



**Umbrella**

Multicultural Community Care

# Community Activity Guide

**Social support  
groups for over 55's**



## Continuing programs

### Polish Strength & Balance Group

Bilingual Group run by a Polish and English-speaking physiotherapist. One-hour exercise class followed by a social afternoon tea.

This group will continue to run at Bayswater Community Centre thanks to the instructor taking the group over from Umbrella and continuing volunteer support.

*Bayswater Community Centre  
27 King William St  
08 9272 0957*

### One-on-One Digital Device Support

Our volunteer will continue to support older adults living in Belmont to build their confidence using their devices.

*08 9275 4411 or  
enquiries@umbrellacommunitycare.com.au*

## Umbrella programs

### We Are Care finders

Care finder supports seniors (aged 65+) to find the aged care services they need. Wherever you live in the Perth metro, our

care finder team can now link you in with various support services.

We speak your language and we will visit you at home. Our service is free of charge.

*cfs@umbrellacommunitycare.com.au  
08 9275 4411*

### Aged Care Volunteer Visitors Scheme

We are looking for bilingual volunteers for our Aged Care Volunteer Visitors Scheme to visit seniors from multicultural and LGBTQI+ backgrounds. Some clients are living at home and some are in residential care facilities across the metro region.

*08 9275 4411  
acvvs@umbrellacommunitycare.com.au*

## Partner organisations

### Co-Connect

Co-Connect provides services and support in the areas of mentoring, community building and mental health. It endeavours to empower individuals to seek independence.

Working predominantly with Vietnamese and Chinese communities, Co-Connect will be continuing excursions, form filling services and community workshops. Please get in touch for more details.

*info@co-connect.org.au  
0435 628 802  
www.co-connect.org.au*

### GRAI (GLBTI Rights in Ageing Inc)

A community-based advocacy group that promotes quality of life for older people of diverse sexual and gender identities.

*54 Bickley Crescent, Manning  
info@grai.org.au  
www.grai.org.au*

### Multicultural Services Centre of WA

Delivers home care packages and support services to older people of multicultural backgrounds.

*20 View Street, North Perth  
08 9328 2699  
www.mscwa.com.au*

## Local clubs & programs

### Over 55 Walking Association

They offer a wide range of walks around Perth in March to November every year, taking

place every Tuesday at 9:30am. Membership \$10 per year.

*24 Latham Road, Ferndale  
0400 577 738  
offwamembership@gmail.com*

### Connecting Older Citizens On Adventures

COCOA is a non-profit club for older adults based in Perth. It is run by volunteers who organise lifestyle holidays in regional locations.

Participants stay in cabin or dormitory accommodation and enjoy a variety of activities from board games to archery.

*www.cocoawa.com*

### Club 55 Travel

Provides an extensive range of over 80 different day tours that have been specifically designed for the over 55's.

*08 6285 6269  
bookings@club55.com.au  
www.club55.com.au*

## City of Belmont

### Belmont Men's Shed

A meeting point for men in the community. They make a lot of little street libraries, bird houses, rocking horses,

and more. \$75 annual membership fee.

57 Robinson Avenue  
08 6150 0124  
www.belmontmensshed@tpg.com.au

### **Belmont Forum Mall Walking Group**

A free group walk through the mall at your own pace held on Wednesdays and Fridays, 8am to 9am.

Belmont Forum Shopping Centre  
227 Belmont Avenue, Cloverdale  
08 9478 2152

### **Healthy Heart Walkers**

Slow-paced and free walking, dog and pram friendly, for all ages on Thursdays at 8:30am.

Tomato Lake (picnic tables at Scenic Drive carpark) 0401 642 940

### **Prime Movers**

Exercise classes for older adults to improve health and fitness. \$20 annual membership fee, \$5 per class, on Tuesday and Thursday mornings.

Belmont Oasis Leisure Centre,  
Progress Way, Cloverdale.  
08 9386 2049

### **City of Belmont Ruth Faulkner Library**

The library runs a range of adult programs, special events and workshops.

Belmont Hub, 213 Wright St Cloverdale  
08 9477 7150  
libraryandmuseum@belmont.wa.gov.au

### **Belmont Senior Citizens Hub**

A range of activities for seniors, including bingo, boot scooting, canasta, Italian group & tai chi.

\$10 annual membership fee; some activities have additional fees.

Belmont Hub, 213 Wright St, Cloverdale.  
08 9478 1808.

### **Belmont Potters Group**

A community group for clay enthusiasts.

\$70 joining fee & first bag of clay.

Sunday-Tuesday 1pm to 3pm,  
Wednesday 7pm to 9pm.

58 Elizabeth Street, Cloverdale.  
0423 682 287  
president@belmontpottersgroup.com

### **WA Lapidary & Rock Hunting Club**

A volunteer-run club for lapidary, jewellery-making, glass fusing, the geology and beading. Annual membership fees apply.

Daily 9:30am to 12:30pm;  
1pm to 4pm; 7pm to 10pm.

31-35 Gladstone St, Rivervale  
enquiries@walapidaryclub.org.au  
0439 216 660

### **Ballroom Fit Chair dancing**

Moving to music from your chair. Good for those with limited mobility.

Fortnightly Mondays,  
10:30am to 11:30am.

CraigCare, 2 Waterway Cres, Ascot  
0439 460 487  
info@ballroomfit.com.au

### **Community Lab Yarn Crafts**

A self-directed chance to craft you don't have to be an expert.

