

# Loris & Lucy's Later Life Guide Directory

## Looking good

### Skin

#### **'SunSmart' – The Cancer Council**

Call 13 11 20 for locations and contact details for the Cancer Council in your state or territory.

[www.cancer.org.au/sunsmart](http://www.cancer.org.au/sunsmart)

#### **Australian Society of Plastic Surgeons**

Suite 503, Level 5,  
69 Christie Street

St Leonards NSW 2065

Tel: (02) 9437 9200

Information hotline: 1300 367 446

[www.plasticsurgery.org.au](http://www.plasticsurgery.org.au)

The Australian Society of Plastic Surgeons is the peak body for the nation's specialist plastic surgeons. All members are fully qualified and trained in reconstructive as well as cosmetic plastic surgery.

#### **Australian Council on Healthcare Standards**

[www.achs.org.au](http://www.achs.org.au)

#### **Royal Australasian College of Surgeons (RACS)**

[www.surgeons.org](http://www.surgeons.org)

#### **Warburton Wellbeing**

3392 Warburton Highway,  
Warburton Vic 3799

[www.warburtonwellbeing.com.au](http://www.warburtonwellbeing.com.au)

Warburton Wellbeing provides a range of holistic services and products from their clinic located in Warburton, Victoria.

### Hair

#### **Australian Trichology Centre (hair and scalp problems)**

Postal address for all:

Australian Trichology Centre  
Suite 919, 185 Elizabeth Street,  
Sydney NSW 2000

Melbourne: (03) 9629 8328

Sydney: (02) 9267 1986

Adelaide: (08) 8296 4098

Email: [dsalinger@ozemail.com.au](mailto:dsalinger@ozemail.com.au)

[www.trichology.edu.au/ds](http://www.trichology.edu.au/ds)

The Australian Trichology Centre is a diagnostic and treatment centre which helps people with all types of hair problems.

### Fashion

#### **The Ark**

Head Office – Tel: (03) 9822 1166

Malvern – Tel: (03) 9822 1466

Canterbury – Tel: (03) 9888 6750

[www.theark.com.au](http://www.theark.com.au)

#### **Basic by Gordon Smith**

[www.gordonsmith.com.au](http://www.gordonsmith.com.au)

#### **Big W**

Tel: 1800 251 311

[www.bigw.com.au](http://www.bigw.com.au)

#### **Blue Illusion**

Tel: (03) 9525 3100

[www.blueillusion.com.au](http://www.blueillusion.com.au)

#### **Carla Zampatti**

[www.carlazampatti.com.au](http://www.carlazampatti.com.au)

#### **Kmart**

[www.kmart.com.au](http://www.kmart.com.au)

#### **MaggieT**

[www.maggie-t.com.au](http://www.maggie-t.com.au)

#### **M.E.L. Australia**

[www.melaustralia.com.au](http://www.melaustralia.com.au)

#### **Millers Fashion Club**

Tel: (02) 8303 9800

[www.retailclub.com.au](http://www.retailclub.com.au)

#### **Nicola Waite**

Tel: (02) 9565 5377

[www.nicolawaite.com](http://www.nicolawaite.com)

#### **Perri Cutten**

Tel: (03) 9427 8687

**Peter Andrew**

Head Office

90 Cromwell Street, Collingwood.

Tel: (03) 9419 5860

Ashburton

283B High Street.

Tel: (03) 9885 7711

Hawthorn

641 Glenferrie Road.

Tel: (03) 9818 7288

Kew East

1359 Burke Road.

Tel: (03) 9817 5777

Malvern

1D Winter Street.

Tel: (03) 9576 0735

**Resort Report**

Tel: (03) 9420 7180

[www.resortreport.com.au](http://www.resortreport.com.au)**Rockmans**

Tel: (02) 8577 7777

[www.rockmans.com.au](http://www.rockmans.com.au)**Sarah Foster Wardrobe Essentials**

PO Box 358, Armadale Vic 3143

[www.wardrobe-essentials.com](http://www.wardrobe-essentials.com)

Sarah Foster Wardrobe Essentials is a range of timeless, classic clothes cut to fit and flatter women with 'real' figures. Sarah is a wardrobe consultant specialising in personal consultations and helping women age 40-plus and size 14-plus develop their image and looks.

**Simona**

Tel: 1800 654 116

[www.simona.com.au](http://www.simona.com.au)**Sportscraft**

Tel: 1800 002 477

[www.sportscraft.com.au](http://www.sportscraft.com.au)**Suzanne Grae**

Tel: 1800 672 750

[www.suzannegrae.com.au](http://www.suzannegrae.com.au)**Target**[www.target.com.au](http://www.target.com.au)**Yarra Trail**[www.yarratrail.com.au](http://www.yarratrail.com.au)**Exercise****COTA – Council on the Ageing 'Living Longer, Living Stronger' Program**

Inquire through your state or territory Seniors Information Helpline. Further COTA contact details elsewhere in this Directory.

[www.cota.org.au/links/austorgs.htm](http://www.cota.org.au/links/austorgs.htm)**Heartline – National Heart Foundation of Australia**

Tel: 1300 362 787

**STRONG program**

Central Sydney Area Health Service  
Balmain Hospital

Booth Street, Balmain NSW 2041

Tel: (02) 9395 2111

(02) 9395 2097

Fax: (02) 9395 2366

Director: Dr Nalin Singh

Email: [Dale.ross@email.cs.nsw.gov.au](mailto:Dale.ross@email.cs.nsw.gov.au)

The STRONG (Strength Training and Rehabilitation to the Outreach Needs in Geriatric medicine)

program is a fully medically supervised program which uses exercise to treat a wide variety of diseases.

**In Sync – Physiotherapy and Pilates**

Level 1, 505 Riversdale Road,

Camberwell Vic 3124

Tel: (03) 9813 2588

**The Yoga Studio**

First floor, Rear studio

731 Glenferrie Road,

Hawthorn Vic 3211

Tel: (03) 9818 8804

**Nutrition****Dietitians Association of Australia**

Tel: (02) 6282 9555

Search 'Find an Accredited Practising Dietitian'

on the DAA official website.

