

CITY OF ALBANY SENIORS EXPO 2025



TUESDAY, 11 NOVEMBER

10:00AM – 2:00PM

ALBANY AQUATIC & LEISURE CENTRE



2026 IS A BIG YEAR FOR ALBANY.
BIG ENOUGH TO WELCOME EVERYONE!

WHO ARE YOU iNviTING?

BE PART OF THIS HISTORIC MOMENT.

INVITE YOUR LOVED ONES TO EXPERIENCE A
ONCE-IN-A-LIFETIME PROGRAM OF MAJOR
CULTURAL, ARTISTIC AND RECONCILIATION EVENTS.



ALBANY2026.COM.AU



REMEMBERANCE DAY - 11 NOVEMBER

They shall grow not old, as we that are left grow old,
Age shall not weary them nor the years condemn
At the going down of the sun and in the morning

**We will remember them.
Lest We Forget.**

JOIN US FOR A MINUTE OF SILENCE AT 11AM



In 2026, Albany will host Western Australia's first bicentenary, acknowledging the first place where Aboriginal and British people commenced living together on the western side of Australia.

At the heart of Albany 2026 is a story far older than two centuries. This is Menang Boodja; ancient country with deep cultural roots, where stories have been passed down for countless generations and continue to be shared today.

A year-long program of events, Albany 2026 is a chance to reflect honestly on the past, celebrate our community today, and shape a future built on shared understanding and reconciliation.

WELCOME

TO THE ALBANY SENIORS EXPO 2025

It has been many years since the City of Albany last hosted a Seniors Expo, and it is wonderful to see this important event return to our community calendar. The Expo provides a valuable opportunity for connection, learning, and celebration, bringing together local service providers, community groups, and residents to share information, ideas, and inspiration.

I would like to extend my thanks to our event sponsors whose support has made today possible: major sponsors Clarence Estate (Hall & Prior), and Mindspot GP, along with Amity Health, and Albany & Regional Volunteer Service. Their commitment to the health and wellbeing of our older residents reflects the strong community spirit that defines Albany.

Since our last Expo in 2009, the City has made significant progress in supporting an age-friendly community. The highly successful Long Live You program, run through the Albany Leisure and Aquatic Centre, now has more than 3,000 members and continues to grow. In December 2024, the City was also proud to be accepted into the World Health Organisation's Global Network of Age-Friendly Cities and Communities, allowing us to learn from leading examples around the world.

As a growing regional centre with more than a third of our residents aged 55 and over, it is vital that Albany remains accessible, inclusive, and connected for people of all ages. The City is committed to ensuring that our infrastructure, programs, and services continue to support older residents to live well, stay active, and remain engaged in community life.

Whether you are here to explore new opportunities, discover local supports, or simply enjoy a friendly chat, I hope you have a wonderful day at the Expo.

GREG STOCKS
Mayor of City of Albany



EXPO TIMETABLE

TIME	DESCRIPTION	COURT
9:00AM - 10:00AM	INTRODUCTION TO LINE DANCING	5
10:00AM	EVENT COMMENCES	
10:15AM - 10:30AM	COMMONWEALTH FUNDED AGE CARE	1
11:00AM	MINUTE OF SILENCE	1 & 3
11:15AM - 11:30AM	ALBANY MOBILITY SOLUTIONS DEMO	1
12:00PM - 1:00PM	INTRODUCTION TO PICKLEBALL	4
12:15PM - 12:30PM	SWAN TRANSIT	1
1:00PM - 1:15PM	MAYOR'S ADDRESS	1
1:15PM - 1:30PM	COMMUNITY SAFETY WITH SENIOR SGT CARLOS CORRIEA	1
1:30PM - 1:45PM	CALIBE CARE DEMO	1
1:45PM - 2:00PM	COMMONWEALTH FUNDED AGE CARE	1
2:00PM	EVENT CONCLUDES	

EXPO STALLHOLDERS

1. GREAT SOUTHERN FM 100.9



Albany's volunteer-run community radio station broadcasting 24 hours a day with music for all tastes, plus local news, interviews, and community stories. Located at Lotteries House, the station welcomes new volunteers and listeners.

📞 9842 3455 🌐 greatsouthernfm.com

2. CITY OF ALBANY



The City of Albany is the local government authority for the Albany region. Through its Community Development team, the City works to build a welcoming, age-friendly, inclusive, and compassionate community where everyone can live, work, and enjoy life.

