

Table	Service Name / Type of Service - Colour Coding	Services available to Kingston residents
1	<p>The Healey Retirement Village Address: 42 Healey St, Moorabbin VIC 3189, Australia Email: info@thehealey.com.au Phone: 8376 6574 Website: www.thehealey.com.au</p>	<ul style="list-style-type: none"> • Comfortable and luxurious living spaces • Variety of one, two, or three-bedroom villas or apartments • Social events • Leisure and wellness amenities • Fully equipped gymnasium and indoor heated pool
2	<p>Latrobe Community Health Service & Link Health and Community Address: Ground Floor, Suites 1-3, 68 Victor Crescent, Narre Warren 3805 Email: Portia.Neydorff@lchs.com.au Phone: 1800 242 696 Option 2 Website: www.lchs.com.au or www.linkhc.org.au</p>	<ul style="list-style-type: none"> • Allied health • Social and exercise programs • Domestic help • Respite care • Garden maintenance
3	<p>Estia Health Address: Towergrange Bellview Rac, 23A Elizabeth St, Oakleigh East Email: Jeff.Butler@estiahealth.com.au Phone: 0409 890 871</p>	<ul style="list-style-type: none"> • Residential Aged Care • Day respite • Long term respite • Long term care
4	<p>Local Guardians Pty Ltd Address: Suite 10/585 Little Collins St, Melbourne, 3000 Email: customer@localguardians.com Phone: 7067 0555 Website: www.localguardians.com</p>	<p>Home Care Packages:</p> <ul style="list-style-type: none"> • Self Managed - DIY (do-it-yourself) option best suited if you would like to mostly self-manage your package. We maintain oversight and provide a basic level of support, while working alongside you to manage your package funds and payments. • Self Managed PLUS - Ideal if you want to self-manage but would like assistance with set up and some additional help along the way.
5	<p>Sensible Care Pty Ltd Address: Unit 3/271 Para Rd, Greensborough 3088 Email: info@sensiblecare.com.au Phone: 1800 121 000 Website: www.sensiblecare.com.au</p>	<ul style="list-style-type: none"> • Home Care Packages • Domestic assistance services under the Commonwealth Home Support program • Disability support services under NDIS.
6	<p>Deivian Care Services Address: Suite 2/750 Blackburn Rd, Clayton VIC 3168 Email: marketing@deivian.com.au Phone: 1300334842 Website: www.deivian.com.au</p>	<ul style="list-style-type: none"> • Home Care services including domestic help, respite, personal care, garden maintenance, transportation, minor home modifications.
7	<p>Baptcare LTD Address: PO Box 230 Hawthorn VIC 3122 Email: info@baptcare.org.au Phone: 9831 7222 Website: www.baptcare.org.au</p>	<ul style="list-style-type: none"> • Faith-based not-for-profit organisation • Residential care • Community care for older people, family and child support, people with disability, financially disadvantaged people and people seeking asylum.

<p>8</p>	<p>Blissful Sleep Address: 44 Balcombe Rd, Mentone VIC 3194 Email: tonyshelper8@gmail.com Phone: 0411 593 688 Website: https://www.blissfulsleep.com.au/</p>	<ul style="list-style-type: none"> • Range of electric, adjustable beds for people with asthma, sleep apnea, reflux, bad back or who just want a comfortable bed.
<p>9</p>	<p>BodeWell Community Care Address: 3/999 Nepean Hwy, Moorabbin3189 Email: martin.sammut@bodewellcc.com.au Phone: 0487 105 929 Website: www.bodewellcc.com.au</p>	<ul style="list-style-type: none"> • Aged Care - In-Home Care services including domestic assistance, personal care, respite, transport. • NDIS support coordination • Service coordination
<p>10</p>	<p>Jfu Jobseek Pty Ltd T/a Just-for-u Care Address: 101/424 Warrigal Rd, Heatherton 3202 Email: gisele@jfulcare.com.au Phone: 9578 3024 Website: www.justforucare.com.au</p>	<ul style="list-style-type: none"> • Home Care Package Services and private In – Home Care services include personal care, respite, meal preparation, shopping (escorted & unescorted), transport, overnight care (passive & active), 24 hour live in care (short or long term)
<p>11</p>	<p>VitalCALL Address: 314 Boundary Rd, Dingley Village 3172 Email: peter.marsh@chubbs.com Phone: 1300848252 Website: vitalcall.com.au</p>	<ul style="list-style-type: none"> • Personal emergency response alarms - 24 hours a day, 7 days a week.
<p>12</p>	<p>CASS CARE LIMITED Address: 109 Wood St, Templestowe VIC 3106 Email: info@casscare.org.au Phone: (02) 9789 4587 or 0411 720 143 Website: casscare.org.au</p>	<ul style="list-style-type: none"> • Aged care services to address daily care needs including domestic help, respite and carer support and linking to preferred services. • Home Care Package services • Supporting culturally and linguistically diverse communities to overcome cultural and language barriers.