[www.daa.asn.au](http://www.daa.asn.au)**Healthy Eating Club**[www.healthyeatingclub.com](http://www.healthyeatingclub.com)**Health1st Pty Ltd T/A fitness2live**

2–4 Stephenson Street,

Richmond Vic 3121

Tel: (03) 9421 4522

Email: [info@fitness2live.com.au](mailto:info@fitness2live.com.au)[www.fitness2live.com.au](http://www.fitness2live.com.au)

fitness2live is one of Australia's leading providers of health solutions to individuals and corporate, government and sporting organisations.

**Nutrition Australia  
Victorian Division**

Level 1, Ross House  
247 Flinders Lane,  
Melbourne Vic 3000  
Tel: (03) 9650 5165  
Fax: (03) 9650 4873  
Email: vic@nutritionaustralia.org  
www.nutritionaustralia.org

Nutrition Australia is the peak national community nutrition education organisation. Nutrition Australia has developed nutrition resources and programs that are in great demand by publishers, educators, health workers, workplace health and safety officers and the general public.

## Staying well

### Teeth

**Contact COTA**

Council on the Ageing – Seniors Information Helpline, Medicare or your private health fund. For general information, including dentistry, contact your state or territory's COTA office.

### Eyes

**Vision 2020 Australia**

Level 2, 174 Queen St,  
Melbourne Vic 3000  
Tel: (03) 9656 2020

National Vision Information Line  
Free-call: 1800 331 000  
www.vision2020australia.org.au  
www.saveyoursight.org.au

Vision 2020 Australia is the peak national body focusing efforts toward the elimination of avoidable blindness and vision loss in Australia and globally. Vision 2020 Australia focuses its advocacy, awareness building and cooperation efforts in three areas: the Australian community; including a special emphasis on Aboriginal communities; and developing countries.

**Save Sight Institute**

South Block, Sydney Eye Hospital  
8 Macquarie Street,  
Sydney NSW 2000  
Tel: (02) 9382 7300  
(02) 9382 7301  
www.eye.usyd.edu.au

The Save Sight Institute is a non-profit Foundation established by the University of Sydney and located at the Sydney Eye Hospital. Its role is to conduct research, teach and provide clinical services to the public.

### Feet

**Australasian Podiatry Council**

89 Nicholson Street, Brunswick  
East Vic 3066  
Tel: (03) 9416 3111  
www.apodc.com.au

www.feet.org.au  
www.findapodiatrist.org

The Australasian Podiatry Council is a not-for-profit professional organisation that represents podiatrists.

### Memory

**Australian Psychological Society  
(APS) Referral Service**

Tel: (03) 8662 3300  
Free-call: 1800 333 497  
Fax: (03) 9663 6177  
Email: referral@psychology.org.au  
www.psychology.org.au

The Australian Psychological Society (APS) provides a free online, telephone and email referral service to the general public, GPs and other health professionals who are seeking the advice and assistance of a qualified and suitable APS psychologist in private practice. Call 1800 333 497 outside Melbourne or (03) 8662 3300 in Melbourne to speak to a staff member or email your request to referral@psychology.org.au

**Cognitive, Dementia and  
Memory Service**

Contact your nearest major hospital.

**The Jean Hailes Foundation**

PO Box 1108,  
Clayton South Vic 3169  
Free-call: 1800 151 441  
www.jeanhailes.org.au

The Jean Hailes Foundation is a national not-for-profit organisation providing important services for women from adolescence to midlife and beyond. The strength of the Foundation is the integration of a team of recognised researchers, clinicians and educators providing programs and resources to improve the health of Australian women.

## Ears and hearing

### **Office of Hearing Services (OHS)**

Australian Government  
Department of Health and Ageing  
Free-call: 1800 500 726  
[www.health.gov.au/hear](http://www.health.gov.au/hear)

### **Australian Tinnitus Association**

[www.tinnitus.asn.au](http://www.tinnitus.asn.au)

### **Deafness Forum of Australia**

[www.deafnessforum.org.au](http://www.deafnessforum.org.au)

### **National Hearing Care**

Free-call: 1800 062 880 to book a free hearing check or contact your closest centre.  
[www.nhc.com.au](http://www.nhc.com.au)

National Hearing Care is accredited to provide free hearing services to eligible pensioners and veterans. The organisation has 29 centres located in Victoria, South Australia, Queensland and New South Wales. It is one of many accredited providers.

## Mammograms and breast health care

### **BreastScreen Australia**

National Contact Line  
Free-call: 13 20 50 (cost of local call)  
[www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)

BreastScreen Australia is a free Australia-wide breast cancer screening service for women in the targeted age range of 50 to 69 years (women between 40 and 49 years and over 70 years may also request a free mammogram). BreastScreen Australia is a program run by the Australian Government in partnership with state and territory governments. It is designed specifically as a screening service and as such is not appropriate for women who already have a history of breast cancer or who have symptoms.

### **Breast Cancer Network Australia**

293 Camberwell Road,  
Camberwell Vic 3124  
Free-call: 1800 500 258  
Tel: (03) 9805 2500  
Email: [beacon@bcna.org.au](mailto:beacon@bcna.org.au)  
[www.bcna.org.au](http://www.bcna.org.au)

Breast Cancer Network Australia's role is to empower, inform, represent and link together Australians personally affected by breast cancer. It is driven by women who have themselves experienced breast cancer. We conduct a range of projects to raise awareness in the community and to directly benefit those affected.

## Bone health

### **Osteoporosis Australia**

Level 1, 52 Parramatta Road,  
Glebe NSW 2037  
Postal:  
GPO Box 121,  
Sydney NSW 2001  
Tel: (02) 9518 8140  
Free-call: 1800 242 141  
[www.osteoporosis.org.au](http://www.osteoporosis.org.au)

Osteoporosis Australia is the peak body in Australia promoting awareness and education about osteoporosis.