📞 6820 3000 🌐 albany.wa.gov.au

3. ALBANY 2026



In 2026, Albany will host Western Australia's first bicentenary, acknowledging the first place where Aboriginal and British people commenced living together on the western side of Australia. Come and chat to the Albany 2026 team to learn more.

📞 6820 3000 🌐 albany2026.com.au

4. CALIBRE CARE



Provides high-quality mobility and home care equipment, from bath, shower and toilet aids to bedroom products and manual wheelchairs, all with friendly, reliable service.

📞 9841 4200 🌐 calibrecare.com.au

5. CANCER COUNCIL



Cancer Council Australia offers trusted information, support and advocacy for all Australians affected by cancer. They work to prevent cancer, improve care and champion better outcomes across the country.

📞 9841 4200 🌐 cancer.org.au

6. ALBANY PUBLIC LIBRARY



Discover all that Albany Public Library has to offer! Find out what you can access with your library membership, explore regular events and programs, get help with digital services and technology, and learn about the Micro Libraries around the community.

📞 6820 3600 🌐 library.albany.wa.gov.au

7. ALBANY OVER 50'S CLUB



Albany Over 50's Association offers a range of social and fitness activities, including line dancing, exercise classes, cards and games, social dancing, walking, and cycling.

📞 0481 858 436 🌐 albany.wa.gov.au

✉ albanyover50s@gmail.com

8. CARESPACE AUSTRALIA



Providing personalised disability and aged care support services, empowering individuals to live independently and with dignity in their communities.

📞 6383 8001 🌐 carespaceau.com

✉ info@carespace.com.au

9A. GREAT SOUTHERN UNIVERSITIES CENTRE



With study hubs in Albany, Denmark, and Katanning, the Centre offers free spaces for TAFE and online university students. Open 24/7 with high-speed internet, free printing, and support to help students reach their goals.

🌐 gsunicentre.edu.au

9B. VETERANS ASSIST GREAT SOUTHERN



A volunteer-run not-for-profit supporting veterans with welfare, wellbeing, and social connection. The group also encourages families and friends of veterans to get involved through networking and activities. Visit their stall for crocheted poppies and Australian flags for sale in honour of Remembrance Day.

📞 0461 409 559 ✉ contact@veteransassist.org.au

EVENT SPONSORS

Stall
15

AMITY HEALTH

Amity Health has been proudly supporting the health and wellbeing of people across regional Western Australia for more than 25 years.



As a not-for-profit organisation based in Albany, we deliver a broad range of community-based programs designed to help people stay healthy, connected, and supported at every stage of life.

Our work spans three core areas – Health, Chronic Disease & Ageing; Mental Health; and Children, Families & Community – ensuring services are available where they are most needed and have the greatest impact across the lifespan.

Within this, Amity Health provides several programs tailored to support older adults in living well and maintaining independence. Our Care Finder Program assists people who need extra help navigating and accessing aged care services, ensuring they receive the right support for their individual needs.

The Albany Connected Communities Project helps reduce social isolation by linking people with local activities, volunteer opportunities, and community groups to build a stronger sense of belonging.

Through our Connections Count program and broader counselling services, Amity Health provides mental health support both in the community and within residential aged care settings – creating opportunities for people to feel heard, valued, and emotionally supported.



Our Chronic Disease Care Programs also offer education, care coordination, and allied health services to help people manage long-term health conditions.

Amity Health is a registered NDIS provider, offering coordinated supports that promote independence and inclusion. We believe every person deserves to live a healthy, meaningful, and connected life – no matter their age.



ALBANY & REGIONAL VOLUNTEER SERVICE

Stall
24

Albany & Regional Volunteer Service helps people find volunteering opportunities that match their skills, interests, and availability.

We provide training, guidance, and support for volunteers, and we work with community groups and organisations to connect them with the right people.

Whether you are looking to meet new people, share your experience, learn something new, or simply give back, volunteering is a great way to stay active and involved.

Visit our stall to discover local opportunities, ask questions, and find out how you can get involved in building stronger, more connected communities across the Great Southern.



10. CONSUMER PROTECTION



Helping you stay informed and protected when buying, renting or repairing goods and services. We provide free advice, help resolve issues with homes, residential parks, retirement villages, motor vehicles and retail goods, and share tips to avoid scams and understand your rights.

