

New Family Guide to the Neighbourhood

*prepared for the families of
Nedlands Primary School students*

Prepared by the Nedlands Primary School P&C Association Incorporated and
volunteer parents at Nedlands Primary School

Version 4: Printed 24 February 2014

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Overview and Important Information

The information in this booklet has been voluntarily collated by various parents at Nedlands Primary School to help new families at the school, with information about things in the area.

Please use this booklet as a starting point. It is not a definitive or an exhaustive guide to any of the subjects discussed and makes no recommendations nor representations about any subject, service or entity.

The authors, publishers and the compilers of this booklet accept no liability in respect of its contents.

Please investigate and form your own opinions about what best suits your child and your family.

About the Local Suburbs

The Local Government Authority for each of the suburbs of Perth is a locally elected Council comprising of Councillors and a Mayor. The Council is in turn supported by an executive committee. The Councils and suburbs surrounding the Nedlands Primary School and their contact details are listed below.

City of Nedlands

The City of Nedlands incorporates the suburbs of Dalkeith, Mt Claremont, Nedlands, Swanbourne, Karrakata, and parts of Floreat and Shenton Park. The City of Nedlands provides information on their website such as rates and levies, bin days, registering and exercising dogs, joining the library, child care providers, watering days for gardens and lawns, and finding a Justice of the Peace.

The office also provides information packs for new residents that can be picked up during office hours. You can subscribe to the City of Nedlands newsletter at the following website:

www.nedlands.wa.gov.au/2/30243/73/enewsletter.pm

71 Stirling Highway (corner of Smyth Road)
Nedlands WA 6009
9273 3500 (phone)
9273 3670 (fax)
council@nedlands.wa.gov.au (email)
www.nedlands.wa.gov.au

Office hours are Monday to Friday 8.30 to 17.00 (except public holidays).

City of Subiaco

The City of Subiaco incorporates the suburbs of Subiaco, Jolimont, Daglish, Hollywood, Crawley and parts of Nedlands and Shenton Park. To find out what's happening in the City of Subiaco, visit the website page for regular updates about coming events and attractions, and news items:

www.subiaco.wa.gov.au/events.asp?navSelect=8&mainNavID=8

241 Rokeby Road
Subiaco, WA 6008
9237 9222 (phone)
9237 9200 (fax)
www.subiaco.wa.gov.au

Office hours are Monday to Friday from 8.30 to 17.00 (except public holidays). Telephone enquiries from 8.30 to 17.00.

Town of Claremont

The Town of Claremont is bounded by Loch Street, Bay Road (including parts of Jenkins and Barcoo Avenues), Melvista Avenue, Stone Road, Freshwater Bay, Airlie Street, Stirling Highway, Parry Street, Claremont Crescent, Servetus Street, Narla Road and Alfred Road.

308 Stirling Highway (corner of Bay View Terrace)
Claremont WA 6010
9285 4300 (phone)
9285 4301 (fax)
toc@claremont.wa.gov.au (email)
www.claremont.wa.gov

Visitor parking is available in the Council carpark located off Bay View Terrace. Office hours are Monday to Friday 8.00 to 17.00 (excluding public holidays).

Town of Cottesloe

Cottesloe Civic Centre
109 Broome Street
Cottesloe WA 6011
9285 5000 (phone)
9285 5001 (fax)
council@cottesloe.wa.gov.au (email)
www.cottesloe.wa.gov.au

Office hours are Monday to Friday 8.30 to 16.30. Phone enquiries from 8.30 to 17.00.

The Shire of Peppermint Grove

1 Leake Street
Peppermint Grove WA 6011
9384 0099 (phone)
9384 2796 (fax)
ceo@peppermintgrove.wa.gov.au (email)
www.peppermintgrove.wa.gov.au

Getting Settled

Shopping Hours

Standard shopping hours in Perth are from 9.00 am to 5.30 pm, Monday to Friday. Suburban late night shopping is on Thursdays (9.00 am to 9.00 pm), and in Perth City late night shopping is available on Fridays (9.00 am to 9.00 pm). Most shops are open on Saturday from 9.00 am to 5.00 pm.

Some areas such as Perth City, Fremantle, and parts of Subiaco also have special trading hours and many shops and businesses will be open on Sunday in these areas. Smaller businesses carrying essential items such as pharmacies, corner shops, and mini-supermarkets will also be open beyond the normal trading hours and many of these smaller shops will be open later in the evening during the week. On public holidays most shops will be closed.