<p>13</p>	<p>Uniting AgeWell Address: Level 6, Wesley Place 130 Lonsdale St Melbourne 3000 Email: mcr@unitingagewell.org Phone: 0447 360 305 Website: www.unitingagewell.org</p>	<ul style="list-style-type: none"> • Home Care • Independent living units • Residential care • Social connections
<p>14</p>	<p>Australian Multicultural Community Services Address: 44-56 Hampstead Rd, Maidstone 3012 Email: info@amcservices.org.au Phone: 9689 9170 Website: www.amcservices.org.au</p>	<ul style="list-style-type: none"> • Home Care Package services • Community social groups and outings • Support and respite for carers • Dementia care and support • Wellbeing community centres.
<p>15</p>	<p>Arcare Residential Aged Care Address: 346 South Rd, Hampton East, 3188 Email: michael.grant@arcare.com.au Phone: 0476 846 735 Website: www.arcare.com.au</p>	<ul style="list-style-type: none"> • Residential aged care

<p>16</p>	<p>Australian Unity Home Health Address: g 02/253 Wellington Rd, Mulgrave 3170 Email: colori@australianunity.com.au Phone: 1300189664 Website: www.australianunity.com.au/homecare</p>	<ul style="list-style-type: none"> • Home Care Packages levels 1-4 • Short Term Restorative Care provider • Home Care, community nursing and allied health service provider
<p>17</p>	<p>Aveo Retirement Living Address: 15 George St, Sandringham3191 Email: marika.wagner@aveo.com.au Phone: 1800 820 260 Website: www.aveo.com.au</p>	<ul style="list-style-type: none"> • Retirement living options including low-maintenance lifestyle in a vibrant and social community or a relaxed community with more support.
<p>18</p>	<p>Beata Homecare Pty Ltd Address: Unit 1 A/37-39 Ricketts Rd, Mount Waverley 3149 Email: info@beatahomecare.com.au Phone: 1800 789 096 Website: https://www.beatahomecare.com.au/</p>	<ul style="list-style-type: none"> • Home Care Package services including domestic assistance, personal care, meal preparation, shopping assistance, transport to medical appointments, nursing services, companionship, planned activity groups, in-home respite, case management and more. • NDIS services
<p>19 20</p>	<p>Calvary Home Care Services Address: Level 2/352 Wellington Rd, Mulgrave 3170 Email: brenda.chiotellis@calvarycare.org.au Phone: 1300 797 522 Website: www.calvarycare.org.au</p>	<ul style="list-style-type: none"> • Aged care services include personal care, social support, respite, transport, domestic help, allied health services. • Disability services - in Home Care include high intensity supports, transport and community participation.
<p>21 22</p>	<p>Southern Migrant and Refugee Centre Address: 39 Clow St, Dandenong 3175 Email: smrc@smrc.org.au Phone: 03 97671900 Website: www.smrc.org.au</p>	<ul style="list-style-type: none"> • Commonwealth Home Support Program services including support for carers, flexible respite, dementia specific program, Saturday centre-based respite, social support and exercise groups, gardening program, transport, domestic help, personal care. • Volunteer visitors program. • Specialised support services
<p>23</p>	<p>We Rock the Spectrum Lids Gym Moorabbin Address: 253 Wickham Rd, Moorabbin 3189 Email: info@werockthespectrummoorabbin.com.au Phone: 8394 5215 Website: www.werockthespectrummoorabbin.com.au</p>	<ul style="list-style-type: none"> • Social group drop-off programs for children and teens of all abilities (afterschool and weekends) • Holiday programs for children and teens with additional needs • Afterschool clubs for neurodiverse teens • Respite care for special needs families • Open play for neurodiverse adults • Adult day programs (rolling out in Term 4 2024) • Bimonthly community talks to support parents and carers of children on the spectrum • Open play for all abilities • Private hire for individuals with a disability who require their own space and/or for adults and teens

24	<p>Mobile Disability Physio Address: Suite 27/477 Warrigal Rd, Moorabbin 3189 Email: lyn@mobiledisabilityphysio.com.au Phone: 0408 504 189 Website: www.mobiledisabilityphysio.com.au</p>	<ul style="list-style-type: none"> • Mobile physiotherapy service for NDIS participants • Hydrotherapy or aquatic physiotherapy • Disability specialists • NDIS reporting including End of Plan Reports as well as Change of Situation Reports • Physical disabilities as well as psycho-social disabilities.
25	<p>True Ability Address: Unit 112/12 Corporate Dr, Heatherton 3202 Email: admin@trueability.com.au Phone: 7009 1559 Website: trueability.com.au</p>	<p>NDIS services</p> <ul style="list-style-type: none"> • In-Home Care • Community participation • Daily living support • Life skills development • Travel training • Social development • Respite care • Nursing care
26	<p>Sovereign Lives Victoria (SLV Activity Centres) Address: 13/12-16 Garden Blvd, Dingley Village 3172 Email: jbellina@sovereignlivesvictoria.com.au Phone: 0424 937 758 Website: www.sovreignlivesvictoria.coma.au</p>	<ul style="list-style-type: none"> • Daily activities for people with disabilities including cooking/baking, arts/crafts, fitness, gardening, walking programs. • Individualised support with accessing community activities - small groups with an option of 1:1 support.
