



CANNING
DIVISION
OF GENERAL PRACTICE LTD



Directory of **chronic disease programs** and **services** available in the Perth metropolitan area

Compiled by HealthPartners and the Canning Division of General Practice

health partners 
working together for health

INTRODUCTION

This Chronic Disease Directory has been developed by the Canning Division of General Practice with funding from the Australian Government Department of Health and Ageing. The Directory is a resource to assist GPs, practice staff, allied health and other professionals in referring patients with chronic conditions to relevant health programs and services available in the Perth metropolitan area. The Directory aims to provide current information about chronic disease services and promote referral and usage of these services.

Please note that every care was taken to ensure that information included in the Directory was accurate at the time of print however, please be aware that details may have changed since that time.

Information in this directory is also available at www.canningdivision.com.au



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Aboriginal and Torres Strait Islander

Aboriginal Health Council of WA (AHCWA)

AHCWA operates under its own constitution that defines its objectives, these are:

- (a) The amelioration of poverty within the Aboriginal community;
- (b) The advancement of Aboriginal religion;
- (c) The development and maintenance of educational institutions to provide constructive educational health courses and programmes for members of the Aboriginal community and to undertake medical research to redress ill-health within the Aboriginal community; and
- (d) To deliver holistic and culturally appropriate health and health related services to the Aboriginal community.

The constitution goes on to identify three distinct areas of network operations.

- **Individuals** – The network exists to promote health and relieve poverty, sickness and suffering of individual members of the Aboriginal community.
- **Services** – The network exists to deliver holistic and culturally appropriate health care and health related services to the Aboriginal community.
- **Member Organisations** – The network exists to provide support to, to promote and to advocate on behalf of its member organisations; and to act as a forum for these member organisations.

Phone (08) 9227 1631
Fax (08) 9228 1099
Address Unit 2A-4 Wellington Fair, 200 Wellington Street, Perth WA 6000
Email admin@achwa.org
Website www.achwa.org

Australian Indigenous HealthInfoNet

Contributes to improving the health of Australia's Indigenous peoples by providing quality web-based knowledge and information about Indigenous health; supporting electronic information-sharing services; and conducting Internet training workshops and HealthInternet cafes.

Program/service

Australian Indigenous HealthInfoNet website

Description of program/service

The Australian Indigenous HealthInfoNet website makes knowledge and information on Indigenous health easily accessible to policy makers, service providers, researchers, students and the general community.

This innovative web resource is a 'one-stop info-shop' for people interested in improving the health of Indigenous Australians. It provides current and detailed information about the health status of Indigenous people. It also provides information about the Indigenous population, the context of Indigenous health, various measures of population health status, selected health conditions, and health risk factors.

Cost

Access to web-based information and yarning places is free.

Other Information

Core funding for the HealthInfoNet is provided by the Australian Department of Health and Ageing. Some specially-developed web resources and yarning places have been provided with funding and collaboration from organisations with expertise in certain health conditions. Other support is provided by Edith Cowan University.

Phone (08) 9370 6109

Fax (08) 9370 6022

Address Kurongkurl Katitjin, School of Indigenous Australian Studies
..... Edith Cowan University, 2 Bradford Street, Mt Lawley WA 6050

Email healthinonet@ecu.edu.au

Website www.healthinonet.ecu.edu.au

Belmont Community Health

Program/service

Diabetes education for Aboriginal clients

Description of program/service

An Aboriginal Diabetes group is usually run from the Bentley Parenting House.

Diabetes support and liaison is provided for Aboriginal clients.

Who can attend

Aboriginal clients with Type 2 Diabetes

Cost

None

Other Information

Operating hours: Monday-Friday 8.30am-7.00pm

Phone (08) 9277 1300

Fax (08) 9277 7266

Address 240 Hardey Road, Belmont WA 6104

Derbarl Yerrigan Health Service – East Perth

Provides a cultural model of health service delivery that meets the needs of Aboriginal people and Aboriginal communities in the Perth metropolitan region.

Description of program/service

Services available:

GP Clinic, community aged care packages, dental, eye and ear health, physiotherapy and podiatry.

Health promotion programs:

- **Physical Activity**
 - ➔ STRENGTH (exercise program for individuals over the age of 50 with existing health conditions)
 - ➔ Health information sessions
 - ➔ Also available: sport and recreation seniors days, DYHS seniors ball, line dancing lessons and art classes
- **Marmun Pit Stop**

A quick 8 point health assessment for men
- **Smoking**

Clients are supported in their attempt to quit smoking by providing free nicotine patches, advice and counselling referrals.
- **Nutrition**

Good nutrition is promoted with both specific diabetes education and education regarding healthy food choices.

Who can attend

Anyone

Cost

Bulk billed

Other Information

Operating hours: Monday-Friday 8.30am-7.00pm

Phone (08) 9421 3888

Fax (08) 9421 3883

Address 156 Wittenoom St, East Perth WA 6004

Website..... www.derbarlyerrigan.com.au

Derbarl Yerrigan Health Service – Maddington

Description of program/service

Services available:

- GP services
- Maternal and child health program
- Environmental health program
- Ear and eye health
- Physiotherapy

Who can attend

Anyone

Cost

Bulk billed

Other Information

Operating hours: Monday-Friday 8.30am-5.00pm

Phone (08) 9452 5333
Fax (08) 9452 5344
Address Unit 1-3, Lot 5 Binley Place, Maddington WA 6109
Website www.derbarlyerrigan.com.au

Derbarl Yerrigan Health Service – Mirrabooka

Description of program/service

Services available:

- GP services
- Ear and eye health
- Physiotherapy
- Home and community care program

Who can attend

Anyone

Cost

Bulk billed

Other Information

Operating hours: Monday-Friday 8.30am-5.00pm

Phone(08) 9344 0444
Fax.....(08) 9344 0499
Address.....22 Chesterfield Road, Mirrabooka WA 6061
Website.....www.derbarlyerrigan.com.au

Arthritis and Osteoporosis

Arthritis & Osteoporosis WA

Aims to improve the lives of people living with musculoskeletal conditions through education, self management and interaction with others in a similar situation.

Description of program/service

Community Services and Facilities

- Rheumatology clinics in major regional areas
- Telephone advisory and information service
- Wide range of information pamphlets and books
- Public seminars
- Specialist book shop – range of disease specific and self management books and videos.

Community Self Management programs are also available. Please go the Arthritis & Osteoporosis WA listing under the heading 'Self Management'.

Phone(08) 9388 2199
Freecall1800 011 041
Fax.....(08) 9388 4488
AddressWyllie Arthritis Centre, 17 Lemnos Street, Shenton Park WA 6008
Email.....general@arthritiswa.org.au
Websitewww.arthritiswa.org.au

Fibromyalgia Support and Education Group

Description of program/service

Provides support and education for people with fibromyalgia and their families.

Who can attend

Anyone

Cost

\$3.00 entry (no joining fee)

Other Information

Meet at Greenfields Family and Community Centre, Cnr Waldron Blvd and Murdoch Dr, Greenfields, WA 6210.

Meet once a month on the first Wednesday of the month, 12.30pm-3.00pm. Guest speakers present on various topics bi-monthly.