### **AUSTRALIAN CAPITAL TERRITORY**

**Osteoporosis ACT**  
2B Grant Cameron  
Community Centre  
27 Mulley Street,  
Holder ACT 2611  
Tel: (02) 6288 4244

### **NEW SOUTH WALES**

**Osteoporosis NSW**  
13 Harold Street,  
North Parramatta NSW 2151  
Tel: (02) 9683 1622

### **NORTHERN TERRITORY**

**Osteoporosis NT**  
4-6 Caryota Court,  
Coconut Grove NT 0814  
Tel: (08) 8948 5232

### **QUEENSLAND**

**Osteoporosis QLD**  
Cnr Cartwright Street and  
Lutwhyche Road,  
Windsor QLD 4030  
Tel: (07) 3857 4200

## SOUTH AUSTRALIA

### Osteoporosis SA

Unit 1, 202–208 Glen Osmond Rd,  
Fullarton SA 5063  
Tel: (08) 8379 5711

## TASMANIA

### Osteoporosis TAS

127 Argyle Street,  
Hobart Tas 7000  
Tel: (03) 6231 2988

## VICTORIA

### Arthritis Foundation incorporating Osteoporosis VIC

263 Kooyong Road,  
Elsternwick Vic 3185  
Tel: (03) 8531 8000

### Free-call:

1800 242 141 and 1800 011 041

[www.arthritisvic.org.au](http://www.arthritisvic.org.au)

## WESTERN AUSTRALIA

### Osteoporosis WA

17 Lemnos Street,  
Shenton Park WA 6008  
Tel: (08) 9388 2199

[www.arthritiswa.org.au](http://www.arthritiswa.org.au)

### **Menopause Centre**

Level 1, 28 University Avenue,  
Canberra City ACT 2610

Tel: (02) 6257 4591

Email: [shfpact@shfpact.org.au](mailto:shfpact@shfpact.org.au)

Website: [www.shfpact.org.au](http://www.shfpact.org.au)

## Heart

### **National Heart Foundation of Australia**

### Heartline:

1300 36 27 87 (local call cost)

[www.heartfoundation.com.au](http://www.heartfoundation.com.au)

The National Heart Foundation of Australia is a charity and the leading organisation in the fight against the biggest cause of death in Australia – cardiovascular disease (heart, stroke and blood vessel disease). We aim to decrease the incidence of CVD by funding research, increasing the use of proven treatments and promoting lifestyles that improve cardiovascular health.

## Continence

### **Continence Foundation of Australia**

AMA House

293 Royal Parade,  
Parkville Vic 3052

Tel: (03) 9347 2522

[info@continence.org.au](mailto:info@continence.org.au)

National Continence Helpline

Free-call: 1800 33 00 66

[www.continence.org.au](http://www.continence.org.au)

The National Continence Helpline, which the Foundation manages for the Australian Government, gives callers advice about bladder and bowel control, products and also information about local services. The Helpline deals with all forms of incontinence.

### **The National Public Toilet Map**

Toilet Map Helpline

Tel: 1800 990 646

People with a speech or communication impairment with access to a mobile phone can SMS on 0428 166 644.

[www.toiletmap.gov.au](http://www.toiletmap.gov.au)

The National Public Toilet Map shows the location of more than 14,000 public and private public toilet facilities across Australia.

## Pap tests

### **National Cervical Screening Program**

National Free-call:

13 15 56 (cost of local call)

[www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)

Cervical screening services (Pap smears/tests) are most usually provided by general practitioners with funding through Medicare. Women may also attend family planning organisations for a Pap smear. Women between the ages of about 20 and 70 years should have regular two-yearly Pap smears.

### **Cancer Councils in all states and territories**

Call 13 11 20 for locations and contact details for the Cancer Council in your state or territory.

### **The Cancer Council (Victoria)**

1 Rathdowne Street,  
Carlton Vic 3053

Tel: 13 11 20 for all

Cancer Information Services

[www.cancervic.org.au](http://www.cancervic.org.au)

The Cancer Council Victoria is an independent charity organisation that works to understand cancer better through research, provide support to those affected by cancer and to reduce the burden of cancer through education and prevention programs.

**Peter MacCallum Cancer Centre**

St Andrews Place,  
East Melbourne Vic 3002  
Tel: (03) 9656 1111  
www.petermac.org

Peter MacCallum Cancer Centre is a comprehensive specialist oncology centre providing cancer services at the central site in Melbourne and through external clinics and satellites throughout Victoria, Australia. The cure and care of cancer is the focus of the Peter MacCallum Cancer Centre.

## Genital health

**The Royal Australasian College of Physicians**

www.racp.edu.au/public/sh\_contact.htm#register

This website provides a national list of resources and clinics. Your nearest sexual health centre can be found on that website.

## Arthritis

**Arthritis Australia**

Free-call:  
1800 011 041 and 1800 111 101  
www.arthritisaustralia.com.au

Arthritis Australia is the peak arthritis organisation in Australia and is supported by affiliate offices in every state and territory. Arthritis Australia lobbies government about arthritis issues, conducts education and information sessions for the public and health professionals and trains leaders to run self-management courses.

**Arthritis Foundation incorporating Osteoporosis Victoria**

263 Kooyong Road,  
Elsternwick Vic 3185  
Tel: (03) 8531 8000  
Free-call: 1800 242 141  
www.arthritisvic.org.au

Arthritis Victoria is a not-for-profit, community-based health promotion organisation. Our work aims to improve the quality of life of people with musculoskeletal conditions in Victoria by providing information and support, promoting good health and empowering our consumers through education and research.

**Australian Rheumatology Association**

145 Macquarie Street,  
Sydney NSW 2000  
Tel: (02) 9256 5458

Email: robyn@racp.edu.au  
www.rheumatology.org.au

The ARA is the professional body representing rheumatologists, the specialist physicians who treat bone and joint diseases such as arthritis. The ARA website includes information for patients and a national directory of rheumatologists.