27	<p>Lumia Care Address: Suite A, 1st Floor/290 Burwood Rd, Hawthorn VIC 3122 Email: welcome@lumiacare.com.au Phone: 03 9290 9026 Website: https://lumiacare.com.au/</p>	<ul style="list-style-type: none"> • Nursing • Aged Care • Disability support services • Services include personal care, household assistance, meal preparation, companionship, medication management, nursing services, allied health, transportation, respite, gardening.
28	<p>Australian-Filipino Community Services Address: 127 Kidds Rd Doveton Email: info@afcs.org.au Phone: 03 9701 3421 Website: www.afcsvictoria.org.au</p>	<ul style="list-style-type: none"> • AFCS offers culturally sensitive and holistic support to enhance the social, physical, emotional, spiritual and mental wellbeing of Filipino families and individuals. • Crisis support <p>Aged Care services include:</p> <ul style="list-style-type: none"> • Overnight and day respite • In-home support • Access and Support in Navigating aged care • Dementia specific programs • Social support groups and social support individual • Visiting program for Home Care Package clients
29 30	<p>AccessCare Address: 34 Brindisi St, Mentone 3194 Email: info@accesscare.org.au Phone: 1300 819 200 Website: https://www.accesscare.org.au/</p>	<ul style="list-style-type: none"> • Home Care Package services • Commonwealth Home Support Program services including domestic help, personal care, respite, transport, meals, shopping, specialised healthcare, home modifications, social outings. • Home and Community Care Program for Younger People (under 65)

<p>31 32 33</p>	<p>Better Health Network Address: Central Bayside Community Health, 335-337 Nepean Hwy, Parkdale 3195 Email: info@bhn.org.au Phone: 13 22 46 Website: bhn.org.au</p>	<ul style="list-style-type: none"> • Better Health Network (or BHN) is a not-for-profit organisation providing primary and allied health care services. • General wellbeing and social connection. • Specialist medical services • Dental and allied health • Nursing and counselling services • Aged care social supports • Disability services.
<p>34</p>	<p>Sandybeach Centre Address: 2 Sims St, Sandringham 3191 Email: andrea.fennessy@sandybeach.org.au Phone: 9598 2155 Website: www.sandybeach.org.au</p>	<ul style="list-style-type: none"> • Social and support programs for seniors • All abilities, respite and carer support.
<p>35</p>	<p>Parkglen Friendly Society Address: 360 Cheltenham Rd, Keysborough 3173 Email: enquiries@parkglen.com.au Phone: 1300 117 147 Website: www.parkglen.com.au</p>	<ul style="list-style-type: none"> • Retirement village • Independent villas • Home Care Package services including cleaning, shopping, personal care, allied health, transport gardening, social support, cab charges & overnight support • Respite • Social activities.
<p>36</p>	<p>Hazel Home Care Address: 44 Lakeview Drive, Scoresby VIC 3179 Email: hello@hazelhomecare.com.au Phone: 1300 442 935 Website: https://hazelhomecare.com.au/</p>	<ul style="list-style-type: none"> • Home Care Package Services • Services include 24 hour care, cleaning, clinical care, community involvement, companionship, gardening, laundry, meal preparation, medication monitoring, personal assistance, respite care and social support and outings.
<p>37</p>	<p>Like our Own Address: 22 Prince St, Hampton VIC 3188 Email: harley@likeourown.com.au Phone: 0425 758 176 Website: www.likeourown.com.au</p>	<ul style="list-style-type: none"> • Home Care Package services • Care management
<p>38</p>	<p>Russian Ethnic Representative Council (RERC) Address: 118 Greeves St, Fitzroy VIC 3065 Email: hcp@rerc.org.au Phone: 9415 8175 Website: www.rerc.org.au/en_au</p>	<ul style="list-style-type: none"> • Home Care Package Services • Commonwealth Home Support Program services including domestic assistance, home maintenance, transport, meals, social work, social groups, outings and events.
<p>39</p>	<p>MCWA Address: Unit 7/10 Enterprise Dr, Bundoora 3083 Email: accounts@mcwa.org.au Phone: 9318 1111 Website: https://www.mcwa.org.au/</p>	<ul style="list-style-type: none"> • Commonwealth Home Support Program services • Home Care Package Services - home help, respite, personal care, home maintenance, allied health, transport, spring cleaning and more.

40	<p>Benetas Address: 1/789 Toorak Rd, Hawthorn East 3123 Email: anna.nesmelova@benetas.com.au Phone: 8803 9457 Website: www.benetas.com.au</p>	<ul style="list-style-type: none"> • Not-for-profit organisation offering Home Care Package services. • Commonwealth Home Support Program services including personal care, in-home nursing, centre-based day respite • Retirement living • Residential aged care • Respite care
41	<p>Wintringham Address: 77-79 Malcolm Rd, Braeside VIC 3195 Email: kellyj@wintringham.org.au Phone: 9769 0202 Website: www.wintringham.org.au</p>	<ul style="list-style-type: none"> • Home Care Package services including home help, personal care, recreation and leisure, community access, shopping, case management, advocacy, health and wellbeing. • Care Finder - support for vulnerable older people to interact with My Aged Care, access aged care, social services and other relevant supports in the community.