Contact person Coral Holmes
..... Kathy Haynes
Phone (08) 9581 9670
Mailing address..... PO Box 233, Mandurah WA 6210
Website au.geocities.com/senior_matters_senior/fmsonline

Cancer

Balya Self Help and Wellness Inc

Description of programs/services

- 5-day retreat for people with cancer and their supporters – Gidgegannup
- 3-day Optimum Health Retreat open to the general public – Gidgegannup
- Support Group for people with cancer and their families
- Education programs on looking after themselves open to the general public
- Support Group offering grief counselling

Who can attend

Anyone

Cost

Free for support groups

Retreats involve a cost

Contact personDr Ivy Bullen
Phone(08) 9244 2909
Fax(08) 9204 3141 or (08) 9244 1121
Address40 Davenport Street, Karrinyup WA 6018
Emailinfo@balya.org.au
Websitewww.balya.org.au

The Cancer Council Western Australia

The Cancer Council WA is the leading cancer charity in WA, a non-government community-supported organisation dedicated to reducing the impact of cancer on West Australians through funding a diverse range of cancer research, educating the community about cancer prevention and providing support for cancer patients, their families and loved ones.

Programs/services

- Cancer Council Helpline
- Cancer Support Service
- Cancer Counselling Service

Description of program/service

The Cancer Council Helpline provides WA callers with support, information and facts about cancer.

The Cancer Support Service coordinates a team of trained volunteers to provide emotional and practical support to people whose lives are affected by cancer. The service is available to anyone whose life is affected by cancer.

The Cancer Counselling Service offers individual, couples and relationship counselling and child and adolescent counselling, family therapy, telephone counselling and group therapy. Cancer Support Groups including a men an Cancer Support group are held throughout the year. These services are provided by qualified and experience health professionals.

Who can attend

Services are available to people with a diagnosis of cancer and their carers, families, friends and health professionals.

Phone 13 11 20 (Helpline)
 1800 199 222 (Country)
Fax (08) 9381 8616
Address 46 Ventnor Avenue, West Perth WA 6005
Email inquiries@cancerwa.asn.au
Website www.cancerwa.asn.au

Mandurah Prostate Cancer Support Group

Description of program/service

Support group for men with prostate cancer and their families.

Who can attend

Anyone

Cost

Free

Contact person Robin Olsen
Phone (08) 9581 4772
Fax (08) 9581 4772
Address 20 Datwin Tce, Dudley Park WA 6210
Email grolsens@inet.net.au

ME/ Chronic Fatigue Syndrome Society Australia (WA)

Program/service

- Provides people with ME/CFS and carers with information and support
- Educational programs
- Producing a series of lectures for GPs in May 2007
- List of health professionals who are experienced and empathetic
- Provide the latest overseas research and books
- Have a small library

Who can attend

People with ME/CFS and their carers

People with Fibromyalgia are most welcome to attend

Cost

Membership fee \$20 unwaged per year and \$35 waged per year

Other Information

Office Hours: Monday 11.00am-2.00pm

Contact person Kim Paranthoiene
Phone (08) 9346 7477
Fax (08) 93467 534
Address Centre for Neurological Support, The Niche, Suite B,
..... 11 Aberdare Rd, Nedlands WA 6009
Email Write emails for the attention of Kim to mecfswa@cnswa.com

Diabetes

Armadale Community Health

To provide services for the prevention of chronic disease and complications of chronic disease.

Program/service

Diabetes Team

Description of program/service

Diabetes Self Management Education for people with uncomplicated Type 2 Diabetes. Individual appointments and group education (Living with Diabetes) is offered.

Who can attend

People with uncomplicated Type 2 Diabetes

Cost

None

Contact personSharron Meakins (Diabetes Educator)
Phone(08) 9391 2220
Fax.....(08) 9391 2229
AddressPO Box 460, Armadale WA 6992
Email.....Sharron.Meakins@health.wa.gov.au

Belmont Community Health

Program/service

Diabetes education

Description of program/service

A Living with Diabetes group is held at the Gowrie Centre in Belmont.

Who can attend

Clients with Type 2 Diabetes

Cost

None

Phone (08) 9277 1300

Fax (08) 9277 7266

Address 240 Hardey Road, Belmont WA 6104

Bentley Community Health Centre

Name of program/service

Live Life Healing Group

Description of program/service

Education support for people with Diabetes

Who can attend

Anyone with Diabetes

Cost

Free

Other Information

One Tuesday every fortnight

Contact personMaureen and Jane

Phone(08) 9458 4383

.....(08) 9277 1300

Fax.....(08) 9391 9309

Address22 Coolgardie Street, Bentley WA 6102

Bentley Health Service

Program/service

Diabetes Education – individual and group education available.

Description of program/service

Diabetes education is provided for individuals and groups as well as a diabetes podiatry service (for high risk clients only).

Who can attend

People with diabetes living within the Bentley Health Service postcodes. Referral is needed for individual appointments but can self refer for group education.

Cost

None

Phone(08) 9334 3750

Fax(08) 9358 0891

AddressD Block, Bentley Hospital, Mills Street, Bentley WA 6102

**Chronic Disease Service
North and South Metropolitan Health Service**

Services are provided through the Chronic Disease program targeting the conditions of Diabetes, Chronic Obstructive Pulmonary Disease and Cardiac Heart Failure. Services are free and aim to prevent people from unnecessarily entering hospital and will assist people exiting hospital sooner.

Program/service

Healthy@Home Chronic Disease Management Service

Description of program/service

The Healthy@Home Chronic Disease Service is intended to help patients with Diabetes, Chronic Obstructive Pulmonary Disease and/or Heart Failure to stay in control of their health and prevent avoidable hospitalisation. The aim of the service is to maximise the health and well-being of patients with chronic health conditions.

Who can attend

Services are free and available to any member of the public who has one of the three conditions and is referred by a hospital, specialist, GP or allied health professional. Clients can also self-refer to this service.

Cost

Free

Other Information

Services cover the whole metropolitan area and are coordinated from offices in Guildford, Nedlands, Osborne Park, Fremantle, Bentley, Armadale and Kwinana.

Contact personJackie Fisk
Phone1300 855 841
Fax.....1300 799 741
EmailCDS@health.wa.gov.au
Websitewww.health.wa.gov.au/HealthyatHome%5FChronicDisease/home/

Diabetes WA

Aims to improve the quality of life for people with diabetes, their families and carer's through the provision of support, education, products, services and information.

Programs/services

Shop Smart

Two hour shopping tour conducted by a Diabetes Educator allowing participants to learn how to decipher and analyse food labels in order to make healthy food choices.

Cook Smart

This 90 Minute food preparation session equips participants with skills to prepare tasty and healthy meals and snacks without compromising on taste.

Living with Diabetes

Designed for people with Type 2 diabetes who are newly-diagnosed or have never attended a diabetes program before. This course consists of six informative and interactive modules that will provide participants with the skills to manage and live well with diabetes.

Refresh

Refresh provides a supportive and friendly forum for participants with type 1 diabetes to discuss issues they may have on a range of topics such as nutrition, physical activity or stress management.