Banking

Most major banks in Australia will open an account for you on the spot, although some may require you to make an appointment. Many employers pay your wages directly into your bank account.

To open a bank or credit union account in Australia, you need to pass the '100 Point' system to prove your identification. For more detail on the 100-point system, please check directly with the bank.

If you open a bank account within six weeks of arrival in Australia you will need to show your passport or visa as proof of identity. After six weeks you may need additional forms of identification such as an Australian drivers licence, proof of address, credit card, utility bills, letter of employment, etc. One piece of identification must include a photograph and signature.

There are different types of accounts so ask bank staff for advice on which one is best for you. The Australian government's Department of Immigration and Citizenship website may also be useful: www.immi.gov.au/living-in-australia

Phone and Internet

The two largest service providers in Perth are Telstra and Optus

Telstra	www.telstra.com	13 22 00
Optus	www.optus.com	1300 300 937

Telstra usually require one week's notice for connection of landline service. You will be asked to provide the following information: name, address of property, date of birth, commencement date of the service, occupation, passport number, drivers licence if applicable, previous phone number at premises (if known).

Often calling cards are the most inexpensive way to make international phone calls. You can purchase calling cards at most newsagents. A good website for calling card rates is www.phonecardrates.com.au.

Both Telstra and Optus offer internet and mobile phone services. Another large mobile phone operator is:

Vodafone	www.vodafone.com.au	through resellers
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You may also consider visiting an All Phones retail outlet when considering mobile phone service, as they represent multiple mobile phone carriers.

All Phones	www.allphones.com.au	13 80 00
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Internet services are also available through iinet.

iinet	iinet.net.au	13 19 17
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Other Utilities

Other utilities that serve the Perth community include:

Synergy (electricity)	www.synergy.net.au	13 13 53
Alinta (gas)	www.alinta.net.au	13 13 58
Water Corporation	www.watercorporation.com.au	13 13 85

English Classes

English classes are run at St Matthew's Church every Wednesday morning during the school term, commencing at 9am and finishing at 12pm, with morning tea provided. A gold coin donation can be made on entry.

There are 3- 4 class levels. The classes are interactive and fun and the morning is a great way to meet people of all nationalities.

St Matthew's Church is located opposite Rosalie Primary School on Onslow Rd, Shenton Park. The number 24 or 97 bus will take you from Broadway, Nedlands directly pass the church.

Counselling and Support

Moving to an new city or country can be stressful. Finding someone to talk often helps to alleviate some of these feelings. There are a number of ways to get support and help with any uncomfortable feelings or thoughts that can occur during this time;

- Through a GP

Psychotherapy and psychiatric services can be accessed through a GP. The GP will conduct an assessment and will refer you on to someone of your choice or can suggest a professional. There is a fee for the assessment by the GP and for the sessions with the therapist, both are claimable through Medicare.

It is possible to contact the therapists direct however you will not be able to access the Medicare rebate.

Psychotherapist and psychiatrists are available from the following website: www.psychology.org.au

- The Raphael Centre

Post natal depression, anxiety and general emotional and mental health.

St John of God Health Care, Ground Floor St John of God House, 177-179 Cambridge St Subiaco WA 6008, or PO Box 14 Subiaco WA 6904

Phone: 9382 6828 or 1300 30 68 28 (WA only)

www.sjog.org.au and type in "Raphael Centre" in the search box.

- Relationships Australia

For couples and family counselling. Enquiries: 1300 364 277, website: www.relationships.com.au

- Family Helpline

Phone: 9223 1100

- Beyond Blue

This is website based information point for concerns regarding anxiety, depression etc. It is anonymous and provides information and online assessments.

Website: www.beyondblue.org.au

- Centrecare

This is a government funded service that provides a variety of support and counselling. There is no set fee as such. The liaison officer will negotiate fees depending on the individual's ability to pay.

456 Hay Street, Perth WA 6000

Phone: 9325 6644

Website: www.centrecare.com.au

- Ishar Multicultural Women's Health Centre

A womens only service providing support and health care, taking into consideration the sensitivities of some religions.