📞 1300 304 054 🌐 consumerprotection.wa.gov.au

11. RED CROSS



Australian Red Cross helps people live independently and stay connected through friendly phone calls and home visits from local volunteers.

📞 1800 441 014 🌐 redcross.org.au/aged-care

12. ST IVES



St Ives has been creating retirement villages in WA since 1981. The Albany village offers a relaxed lifestyle just minutes from the city, with spacious homes, a welcoming community, and facilities like a heated pool, bowling green, clubhouse, workshop, and community garden.

🌐 stivesgroup.com.au/villages/albany



13. CHORUS

A for-purpose organisation of more than 1000 employees and volunteers. We work with communities and alongside people to support them to live the life they choose, with a particular focus on seniors and people living with disability and mental illness. Ultimately, we exist so local communities can thrive.

🌐 chorus.org.au

14. SOROPTIMIST INTERNATIONAL ALBANY



Looking for social connection and helping your community at the same time? Soroptimists Albany have been helping women and girls in Albany and beyond for 43 yrs. We meet 4th Tuesday of the month for dinner and at other times for our projects.

📞 0411 614 699 ✉️ sialbany@siseap.org

15. AMITY HEALTH



Amity Health provides a wide range of services, including allied health, chronic disease management, mental health support, aged care, disability services, and programs for parents, carers, and families.

📞 9842 2797 🌐 amityhealth.com.au
✉️ query@amityhealth.com.au

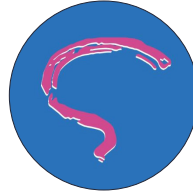
16. CRAIG CARE



Sees the individual behind every smile, story, and need. As a residential aged care provider, CraigCare Albany focuses on truly knowing each person and supporting their whole self – body, heart, mind, and spirit.

📞 0419 856 664 ✉️ snehashankar@craigcare.com.au

17. NEUROLOGICAL COUNCIL WA



Provides free, person-centred care and health guidance through the NeuroCare program. Community Neurological Nurses offer tailored support for people of all ages living with neurological conditions.

📞 6285 3800 🌐 ncwa.com.au ✉️ hello@ncwa.com.au

18. COUNTRY WOMEN'S ASSOCIATION (CWA)



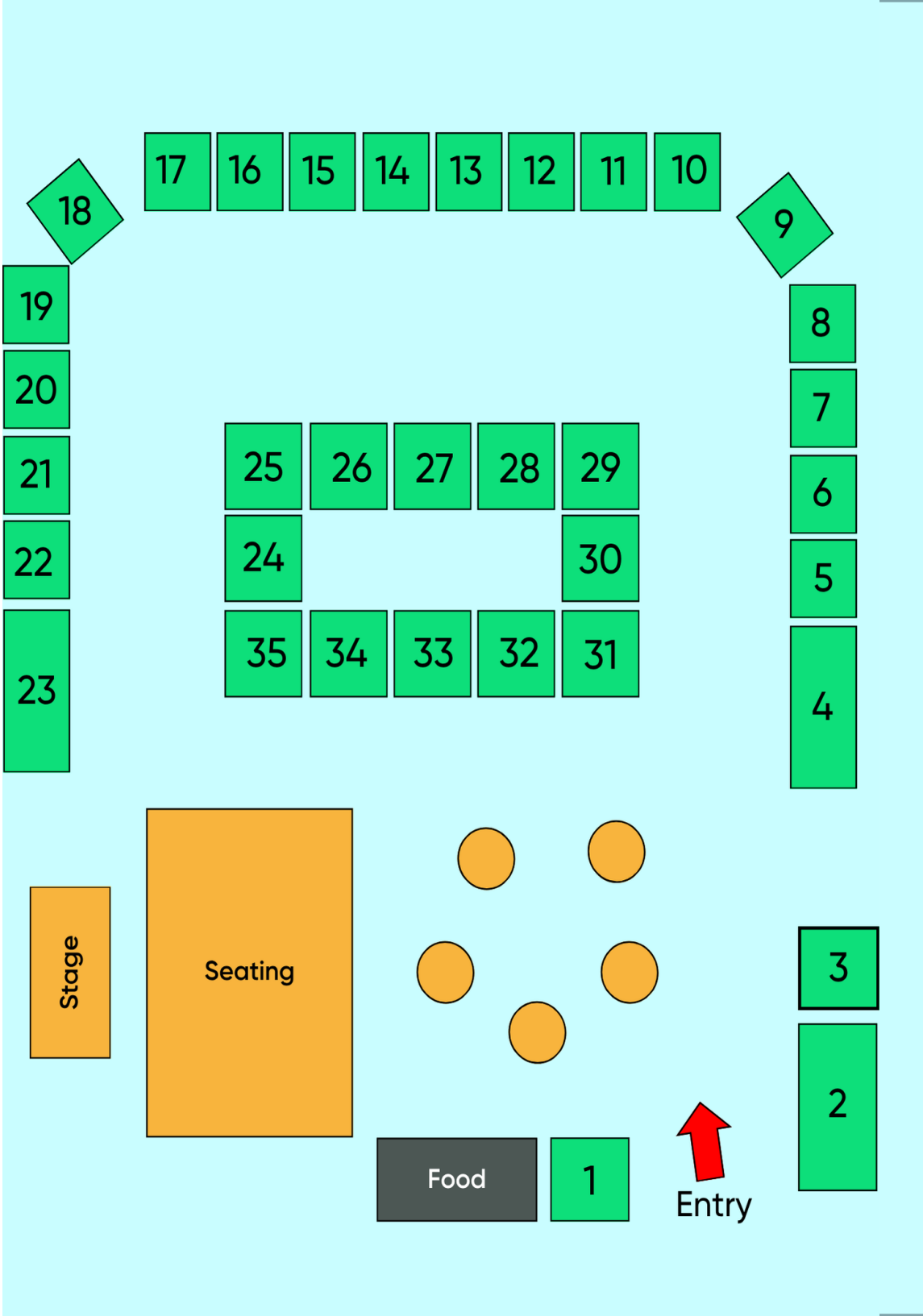
A proud and active women's organisation, working to improve the welfare and wellbeing of people everywhere, especially in country and regional areas. CWA is for country and city women of all ages, creeds, abilities and interests and provides friendship, fun, support, community service, welfare in times of need, educational opportunities and personal development.