Keeping on Track

Designed to inspire and motivate people with type 2 diabetes. Helps participants to continue on the path of good self management by updating knowledge and providing support.

Seminars

Seminars covering a range of topics such as glycemic index and eating smart are offered.

Diabetes WA cont'd

Programs/services

Diabetes WA Information and Advice Line

DIAL is a free service manned by Diabetes Educators who are able to answer any questions you may have about diabetes, provide support and recommend referrals to other health providers if required.

One on One Education Sessions

Personal education sessions can be booked with an experienced Diabetes Educator to discuss your diabetes.

Detour Diabetes

A free self-paced program with a step-by-step guide to helping prevent type 2 diabetes. It combines home based activities with regular contact with a Diabetes Educator.

Who can attend

Please contact Diabetes WA for details

Cost

Please contact Diabetes WA for details

- Phone** (08) 9325 7699
- Toll Free** 1300 136 588
- Fax** (08) 9221 1183
- Address** 48 Wickham St, East Perth WA 6004
- Email** dial@diabeteswa.com.au
- Website** www.diabeteswa.com.au

Fremantle Diabetic Support Group

Description of program/service

Diabetes support group with guest speakers. Meets every third Wednesday of each month except January from 10.00am-12.00pm.

Who can attend

Anyone, all are welcome

Cost

\$2 per meeting

Contact person Jasmine Small

Phone (08) 9418 1994

Address Scots Presbyterian Church Hall, 90 South Tce,
..... Fremantle WA 6160

Mailing address.....13 Stook Court, Spearwood WA 6163

Hilton Community Health Centre

Program/service

Diabetes Education

Description of program/service

- Living with Diabetes
- One on one diabetes education for CALD clients
- Type 2 diabetes and insulin techniques

Who can attend

People with diabetes

Cost

None

Other Information

Available Monday-Thursday only

Phone(08) 9337 2527

Fax.....(08) 9337 2528

Address34 Paget Street, Hilton WA 6163

Joondalup Diabetes Education Program

Description of program/service

Diabetes education for newly diagnosed, ongoing clinical management and six week self management program.

Who can attend

People with type 2 diabetes (not on insulin at this stage)
GP referral is necessary

Catchment area: Mosman Park to Two Rocks and east to Alexander Drive.

Cost

Nil

Other Information

Group education and individual appointments available at Joondalup and Osborne Park areas.

Contact person Fiona Van Den Berg / June Lee
Phone (08) 9400 9595
Fax (08) 9400 9503
Email fiona.vandenberg@health.wa.gov.au
Address PO Box 590, Joondalup WA 6919

Mirrabooka Diabetes Health Group

Program/service

Support group for diabetes.

Description of program/service

Diabetic support self-help group that has monthly meetings with presentations on various topics including 'stay on your feet,' foot care, diet, exercise and recreation and general health issues etc.

Who can attend

Anyone with an interest in diabetes

Cost

\$5.00 annual registration fee plus \$2.00 each meeting

Other Information

Meet at Sudbury Community House, Chesterfield Rd, Mirrabooka, WA 6061 on the 2nd Wednesday of every month 1.00pm-3.00pm.

Contact person Joan McLochlan
Phone (08) 9342 5441
Mailing address 73 Girrawheen AveGirrawheen WA 6064

**North Metropolitan Diabetes Support Group
– Osborne Park**

Program/service

Diabetes Support Group.

Description of program/service

Support group for people with all types of diabetes and their families. Group meets on the fourth Wednesday of every month and has guest speakers.

Who can attend

Anyone interested in diabetes

Cost

\$2

Contact person Gwen Stonehouse

Phone (08) 9204 1510

Address..... Osborne Park Division of General Practice, 1/137 Main Street
.....Osborne Park WA 6017

Mailing address Gwen Stonehouse, 49b Marian Street, Innaloo WA 6018

Exercise

Armadale Lifeball

Social non contact walking game for seniors.

Phone (08) 9399 1738

Website..... www.positiveageing.com.au

Belmont Oasis Leisure Centre

Leisure centre has a variety of programs suitable for seniors.

- Nifty fifty's (Water aerobics for over 50's)
- Prime Movers (Aerobics for over 50's)
- Tai Chi
- Boot Scooting
- Gymnasium

Cost

Price varies upon program. Senior discounts apply

Phone (08) 9277 1622

Fax (08) 9277 1340

Address Cnr Abernethy and Alexander Rds, Belmont WA 6104

Email..... Belmont@belgravialeisure.com.au

Byford Keep Fit Club

Description of program/service

Gentle exercise and mobility class to keep mobile.

Who can attend

For people 60 and over

Cost

\$20 per term

Other Information

Mondays 9.15am-10.15am

Contact person Maxine Softley

Phone (08) 9525 1493

Address..... Briggs Park, Mead Street, Byford

Mailing address 33 Walters Road, Byford WA 6122

Community Physiotherapy Services

Program/service

Community Physiotherapy Services (CPS) provides land and water based group interventions to prevent or manage chronic conditions and promote healthier ageing. All CPS programs focus on maintaining or improving mobility, function and physical activity with an aim to maximize independence of participants through exercise and self-management principles.

Description of program/service

CPS programs include 10-week programs for older adults that may not be able to access other physical activity opportunities. Specialised programs are also available for those patients with chronic respiratory, cardiac and/or orthopaedic conditions, as well as those patients with osteoporosis.

CPS programs:

- are supervised by a physiotherapist
- are suitable for individuals with multiple health problems
- provide education sessions and promote self management
- are delivered at minimal cost to the participants

Who can attend

A completed Community Physiotherapy Services Referral/Medical form is required to participate in the program. Please contact CPS for a referral package.

Cost

A nominal fee of \$1 per week is charged for classes. Participants will also incur a venue usage charge at most locations. This varies but is usually \$3-\$4 per week.

Phone (08) 9224 1783
Fax (08) 9224 1765
Address Programs are located at recreation or seniors centres and public
..... pools throughout the Perth metropolitan area.
Website..... www.health.wa.gov.au/cps

Council of the Ageing

Peak seniors organisation in Western Australia.

Program/service

Living Longer Living Stronger

Description of program/service

Strength training program for seniors

Who can attend

All seniors

Cost

Cost is capped at \$6.60 per session

Other Information

The Living Longer Living Stronger program is available at centres across WA. Please contact us for the centre closest to you.

Contact personDave Reed
Phone(08) 9321 2133
Fax(08) 9321 2707
Emaillls@cotawa.asn.au
Websitewww.cotawa.asn.au
AddressPO Box 7794, Cloisters Square, Perth WA 6850

Fremantle Hospital Physiotherapy Department

Program/service

Functional rehabilitation

Description of program/service

8 week exercise program for people with co-morbidities and reduced exercise tolerance and mobility.

Who can attend

People with multiple co-morbidities, reduced exercise tolerance and reduced mobility.

Cost

None

Other Information

Must have GP or Specialist referral

Contact person..... Emma Davies
Phone 08) 9431 3333
Page 4810
Fax (08) 9431 2131
Email Emma.Davies@health.wa.gov.au
Address Alma Street, Fremantle 6160

Hartfield Park Recreation Centre

Program/service

Living Longer Living Stronger

Description of program/service

Quality controlled and fully supervised strength training program specifically for people over 50 regardless of current physical health or fitness level.