8 Sudbury Place (same building as Mirrabooka Library), Mirrabooka 6061

Phone: 9345 5335

Website: www.ishar.org.au

Religious Well Being

Perth is a multicultural city and places of worship are available for the majority of faiths. Attending a place of worship, for your particular faith, can provide some comfort and help during what can be a difficult time, it's also a good place to make friends. There are a number of Christian churches around the Nedlands area, but further information on most faiths can be accessed from the following:

- The Anglican Diocese of Perth

Level 2, 573 Hay Street, Perth WA 6000
9325 7455

www.perth.anglican.org

- Catholic Archdiocese of Perth

Catholic Church Office, PO Box 3311, Adelaide Terrace, PERTH WA 6832
21 Victoria Square, PERTH WA 6000
9223 1351

www.perthcatholic.org.au

- Uniting Church Centre

85-89 Edward St, Perth
9260 9800 or 1300 736 692

www.wa.uca.org.au

- The Islamic Council of Western Australia

The ICWA publishes a useful booklet for Muslims with a variety of information on Halal shops etc.
7 Malvern Road, Rivervale WA 6103
9362 2210

www.islam-australia.iinet.net.au

- The Muslim Theological Council of Western Australia

Mailing Address: P O Box 1335, Canning Vale 6155
Shaykh Burhaan: 0416 332 507

www.jamiat.com.au

- The Perth Hebrew Congregation (Orthodox Judaism)

Freedman Rd (cnr Plantation St), Menora, WA 6050
9271 0539

www.theperthshule.asn.au

- The Temple David (Liberal Judaism)

34 Clifton Street, Mount Lawley 6050
9271 1485

www.templedavid.org.au

- Tibetan Buddhist Society

274 Campersic Road, Herne Hill, WA 6056
9296 0086

www.tibetanbuddhistsociety.com.au

- Hindu Association of Western Australia Inc.

Lot 41, Warton Rd, Canning Vale WA 6155
9455 2097

www.hindu.org.au

Getting Around

Rules of the Road

Driving is on the left-hand side of the road, and the speed in the city is generally 50 km per hour. It may range from 40 to 70 km per hour in some areas and at some times. For example, the speed limit around schools when children are likely to be present is 40 km per hour. At roundabouts give way to your right. Pedestrians have the right of way at intersections where there is no separate “walk” sign.

Strict drink driving laws apply in Western Australia. Random breath testing applies, and the driver’s permitted alcohol level is 0.05%. It is compulsory for drivers and passengers to wear seat belts at all times.

Drivers are now responsible for ensuring that all passengers, regardless of their age, are wearing a seat belt. Any driver who drives without a seat belt or who lets passengers not wear a seat belt faces a minimum \$500 fine and four demerit points. Any passenger over the age of 16 not wearing a seat belt also faces a \$500 fine.

Information about child restraints in cars, wearing seatbelts and other legislation (that may be peculiar to Western Australia) can be found on the Main Roads Western Australia Office of Road Safety website as follows:

Information about child restraints in cars, wearing seatbelts and other legislation (that may be peculiar to Western Australia) can be found on the Main Roads Western Australia Office of Road Safety website as follows:

<http://www.officeofroadsafety.wa.gov.au/index.cfm?event=topicsChildCarRestraints>

Seatbelts - <http://www.officeofroadsafety.wa.gov.au/index.cfm?event=topicsSeatBelts>

Car Restraints

WA Law requires drivers to ensure all children up to 16 years of age travelling in their motor vehicle are restrained in an approved child restraint or seat belt. Children under one year of age must be restrained in an Australian Standard (AS/NZS1754) child car restraint, suitable for the child’s size and weight when travelling in a motor vehicle. The child restraint must be properly adjusted and securely fastened to the child using the restraint at all times.

There is new legislation however that should be effective by 2010 that strongly recommends the following:

- Children up to 6 months must be in rear facing restraint
- Children up to 4 years must be in a restraint with an internal 5 point harness
- Children 4 to 7 years must be in booster seat
- Children under 4 not permitted in front seat & under 7 not permitted in front seat unless all rear seats are occupied by children less than 4yrs
- There will be exemptions for children outside weight / size guidelines for existing restraints

For further information regarding child restraints and child accident prevention contact:

Kids Safe WA:

Godfrey House, Princess Margaret Hospital, Thomas St (near Roberts Rd corner), Subiaco, WA 6008