**The Lewis Institute for Health and Wellbeing**

3 Stawell Street,  
Pahran Vic 3181  
Tel: (03) 9529 6094  
Email:  
info@pathways2wellbeing.com.au  
www.pathways2wellbeing.com.au

The Lewis Institute for Health and Wellbeing provides whole-person education, courses and services for both the public and healthcare practitioners.

## Diabetes

**Diabetes Australia**

Helpline: 1300 136 588  
www.diabetesaustralia.com.au  
www.realitycheck.org.au

This helpline can direct you to the Diabetes Australia office in your state or territory. All Diabetes Australia offices represent people with diabetes and provide vital information and support to the community about diabetes. The

above help-line number is not suitable for medical or health inquiries, which should be directed to a GP.

## Being happy

### **Australian Psychological Society (APS) Psychologist Referral Service**

Tel: (03) 8662 3300

Free-call: 1800 333 497

Fax: (03) 9663 6177

Email: referral@psychology.org.au

www.psychology.org.au

The Australian Psychological Society (APS) provides a free online, telephone and email referral service to the general public, GPs and other health professionals who are seeking the advice and assistance of a qualified and suitable APS psychologist in private practice.

### **ASSERT – Australian Society of Sex Educators, Researchers and Therapists**

ASSERT NSW

240 Riley Street,  
Surry Hills NSW 2010

Tel: (02) 9280 0151

Fax: (02) 9281 5660

www.assertnsw.org.au

Maria Caetano (President)

Email: info@assertnsw.org.au

ASSERT QLD

Dr Gabrielle Morrisey

Email:

drgabrielle@bananasandmelons.com.au

ASSERT VIC

Brian Hickman (President)

Email: bhickman@bigpond.net.au

ASSERT ACT

Jane Keany

Email: Jane.keany@act.gov.au

ASSERT SA

Jeffrey Gerrard

Email: jgerrard@chariot.net.au

ASSERT WA

Gareth Merriman

Email: srtc@bigpond.net.au

ASSERT is dedicated to informing and educating professionals and the public about human sexuality to support the positive integration of sexuality into people's lives. The society is active in education and is a forum for the exchange of ideas and research results.

ASSERT responds to specific requests of speakers, resource materials and referrals for therapy. This is an Australia-wide service.

## Relationship counsellors/ therapists

### **Relationships Australia**

National Office (Admin)

PO Box 313, Curtin ACT 2605

Tel: (02) 6285 4466

or 1300 364 277 for direction to the RA office in your state or territory.

www.relationships.com.au

You will find your own state or territory's RA on this website. Relationships Australia is a community-based, not-for-profit organisation that has no religious affiliation. RA are committed to providing the best possible counselling, mediation and education services in a professional, relaxed and confidential environment.

### **Jocelyn Klug BA, Nurse; Grad Dip Couple Therapy**

Level 1, Milton Clinic

Baroona Road, Milton Qld 4064

Tel: 0419 760 852

Email: iklug@bigpond.net.au

Jocelyn Klug is a Sexual/ Relationship Counsellor, specialising in women's sexual issues. Jocelyn is a clinical member of the Queensland Association of Family Therapists, has worked as a Sexuality Educator at Family Planning Qld and as a Counsellor at Relationships Australia. She is a clinical member of QAFT – Queensland Association of Family Therapists.

### **The Pleasure Spot**

PO Box 213,

Woollahra NSW 2025

Tel: (02) 9361 0433

Email: [pleaspot@ozemail.com.au](mailto:pleaspot@ozemail.com.au)  
[www.pleasurespot.com.au](http://www.pleasurespot.com.au)  
[www.positive-ageing.com](http://www.positive-ageing.com)

Jo-Anne Baker, BA, MA, CPsych specialises in issues of sex and relationships. She is the author of *Self Sexual Healing – Finding pleasure within; Sex Tips – Advice from women experts around the world; Riding the Sexual Frontier – All you ever wanted to know about men and sex.*

## Tantra sexuality workshops

**Kerry and Diane Riley**  
[www.tantragoddessoz.com](http://www.tantragoddessoz.com)

## Sensuality shops for women

**Bliss**  
First floor, 245 Lonsdale Street,  
Melbourne Vic 3000  
Tel: (03) 9639 1522  
[www.bliss4women.com](http://www.bliss4women.com)

**Passionfruit**  
404 Bridge Road,  
Richmond Vic 3121  
Tel: (03) 9421 3391  
[www.passionfruitshop.com.au](http://www.passionfruitshop.com.au)

## Grief, loss, depression and anxiety

**Australian Centre for Grief and Bereavement**  
Monash Medical Centre  
246 Clayton Road,

Clayton Vic 3168  
Email: [info@grief.org.au](mailto:info@grief.org.au)  
[www.grief.org.au](http://www.grief.org.au)

The Australian Centre for Grief and Bereavement is an independent, not-for-profit organisation which opened in January 1996 and is the largest provider of grief and bereavement education in Australia. The Centre's specialist bereavement services include counselling services.

The Centre is a statewide service located alongside the McCulloch House Palliative Care Unit at Monash Medical Centre, Clayton, Victoria.

**beyondblue – the national depression initiative**  
PO Box 6100,  
Hawthorn West Vic 3122  
Tel: (03) 9810 6100  
Fax: (03) 9810 6111  
Email: [bb@beyondblue.org.au](mailto:bb@beyondblue.org.au)  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia. beyondblue works in partnership with health services, schools, workplaces, universities, media and community organisations, as well as people living with depression, to bring together their expertise around depression.