Who can attend

Designed for people over the age of 50

Cost

Assessment fee: \$30.00

Class fee: \$5.50

Other Information

Endorsed by the Council of Ageing

Contact personMeg Nikoloski, Recreation Centre Coordinator

Phone(08) 9359 1700

Fax(08) 9359 2585

Emailhartfield@kalamunda.wa.gov.au

Websitewww.kalamunda.wa.gov.au

Lifecare Mercy Physiotherapy

Program/service

- Arthritis classes
- Supervised hydrotherapy injury management sessions

Description of program/service

The arthritis class is led by a physio and aims to increase mobility. It is held on Monday, Tuesday, Wednesday and Friday.

The supervised hydro injury management program is for clients who need to build up muscle strength before or after surgery.

Who can attend

Arthritis classes: anyone with arthritis or an arthritis type condition.

Supervised hydro injury management program: participants must first have a individual assessment from a physio before being accepted into the program.

Cost

Please contact for details.

Contact person Debney Clark
Phone (08) 9271 9422
Fax (08) 9272 8834
Address Thirlmere Rd, Mt Lawley WA 6050

Prime Movers (Inc)

Program/service

Movement to music for people over 50 years old.

Description of program/service

Low impact exercises for people over 50. The one hour session consists of deep breathing, warm-up static and rhythmic exercises followed by muscle strengthening and endurance exercises and finishing with relaxation and cool-down.

Who can attend

Anyone over 50

Cost

\$5.00 annual membership

\$3.00 each class

Other Information

If you have a medical condition you must inform the instructor at each session.

There are 87 classes in 54 locations. Please ring for the class closest to you.

Contact person Val
Phone/Fax (08) 9457 2913
Email mgill@mysoul.co.au

Riverton Leisureplex

Program/service

Living Longer Living Stronger

Description of program/service

Strength training for seniors. Doctor's clearance and report required.

Who can attend

Seniors – subject to GP referral

Cost

Appraisal: \$55.00

Per visit: \$5.50

Other Information

Specially trained fitness instructors available Mon-Friday from 1.00-3.00pm.

Free coffee is available.

Contact personTony Kirrane or Shahnez Norgate

Phone(08) 9231 0930 or (08) 9231 0931

Fax(08) 9231 0910

EmailTKirrane@canning.wa.gov.au

Thornlie Leisure World

Description of program/service

Baby Boomers Aqua

Monday and Wednesday at 8.30am – a class designed for seniors that includes fun and fitness at a pace you can enjoy.

Baby Boomers Gym Circuit

Tuesday and Thursday 8.00am – a 45 minute supervised class of interval training which is a combination of cardio and resistance.

Living Longer Living Stronger

Gosnells Leisure World is an endorsed centre for this fitness and strength training program for seniors.

Hydrotherapy

Tuesday 12.30pm and Friday 11.00am – contact Piers Higham at the Arthritis Foundation on 0419 857 388.

Aquarythmics

Monday 12.00pm and Thursday 1.15pm

Cost

Senior discounts apply

Phone(08) 9493 4399

AddressCnr Culross and Thornlie Avenues, Thornlie WA 6108

Websitewww.gosnells.wa.gov.au

Heart Disease

Canning Division of General Practice

Program/service

HeartBeat WA

Description of program/service

A seven week community based cardiac rehabilitation program. Consists of one hour of group education (on heart conditions and how to address lifestyle risk factors) and a one hour exercise program under the supervision of a physiotherapist.

The program is held in two community locations, Armadale and Bentley.

Who can attend

Those who have had: cardiac event or procedure / cardiovascular risk factors

Cost

None

Other Information

Patients are encouraged to join advanced exercise classes, walking groups and support groups upon completion of the seven week program.

Contact personCarol Chong and Sean Mulligan
Phone(08) 9458 0505
Fax(08) 9458 8733
Emailcarol.chong@canningdivision.com.au
.....sean.mulligan@canningdivision.com.au

Chronic Disease Service North and South Metropolitan Health Service

Services are provided through the Chronic Disease program targeting the conditions of Diabetes, Chronic Obstructive Pulmonary Disease and Cardiac Heart Failure. Services are free and aim to prevent people from unnecessarily entering hospital and will assist people exiting hospital sooner.

Name of program/service

Healthy@Home Chronic Disease Management Service

Description of program/service

The Healthy@Home Chronic Disease Service is intended to help patients with Diabetes, Chronic Obstructive Pulmonary Disease and/or Heart Failure to stay in control of their health and prevent avoidable hospitalisation. The aim of the service is to maximise the health and well-being of patients with chronic health conditions.

Who can attend

Services are free and available to any member of the public who has one of the three conditions and is referred by a hospital, specialist, GP or allied health professional. Clients can also self-refer to this service.

Cost

Free

Other Information

Services cover the whole metropolitan area and are coordinated from offices in Guildford, Nedlands, Osborne Park, Fremantle, Bentley, Armadale and Kwinana.

Contact personJackie Fisk
Phone1300 855 841
Fax.....1300 799 741
EmailCDS@health.wa.gov.au
Websitewww.health.wa.gov.au/HealthyatHome%5FChronicDisease/home/

Fremantle Heart Patient's Support Group

Description of program/service

Support group members work with Cardiologists, Catheter Theatre Staff and Fremantle Hospital Administration to help enhance the lifestyle of pre and post-operative heart patients within the Fremantle Hospital catchment area. Services include information, counselling and support for patients and families.

Who can attend

Heart event patients from Fremantle Hospital catchment area

Cost

None

Phone Joyce (08) 9434 4926
..... Hugh (08) 9335 3693
Fax (08) 9525 2959
Address PO Box 1593, Melville South WA 6956
Email admin@fremantleheart.asn.au
Website www.fremantleheart.asn.au

Fremantle Hospital Physiotherapy Department

Program/service

Cardiac Rehabilitation

Description of program/service

Eight week exercise program for people with stable cardiovascular disease (chronic heart failure, post myocardial infarction)

Who can attend

Any person with stable cardiovascular disease

Cost

None

Other Information

Must have GP or specialist referral

Contact person..... Emma Davies
Phone (08) 9431 3333
Page 4810
Fax (08) 9431 2131
Email Emma.Davies@health.wa.gov.au
Address Alma Street, Fremantle 6160

Heart Temp Inc

Program/service

Heart Tempo Support Group

Description of program/service

Heart and Diabetes support group that meets on the third Friday of each month at Bayswater Waves.

Who can attend

People affected by a heart condition or diabetes.

Cost

None

Contact person Ken Waters

Phone (08) 9276 5940

Email Ken.h20@bigpond.net.au

Mount Physiotherapy and Rehabilitation Services

Program/service

Cardiac and Pulmonary Rehabilitation

Description of program/service

Supervised gym based program for patients post cardiac surgery or post percutaneous coronary intervention. Pulmonary rehab for patients with chronic lung disease is also available.