🌐 cwaofwa.asn.au

STALLHOLDER MAP & GUIDE

1	Great Southern FM
2	City of Albany
3	Albany 2026
4	Calibre Care
5	Cancer Council
6	Albany Public Library
7	Albany Over 50s Clubs
8	Carespace
9	Great Southern Universities Centre
	Veterans Assist Great Southern
10	Consumer Protection
11	Red Cross
12	St Ives
13	Chorus
14	Sorotimist International Albany
15	Amity Health
16	Craig Care
17	Neurological Council WA

18	Country Women's Association (CWA)
19	Gomm Park Croquet Club
20	Eureka Village
21	Waste & Sustainability (City of Albany)
22	Outta the Box
23	Albany Mobility Solutions
24	Albany & Regional Volunteer Service
25	Hawthorn House
26	Baptist Care
27	Carers WA
28	Carealot
29	Silverchain
30	Albany Community Care
31	Clarence Estate
32	Advocare
33	Services WA
34	Department of Health
35	Mindspot GP



Stall
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EVENT SPONSOR

CLARENCE ESTATE RESIDENTIAL & HOME CARE



CLARENCE ESTATE
Residential & Home Care

At Clarence Estate, we believe ageing well is about staying connected, feeling supported, and continuing to live life on your own terms.

As part of the Great Southern community, we're proud to offer both residential aged care and home care services – giving older people the choice to live comfortably at home or in our welcoming residence, with the right support whenever it's needed.

SUPPORTING OUR COMMUNITY

From our base in Albany, Clarence Estate now delivers tailored home care services across the region – including Kojonup, Katanning, Denmark, and Mount Barker. This expansion means more people can access professional, compassionate care without leaving the place they call home.

Our integrated approach ensures continuity of care, whether you need a little extra help with daily living, short-term respite, or more comprehensive support.

We partner closely with families to design care that reflects individual needs, goals, and lifestyles.



OUR SERVICES

- **Home Care** – Personalised support to help you stay independent at home, from domestic assistance and personal care to nursing and allied health.
- **Residential Care** – A welcoming home environment with 24/7 nursing support, quality meals, and meaningful activities.
- **Respite & Memory Support** – Short-term or specialist dementia care delivered with understanding and compassion.
- **Community Connections** – Wellbeing programs and social activities that keep people active, engaged, and connected.

A COMMUNITY, NOT JUST A SERVICE

Life at Clarence Estate is about more than care – it's about belonging. Whether in your own home or within our residence, we work to build relationships, foster independence, and create opportunities for older people to thrive.