Tuesdays, 9:30am-12:00pm.

Innovation Lab, Ruth Faulkner Library  
213 Wright St Cloverdale  
08 9477 7150

### **Belmont Community Growers**

A community group to help residents maintain their own gardens, learn about plants and socialise.

Wilson Park, Rivervale:  
08 9361 6638  
hortitalk@bigpond.com

## **City of Bayswater**

### **Laguna Veneto Club**

An Italian social and bocce sporting club with regular events such dances and barbecues.

49 Homer Street, Dianella  
08 9275 2116  
admin@lagunaclubwa.com.au

### **City of Bayswater Libraries**

A range of adult programs, special events and workshops.

MORLEY LIBRARY  
240 Walter Rd West, Morley  
08 9272 0980

BAYSWATER LIBRARY  
25 King William St, Bayswater  
08 9272 0951

MAYLANDS LIBRARY  
The Rise, 28 Eighth Avenue, Maylands  
08 9208 2450

bayswater.wa.gov.au/arts-and-leisure/  
libraries/programs-and-events-adults

### **Bayswater Community Centres (Bayswater and Morley)**

Activities program such as bingo, bowls, cards, exercise classes and special events.

Annual membership \$15.

BAYSWATER COMMUNITY CENTRE  
27 King William St, Bayswater  
08 9272 0957

MORLEY COMMUNITY CENTRE  
6A Blades Close, Morley  
08 9276 6108

[bayswater.wa.gov.au/communitycentres](http://bayswater.wa.gov.au/communitycentres)

### Neighbourhood Watch Chinese Group

Part of the Neighbourhood Watch initiative bringing together local Chinese residents in the Morley area to look out for one another.

0447 459 319 (Lisa)  
[admin@nhwchinesegroup.org.au](mailto:admin@nhwchinesegroup.org.au)

### Bayswater Men's Shed

A chance to learn, share skills, and make friends. There's woodworking, metalworking, and computer refurbishing.

21 King St, Bayswater  
08 9370 5136  
[secretary@baysieshed.org.au](mailto:secretary@baysieshed.org.au)

### Bayswater Women's Hub

Access to tools and workshop facilities in a community space, facilitating the exchange of knowledge between cultures, generations, and capabilities. Tool library coming soon.

[bayswaterwomenshub@gmail.com](mailto:bayswaterwomenshub@gmail.com)  
[bayswaterwomenshub.wordpress.com](http://bayswaterwomenshub.wordpress.com)  
[facebook.com/bayswaterwomensworkshop](https://facebook.com/bayswaterwomensworkshop)

### Seniors' Recreation Council of WA

Healthy ageing through activity. Lots of fun activities and chances to improve your fitness. Monday-Friday, 8am to 4pm. Free directory available.

246 Vincent Street, Leederville  
[info@srcwa.asn.au](mailto:info@srcwa.asn.au)  
[www.srcwa.asn.au](http://www.srcwa.asn.au)

### Probus Club of Dianella

A club with a range of outings and speaker events.

85 McGilvray Ave, Noranda  
08 9276 3185

### Country Women's Association of WA Bayswater Branch

Providing friendship, fun, support, and welfare for country and city women of all ages and abilities.

Drill Hall, Murray St, Bayswater  
0423 904 675  
[www.cwaofwa.asn.au](http://www.cwaofwa.asn.au)

### U3A Online Social Learning Network

A global organisation for people aged 50+ aimed at encouraging people to share knowledge, skills, and interests.

Office open Fridays and 2nd and 4th Wednesdays of the month from 9:15am to 12:15pm.

0468 781 857  
[u3auwa.org](http://u3auwa.org)

### Lions Club of Noranda

A fundraising group who come together to raise money and support their community and a great way to meet others in your local area.

PO Box 291, Morley Post Shop  
08 9276 1450  
[norandalions@gmail.com](mailto:norandalions@gmail.com)  
[noranda.wa.lions.org.au](http://noranda.wa.lions.org.au)

## City of Stirling

### Inglewood Walking Group

Low-impact walking around the Inglewood area. A great way to meet others. You just need a hat, water bottle and sunscreen.

08 9205 8555  
[community@stirling.wa.gov.au](mailto:community@stirling.wa.gov.au)

### Stirling Women's Shed (With the Joy of Wood)

Just like the Men's Sheds, the Joy of Wood is teaching woodworking skills to women of all ages.

You don't need to live in City of Stirling to join.

173 Gildercliffe St, Scarborough  
0427 770 339  
[stirlingwomensshed@thejoyofwood.com.au](mailto:stirlingwomensshed@thejoyofwood.com.au)

### Stirling Men's Shed

A woodworking shed with a members' garden and space for other activities like the Men in Stitches sewing program.

Open Monday-Friday 8:30am-3:00pm  
or call 08 9205 7625

### Craft And Chat Group

Bring your own craft and enjoy lovely chats with other crafters.

Scarborough Community Hub  
Tuesdays 1pm-4pm  
08 9205 8579



**Phone:**

(08) 9275 4411 — General enquiries  
(08) 6155 6793 — Social Support Services



**Email:** [enquiries@umbrellacommunitycare.com.au](mailto:enquiries@umbrellacommunitycare.com.au)



**Phone:** 39 Abernethy Road, Belmont WA 6104

**Home Support Services:** 234 Great Eastern Highway Ascot WA 6104

**Postal:** PO BOX 311, Belmont WA 6984



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