Who can attend

Post cardiac surgery or with chronic lung disease

Cost

Initial assessment \$34.00

Exercise class \$15.00

Phone (08) 9481 1660

Fax (08) 9332 7015

Email mount.physiotherapy@mountphysio.com

Address Suite 12, 146 Mounts Bay Road, Perth WA 6000

National Heart Foundation (WA Division)

Works in WA to reduce the toll of heart disease and stroke as a cause of premature death and disability.

Program/service

Secondary Prevention Program
Heartline

Description of program/service

Secondary Prevention

- Deliver workshops/professional development/advice for health professionals working in secondary prevention
- Position papers/guidelines and other information available on website

Heartline is a telephone service available during business hours (for the cost of a local call) providing information to both health professionals and the general public regarding issues such as nutrition, healthy eating, blood pressure, cholesterol, smoking cessation, physical activity and heart surgery.

Contact person Julie Smith
Phone (08) 9382 5923
Heartline 1300 35 27 87
Fax (08) 9388 3383
Address 334 Rokeby Road, Subiaco WA 6008
Email julie.smith@heartfoundation.com.au
Website..... www.heartfoundation.com.au

Royal Perth Hospital

Program/service

Cardiac Rehabilitation Program

Description of program/service

- Twice weekly multi-disciplinary information sessions (Tuesday and Thursday 11.00am-12.00pm) for people with ischaemic heart disease and support persons (all are encouraged to attend) – no bookings required.
- Relevant patients can be booked into an outpatient appointment to attend an individualised assessment with a cardiac rehabilitation nurse consultant and exercise physiologist. Education regarding their heart condition, risk factor advice, medication and compliance, appropriate exercise/activity, and exercise assessment and psychosocial support is provided.
- Home exercise program advice and/or up to eight weeks supervised cardiac gym exercise program is available.
- Six monthly patient newsletter
- Six monthly ICD support meeting

Who can attend

All welcome to information sessions including family and friends. Limited resources for individual assessment: RPH cardiology patients prioritised otherwise GP referral letter including history/medications required for patients not under the care of a RPH cardiologist.

Cost

Nil

Contact person Narelle Wilson / Julie Smith
Phone (08) 9224 1308
Fax (08) 9224 3175
Address Cardiology Seminar Room, Royal Perth Hospital
..... Wellington Street Campus, Perth WA 6000
Email rph.cardiac.rehabilitation@health.wa.gov.au

Sir Charles Gairdner Hospital

Program/service

Cardiac Rehabilitation Service

Description of program/service

Heart failure education, information and support service. Six week education program with sessions on heart failure, diet, stress management, exercise and pharmacology. Exercise rehabilitation program is held bi-weekly over the six weeks.

Individual case management – telephone follow up.

Who can attend

Any cardiac patient under a cardiologist based at SCGH

Cost

None

Other Information

Please see cardiac rehab referral form from Charron or Shelley.

Contact person Shelley McRae or Charron Bruce
Phone (08) 9346 4302
Fax (08) 9346 2483
Email SCGH.cardiorehab@health.wa.gov.au
Website www.scgh.health.wa.gov.au
Address 4th Floor G Block, Hospital Avenue, Nedlands WA 6009

Mental Health

Canning Division of General Practice

Program/service

Infocus Counselling Program

Description of program/service

Low-cost, short term counselling (max 12 x 1 hour sessions), in particular for people with low to moderate depression and/or anxiety.

Who can attend

Anyone who had been referred by their regular GP and for whom a Mental Health Care Plan has been completed.

Cost

\$20.00 per session or \$10.00 per session for concession card holders.

Contact personWendy Rose
Phone(08) 9458 0505
Fax.....(08) 9458 8733
Email.....wendy.rose@canningdivision.com.au
Websitewww.canningdivision.com.au
Address.....PO Box 268, Bentley WA 6982

Gosnells Women's Health Service

Aims to promote the health and well being of all women regardless of age, religion, race or lifestyle with confidential and affordable services in a holistic environment.

Name of program/service

- Counselling
- Self Esteem Course

Description of program/service

Counselling is offered to those having difficulty coping with a long term health condition.

Topics covered in the Self Esteem Course include: Expectations, self-confidence, self-talk, self-praising, assertiveness, communication, problem solving, conflict resolution and goal setting.

Cost

Please contact for current details

Phone (08) 9490 2258
Fax (08) 9490 1365
Address Suite 7, Level 1 Lotteries House
..... 2232C Albany Highway, Gosnells WA 6110
Email info@gwhs.com.au
Website..... www.gwhs.com.au

Fremantle GP Network

Program/service

Referred Counselling Project

Description of program/service

Access to Allied Health Professionals program as part of the Better Access to Mental Health Care initiative. GPs working within the Fremantle GP Network boundaries can refer patients needing low cost counselling services.

Who can attend

Patients of GPs working within the Fremantle GP Network boundaries.

Cost

Co-payment as directed by the GP – usually between \$10.00-\$30.00.

Contact person Mental Health Project Officer
Phone (08) 9319 0555
Fax..... (08) 9399 8355 or (08) 9339 8455
Email..... reception@frdgp.com.au
Website..... www.frdgp.com.au
Address..... 10 Silas Street, East Fremantle WA 6158

Midland Women's Health Care Place

Program/service

Beating the Blues

Description of program/service

Holistic Service for women's health for women who are experiencing depression.

Who can attend

Women only in the East Metropolitan area

Can self refer

Cost

Counselling sessions \$15 for unwaged women and \$40 for fully waged women.

Contact person Patsy and Nadia

Phone (08) 9250 2221

Fax (08) 9250 2268

Address Midland Women's Health Care Place
..... 4 The Avenue, Midland WA 6056

Email info@mwhcp.org.au

Website www.beyondblue.org.au

Rockingham Kwinana Division of General Practice

Program/service

- Better Outcomes in Mental Health – Counselling Program
- Better Access + Program
- Community Mental Health Group Program

Description of program/service

Better Outcomes in Mental Health – Counselling Program

6-12 free counselling sessions to those in the community who need early intervention services, especially youth and low income earners.

Better Access + Program

6-12 psychotherapy sessions to those in the community who have been referred by their GP.

Community Mental Health Group Program

Providing a number of group programs to the community in a bid to improve psychological well-being.

Who can attend

Those referred by their GP

Cost

Currently bulk billed

Other information

Please contact the Mental Health manager for program of groups currently being run.

Contact personJulie Borninkhof
Phone(08) 6363 5042
Fax.....(08) 9419 1099
Emailjborninkhof@rkdgp.com.au
Website.....www.rkdgp.com.au
Address.....11 Stidworthy Court, Kwinana WA 6966

Multiple Sclerosis Society of WA

Provides information and services to its members.

Program/service

Multiple Sclerosis Support Services

Description of program/service

The health team comprises of nursing, physiotherapy, occupational therapy, welfare officer and counselling. Education sessions are run to address a range of member needs. The Society also offers a Fatigue Management Program.

Who can attend

Members of the MS society

Cost

None

Contact person Sandra Wallace
Phone (08) 9365 4804
Fax (08) 9451 4453
Address..... Locked Bag 2, Bentley DC WA 6983
Email sandra.wallace@multiple-wa.asn.au
Website www.multiple-wa.asn.au

Respiratory Disease

Asthma Foundation of WA

A community based non-profit organisation dedicated to the alleviation of asthma as a cause of morbidity and mortality in our community.