42	<p>Polish Community Care Services Inc. Polish Community Council of Victoria Address: 8/14 Lionel Rd, Mount Waverley 3149 Email: info@polcare.org.au Phone: 9569 4020 Website: www.polcare.org.au</p>	<ul style="list-style-type: none"> • Commonwealth Home Support Program services including domestic assistance, social support groups, meals, transport, home maintenance, flexible respite, centre-based respite. • Home Care Package services • NDIS services
43	<p>Alfred Health Carer Services Address: 260 Kooyong Rd, Caulfield 3162 Email: j.rossiter@alfred.org.au Phone: 9076 6444 Website: alfredhealthcarers.org.au For emergency respite and after-hours support call Carer Gateway on 1800 422 737</p>	<ul style="list-style-type: none"> • Support and resources for carers and young carers (25 years and under) who provide ongoing unpaid personal care or support. People may be caring for someone who has a disability, mental illness, chronic (long-term) illness, aged related condition, or someone receiving palliative care. • Carer Gateway (Commonwealth-funded) and Support for Carers (State-funded) services • Respite services, resources and supported activities for older people with care needs, and their carers, via the Commonwealth Home Support Program. Fees apply for this program.
44	<p>Brotherhood of St. Laurence Address: 67 Brunswick St, Fitzroy VIC 3065 Email: info@bsl.org.au Phone: 9483 1183 Website: www.bsl.org.au</p>	<ul style="list-style-type: none"> • Home Care Package services • Day respite • Overnight respite
45 46	<p>mecwacare Address: 1287 Malvern Rd, Malvern 3144 Email: josephine.hill@mecwacare.org.au Phone: 0439 217 087</p>	<ul style="list-style-type: none"> • Commonwealth Home Support Program services • Home Care Package services • Home and Community Care Program for Younger people • NDIS services • Private care • Services include personal care, transport, nursing, allied health, occupational therapy, podiatry, physio, respite, day centre programs, case management. • Residential Aged Care facilities

<p>47</p>	<p>CareChoice Address: Unit 1/1 McLaren Dr, Clayton South 3169 Email: enquiries@carechoice.com.au Phone: 1300 737 942 Website: www.carechoice.com.au</p>	<ul style="list-style-type: none"> • NDIS, TAC, Worksafe registered provider delivering complex care supports across Victoria. • Hospital discharge planning and support provision. • Support coordination levels 2 and 3, in addition to positive behaviour support.
<p>48</p>	<p>Carers Network Address: Suite 6/758 Blackburn Road, Clayton 3168 Email: tiffanee.boatwood@carersnetwork.com.au Phone: 03 8488 9982 Website: https://carersnetwork.com.au/</p>	<ul style="list-style-type: none"> • NDIS support coordination • Come Care Package services including case management, personal care, domestic assistance, transport, community access, companionship. • 24-hour assistance
<p>49</p>	<p>Healthscope Independence Services Address: Suite 8, Level 1 13 Corporate Drive, Moorabbin 3189 Email: Independence.Services@healthscope.com.au Phone: 8551 8888 Website: healthscopeindependenceservices.com.au</p>	<p>Disability services including:</p> <ul style="list-style-type: none"> • Disability accommodation: short, medium and long term • In-home support • Community support • Post-hospital care
<p>50</p>	<p>Direct Care Assistance Address: 1344 Centre Rd, Clayton South 3169 Email: info@directcareassistance.com.au Phone: 0477 453 647 Website: directcareassistance.com.au</p>	<p>Disability services as below:</p> <ul style="list-style-type: none"> • Activity of daily living • Community Nursing • Complex nursing care • Supported Independent Living • Community participation • Building life skills
<p>51</p>	<p>Jewish Care Victoria Address: 619 St Kilda Rd, Melbourne 3004 Email: jastorino@jewishcare.org.au Phone: 0437 395 840 Website: www.jewishcare.org.au</p>	<p>Disability services including</p> <ul style="list-style-type: none"> • NDIS funded support workers in the home or community • Short term accommodation • Plan management • Support coordination • Employment • State funded Home and Community Care Program for Younger People (under 65), Support for carers
<p>52</p>	<p>Support Chain Pty Ltd Address: 68 Golfwood Cl, Dingley Village 3172 Email: info@supportchain.com.au Phone: 0417 498 862 Website: www.supportchain.com.au</p>	<ul style="list-style-type: none"> • NDIS support coordination • Plan management • Social and community access
<p>53</p>	<p>MOIRA Inc. Address: Caribbean Park, Level 3/42 Lakeview Dr, Scoresby VIC 3179 Email: hello@moira.org.au Phone: 8552 2222 Website: https://www.moira.org.au/</p>	<ul style="list-style-type: none"> • NDIS Plan Management, • Occupational Therapy - Speech and Connect Program provide a range of free events, workshops, and support groups for people living with disability and their parents or carers.

54	<p>St Mary's Health Services Address: 33 Hinkler RD, Mordialloc VIC 3195 Email: info@stmaryshealthservices.com.au Phone: 03 9773 8234 Website: https://stmaryshealthservices.com.au/</p>	<p>Support services for people with disabilities:</p> <ul style="list-style-type: none"> • Centre-based • Short-term accommodation • Supported independent living • Community-based support (school holiday program, camp etc) • In-home support.