**BluePages**  
[www.bluepages.anu.edu.au](http://www.bluepages.anu.edu.au)

**Clinical Research Unit for Anxiety and Depression (CRUfAD)**  
[www.crufad.unsw.edu.au](http://www.crufad.unsw.edu.au)

**Dark Side of the Mood**  
[www.abc.net.au/health/depression/default.htm](http://www.abc.net.au/health/depression/default.htm)

**Depression and Mood Disorders Association**  
[www.dmda.mentalhealth.asn.au](http://www.dmda.mentalhealth.asn.au)

**Depression doctor.com**  
[www.depressiondoctor.com](http://www.depressiondoctor.com)

**DepressioNet**  
[www.depressionet.com.au](http://www.depressionet.com.au)

**InfraPsych**  
[www.infrapsych.com](http://www.infrapsych.com)

**The Happiness Institute**  
Head Office  
74 Pitt Street,  
Sydney NSW 2000  
Tel: (02) 9221 3306  
Email: [info@thehappinessinstitute.com](mailto:info@thehappinessinstitute.com)  
[www.thehappinessinstitute.com](http://www.thehappinessinstitute.com)

The Happiness Institute was established in 2004 by Dr. Timothy Sharp, a clinical and coaching psychologist. The Institute aims to make individuals, couples, families and organisations happier by delivering expert coaching services and by making high quality resources available.

## University of the Third Age

Email: [info@u3auwa.org](mailto:info@u3auwa.org)

NSW (APART FROM SYDNEY)

[www.u3answ.org.au/](http://www.u3answ.org.au/)

Sydney

[www.sydneyu3a.org](http://www.sydneyu3a.org)

Griffith

[www3.griffith.edu.au/03/u3a](http://www3.griffith.edu.au/03/u3a)

ACT

[www.u3acanberra.org.au](http://www.u3acanberra.org.au)

VICTORIA

[www.vicnet.net.au/~u3avic](http://www.vicnet.net.au/~u3avic)

SA (ADELAIDE ONLY)

[www.adelaideu3a.mx.com.au/](http://www.adelaideu3a.mx.com.au/)

TAS (HOBART ONLY)

[www.tased.edu.au/tasonline/uni3age](http://www.tased.edu.au/tasonline/uni3age)

WA (PERTH ONLY)

[www.u3auwa.org](http://www.u3auwa.org)

## Clubs and societies

### Red Hat Society

3 Sunnyside Street,  
Gladesville NSW 2111

Email: [annette\\_crawford@hotmail.com](mailto:annette_crawford@hotmail.com)

[www.redhatsociety.com](http://www.redhatsociety.com)

The Red Hat Society was founded in America by Sue-Ellen Cooper in 1998. There are 25,000 chapters world-wide. Australia has over fifteen chapters. The purpose of the Society is to help women over 50 network and enjoy each other's company.

## Laughter Clubs

General information about the Laughter Club Movement is available at [www.laughteryoga.org](http://www.laughteryoga.org).

SOUTH AUSTRALIA AND  
NORTHERN TERRITORY

Peter Salerno

Tel: (08) 8336 5417

Mob: 0408 811 567

Email: [psalerno@ozemail.com.au](mailto:psalerno@ozemail.com.au)

NEW SOUTH WALES

Shirley Hicks

Tel: (02) 9879 4865

Fax: (02) 9879 4817

Email: [greatvibes@amaze.com.au](mailto:greatvibes@amaze.com.au)

[www.laughterclubsnsw.com](http://www.laughterclubsnsw.com)

VICTORIA

Phillipa Challis

Tel: (03) 5221 4266

Email: [1challis@tpg.com.au](mailto:1challis@tpg.com.au)

QUEENSLAND

Susan Welch

Tel: (07) 3268 1036

Mob: 0413 651 643

Email: [susan@laughter.net.au](mailto:susan@laughter.net.au)

[www.laughter.net.au](http://www.laughter.net.au)

### Probus

Free-call: 1800 630 488

[www.probus.com.au](http://www.probus.com.au)

Probus clubs provide an opportunity for retired and semi-retired men and women to come together for a monthly meeting in a social atmosphere.

## Grandparents Victoria and Grandparents Australia

Tel: (03) 9372 2422

Email:

[director@grandparents.com.au](mailto:director@grandparents.com.au)

Grandparents Victoria and Grandparents Australia are both advocacy bodies for Australian grandparents.

## Royal Scottish Country Dance Society

RSCDS ACT and District Branch

Secretary: Bruce Clark

PO Box 1795,

Canberra ACT 2601

Tel: (02) 6288 2487

[www.rscds-canberra.org](http://www.rscds-canberra.org)

RSCDS Hunter Valley/Newcastle Branch

Chairman: John McLennan

Secretary: Helene Taylor

PO Box 97,

Adamstown NSW 2289

Tel: (02) 4967 4219

Email: [ivene@idl.com.au](mailto:ivene@idl.com.au)

[www.users.hunterlink.net.au/~rscds](http://www.users.hunterlink.net.au/~rscds)

RSCDS Sydney Branch

Chairman: Jeanette Stephan

Secretary: Keith Napier

28 Pine Avenue,

Five Dock NSW 2046

Tel: (02) 9712 2918

Email:

[keithnap@primusonline.com.au](mailto:keithnap@primusonline.com.au)

[www.rscds.org.au](http://www.rscds.org.au)

RSCDS NT Branch

Secretary: Angus Henry

4 Eagle Court,  
Wulagi, Darwin NT 0812  
Email: [anguka@internode.on.net](mailto:anguka@internode.on.net)  
[www.users.on.net/~anguka](http://www.users.on.net/~anguka)

**RSCDS WA Branch**  
Chairman: Graham Roddis  
Secretary: Patricia Hatch  
PO Box T1735, Perth WA 6845  
Tel: (08) 9384 6332  
[www.members.westnet.com.au/trevanne/rscdswa/](http://www.members.westnet.com.au/trevanne/rscdswa/)

**RSCDS QLD Branch**  
Chairman: Francis Walduck  
Secretary: Christine Smith  
9 Combabula Street,  
Jindalee QLD 4074  
Tel: (07) 3376 2075  
[www.rscds.org.au/qld](http://www.rscds.org.au/qld)

**RSCDS SA Branch**  
Chairman: Margot Mernitz  
Secretary:  
RSCDS Adelaide & Districts Branch  
PO Box 508,  
North Adelaide SA 5006  
Tel: (08) 8264 4740  
Email: [jnoble@vtown.com.au](mailto:jnoble@vtown.com.au)