Description of program/service

A large variety of free educational services are available for people with asthma, their families, carers and friends. The Asthma Foundation offers:

- Telephone counselling service
- Small group counselling
- Asthma support group
- Clinics

Who can attend

People with asthma, their families, carers and friends

Cost

Most community services are free

Other Information

The Asthma Foundation of WA also has offices in Armadale, Joondalup and Swan.

Contact person Reception
Phone (08) 9289 3600
Freecall..... 1800 645 130
Fax (08) 9289 3601
Address PO Box 864, West Perth WA 6872
Email ask@asthmawa.org.au
Website..... www.asthmawa.org.au

Canning Division of General Practice

Program/service

Bentley Bronchiatrix – Chronic Obstructive Pulmonary Disease (COPD) Support Group

Description of program/service

Monthly meetings with educational guest speakers providing information on a wide range of relevant topics.

Who can attend

Anyone living with emphysema or chronic bronchitis

Cost

Gold coin donation – tea and coffee are provided

Other Information

Held at the Bentley Community Hall on the last Tuesday of each month from 11.30am onwards.

Contact person Mike Watteau
Phone (08) 9359 2025
Email mikebank@wasp.net.au

Canning Division of General Practice

Program/service

Chronic Obstructive Pulmonary Disease (COPD) Community Linkage Service

Description of program/service

Integrated community based management of COPD. Surveillance, case management, access to multi-disciplinary clinics, pulmonary rehabilitation, self-management education and support groups.

Who can attend

Those with primary diagnosis of COPD

Cost

Free

Other Information

Client must have a nominated GP in the Divisions catchment area. The client must be able to wait seven days for contact by the service.

Contact person Elizabeth Hyde
Phone (08) 9458 0505
Fax (08) 9458 8733
Address Bentley Commercial Centre
..... Unit 4/1140 Albany Hwy, Bentley WA 6102
Mailing address PO Box 268, Bentley WA 6982
Email elizabeth.hyde@canningdivision.com.au

**Chronic Disease Service
North and South Metropolitan Health Service**

Services are provided through the Chronic Disease program targeting the conditions of Diabetes, Chronic Obstructive Pulmonary Disease and Cardiac Heart Failure. Services are free and aim to prevent people from unnecessarily entering hospital and will assist people exiting hospital sooner.

Program/service

Healthy@Home Chronic Disease Management Service

Description of program/service

The Healthy@Home Chronic Disease Service is intended to help patients with Diabetes, Chronic Obstructive Pulmonary Disease and/or Heart Failure to stay in control of their health and prevent avoidable hospitalisation. The aim of the service is to maximise the health and well-being of patients with chronic health conditions.

Who can attend

Services are free and available to any member of the public who has one of the three conditions and is referred by a hospital, specialist, GP or allied health professional. Clients can also self-refer to this service.

Cost

Free

Other Information

Services cover the whole metropolitan area and are coordinated from offices in Guildford, Nedlands, Osborne Park, Fremantle, Bentley, Armadale and Kwinana.

Contact person Jackie Fisk
Phone 1300 855 841
Fax 1300 799 741
Email CDS@health.wa.gov.au
Website .. www.health.wa.gov.au/HealthyatHome%5FChronicDisease/home/

Fremantle Hospital Physiotherapy Department

Program/service

Pulmonary Rehabilitation

Description of program/service

Eight week exercise program for people with chronic lung disease eg. COPD

Who can attend

Any person within the Fremantle Hospital catchment area who has a chronic lung disease.

Cost

None

Other Information

Must have GP or Specialist referral

Contact person..... Emma Davies
Phone (08) 9431 3333
Page 4810
Fax (08) 9431 2131
Email Emma.Davies@health.wa.gov.au
Address Alma Street, Fremantle 6160

Perth & Hills Division of General Practice

Program/service

Altone Improvers – Chronic Obstructive Pulmonary Disease (COPD) Support Group

Description of program/service

Support group for people with COPD

Who can attend

Anyone with COPD

Cost

Gold coin donation (to cover cost of refreshments)

Other Information

The COPD Support Group meets every second Wednesday of the month at the Altone Park Leisure Centre from 2.15pm-4.15pm.

Contact person Bill Morris

Phone (08) 9377 0778

Address Meetings held at Altone Leisure Centre, Benara Rd, Beechboro

Perth and Hills Division of General Practice

Program/Service

Chronic Obstructive Pulmonary Disease (COPD) Community Linkage Service

Description of Program/Service

Integrated community based management of COPD. Surveillance, case management, access to multi-disciplinary clinics, pulmonary rehabilitation, self-management education and support groups.

Who can attend

Those with primary diagnosis of COPD

Cost

Free

Other Information

Client must have a nominated GP in the Divisions catchment area. The client must be able to wait seven days for contact by the service.

Contact person Karen Thomas
Phone (08) 9376 9200
Fax (08) 9279 8221
Address 48A James Street, Guildford WA 6055
Mailing address PO Box 354, Guildford WA 6935
Email karen.thomas@phdgp.com.au

Arthritis & Osteoporosis WA

Program/Service

Community Self Management Programs

Description of program/service

Programs include:

- 'Get the Most Out of Life' Chronic Disease Self Management Course
- 'Challenge Your Arthritis' Self Management Course
- 'The Rheumatoid Factor' Rheumatoid Arthritis Education & Self Management Course
- Osteoarthritis of the Knee Education & Self Management Course
- Osteoporosis Prevention and Management Course

Who can attend

For the general public

Cost

There is a small cost for each course

Other Information

This program is available in metropolitan and some rural areas. For more information please contact us.

Phone (08) 9388 2199
Freecall..... 1800 011 041
Fax (08) 9388 4488
Address Wylie Arthritis Centre, 17 Lemnos Street, Shenton Park WA 6008
Email general@arthritiswa.org.au
Website..... www.arthritiswa.org.au

Canning Division of General Practice

Program/service

Living Life with Chronic Conditions Workshop

Description of program/service

The Living Life with Chronic Conditions workshop is designed for people who have one or more chronic conditions such as diabetes, arthritis, heart disease, respiratory disorders etc. In the workshop, participants will learn ways to self manage their condition and develop skills for coping with the problems resulting from their long term health condition.

Who can attend

Anyone with a chronic condition. Participants can self refer or be referred by their GP or health professional.

Cost

None

Other information

Workshops are held at venues throughout the Canning Division catchment area. Participants are also encouraged to bring a partner, friend or carer with them to the workshop.

Contact person Sheryl Huizenga
Phone (08) 9458 0505
Fax (08) 9458 8733
Address PO Box 268, Bentley WA 6982
Email sheryl.huizenga@canningdivision.com.au
Website www.canningdivision.com.au

Multiple Sclerosis Society of WA

Provides information and services to its members

Program/service

Fatigue Management Program

Description of program/service

The fatigue management program is a structured six-week self management program to decrease the impact of fatigue on daily activity.

Who can attend

Members of the MS society, however during research with Curtin University this may be extended to other people with fatigue as a symptom of a chronic condition.