The Albany Seniors Expo is a chance to connect with our team, ask questions, and discover how Clarence Estate can support you or your loved ones. From Albany to our surrounding towns, we're here to ensure every older person has the opportunity to live with comfort, confidence, and connection.

CLARENCE ESTATE -
TRUSTED AGED CARE AND
HOME CARE, AT THE HEART OF
THE GREAT SOUTHERN.



19. GOMM PARK CROQUET CLUB

Gomm Park Croquet offers a fun, social, and strategic game that's easy on the body and open to all. Visitors are welcome to join on Saturdays and Wednesdays (8.45am–11am) or Mondays (1.45pm–3.30pm). Equipment is provided, just wear closed-in flat shoes. Morning tea included. Visitor fee: \$10.

☎ 0402 072 107

20. EUREKA VILLAGE



Offers 56 one-bedroom rental units for over-55s, set within picturesque, well-maintained gardens. Residents enjoy independent living with daily two-course lunches included in the rent, and carers or support groups are always welcome. There are no entry or exit fees, just a standard bond. Arrange a tour today!

☎ 9842 8433

21. CITY OF ALBANY - WASTE & SUSTAINABILITY



The City of Albany's Sustainability and Waste team promotes practical ways to live more sustainably through recycling, composting and waste reduction programs. Learn how you can help keep Albany clean and green.

☎ 6820 3000 🌐 albany.wa.gov.au

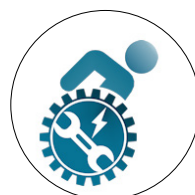
22. OUTTA THE BOX SUPPORT SERVICES



Provides personalised disability and aged care support across Collie, Bunbury, Albany and the Great Southern. Services include community access, in-home and respite care, and daily living support, with consistent long-term staff who help clients achieve their goals and independence.

☎ 0475 872 763 ✉ admin@outtatheboxsupportservices.com

23. ALBANY MOBILITY SOLUTIONS



A leading provider of mobility and home care equipment, offering tailored solutions that support independence and wellbeing. AMS is a registered NDIS and home care provider, specialising in assistive technology, occupational therapy and rehabilitation devices.

☎ 0412 049 966 🌐 amrcs.com.au

24. ALBANY & REGIONAL VOLUNTEER SERVICES



Albany & Regional Volunteer Service connects community members with meaningful volunteering opportunities across the Great Southern region. We support individuals and organisations by promoting inclusive, rewarding, and sustainable volunteering.

☎ 9841 3588 🌐 arvs.com.au

25. HAWTHORN HOUSE



Provides personalised care, social groups, and day or overnight respite for people living with dementia and their carers. The new four-bedroom respite centre offers a warm, supportive environment that fosters connection and quality care.

☎ 6298 5917

26. BAPTIST CARE



Confused about your aged care options? You're not alone. Many families find the aged care system difficult to navigate. That's why BaptistCare's aged care specialists are here to help with Homecare, Retirement Living and Residential Care. In our world, people come first.

☎ 1300 275 227

27. CARERS WA



Supporting unpaid carers who look after family or friends with disability, mental health challenges, long-term illness or frailty. In the Great Southern, dedicated services are available for both youth and adult carers, helping them access support, connection and respite. Dee Goodgame, Regional Coordinator, Great Southern.

☎ 0488 186 898

Stall
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EVENT SPONSOR

MINDSPOT GP

Mindspot GP is a free digital psychology service offering online and telephone-based treatment for residents of albanly and the Great Southern region.

Fully funded by the Commonwealth Government via WA Primary Health Alliance (WAPHA), MindSpot GP works alongside GP's provide confidential psychological assessments and evidence-based treatments for residents aged 16+ experiencing mild – moderate anxiety, depression, sleep difficulties, chronic pain, or psychological distress related to ongoing health conditions. No mental health plan is needed and there is no cost to use the service.

WHY CHOOSE MINDSPOT GP

- **Free and Confidential:** All services are fully funded and private
- **Easy Access:** After your GP sends a referral, you'll receive a welcome SMS and email within 48 hours. You can then start your online assessment. All of the MindSpot GP services are offered by telephone or online so your treatment can be completed in the comfort of your own home
- **Tailored Support:** Speak with a therapist or complete treatment independently. Your journey is guided by your preferences and needs.
- **Flexible treatment options:** choose what works for you:
 - Teletherapy: Up to 4 telephone sessions with a qualified therapist designed to help you better cope with your symptoms and improve your overall wellbeing
 - Guided Online Courses: clinically proven iCBT treatment that helps you improve your psychological health and overcome troublesome symptoms. Each course is designed to help you learn skills to manage symptoms, as well as providing information and skills that you would normally receive from a traditional psychology service
 - **Self-Help Tools:** Quizzes, videos, SMS daily prompts and resources to support your wellbeing

WHO CAN USE MINDSPOT GP?