55	<p>Wise Employment Address: 43 Station Rd, Cheltenham VIC 3192 Email: enquiries@wiseemployment.com.au Phone: 1800 685 105 Website: https://wiseemployment.com.au/</p>	<ul style="list-style-type: none"> • Not-for-profit employment service provider, delivering Australian Government-funded employment programs like Disability Employment Services (DES) and Workforce Australia to help all Australians into a job. • Free service available to employers and eligible job seekers including those who: • have difficulty finding work due to disability or illness • are unemployed for a short time or a long time • have been retrenched • are considering returning to work after caring for family • are young people (youth employment), or mature-age job seekers requiring mature-age employment services (for job seekers aged 50 and above) • are Indigenous Australians
56	<p>Nurse4U Address: Office 4A / 277 Heaths Rd, Werribee, VIC 3030 Email: info@Nurse4u.com.au Phone: 03 8714 5816 Website: https://nurse4u.com.au/</p>	<ul style="list-style-type: none"> • Supported Independent Living • Supported Disability Access • Support Coordination, Support Workers, Personal Care Assistants, Enrolled Nurses, Registered Nurses,
56	<p>Medical Store Address: 5/260 Wickham Rd, Highett VIC 3190 Email: customerservice@medicalstore.com.au Phone: 03 9989 2253 Website: www.medicalstore.com.au</p>	<ul style="list-style-type: none"> • Medical Store provides continence, wound, nutritional and clinical care solutions, with a range of reusable and disposable products on offer. • Advice and personalised service with the ability to tailor packages and provide fast quotes when required.
57	<p>COTA Victoria Address: 424 St Kilda Rd, Melbourne 3004 Email: akerr@cotavic.org.au Phone: 9655 2158 Website: cotavic.org.au</p>	<ul style="list-style-type: none"> • Care Finder Program (COTA Victoria) • Care Finders can provide intensive support to vulnerable older people, who don't have someone to assist them navigate the aged care system. Care Finders provide support to understand what is available and can link people to appropriate
58	<p>Val's LGBTI Ageing & Aged Care Address: Building NR6 La Trobe University Email: p.crameri@latrobe.edu.au Phone: 0438 579 051 Website: www.latrobe.edu.au/arcshs/vals</p>	<ul style="list-style-type: none"> • Information to support older LGBTIQA+ people to navigate and access services as they age. • Support service providers to build their awareness and capacity to be LGBTIQA+ inclusive.

<p>59</p>	<p>Elder Rights Advocacy Address: Ross House, Level 2, Room 3, 247 251 Flinders Lane, Melbourne 3000 Email: era@era.asn.au Phone: 1800 700 600 Website: elderrights.org.au</p>	<ul style="list-style-type: none"> • Elder Rights Advocacy provides information and direct advocacy support to older people receiving or eligible for Commonwealth-funded aged care services. • Elder Rights Advocacy also delivers the Aged Care Volunteer Visitors Scheme (ACVVS) linking volunteer visitors with older people experiencing social isolation and loneliness.
<p>60</p>	<p>A Path To Follow Inc. Address: 8/325 Centre Rd, Bentleigh 3204 Email: info@apathtofollow.com.au Phone: 0412 732 402 Website: www.apathtofollow.com.au</p>	<ul style="list-style-type: none"> • Mental Health peer support • Advocacy for young people and families • Individual and group supports for young people, their parents/carers and siblings.
<p>61</p>	<p>South Eastern Suicide Prevention Network Address: 152 Tucker Rd, Bentleigh 3204 Email: sesuicideprevention@gmail.com Phone: 0407 260 497 Website: www.facebook.com/SESPN19/</p>	<ul style="list-style-type: none"> • Free information sessions and events to raise awareness of suicide - the alarming statistics, potential warning signs, how to raise the topic with someone you may be concerned about, and how to seek help - for someone at risk and importantly for yourself. • An annual memorial event - a safe place to acknowledge the person you have lost.
<p>62</p>	<p>Peninsula Community Legal Centre Address: 751 Centre Road, Bentleigh East 3165 Email: pclc@pclc.org.au Phone: 9583 2436, (03) 9783 3600, 1800 064 784 Website: https://pclc.org.au/</p>	<p>PCLC offers free legal services on a wide range of issues, including:</p> <ul style="list-style-type: none"> • Family Law • Intervention Orders • Family Violence and related issues • Criminal Law • Employment • Fines • Debt • Estate/Probate Matters • Motor Vehicle Accidents – property damage • Neighbourhood Disputes • Tenancy – private rental, rooming house & caravan park and more
<p>63</p>	<p>Mentone Community Assistance and Information Bureau Inc Address: 36 Florence St, Mentone 3194 Email: mcabic@bigpond.net.au Phone: 9583 2436</p>	<p>Not for profit organisation providing free and confidential services:</p> <ul style="list-style-type: none"> • Information and referral • Advocacy • Emergency relief program • Free legal advisory service • Tax help program • Budgeting assistance • Correspondence assistance.