**RSCDS Melbourne & District Branch**  
(has 38 groups listed in the 2006 directory)  
Chairman: Kathy Trace  
Secretary: Josephine Reed  
12 Meadowgate Drive,  
Chirnside Park Vic 3116  
Tel: (03) 9726 7431  
Email:  
[jo.reed@billanook.vic.edu.au](mailto:jo.reed@billanook.vic.edu.au)  
<http://home.vicnet.net.au/~rscds/>

### **Glamour Puss Studios Tap Dancing Academy**

incorporating Miss Lou-Lou's  
and Glamour Puss Swing  
Beautiful studios located in  
Richmond and St Kilda in  
Melbourne, Victoria.  
Call Miss Jane. First lesson free.  
Tel: (03) 9824 1343  
Email:  
[missjane@glamourpusstudios.com.au](mailto:missjane@glamourpusstudios.com.au)

## **Meditation**

### **Shiva School of Meditation and Yoga**

27 Tower Road,  
Mt Eliza Vic 3930  
Tel: (03) 9775 2568  
Website: [www.shivayoga.org](http://www.shivayoga.org)

The Shiva School of Meditation is a non-profit organisation dedicated to teaching meditation and yoga. Introductory meditation courses are held throughout Melbourne, as well as weekly public programmes, retreats, self-inquiry groups and yoga teacher training.

### **Workshops in Spirituality**

Georgia Carr and Susan MacFarlane  
[www.heartcentre.com.au](http://www.heartcentre.com.au)

### **Wu Tao – the Dancing Way**

Michelle Locke  
PO Box 525,  
Fremantle WA 6959  
Tel: (08) 9335 1145

Email: [wutao@webace.com.au](mailto:wutao@webace.com.au)  
[www.wutaodance.com](http://www.wutaodance.com)

Wu Tao classes are held in New South Wales, Victoria, South Australia, Western Australia and the ACT. See information on individual state classes on the website. Wu Tao is a dance-based therapy suitable for young and old. It is designed to balance and harmonise the flow of Qi – the body's life force.

## **General resources**

### **Better Health Channel**

Tel: 1800 126 637  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

The Better Health Channel provides reliable online health-related information for the general community. All BHC content is developed and regularly reviewed in consultation with reputable health organisations with specialised knowledge.

### **Choice magazine**

57 Carrington Road,  
Marrickville NSW 2204  
Tel: (02) 9577 3399  
[www.choice.com.au](http://www.choice.com.au)  
The on-line Australian Consumers Association's magazine.

### **Go for your life**

Tel: 1300 739 899  
[www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

'Go for your life' is a whole-of-Government initiative which aims to improve the health and wellbeing of Victorians through improved nutrition and increased participation in physical activity.

**St John Ambulance Inc**

Tel: 1300 360 455

[www.stjohn.org.au](http://www.stjohn.org.au)

St John Ambulance Inc is a charitable organisation dedicated to providing health and welfare services to the Australian community. It is a state/territory-based organisation that supplies first-aid, first-aid training, first-aid kits (and associated auditing/servicing), publications, ambulance services and community care services.

**VANISH**

Adoption-Information and Self-Help Network  
Search and Support Service,  
Adoption and Former Wards  
199 Cardigan Street,  
Carlton Vic 3053  
Tel: (03) 9348 2111  
Email: [vanish@vicnet.net.au](mailto:vanish@vicnet.net.au)  
[www.vicnet.net.au/vanish](http://www.vicnet.net.au/vanish)

**Country Women's Association of Australia**

Victoria  
3 Lansell Rd, Toorak, Vic 3142  
Tel: (03) 9827 8971  
[www.cwaofvic.asn.au](http://www.cwaofvic.asn.au)

Tasmania  
PO Box 583, Nth Hobart 7002  
Tel: (03) 6231 3706  
[www.cwaintas.org.au](http://www.cwaintas.org.au)

NSW  
PO Box 15,  
Potts Point, Sydney, NSW 1335  
Tel: (02) 9358.2923  
(02) 9358 2957  
[www.cwaofnsw.org.au](http://www.cwaofnsw.org.au)

Queensland  
89-95 Gregory Terrace,  
Spring Hill, Brisbane Qld 4000  
Tel: (07) 3026 1219  
[www.qcwa.org.au](http://www.qcwa.org.au)

Northern Territory  
3 Packard Place, Darwin, NT 0800  
Tel: (08) 8941 3305  
Email: [cwa.nt@bigpond.net.au](mailto:cwa.nt@bigpond.net.au)

**Women's information and support agencies**

**WWDA Women With Disabilities Australia (WWDA)**

PO Box 605,  
Rosny Park Tas 7018  
Tel: (03) 6244 8288  
(Int. +61 3 6244 8288)  
Fax: (03) 6244 8255  
Email: [wwda@ozemail.com.au](mailto:wwda@ozemail.com.au)  
[www.wwda.org.au](http://www.wwda.org.au)

By accessing the above website you will find the WWDA Information and Referral Directory which provides details about services and organisations that can assist

women with disabilities. The Directory is also a valuable, wide-ranging reference for those without disabilities, providing national contact details for women's information and support agencies in general.

**Australian Women's Health Network**

64 Pennington Terrace,  
North Adelaide SA 5006  
Tel: (08) 8239 9644  
Fax: (08) 8239 9696  
[www.awhn.org.au](http://www.awhn.org.au)

The Australian Women's Health Network is a not-for-profit network run primarily by volunteers to maintain and advance a national focus on women's health issues. AWHN is a national advocacy and information sharing body and an umbrella organisation for state and territory Women's Health Networks and other national organisations which embrace its objectives and philosophy.

**AUSTRALIAN CAPITAL TERRITORY**

**Women's Information & Referral Centre**

Level 6, Eclipse House  
197 London Circuit,  
Canberra ACT 2601  
Tel: (02) 6205 1075 (BH)  
Fax: (02) 6205 1077  
Email: [wirc@act.gov.au](mailto:wirc@act.gov.au)  
[www.wirc.act.gov.au](http://www.wirc.act.gov.au)

Women's Information & Referral Centre (ACT) provides a free and confidential information, referral and support service to all women and their families on any issue. WIRC offers a telephone service and the Centre is open to women who wish to drop in for assistance or information.