Phone: 9340 8509

Website: www.kidsafewa.com.au

Drivers’ Licences

To drive on Western Australian roads with your driver’s licence from your home country (and International Driving Permit if applicable), you must:

- Have a current licence that is not suspended or cancelled, or be disqualified from driving
- Carry your licence (and International Driving Permit if applicable) with you at all times while driving and show it to a police officer if asked
- Drive only those vehicles that you are authorised to drive
- Comply with any other conditions of your licence

Depending on whether you are just visiting or planning to stay here permanently, there are different periods that you are allowed to drive with your overseas licence. As a visitor you can drive on your overseas licence for up to 12 months from your arrival or until the license expires (whichever comes first). If you intend to stay longer than 12 months, or your overseas licence expires within that time, you should apply for a WA licence.

If your overseas licence is not in English, it is advisable to carry an International Driving Permit or an approved English translation of your licence with you when you drive.

If you intend to take up permanent residence in WA, you are no longer considered to be a visitor. You must apply for a WA driver's licence within three months of your arrival.

You may be required to pass a practical driving test if, for example, your overseas driver's licence has expired.

For further information about drivers licenses please contact the following:

Department of Planning and Infrastructure

Department of Transport/Licensing

www.dpi.wa.gov.au

Taxis

Perth is well served by meter-operated taxis. There are taxi ranks throughout Perth central business district and Fremantle, and they can be hailed on the street. They can also be ordered by phoning the major operators.

Swan Taxis	13 13 30
Black & White Taxi	13 10 08
Tricolor Cabs	13 22 27

Public Transport

The Perth central business district and suburban areas are well connected by public transport. Transperth operates buses, trains, and ferries to and from City and suburban locations.

Transperth determines fares by dividing its service area into nine zones, which are defined by circles centred on Perth city. Fares are calculated by the number of zones you travel through on each journey. If you travel within one zone, you only need a 1-zone ticket. If you travel over the zone boundary and into another zone, you need a 2-zone ticket and so on.

Your ticket buys you up to three hours of travel on any Transperth bus, train, or ferry service. For journeys up to four zones, you have two hours to transfer between services. For trips covering five to nine zones you have three hours.

Transperth has two types of ticketing, SmartRider and cash tickets. Cash tickets must be purchased when you board a bus or ferry (or before boarding a train) from a ticket vending machine on the platform.

SmartRider is an electronic ticketing system. SmartRiders are available from Transperth Information Centres and from some newsagents.

Additionally, there is free bus transport around the inner city on the "CAT" bus (which stands for Central Area Transit). There are three CAT services:

- The RED CAT travels in an east-west loop from Queens Gardens in East Perth to Outram St in West Perth.
- The BLUE CAT travels in a north-south loop from Barrack St jetty to Northbridge.
- The YELLOW CAT travels in a loop from East Perth to West Perth.

For more information about public transport, including maps, journey planners, and fare information, see

www.transperth.wa.gov.au

Cycling

Bikewest is a one-stop information resource on places to ride, people to ride with and new bike projects in Western Australia.

Bikewest - Department for Planning and Infrastructure - Government of Western Australia,
441 Murray Street,
Perth WA 6000,
phone: 9216 8000,
email: cycling@dpi.wa.gov.au
website: www.dpi.wa.gov.au/cycling/1515.asp

There are also a series of fact sheets dealing with the use of bicycles for recreation and transport in Western Australia. The series looks at a range of cycling-related topics including ride routes, touring tips, maintenance, safety, road rules, insurance and product reviews. You can find more cycling fact sheets online at www.dpi.wa.gov.au/cycling

A limited number of free brochures and leaflets are available from the Department's reception area, at 441 Murray Street, Perth. Printed copies of the Perth Bike Maps can be purchased from your local bike shop, selected mapping agencies and tourist centres for a nominal fee or from the website.

Local bike shops include:

TBE (The Bicycle Entrepreneur)	
97 Stirling Highway, Nedlands	9386 4621
www.tbe.com.au	
Glen Parker Cycles	
125 Stirling Highway, Nedlands	9386 6408
www.glenparker.com	
Bike Force	
356 Rokeby Road, Subiaco	9382 1663
www.bikeforce.com.au	

Child Safety to and from School

Children are vulnerable road users. Children's vulnerability as road users is centred around their cognitive and perceptual abilities which are not fully developed until young adulthood. Children are at risk on the roads because they, are small and can't see over parked cars, can't be seen easily by drivers, are energetic and have trouble stopping at corners, have difficulty telling where sounds are coming from and may expect traffic to come from the wrong direction. This is true until the age of 11 or 12. They have trouble judging the speed of cars reliably, tend to focus on what is in front of them, may behave differently when they are out with other children, forgetting about traffic, and may freeze if they find themselves in the path of a car, rather than jump out of the way.

