre

146 Epsom Avenue, Belmont

9477 4346 | info@jacarandacc.org.au | www.jacarandacommunitycentre.org.au

Alzheimer's WA

9 Bedrock Place, Shenton Park

1300 667 788 | support@alzheimerswa.org.au | www.alzheimerswa.org.au

Advocates, educates, supports and engages people to improve the lived experience of those on the dementia journey. Provides holistic person-centred care and support to people impacted by dementia. Pursues risk reduction, treatment and cure for dementia.

Cancer Council WA

9212 4333 | www.cancerwa.asn.au

Provides a range of services including counselling, support groups, wig service, gardening and complementary services.

Carers WA

1300 227 377 | info@carerswa.asn.au | www.carerswa.asn.au

Provides counselling, information, advocacy and support to carers of someone who is frail aged has a chronic illness, disability, and mental health or drug/alcohol issues.

Chung Wah Community and Aged Care

9328 3988 | enquiry@chungwahcac.org.au | www.chungwahcac.org.au

Provides government funded and culturally appropriate aged care and disability services to people with different health conditions from Chinese, Vietnamese, Cambodian and other ethnic communities throughout the Perth metropolitan area.

Citizens Advice Bureau WA

9221 5711 | www.cabwa.com.au

Connects people with information and services so they can make independent and informed decisions.

- Wills
 - Family law and legal advice
 - Mediation
 - Volunteering opportunities
-

Concessions WA

6217 6888 | www.concessions.wa.gov.au

A resource to find details of rebates, concessions and subsidy schemes provided by the Government of Western Australia including:

- Accommodation and housing
 - Seniors Card benefits
 - Arts and culture
 - Sport and recreation
 - Legal
 - Tourism, travel and transport
 - Health and disability
 - Education, training and employment
-

CPE Group

63 Lindsay Street, Perth

1300 665 082 | info@cpegroup.biz | www.cpegroup.biz

Supports community and people to remain living at home independently. Through My Aged Care, NDIS and Department of Veterans' Affairs, delivers disability care, home care packages, residential aged care and hospital services.

- Respite care
 - Personal care and nursing services
 - Family care
 - Domestic assistance
 - Social and companion support
 - Disability services
-

Department of Veterans Affairs

1800 555 254 | www.dva.gov.au

Provide eligible veterans with pensions, public and private health care and pharmaceuticals.

Fishability

0424 417 073 | executiveofficer@fishability.org.au | www.fishability.org.au

Free fishing programs delivered by volunteers from accessible platforms including a boat program from Royal Perth Yacht Club, Crawley on a purpose built pontoon.

Grandfamilies and the Grandcarers Support Scheme

9245 2441 | www.wanslea.asn.au

www.dlqc.wa.gov.au/AdviceSupport/Pages/Grandfamilies.aspx

Provides information and financial support for people with full time responsibility for raising their grandchildren.

Health Direct

1800 022 222 | www.healthdirect.gov.au

24-hour free health service and information provided by a registered nurse.

Home Instead Senior Care

Garden Office Park, 355 Scarborough Beach Road, Osborne Park
6310 0400 | perth@hiscperth.com.au | www.perth.homeinstead.com.au

Offers support services for older people to continue living safely and independently in their own home. Individually customised services are flexible to changing needs. Home care services include:

- Respite care
- Transition and palliative care
- Personal care
- Dementia care
- Companionship and transport

Independent Living Centre (ILC)

The Niche, Suite A, 11 Aberdare Road, Nedlands
1300 885 886 | 9381 0600 | general@ilc.com.au | www.ilc.com.au

Provides information and services that enable Western Australians of all ages and abilities to live more independent and fulfilling lives and includes:

- Assistive equipment / hire service
- Training and events
- Home modifications
- Grants and equipment funding
- Technology services
- Carer respite and support
- Driver assessments
- Community allied health services

MercyCare

38 Ord Street, West Perth
9442 3444 | info@mercycares.com.au | www.mercycare.com.au

Provider of aged care, family, health, disability and community services. Aged care services supports people to continue living in their own home and include:

- Community and companionship
- Support for family and carers
- Personal care and wellbeing
- Falls prevention and safety
- Home and garden maintenance
- Assisted transport
- Meal planning and preparation
- Nursing and private services

MercyCare housing

A range of retirement living and residential care options available throughout the Perth metropolitan area including at Kelmscott and Maddington.

Multiple Sclerosis WA (MSWA)

Member and Client Services and Supports, 29 Parkhill Way, Wilson
9365 4888 | enquiries@mswa.org.au | mswa.org.au

Supports people living with over 30 neurological conditions including MS, Stroke, Parkinson's Disease, Huntington's Disease, acquired brain injury, and Motor Neurone Disease. Programs provide a wide range of services information and resources for people to live well.

National Health Service Directory

www.nhsd.com.au

An online directory of health services in your area including bulk billing services.

Parkinson's WA

6457 7373 | info@parkinsonswa.org.au | www.parkinsonswa.org.au

Provides education, specialised nursing service and support for people with Parkinson's, their family and friends.

Platinum Health Care

Unit 1, 22 Hardy Street, South Perth

9470 4075 | consultant@platinumhealthcare.com.au

www.platinumhealthcare.com.au

Provider of home care support services through the Federal Government funded Home Care Package Program or funded privately for aged and disability services including:

- Personal care and home help
 - Companionship and lifestyle
 - Palliative and respite care
 - Specialised services
-

Red Cross

Telecross | 1300 885 698

www.redcross.org.au/get-help/community-services/telecross

Volunteers provide a daily call to check on wellbeing and safety, providing peace of mind to people who are isolated.