**Women's Centre for Health Matters**  
Building 1,  
Pearce Community Centre  
Collett Place, Pearce ACT 2607  
Admin. Line: (02) 6290 2166  
Email: admin@wchm.org.au  
www.womenshealthmatters.org.au

**Canberra Women's Centre for Health Matters**  
PO Box 385,  
Mawson ACT 2607  
Tel: (02) 6290 2166  
Fax: (02) 6286 4742  
Email:  
admin@womenshealthmatters.org.au  
www.wchm.org.au

#### NEW SOUTH WALES

**Leichhardt Women's Community Health Centre**  
PO Box 240  
Leichhardt NSW 2040  
Tel: (02) 9560 3011  
Fax: (02) 9569 5098  
Email: lwchc@ozemail.com.au  
www.lwchc.org.au

**Women's Health Centre**  
25 Uralba Street,  
Lismore NSW 2480

PO Box 1129, Lismore NSW 2480  
Tel: (02) 6621 9800  
Fax: (02) 6621 8591  
Email: lwchc@versa.com.au

#### QUEENSLAND

**Women's Infolink**  
Tel: 1800 177 577  
www.women.qld.gov.au

Queensland-wide free and confidential information and referral service about community services and government agencies supporting women. The website includes a 'find a service' database that allows visitors to search for information about government and community services available throughout Queensland.

**Women's Health Queensland Wide Inc**  
165 Gregory Terrace,  
Spring Hill QLD 4000  
Tel: (07) 3839 9988  
(health information line)  
Tel: (07) 3839 9962  
(administration and library)  
Free-call:  
1800 017 676 (outside Brisbane)  
Fax: (07) 3831 7214  
TTY for hearing impaired:  
(07) 3831 5508  
Email: admin@womhealth.org.au  
www.womhealth.org.au

A state-wide women's health information, education and referral service. Women's Health

Queensland Wide provides free health information and education services for women throughout the state.

#### SOUTH AUSTRALIA

**Women's Information Service**  
The Station Arcade  
136 North Terrace,  
Adelaide SA 5000  
Tel and TTY for hearing impaired:  
(08) 8303 0590  
Free-call: 1800 188 158 (SA only)  
SMS: 0401 989 860  
Fax: (08) 8303 0576  
Email: info@wis.sa.gov.au  
www.wis.sa.gov.au

**Women's Health Statewide**  
64 Pennington Terrace  
North Adelaide SA 5006  
Tel: (08) 8239 9600  
Free-call: 1800 182 098 (SA)  
www.whs.sa.gov.au

#### TASMANIA

**Women Tasmania**  
London Chambers  
140 Macquarie Street,  
Hobart Tas 7000  
Tel: (03) 6233 2208  
*Information and Referral*  
Free-call: 1800 001 377  
*Regional Offices –*  
*Launceston, Burnie, Hobart*  
www.women.tas.gov.au  
Email: wt.admin@dpac.tas.gov.au

**Legal: Women's Legal Service**  
Free-call: 1800 682 468 (Tas only)

**Women's Health Information Service (WHIS)**

Free-call: 1800 675 028  
Email: whis@dchs.tas.gov.au

**Domestic Violence Crisis Service**

PO Box 125B,  
Hobart Tas 7001  
Free-call: 1800 608 122 (Tas only)

**Family Support Guide**

[www.elaunceston.com/family/](http://www.elaunceston.com/family/)  
Email: frctas@bigpond.net.au

**Hobart Women's Health Centre**

PO Box 248,  
North Hobart Tas 7002  
Tel: (03) 6231 3212  
Free-call: 1800 353 212  
Fax: (03) 6236 9449  
Email: info@hwhc.com.au  
[www.hwhc.com.au](http://www.hwhc.com.au)

VICTORIA

**WIRE – Women's Information**

Queen Victoria Women's Centre  
210 Lonsdale Street,  
Melbourne Vic 3000  
Tel: 1300 134 130

(State-wide service: 9am – 5pm, Monday to Friday)

Telephone Interpreter Service is available for hearing-impaired women.

Email: [wire@wire.org.au](mailto:wire@wire.org.au) or  
[inforequests@wire.org.au](mailto:inforequests@wire.org.au)  
[www.wire.org.au](http://www.wire.org.au)

WIRE is a free information, support and referral service available to all Victorian women.

It is a service that women – all women – can access when they want options, reliable information and another sensitive and supportive woman to talk to. Information Centre open 10:30 am – 5 pm, Monday to Friday. Telephone interpreter services are available. For hearing impaired women, contact the National Relay Service on 13 36 77 or email WIRE.

**Women's Health Victoria**

First floor, 123 Lonsdale Street,  
Melbourne Vic 3000  
Tel: (03) 9662 3755  
(Administration: Monday to Friday, 9 am – 5 pm)  
Email: [whv@whv.org.au](mailto:whv@whv.org.au)  
[www.whv.org.au](http://www.whv.org.au)

Women's Health Victoria is an independent state-wide women's health promotion, advocacy and information service run by women for women. The following are counterparts in other states which provide similar services.

WESTERN AUSTRALIA

**Women's Information Service WIS**

Tel: (08) 6217 8230  
Free-call:  
1800 199 174 (country callers)  
Fax: (08) 9481 0441  
Email: [owp@dcd.wa.gov.au](mailto:owp@dcd.wa.gov.au)  
Office for Women's Policy  
Level 7, Dumas House  
2 Havelock Street,  
West Perth WA 6005

**Women's Health Services**

100 Aberdeen Street,  
Northbridge WA 6003  
Tel: (08) 9227 8122  
Free-call:  
1800 998 399 (country callers)  
Fax: (08) 9227 6615  
[www.whs.org.au](http://www.whs.org.au)

Seniors' organisations

**COTA – Council on the Ageing – National Seniors**

For comprehensive seniors' information, research and policy bodies and organisations Australia-wide, go to the Council on the Ageing site.