<p>64</p>	<p>Family Life Address: 197 Bluff Rd, Sandringham 3191 Email: volunteering@familylife.com.au Phone: 85995433 Website: www.familylife.com.au</p>	<ul style="list-style-type: none"> • Volunteering opportunities in Op shops

<p>65</p>	<p>Kingston City Council, Inclusive Communities Address: 1230 Nepean Highway, Cheltenham 3192 E: community@kingston.vic.gov.au Ph: 1300 653 356</p> <p>Website: https://www.kingston.vic.gov.au/community/get-involved/volunteer</p> <p>Website: https://www.kingston.vic.gov.au/services/seniors/positive-ageing</p> <p>Website: https://www.kingston.vic.gov.au/services/health-and-support/accessibility/disability-information</p>	<p>Community Capacity and Partnerships Team supports:</p> <ul style="list-style-type: none"> • Volunteering in Kingston • Emergency Relief Program providers • Senior Clubs • Multicultural Clubs • Probus Clubs • Seniors' access to information on services, transport and community activities • Your Voice - Kingston Senior's Newsletter <p>Community Diversity and Inclusion Team provides:</p> <ul style="list-style-type: none"> • Advocacy and support to people with disabilities and their cares and improves access to programs and activities.
<p>66</p>	<p>Kingston Council, Kingston Active Address: 1230 Nepean Highway, Cheltenham 3192 E: active@kingston.vic.gov.au Ph: (03) 9559 7111 Website: https://kingstonactive.com.au/</p>	<ul style="list-style-type: none"> • Sport & Recreation Team works with sports clubs to support the communities sporting needs.
<p>67</p>	<p>Kingston Libraries: 1 Chelsea Rd, Chelsea 3196 12 Stanley Av, Cheltenham 3192 58 Viney St, Clarinda 3169 31C Marcus Road, Dingley Village 3172 10 Highett Road, Highett 3190 96 Parkers Road, Parkdale 3195 54 Thompson Road, Patterson Lakes 3197 35 Fairbank Road, Clayton South 3169 Ph: 1300 135 668 E: HomeLibrary@kingston.vic.gov.au Website: https://library.kingston.vic.gov.au/Home</p>	<ul style="list-style-type: none"> • Ongoing Drop-In Programs: Technical Help • Available on Request: Tech one on ones • Bookable Spaces: Digitisation Station, Recording Studio, Art and Makerspace • Programs requiring booking: Digital Literacy Classes • Other Services and resources: 3D Printing, STEAM lendables. • A wide range material online from the Digital Library: Books, music, magazines, movies. • Brain Training sessions, Book Chatters, Family History Groups, Book Clubs, Home Library Service and Volunteer Opportunities, Author Talks, Information Sessions, Public PCs and Printing facilities, Newspapers, Magazines, Audio Books, DVDs, Fiction and non-fiction books in ordinary and large print.
<p>68</p>	<p>Palliative Care Victoria Address: L2/182 Victoria Parade, East Melbourne 3002 Email: info@pallcarevic.asn.au Phone: 9662 9644 Website: www.pallcarevic.asn.au</p>	<ul style="list-style-type: none"> • Palliative Care Victoria (PCV) provides information and resources about palliative care services to people with palliative care needs, carers, health care professionals, community workers, volunteers and the broader community.
<p>69</p>	<p>Peninsula Home Hospice Address: 327 Main Street, Mornington VIC 3931 Email: admin@peninsulahospice.com.au Phone: 5973 2400 or 0409 254 386 Website: https://peninsulahospice.com.au/</p>	<ul style="list-style-type: none"> • PHH services are available free of charge to EVERYBODY who needs palliative care in the Local Government areas of Mornington Peninsula Shire, City of Frankston and part of the City of Kingston. • PHH is an accredited not-for-profit organisation that provides specialist palliative care to people in the comfort of their home.

70	<p>Calvary Kooyong, Calvary Health Care Bethlehem Address: 476 Kooyong Rd, Caulfield South 3162 Email: margarita.makoutonina@calvarycare.org.au Phone: 9834 9000 Website: www.calvarycare.org.au</p>	<ul style="list-style-type: none"> • 32-bed hospital and health service, which is a leading provider of palliative care services and the state-wide provider of specialist care and support for Victorians living with progressive neurological conditions, such as Motor Neurone Disease and Huntington’s Disease. • Retirement living • Residential aged care • Calvary’s in-home care, GP, other health care services.
70	<p>Aged Care & Medical Address: 46/107 Wells Road, Chelsea Heights, VIC 3196 Email: contact@agedcareandmedical.com.au Phone: 1300 003 930</p>	<ul style="list-style-type: none"> • Home modifications, trade services, hire mobility aids, assistive technology & continence
71	<p>LiveUp (Independent Living Assessment) Email: support@liveup.org.au Phone: 08 6275 3322 / 1800 951 971 Website: www.liveup.org.au</p>	<ul style="list-style-type: none"> • LiveUp is a healthy ageing website with a list of exercise classes, healthy ageing resources, product suggestions, and social groups.