Cost

None

Contact person Sandra Wallace
Phone (08) 9365 4804
Fax (08) 9451 4453
Address..... Locked Bag 2, Bentley DC WA 6983
Email sandra.wallace@multiple-wa.asn.au
Website www.multiple-wa.asn.au

Sport and Recreation

Senior's Recreation Council of WA (Inc)

Program/service

Add Life to Your Years Directory

Description of program/service

Contact the Senior's Recreation Council for a copy of the 'Add Life to Your Years Directory'. This directory provides a comprehensive guide to recreational and sporting activities available to seniors in Western Australia.

Cost

Free

Phone (08) 9492 9773
Fax (08) 9492 9775
Address 246 Vincent Street, Leederville WA 6903
Email info@srcwa.asn.au
Website www.srcwa.asn.au

Canning Division of General Practice

Program/service

Belmont Live Life Club

Description of program/service

The Live Life Club is a healthy lifestyle and education club for seniors with chronic conditions. Seniors have the opportunity to learn more about managing their health and meet with others in similar situations in a safe and friendly environment. Meetings are held on a monthly basis with guest speakers presenting information on topics chosen by members.

Who can attend

Anyone over the age of 50 .

Cost

\$3.00 (covers the cost of morning tea and gains entry into raffle prize draw)

Other Information

The Belmont Live Life Club meets on the fourth Thursday of every month.

Contact person Sheryl Huizenga
Phone (08) 9458 0505
Fax (08) 9458 8733
Address PO Box 268, Bentley WA 6982
Email sheryl.huizenga@canningdivision.com.au
Website www.canningdivision.com.au

Canning Division of General Practice

Program/service

Gosnells Health Support Group

Description of program/service

The Health Support Group is a healthy lifestyle and education club for seniors with chronic conditions. Seniors have the opportunity to learn more about managing their health and meet with others in similar situations in a safe and friendly environment. Meetings are held on a monthly basis with guest speakers presenting information on topics chosen by members.

Who can attend

Anyone over the age of 50

Cost

\$2.00 (covers the cost of morning tea and gains entry into raffle prize draw)

Other Information

The Gosnells Health Support Group meets on the third Friday of every month.

Contact person Sheryl Huizenga
Phone (08) 9458 0505
Fax(08) 9458 8733
AddressPO Box 268, Bentley WA 6982
Emailsheryl.huizenga@canningdivision.com.au
Websitewww.canningdivision.com.au

Taoist Tai Chi Association

Program/service

Taoist Tai Chi classes

Description of program/service

For details on classes, workshops and events please access the website listed above.

Cost

Please contact the organisation for current prices

Phone (08) 9339 1331
Fax (08) 3919 2269
Address 75 Railway Rd, East Fremantle
Mailing address PO Box 23, Palmyra WA 6957
Email australia@taoist.org
Website www.taoist.org.au

PeakHealth

Program/service

Tai Chi classes

Description of program/service

Tai Chi classes are suitable for people with limited fitness levels such as those with arthritis. It may be beneficial in assisting in the recovery and strengthening of some muscular skeletal injuries.

Who can attend

Anyone

Cost

For current fees contact the above person

Other Information

Classes are located in the Morley and Bassendean areas

Contact person Pat Buswell
Phone/Fax (08) 9279 3629

Walking Groups

Armadale Water Walkers

Description of program/service

Walking exercise in a pool. The Water Walkers walk every Monday and Thursday from 6.30am-8.30am. A social cup of tea and get together is held after the walk.

Who can attend

Anyone over the age of 55 or people with a disability

Cost

\$2.40 pool entry

\$5.00 annual payment for refreshments

Other Information

Water Walkers does not operate during the winter months of April to October due to pool closure.

Contact person Pam (08) 9399 6540

..... Graham (08) 9495 4474

Address.....Armadale Aquatic Centre, Champion Drive, Armadale WA 6112

Bassendean Council

Program/service

Bassendean Walking for Pleasure Groups

Description of program/service

Two walking groups are located in the Bassendean area. Join us for walks that last around 45 minutes. The walkers meet at different venues each week.

Cost

None

Other information

Meet Monday at 9.00am, Monday and Wednesday at 6.15pm and Saturday 8.00am.

Phone (08) 9377 8000

Belmont Be Active Walking Groups

Description of program/service

Contact Leisure Services at the City of Belmont for information about walking groups and events.

Phone (08) 9420 7212

Website www.belmont.wa.gov.au

Bentley Health Service

Program/service

Walking Out Together

Description of program/service

Walks twice a week for people with diabetes.

Who can attend

All are welcome

Phone (08) 9334 3777

Bibra Lake Easy Walkers

Description of program/service

Social weekly walking group (Mon, Tues and Fri).

Phone (08) 9331 2092

Canning Division of General Practice

Program/service

Belmont Healthy Heart Walkers

Gosnells Healthy Heart Walkers

Description of program/service

The Belmont Healthy Heart Walkers meet every Thursday morning at 8:30am at the end of Scenic Drive at Tomato Lake, Kewdale.

The Gosnells Healthy Heart Walkers meet every Friday morning at 8:30am in the summer months and at 9.00am during the winter months. The group meets at Pioneer Park, next to the Addie Mills Senior Centre at 2 Astley Street, Gosnells.

Walks are led by trained walk leaders and include warm up and cool down exercises.

Who can attend

Anyone

Cost

Free

Other Information

The walking groups have a social morning tea following the walk once a month.

Contact person Sheryl Huizenga

Phone (08) 9458 0505

Fax (08) 9458 8733

Email sheryl.huizenga@canningdivision.com.au

**Canning River Walking for Fitness and
Pleasure Association**

Program/service

Weekly walking groups (Tues, Thurs and Sun).

Phone (08) 9364 6416

Chidlow Walking Group

Program/service

Social walking group.

Phone (08) 9572 3003

City of Bayswater

Program/service

Walking Groups

Description of program/service

Walking groups are located in the suburbs of Bayswater, Dianella and Maylands.

Other Information

Please contact the City of Bayswater Recreation Services for details of the location and meeting times of the walking groups.

Phone (08) 9272 0662

Walking Groups

City of Gosnells

Program/service

Thornlie and Maddington Fit N 50+ Walking Groups and Canning Vale Walking Group.

Description of program/service

Contact for walking group details. Assistance for new walking groups is also provided by the City of Gosnells.

Phone (08) 9452 9901

Website www.gosnells.wa.gov.au

City of Stirling

Program/service

Follow My Lead Walking Groups

Description of program/service

Please contact the City of Stirling for information on walking groups in the area. Walks are located in Balcatta, Stirling, Doubleview, Yokine Reserve and Trigg Beach. Information about the walks is also accessible on the City's website.

Who can attend

All age groups are welcome

Cost

Free

Phone (08) 9345 8555

Website www.stirling.wa.gov.au/recreation

City of Subiaco

Program/service

Seniors Walk Programme

Description of program/service

A free walk program is offered to local residents aged 55 years and over who are keen to increase their physical activity through moderate walking in a social and fun atmosphere. The walking routes are through local streets, park and attractions.

Who can attend

From 55 years

Cost

None

Other information

Wednesday walk: meet at Cliff Sadlier Park, cnr Northmore St and Club Ave, Daglish at 9.00am.