[www.cota.org.au/links/austorgs.htm](http://www.cota.org.au/links/austorgs.htm)

COTA – Council on the Ageing – National Seniors are not-for-profit organisations run for and by people over 50.

Their main roles are policy and representation, education and training, community awareness and recognition of older people, and information. COTA works in partnership with National Seniors.

COTA National Seniors Membership Services  
[www.cota.com.au](http://www.cota.com.au)

COTA National Seniors State Offices  
[www.cota.org.au/states.htm](http://www.cota.org.au/states.htm)

COTA National Seniors ACT  
[www.cota-act.org.au](http://www.cota-act.org.au)

COTA National Seniors QLD  
[www.cotaq.org.au](http://www.cotaq.org.au)

COTA National Seniors SA  
[www.cotasa.org.au/](http://www.cotasa.org.au/)

COTA SA runs a program called 'Every Generation – It's on for young and old', about inclusion and valuing all in our society; young, old and all shades between.

[www.cotasa.org.au/everygen/](http://www.cotasa.org.au/everygen/)

COTA NSW

[www.cotansw.com.au](http://www.cotansw.com.au)

COTA Victoria

[www.cotavic.org.au](http://www.cotavic.org.au)

COTA WA

[www.cotawa.asn.au](http://www.cotawa.asn.au)

COTA Tasmania

[www.cotatas.org](http://www.cotatas.org)

COTA and 'LIVING LONGER, LIVING STRONGER'

For information on local 'Living Longer, Living Stronger' fitness programs, ring the COTA office in your state. These programs are low-cost, safe and welcoming, with an emphasis on individual needs and interests, health status and enjoyment.

#### **ARPA Over50s Association**

[www.over50s.asn.au](http://www.over50s.asn.au)

Visit the employment service called workingconnections at:

[www.workingconnections.com](http://www.workingconnections.com)

#### **Association of Independent Retirees (AIR)**

[www.independentretirees.com](http://www.independentretirees.com)

#### **Combined Pensioners and Superannuants**

**Association of NSW Inc**

[www.cpsa.org.au](http://www.cpsa.org.au)

#### **International Year of**

#### **Older Persons 1999:**

#### **Australian Coalition '99**

Australian Coalition '99 was a consortium of non-government organisations promoting the International Year of Older Persons (IYOP) 1999. The best site to check IYOP activities, with a calendar of events, online newsletter, lots of information on positive ageing and many links. <http://avoca.vicnet.net.au/~ac99>

See also the archived United Nations IYOP site.

[www.un.org/esa/socdev/iyop](http://www.un.org/esa/socdev/iyop)

#### **Older Women's Network**

A self-help organisation committed to promoting the rights, dignity and wellbeing of older women.

[www.own.org.au](http://www.own.org.au)

#### **War Widows' Guild of Australia NSW Ltd**

[www.warwidowsnsw.com.au](http://www.warwidowsnsw.com.au)

#### **Seniors' information services**

#### **Aged and Disability Care Information**

#### **Service (ADCIS) Tasmania**

Tel: (03) 6228 5799

Fax: (03) 6278 3194

Email: [directory@adcis.org.au](mailto:directory@adcis.org.au)

[www.adcis.org.au](http://www.adcis.org.au)

A free statewide telephone information and referral service for elderly people, younger people with disabilities, and their carers,

auspiced by COTA Tasmania. The ADCIS Directory of organisations and services is available online or as CD-ROM by subscription.

#### **Seniors Enquiry Line, Queensland**

Tel: 1300 135 500 (in Qld)

or (07) 3250 1919

Fax: (07) 3250 1929

TTY (hearing impaired):

(07) 3250 1928

Email: [sel@lccq.org.au](mailto:sel@lccq.org.au)

[www.seniorenquiryline.com.au](http://www.seniorenquiryline.com.au)

'One stop shop' information source for older Queenslanders.

#### **Seniors Information Service NSW**

A telephone-based service run from COTA (NSW) which offers information and referrals on any issues relating to older people. Site includes fact sheets and free publications. The service can be contacted free in NSW on 13 12 44 from other states.

#### **Seniors Information Service, South Australia**

Includes vacancies in residential care in South Australia and full-text fact sheets on health and wellbeing topics.

Tel: 1800 636 368 country

or (08) 8232 1441

[www.seniors.asn.au/](http://www.seniors.asn.au/)

#### **Seniors Information Victoria**

Tel: 1300 13 50 90

or (03) 9654 4443

[www.cotavic.org.au/info/siv.html](http://www.cotavic.org.au/info/siv.html)

‘One stop shop’ information source for older Victorians.

**seniors.gov.au**

A single federal government resource site administered by the Department of Health and Ageing. Seniors Portal enhances the quality of life for older Australians through access to a wide range of online information and services dealing with active and healthy ageing, including finances, planning, retirement, health, housing, rights and aged care options in Australia, for older people, their carers, family and friends.  
www.seniors.gov.au

**Aged and Community Care Infoline**

Tel: 1800 500 853  
Email: admin@seniors.gov.au

## Other information services

**DAISI – Disability and Aged Information Service Inc.**

Tel: (02) 6622 8002  
Free-call: 1800 800 340  
www.daisi.asn.au

An information service located on the far north coast of NSW. One of their fact sheets has a useful list of ‘rural friendly’ telephone services.

## Other seniors’ services

**Centrelink (Retirement Services)**

Tel: 132 300

www.centrelink.gov.au  
(search for ‘Retirement Services’)

**About seniors**

Website: www.aboutseniors.com.au

**National Seniors Association Ltd**

www.nationalseniors.com.au

## Australian retirement properties

**Complete Accommodation Guide**

www.retirementlivingonline.com.au

**Retirement Village Guide**

www.consumer.vic.gov.au  
(search for ‘Retirement Villages’)

All possible care has been taken in compiling this directory. The authors disclaim any liability for inaccuracies or insufficient information.