72	<p>Health Star Care Solutions Address: 17/570 Bourke St, Melbourne. VIC 3000 Email: inquiries@healthstarcaresolutions.com.au Phone: 8629 1100 Website: https://healthstarcaresolutions.com.au</p>	<ul style="list-style-type: none"> • Staffing and consultancy services • Providing highly qualified clinical staff, including Registered Nurses and Enrolled Nurses, as well as non-clinical personnel such as cleaners, food services, and laundry staff • Services are tailored to help health care providers optimise operations, ensuring the highest standard of care and efficiency.
73	<p>Gould League Address: 77 Argus St, Cheltenham, VIC 3192 Email: gould@gould.org.au Phone: 03 9585 7860 / 0429 193134 Website: https://gould.org.au/</p>	<ul style="list-style-type: none"> • Environmental education to Schools and Community Groups. • Environmental incursions (talks and hands on activities) across greater Melbourne • Outings, team building exercises and activities for local Businesses, Community Groups and Residential Care Facilities. • Marine excursions and activities are delivered at Ricketts Point Marine Sanctuary with talks on waste and biodiversity delivered at Cheltenham Sustainability Education Centre - 77 Argus Street.
74	<p>Action Potential Physiotherapy Email: amber@apphysio.com Phone: 0490797852 Website: www.apphysio.com</p>	<ul style="list-style-type: none"> • Physiotherapy home visits • Physiotherapy telehealth consult • Community talks and courses covering persistent pain, healthy ageing, falls prevention, physiotherapy for improved mental health and osteoarthritis management. • Persistent pain physiotherapy • Mental health physiotherapy

<p>75</p>	<p>Home Based Health Email: info@homebasedhealth.com.au Phone: 0410 517 781</p>	<p>Mobile home visiting service</p> <ul style="list-style-type: none"> • Allied Health services • Speech pathology • Podiatry • Dietetics • Registered nursing services
<p>76</p>	<p>Uniting Employment Services Address: 313 Charman Rd, Cheltenham 3192 Email: greg.veale@vt.uniting.org Phone: 1300 090 989 Website: www.unitingvictas.org.au</p>	<p>Supporting people of all abilities with:</p> <ul style="list-style-type: none"> • Understanding your goals • Developing your skills and strengths • Finding career opportunities • Beginning a new role, or making adjustments to a current role • Navigating the workplace.
<p>77</p>	<p>Kingston City Council, Inclusive Communities Address: 1230 Nepean Highway, Cheltenham 3192 E: community@kingston.vic.gov.au Phone: 1300 653 356</p> <p>Website: https://www.kingston.vic.gov.au/community/activities-and-places/community-hubs</p> <p>Clarinda Community Centre Sundowner Community Centre Westall Community Hub Chelsea Activity Hub Patterson Lakes Community Centre Mentone Activity Hub Moorabbin Activity Hub Carrum Activity Hub</p>	<p>Kingston Council Community Centres & Hubs Team provides meeting space and opportunities for learning, skill development, health / fitness and social connections to members of Kingston community.</p>
<p>78</p>	<p>AccesCare Kingston, Community Bus Address: 34 Brindisi St, Mentone 3194 Email: info@accesscare.org.au Phone: 1300 819 200</p>	<p>AccessCare Kingston Social Engagement Program delivered by Community Bus Team. Door to door service - pick up from home.</p> <ul style="list-style-type: none"> • Day trips • Social lunch outings • Morning Melodies and Lunch outings
<p>79</p>	<p>Kingston City Council, Inclusive Communities Address: 1230 Nepean Highway, Cheltenham 3192 E: community@kingston.vic.gov.au Phone: 1300 653 356</p> <p>Website: https://www.mycommunitylife.com.au/Clubs/The-Neighbourhood-House-Network-of-Kingston</p> <p>Longbeach Place Chelsea Heights Community Centre Apsendale Gardens Community Services Dingley Village Neighbourhood Centre Mordialloc Community Centre Mordialloc Neighbourhood House Cheltenham Community Centre</p>	<p>Community Capacity and Partnership Team works with:</p> <ul style="list-style-type: none"> • Neighbourhood Houses and Community Centres - each delivering fun, interesting and educational classes and courses, connecting groups of people of all ages. From adult learning to school holiday activities, music classes and community gardening, there's something for everyone. • Men's Sheds - places where men can meet to do hobby work (woodwork, metal work), use computers and socialise. Activities also include playing cards, chess, snooker and more. (Men's Sheds: Dingley Village, Chelsea, Mordialloc, Kingston)

<p>80</p>	<p>Moorabbin Bowling club Address: 426-428 South Rd, Moorabbin 3189 Email: moorabbinbc@gmail.com Phone: 0414 487 467 Website: www.moorabbinbowls.com.au</p>	<ul style="list-style-type: none"> • Social and competitive lawn bowls • All abilities
<p>81</p>	<p>Kingston University of the Third Age Address: 37 Albert St, Mordialloc 3195 Email: office@u3akingston.org.au Phone: 9580 8328 Website: www.u3akingston.org.au</p>	<ul style="list-style-type: none"> • Educational, recreational and social programs • Wide range of interest areas, from academic to physical and artistic activities • No qualifications are required to join. Courses are non-competitive, without marks or exams.