Thursday walk: Shenton Park community centre, Onslow Rd, Shenton park at 9.00am.

Phone (08) 9237 9231

Fax (08) 9237 9200

Address PO Box 270, Subiaco WA 6904

Website..... www.subiaco.wa.gov.au

Easybeat Walkers (Inc)

Description of program/service

Healthy exercise and walking, including social activities taken by a trainer.

Who can attend

50 and over

Cost

\$10.00 membership per year

\$3.00 per session

Other Information

Fridays 9.00am -1.00pm

Need a doctor's application form

Contact person Beryl Arrowsmith

Phone (08) 9307 3446

Address Padbury Community Hall

Hamersley Walking Group

Description of program/service

Different walk each week

Other information

Tuesday 9.00am – depends on where the walk is

Contact person Joyce Poole

Phone (08) 9448 6844

Injury Control Council of Western Australia (Inc)

ICCWA is the peak not for profit organisation involved in injury prevention and community safety promotion in WA.

Program/service

- Belmont Walking Group
- Garden City Walking Group

Description of program/service

Belmont: Walking group walks inside Belmont Forum on Wednesday and Friday mornings before the shopping centre opens.

Garden City: Walking group walks inside Garden City Shopping Centre before the centre opens on Tuesday and Friday mornings.

Who can attend

Anyone but primarily targeted at the 50+ age group

Cost

None

Other Information

All walkers must register with ICCWA

Phone (08) 9420 7212

Fax (08) 9486 7955

Website www.iccwa.org.au

Kwinana Women's Walking Group

Description of program/service

Women's walking group from Kwinana Recquatic at 9.00am on Monday and Wednesday mornings.

Phone (08) 9439 0226

Fax (08) 9439 0222

Walking Groups

Midland Women's Health Care Place

Program/service

Women's Walking Club

Description of program/service

Casual women's walking group on Wednesday and Friday from 8.30am-9.30am (except school holidays)

Who can attend

From 18 years – females only

Cost

None

Phone (08) 9250 2221

Fax (08) 9250 2268

Address..... 4 The Avenue, Midland WA 6056

Email mwhcp@inet.net.au

Mosman Park Community Group Walking

Description of program/service

Walks for community health and fitness

Who can attend

Anyone

Cost

Free

Other Information

Contact Lee-anne for further information on meeting times.

Contact person Lee-anne Low (Shire of Peppermint Grove)

Phone (08) 9384 0099 (Shire of Peppermint Grove)

Fax (08) 9384 1634

Email..... comsafety@peppermintgrove.wa.gov.au

Website www.townofmosmanpark.wa.gov.au

Rockingham Walking Club

Description of program/service

Meets Tuesday, Thursday and Sunday at different locations around Rockingham. 8.00am - 9.00am in winter and 7.00am-8.00am in summer.

Phone (08) 9527 9914

Website..... www.rockingham.wa.gov.au

Stratton / Jane Brook Community Walking Group

Description of program/service

Social weekly walking group

Phone (08) 9250 7909

Email maria.hart2@health.wa.gov.au

Subiaco Walkercise

Description of program/service

Walks last 55 minutes at your own pace followed by optional coffee. Walks depart from Kings Park, Shenton Park Community Centre and various other locations throughout the Western Suburbs.

Cost

Membership is free

Other information

Tuesdays October-May 7.30am and 8.30am, June-September 9.00am

Contact person..... David Knewstubb

Phone (08) 9381 8272

Whitford City Walkers

Description of program/service

Indoor walking group for women at Westfield Whitford Shopping Centre.

Other information

Walking days are Tuesday and Wednesday mornings.

Phone (08) 9300 1566

Wireless Hill Walking for Fitness Group

Description of program/service

Walks around 5-6km which takes approx 70mins. We have walkers who are fast, medium and slow pace.

Who can attend

Anyone from 50 and over

Cost

None

Other information

Walking days are Thursday and Sunday

Phone (08) 9339 4514

Women's Healthworks

Program/service

Joondalup Walking Group

Description of program/service

Regular 30-45 minute walks around the Joondalup CBD at a slow to medium pace. All walks begin and end at Women's Healthworks at Lotteries House. A walk leader leads each walk.

Phone (08) 9300 1566

Address Suite 6, Lotteries House, 70 Davidson Tce, Joondalup WA 6027

Midland Women's Health Care Place

Program/service

Services for women and workshops

Description of program/service

Anxiety groups, Tai Chi sessions for arthritis and other groups are available.

Who can attend

Women only in the East Metropolitan area

Can self refer

Contact person Patsy and Nadia

Phone (08) 9250 2221

Fax (08) 9250 2268

Address..... 4 The Avenue, Midland WA 6056

Email info@mwhcp.org.au

Women's Healthworks

Program/service

Complimentary health services and various other services for women.

Description of program/service

- Different groups run each term e.g. laughter club, sessions on depression
- Tai Chi.
- Indoor Walking Group at Whitfords Shopping Centre on Tuesday and Wednesday.
- Outdoor Walking Group at different locations around Joondalup on Tuesday morning

Who can attend

Females only

Cost

A variety of prices depending on services provided

Contact person Lynne Wishart
Phone (08) 9300 1566
Fax (08) 9300 1699
Address Suite 6, Lotteries House, 70 Davidson Tce, Joondalup WA 6027
Email healthwk@iinet.net.au

Australian Association of Yoga In Daily Life

Program/service

Hatha Yoga

Description of program/service

Traditional Hatha yoga in an easy and gentle style, incorporating meditation, relaxation and breathing exercises

Who can attend

Suitable for all ages and most levels of physical abilities

Cost

Enrolling for the first time costs \$120 for 8 weeks

10 sessions costs \$90

Re-enrolling charged at a concession rate

Other Information

Classes in Claremont, Floreat, Swanbourne, Mount Lawley, North Perth and Rivervale

Contact person Miren and Peter Hary

Phone (08) 9286 4888

Fax (08) 9286 4333

Mailing address PO Box 322, Claremont WA 6910

Email perth@yogaindailylife.org.au

Website www.yogaindailylife.org.au

Yoga Health

Program/service

Remedial Yoga with Pilates

Description of program/service

Very gentle remedial yoga with pilates

Who can attend

Anyone (exercises performed mostly on the floor)

Cost

\$15 for one and a half hour lesson

Other Information

Classes in all areas (in 60 centres)

Contact person Lee Harold
Phone (08) 9252 0043
Fax (08) 9252 0043
Address PO Box 180, Darlington WA 6070
Email yoga@yoga.com.au
Website www.yoga.com.au

Commonwealth Carelink Centres

Commonwealth Carelink Centres are information centres for older people, people with disabilities and those who provide care and services. Centres provide free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia.

Other Information

Information is available in 16 community languages other than English and information is available for Indigenous and vision impaired clients.

Phone 1800 052 222

Department of Health Western Australia

Program/service

Consumer health services directory

Description of program/service

This reference web site will help you access the vast range of health and community services provided by the State Government. It also includes some services offered by other organisations. These services are provided for all Western Australians.

Other Information

If you are unable to find the health service you need via the website directory, please call the Department of Health's information line HealthInfo on 1300 135 030.

Website www.health.wa.gov.au/services