Children under 10 do not have the necessary cognitive and perceptual skills to negotiate roads without adult supervision. For young cyclists, a footpath or shared path is the best place to ride. In Western Australia, only children under 12 years of age are permitted to ride on a footpath, but it is important to be aware that driveways are dangerous. Children under the age of 10 should ride under the supervision of adults.. People over the age of 12 are not allowed to ride on a path unless it is signed as a shared path, by means of pedestrian and bicycle logos, or a separated footpath.

Pedestrians have the right of way over cyclists on shared paths. Ringing your bell will usually clear the way for you. Always ride on the left-hand side, except when overtaking. For your own safety and that of other path users, always signal your intentions to turn, ride in single file and keep your cycling speed appropriate to the conditions.

Bicycles must have red reflector of at least 38mm in diameter affixed at all times to the rear of the bike, mounted at a height not less than 330mm or higher than 1m. If a bicycle is ridden in the hours between sunset and sunrise it must also have two yellow reflectors fitted to each wheel and yellow reflectors on the front and back of both pedals. It must also have at least one bicycle light attached on both the front and rear of the bike that is visible from a distance of 200m.

It is mandatory to wear a bicycle helmet, with the retention straps fastened, while riding on roads or paths, and also highly recommended when using mountain bike trails. This rule applies not only to the rider, but also to children sitting on a carrier seat or being towed in a trailer. Helmets must meet Australian standards and fit correctly at all times while riding.

Other Wheeled Devices

Roller skaters, skateboarders and scooter riders are legally allowed to use footpaths and shared paths. They must keep to the left and give way to pedestrians. Scooters, rollerbladers, inline-skaters and skateboarders can use roads but only in daylight hours on local roads that do not have white lines or median islands and which have speed limits of 50 km/h or less. These road users must keep to the left.

Helmets are recommended for the safety of roller skaters, skateboarders and scooter riders.

<http://ors.wa.gov.au/Demographic-Pages/I-am-a-Parent/Child-Safety>

Health and Well-Being

Medical Practitioners

Local doctors are known as General Practitioners (GPs) or family doctors. You can choose your own doctor, and there is no restriction on using doctors outside the area you live. For a list of GPs near where you live, look under “medical practitioners” in the yellow pages telephone directory or www.yellowpages.com.au

Doctors who specialise in the treatment of particular illnesses or conditions are known in Australia as specialists. To consult a specialist, in most instances, you must first see your GP. If your doctor determines that a specialist should assess your illness or condition, you will be given a letter of referral to a specialist best suited to your needs.

A helpful number to know is **HEALTH DIRECT**, which provides 24-hour health advice. The Health Direct Number is **1800 022 222**.

The number for **POISONS INFORMATION** is **13 11 26**.

Emergencies

If you have a medical emergency and need an ambulance you can dial 000 from any public or private telephone (free call), or dial 112 from a mobile phone. Tell the operator that you need an ambulance and give details of where the emergency is, your nearest cross street, your telephone number, what happened, how many patients there are, condition of the patients, what assistance has been given and any other information that is requested (don't hang up before the emergency operator). Alternatively you may choose to visit the Emergency department of a local hospital.

Hospitals

Royal Perth Hospital (Wellington Street, Perth) provides a full range of emergency services for adults (except obstetrics) and serves the State Referral Centre for many super-specialties.
www.rph.wa.gov.au

Sir Charles Gairdner Hospital (Hospital Avenue, Nedlands) is one of the largest public teaching hospitals, caring for the local community and patients who are referred from throughout Western Australia, interstate and overseas for specialist treatment.
www.scgh.health.wa.gov.au

Princess Margaret Children Hospital (Roberts Road, Subiaco) is a 220-bed, internationally recognised paediatric facility that treats children and adolescents from around the state with approximately 250,000 patient visits (inpatient and outpatient) each year.
www.pmh.health.wa.gov.au