<p>82</p>	<p>Services Australia Address: 1242A Nepean Hwy, Cheltenham 3192 Ph: 1800 227 475 or 132 300 www.servicesaustralia.gov.au</p>	<p>Information and assistance:</p> <ul style="list-style-type: none"> • Centrelink payments/services • Accessing Aged Care/Home Care services
<p>83</p>	<p>Roses in the Ocean Address: Suite 102/33 Longland St, Newstead, QLD 4006 Email: enquiries@rosesintheocean.com.au Phone: 1300 411 461 Website: https://rosesintheocean.com.au/</p>	<ul style="list-style-type: none"> • Non-clinical peer-led services for people with a lived experience of suicide. • Peer CARE Companion Warmline is a suicide prevention 'warmline' call-back service which has been created to provide a safe place for people with a lived experience of suicide to connect with Peer CARE Companions.
<p>84</p>	<p>Crime Stoppers Victoria Address: 311 Spencer St, Docklands VIC 3008 Email: Aiden@crimestoppersvic.com.au Phone: 0424 960 603 Website: www.crimestoppersvic.com.au</p>	<ul style="list-style-type: none"> • Not-for-profit organisation that partners with the community, media, and police to encourage people to prevent crime and to anonymously share what they know about unsolved crime or suspicious activity. • Developing and delivery of community safety campaigns
<p>85</p>	<p>Life Activities Club Cheltenham Address: 39-41 Follett Rd, Cheltenham 3192 Email: laccheltenhamorg@gmail.com Phone: 0406 551 202</p>	<ul style="list-style-type: none"> • Physical activities - table tennis, badminton, walking, dance group • Games - Yoga, Mahjong, Bolivia, Scrabble, 500, • Social - bus trips, monthly eat out, • Childrens playgroup • Church group • Casual school holiday programs, • Casual programs for women.
<p>86</p>	<p>The Ladies Probus Club of Cheltenham Address: Cheltenham Bowling Club, 2 Wilson St, Cheltenham VIC 3192 Email: helibouch@gmail.com Phone:</p>	<p>Activities include:</p> <ul style="list-style-type: none"> • Guest speakers and listening to shared stories • Coffee/chat group, visiting local cafés or going for lunch with like-minded people • Knitting group to make scarves, gloves and beanies for those in need • Playing Mahjong • Morning teas in the local park • Occasional bus tours. • Make new friends, have a bit of fun

87	<p>Probus Club of Dingley Central Address: Salvation Army Kingston Gardens Community Church, 12 – 16 Garden Boulevard, Dingley Village Email: dcprobus@gmail.com Phone: Secretary 0438 272 232</p>	<ul style="list-style-type: none"> • Social network for retired and semi-retired people to meet, make friends, and participate in activities. • An opportunity for men and women to connect socially, learn new skills, explore new interests and hobbies and share their own knowledge and experiences. • Various activities including guest speakers, bus tours, dine out, craft group, games and more.
88	<p>Empower Healthcare Address: Unit 104/1 Cochranes Rd, Moorabbin 3189 Email: nicolec@empowerhealthcare.com.au Phone: 9583 1364 Website: www.empowerhealthcare.com.au</p>	<ul style="list-style-type: none"> • Allied health services (NDIS) • Home Care • Aged care • Occupational therapy • Physiotherapy • Nursing • Podiatry • Dietetics • Osteopathy • Massage • Speech pathology
89	<p>STEADYphysio Address: 8 Chesterville Rd, Cheltenham 3192 Email: info@steadyphysio.com.au Phone: 0409 807 426 Website: www.steadyphysio.com.au</p>	<ul style="list-style-type: none"> • Seniors exercise classes (various levels) • Fall prevention physiotherapy • Vestibular physiotherapy to reduce dizziness • Physiotherapy rehabilitation • Remedial massage • Physiotherapy home visits
90	<p>CWA Dingley Village Branch Address: Dingley Village Neighbourhood Centre Marcus Rd, Dingley Village 3172, Email: dingleyvillagecwa@gmail.com Phone: 0431 703 684</p>	<ul style="list-style-type: none"> • Vibrant philanthropic organisation of women supporting women, children and families
91	<p>Highett Neighbourhood House & Hampton Community Centre Address: 2 Livingston St, Highett 3190 Email: events@highett.org.au Phone: 0492 800 592 Website: https://baysidecommunitycentres.org.au/</p>	<ul style="list-style-type: none"> • Social, educational and recreational support activities • Educational workshops, diverse recreational programs • Support services
92	<p>Cheltenham Community Centre Address: 8 Chesterville Rd, Cheltenham 3192 Email: kimw@chelt.com.au Phone: 9583 0095 Website: www.chelt.com.au</p>	<ul style="list-style-type: none"> • Diverse range of community services, learning opportunities and resources for personal development. • Adult education, childcare, recreational programs for both adults and children and social support groups. • Adult Migrant English Program • Community festivals, special projects.
93	<p>Australian Government Department of Health and Aged Care Website: https://www.health.gov.au/</p>	<ul style="list-style-type: none"> • Working on a range of policy initiatives, programs and campaigns to help improve health of all Australians.