- People aged 16+ with mild to moderate symptoms of anxiety, depression, chronic pain, insomnia, or the psychological distress of living with a chronic health condition
- People unable to afford or access a private provider
- Referred by a GP

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WHAT'S THE PROCESS?

1. Referral: Your GP sends a referral to MindSpot GP
2. Assessment: Once you receive your welcome SMS and/or email, complete a 15–20 minute online questionnaire about your symptoms and needs
3. Consultation: Book a call with your therapist to discuss your results and treatment options
4. Treatment: Start teletherapy or enrol in an online course
5. Follow-Up: Your progress is monitored, and therapist support continues throughout your treatment journey

PROVEN RESULTS – OUR PATIENTS REPORT:

- 40–50% reduction in symptoms like anxiety and depression
- 40% improvement in quality of life and daily functioning
- 95% would recommend MindSpot to others

GET STARTED

Ask your GP to refer you to MindSpot GP, or visit mindspot.org.au/mindspot-gp



28. CAREALOT



Provides personalised, flexible care designed around each client's needs and schedule. With no one-size-fits-all approach, support is tailored by the client and their loved ones to ensure the right services at the right time.

📞 9284 7562 🌐 cerealot.com.au

29. SILVERCHAIN



Silverchain is a leading in home care provider. Trusted by Australians for over 130 years, our team deliver a broad range of quality health and aged care services designed to support you to live at home independently.

📞 1300 650 803 🌐 silverchain.org.au

30. ALBANY COMMUNITY CARE



Supports seniors and their carers across the Great Southern to live well and stay independent. Founded by the Albany Lions Club in 1986, the organisation now employs 250 local staff and supports more than 1,700 people.

📞 9841 8668 🌐 accc.org.au ✉️ reception@accc.org.au

31. CLARENCE ESTATE



Clarence Estate offers residential aged care in a welcoming home environment with 24/7 nursing, quality meals and engaging activities. Also provides respite, memory support and flexible home care services across the Great Southern region. See more in our sponsor bio

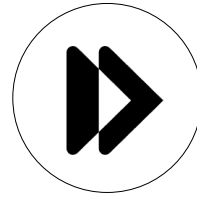
32. ADVOCARE



Advocare is WA Seniors Peak Body. An independent not-for-profit organisation that has been upholding older people's rights for 30 years through information & advocacy. We assist older people to access aged care services, help when there are problems with their care, & support older people who are experiencing elder abuse.

📞 9479 7566 ✉️ rights@advocare.org.au

33. SERVICES AU



An Australian Government agency that delivers essential services and payments through programs such as Medicare, Centrelink, Child Support and myGov, supporting Australians with accessible, high-quality care and assistance.

🌐 servicesaustralia.gov.au

34. DEPARTMENT OF HEALTH



The Local Network team from the Department of Health, Disability and Ageing is here to help older Australians, and their carers understand and access aged care services. We work with communities to improve care and support.

📞 1800 200 422 🌐 myagedcare.gov.au

35. MINDSPOT GP



Feeling overwhelmed or not quite yourself? MindSpot GP Digital Psychology offers free, confidential support for anxiety, depression, chronic pain, insomnia, and more. Treatment is delivered by phone or a clinician-guided 8-week iCBT online course, accessible from home. Ask your GP for a referral today.

🌐 mindspot.org.au/mindspot-gp



EXPO SPONSORS



CLARENCE ESTATE
Residential & Home Care



CITY OF ALBANY

T: 6820 3000

E: commdevel@albany.wa.gov.au

102 North Road, Yakamia WA 6330

albany.wa.gov.au

THE CITY OF ALBANY
RESPECTFULLY ACKNOWLEDGES
THE MENANG NOONGAR PEOPLE
AS THE TRADITIONAL CUSTODIANS
OF THE LAND ON WHICH THE CITY
CONDUCTS ITS BUSINESS, AND
PAYS RESPECT TO ELDERS PAST
AND PRESENT.