King Edward Memorial Hospital (Bagot Road, Subiaco) is the state's largest maternity hospital.
www.kemh.health.wa.gov.au

Bethesda Hospital Inc (Queenslea Drive, Claremont) is an acute care surgical and medical hospital managed by the Churches of Christ.
www.bethesda.asn.au

Fremantle Hospital and Health Service (Alma Street, Fremantle) Services administered from the Fremantle Hospital and Health Service include Fremantle Hospital itself, Kaleeya Hospital (East Fremantle), the Rottneest Island Nursing Post.
www.fhhs.health.wa.gov.au

Mercy Hospital Mount Lawley (Thirlmere Road, Mount Lawley) is a not-for-profit private hospital licensed to treat 244 patients and provides comprehensive care for private patients, entitled veterans and self-insured patients.
www.mercycare.com.au

Ramsay Health Care (multiple locations) is a private hospital group operating Attadale Private Hospital, Glengarry Private Hospital, Hollywood Private Hospital, and Joondalup Health Campus.
www.ramsayhealth.com.au

Hollywood Private Hospital (Monash Ave, Nedlands) www.hollywood.ramsayhealth.com.au
St John of God Hospital Murdoch (Murdoch Drive, Murdoch) is a 357 bed private hospital with a 24-hour emergency department, palliative care hospice and a wide range of clinical and diagnostic services.
www.sjog.org.au

St John of God Hospital Subiaco (Salvado Road, Subiaco) is a 500+ bed private hospital and provides a wide range of clinical specialties and access to a range of diagnostic services including radiology, pathology, MRI, nuclear medicine, ultrasound and two cardiac and vascular intervention laboratories.
www.sjog.org.au

Medicare

Medicare is Australia's universal health care system introduced in 1984 to provide eligible Australian residents with affordable, accessible and high-quality health care. It was established based on the understanding that all Australians should contribute to the cost of health care according to their ability to pay. It is financed through progressive income tax and an income-related Medicare levy.

Medicare provides access to:

- Free treatment as a public (Medicare) patient in a public hospital, and
- Free or subsidized treatment by medical practitioners including general practitioners, specialists, participating optometrists and dentists (for specified services only)

Visitors from countries with which Australia has a Reciprocal Health Care Agreement have restricted access to Medicare. For more information on Reciprocal Health Agreements, and on health coverage available for visitors and migrants, visit a Medicare Office or see the appropriate section of Medicare's website.
www.medicareaustralia.gov.au/public/migrants/index.jsp

Medicare eligibility is generally restricted to persons living permanently in Australia who are:

- Australian citizens;
- Permanent Australian residents;
- New Zealand citizens;
- and certain persons with permanent resident applications

If you are eligible to enrol you will be given a Medicare card with an identification number. The card will be valid for up to seven years. You will need your Medicare card:

- When visiting a doctor
- To show to a hospital if you choose to be treated as a public patient
- To claim a cash benefit
- When making an inquiry

For more information on Medicare, or to enrol, see either the Medicare website

www.medicareaustralia.gov.au
or visit the Medicare Office in Subiaco

Medicare Office

Shop 1

Subiaco Village

531 Hay Street

Subiaco 6008

Opening hours: 8.30 – 17.00 Monday to Friday, 9.00 – 12.30 Saturdays, excluding Public Holidays.

Health Insurance

Medical care in Australia can be expensive. The type of health insurance for medical care suitable to you and your family depends upon your visa status in Australia. Please refer to the private health funds for advice in relation to this.

If you are entitled to private health insurance, you can be covered for a range of costs, including private hospital care and/or the cost of various paramedical services (such as dental, chiropractic, physiotherapy and so on) that are not covered by Medicare.

The Commonwealth government regulates private health insurance. There are two types of private health insurance:

- **Hospital Cover**, which provides varying levels of financial benefits (depending on the hospital and the type of cover you choose) for in-hospital treatment and accommodation as a private patient in a public or private hospital, and a doctor of your choice.
- **Extras Cover**, which provides financial benefits for services not covered under Medicare or private hospital insurance, such as dental, optical, physiotherapy, chiropractic, etc.