Social Connection Programs

www.redcross.org.au/get-help/community-services/companionship-social-support

Connection programs that support and link people to their community including home visits, social outings, group activities, peer support and social phone calls.

Volunteering | www.redcross.org.au/volunteer

Richmond Wellbeing

29 Manning Road, Cannington

1800 742 466 | admin@rw.org.au | www.rw.org.au

Provides support to people who experience mental distress, with disability and/or have alcohol/substance abuse issues with community outreach and residential services.

Seniors Recreation Council of WA (SRCWA)

9492 9773 | www.srcwa.asn.au

Provides innovative programs to foster the participation of people over 50 in sport and physical and mental activity through a range of initiatives.

Seniors Housing Advisory Centre (SHAC)

1300 367 057 | seniors.housing@dmirs.wa.gov.au

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

A free, independent information and advice service for seniors and their families covering the full range of housing options for seniors in WA. Further information:

- My Aged Care | 1800 200 422 | www.myagedcare.gov.au
- Aged Care Guide | www.agedcareguide.com.au

Silver Chain (WA)

9242 0119 | www.silverchain.org.au/wa

Provides in-home health and aged care in Perth and Western Australia with a range of health and wellbeing support, from basic care all the way to Hospital in the Home.

Southern Districts Support

The John Green Centre, Suite 8, 122 Forrest Road, Armadale

9498 4800 | info@sdsa.org.au | www.southerndistricts.org.au

Provide a wide range of social and community events for seniors, people with disability, mental health issues and dementia. Services include:

- Lifestyle, leisure, interest groups
- Help around the house
- Care at home (private services)
- Transport assistance
- Respite care
- Overnight support
- Meal preparation
- Social and community support
- Lawn and gardening

Sport and Recreation – find a club

Department of Local Government, Sports and Cultural Interests

9492 9700 | <http://www.dsr.wa.gov.au/portal/find-a-club>

Provides information about sport and recreational groups and clubs in WA.

St Bartholomew's House

7 Lime Street, East Perth

9323 5100 | reception@stbarts.org.au | www.stbarts.org.au

Assists people who are homeless, or at risk of homelessness, achieve positive life outcomes. The Assistance with Care and Housing (ACH) program assists older people on lower incomes who are homeless or at risk of becoming homeless to obtain long term affordable housing with appropriate support to remain in the community through accessing appropriate housing linked community aged care services.

Stroke Foundation

1800 787 653 | www.strokefoundation.com.au

Provides information, support, awareness, prevention, research and fundraising.

Umbrella Multicultural Community Care Services Inc.

39 Abernethy Road, Belmont 9275 4411

enquiries@umbrellacommunitycare.com.au | www.umbrellacommunitycare.com.au

Delivers innovative and culturally appropriate aged care services to seniors from 58 different countries. The Commonwealth Home Support Program (CHSP) and Home Care Package (HCP) program assists older people to remain living independently in their homes. Services and activities include:

- At home care
 - Excursions
 - Day centre
 - Health and fitness
 - Social clubs and activities
 - Carer's group
-

University of the Third Age

6488 1857 | u3a@uwa.edu.au | u3auwa.org

Provides lifelong learning for seniors with 10 regions across the Perth metropolitan area. Members can participate in the activities and events of your region and across all of U3A (UWA).

Volunteering WA

9482 4333 | www.volunteeringwa.org.au

Connects volunteers to many community organisations. Provides a range of resources, services and support so that people in Western Australia are aware of, and understand, the nature and scope of volunteer activity.



Emergency | Safety | Relief Support

Emergency

- **Police, Fire and Ambulance:** emergency (life threatening) 000
- **Police Assistance:** Police attendance required (not life threatening) 131 444
- **State Emergency Service (SES):** assistance with storm/flood repairs 132 500
- **Kensington Fire Station:** 21 George Street, Kensington 6424 6710

Safety

- **Crime Stoppers:** report crime anonymously 1800 333 000
- **Elder Abuse Hotline:** (Advocare) 1300 724 679
- **Neighbourhood Watch:** know your neighbours 9222 1513
- **WA ScamNet:** current scams information and self protection 1300 304 054

Relief / Support

- **Crisis Care:** homeless, domestic violence/child welfare concerns 9223 1111
- **Entrypoint:** homelessness assessment and referral service 6496 0001
- **Kensington PCYC:** food assistance 9367 1282
- **Lifeline WA:** 24-hour crisis line for people experiencing depression, loneliness, abuse, trauma or suicidal thoughts) 131 11 14
- **Mission Australia:** financial counselling, family support & accommodation and emergency relief 9262 4200
- **Ngalla Maya Aboriginal Corporation:** in own home support 9478 6000
- **Riverview Community Services:** food assistance 9416 0000
- **Star Street Uniting Church, Carlisle:** low cost clothing, food and coffee service 9470 3218
- **St Mary's Outreach Service:** Meal service and health checks refer Victoria Park Community Centre
- **St Vincent de Paul, Victoria Park:** Clothing, food, financial counselling and bill assistance 1300 794 054
- **The Haven Centre:** meal service, shower truck & Orange Sky Laundry
879 Albany Highway, East Victoria Park

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TOWN OF
VICTORIA PARK

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Disclaimer

Every endeavour has been made to ensure that details presented in this publication are correct at time of printing. The Town of Victoria Park accepts no responsibility for any inaccuracy, whether by inclusion or omission, subsequent change or withdrawal of details for services shown that are subject to alteration without notice.

Printed June 2019