Permanent Australian residents may be eligible for a 30% federal rebate on the cost of private health insurance. Anyone who pays hospital and/or ancillary private health fund premiums to a registered health fund can get a 30% reduction on the cost of their private health insurance. For more information see www.medicareaustralia.gov.au/public/claims/private-health.jsp#N1007D

Some of the private health insurance providers are as follows:

Medibank Private

13 23 31

www.medibank.com.au

HCF

13 13 34

www.hcf.com.au

MBF

13 26 23

www.mbf.com.au

Please consult www.privatehealth.gov.au, which is an Australian Government website showing every Health Insurance Policy available from every Health Fund. You can use this site to:

- Search a database of all policies offered by Australian health funds. This can help you review your current policy or choose a new one.
- Print one-page statements called Standard Information Sheets outlining the features of any health insurance policy.
- View a list of insurers, see which policies are available and review other information from each insurer.
- Check if your local private hospital is covered by your insurer.

This website also has a very helpful section for overseas visitors and overseas students.

Pharmacies

Most pharmacies are open during usual business hours. Some pharmacies are open seven days a week. Check with the individual pharmacy for exact opening hours. Local pharmacies include:

Captain Stirling Pharmacy Captain Stirling Shopping Centre Shop 5/90 Stirling Highway	(7 day Chemist, 8am – 8pm) 9386 3380
Subiaco 7-Day Chemist 157 Rokeby Road, Subiaco	9388 1203
Stirling Drive-in Pharmacy (7 day Chemist, 8am – 11pm) 234 Stirling Highway, Claremont	9384 2292
Broadway Fair Pharmacy Shop 22/88 Broadway, Nedlands	9386 1355
Hollywood Pharmacy 29 Hampden Road, Nedlands	9386 2798
Dalkeith Village Pharmacy 81 Waratah Ave, Dalkeith	9386 3625
Hollywood Hospital Pharmacy 101 Monash Ave, Nedlands	9346 6419

Vaccinations

For information on the Western Australian immunisation program please consult <http://www.public.health.wa.gov.au/1/51/2/immunisation.pm> which is the West Australian Government Department of Health website. You can use this site to find:

- Where do I go to get Vaccinated?
- Where do I get my Vaccine Records?
- Fact Sheets on Immunisation
- Vaccination in Schools
- FAQs
- Travel Vaccines
- Links
- When to Vaccinate my Child
- Link to Health Providers Section

Where do I go to get vaccinated?

Immunisations can be obtained from your General Practitioner, Community Health Clinics, some Local Government Councils and Aboriginal Community Health Services. The school immunisation program is delivered in Year Seven at school. Please be aware that general practitioners may charge a consultation fee. The Central Immunisation Clinic is a free service - 16 Rheola Street West Perth. Phone 9321 1312. The CIC runs on an appointment system. This clinic also provides immunisation advice over the phone. You can also send an email which goes to all staff who can respond to your query:

Child and Adolescent Community Health (CACH) CentralImmunizationClinic@health.wa.gov.au

Your Regional Public Health Unit will be able to locate an immunisation provider for you. The Regional Public Health Unit for Nedlands is Perth – North(08) 9380 7758

Babies and Small Children

Child Care Options

There are several different types of child care available in the Perth area, such as:

- Long day care
- Family day care
- In-home care
- Outside school hours care
- Occasional care

The following information on child care options comes from the Australian Government's website www.mychild.gov.au

Some day care centres are approved child care services. This means that families using the service may be eligible for Child Care Benefit and the Child Care Rebate. Approved services must also show that they are meeting certain quality standards. Please check if the centre you choose is approved.

Long Day Care

Long day care is sometimes referred to as centre-based care and is generally provided in a building or part of a building that has been created specifically for use as a child care centre. Centres usually operate between 7.30 am and 6 pm and offer professional care for children aged 0–6 years. Children are usually grouped together in rooms according to age and developmental stage.

Child care is usually available for all day or part of the day at a centre. Some centres offer morning or afternoon sessions. Many centres offer meals throughout the day including morning tea, lunch and afternoon tea. The types of meals vary from centre to centre. If a centre does not offer meals then families will need to provide their own.

Most long day care centres will have an early education component to their program so children will learn as they are cared for. Long day care centres are run by private companies, local councils, community organisations, individuals, non-profit organisations or by employers for their staff.

Some long day care centres are approved child care services. This means that families using the service may be eligible for Child Care Benefit and the Child Care Rebate. Approved services must also show that they are meeting certain quality standards. Please check if the centre you choose is approved.

Family Day Care

Family day care is where a professional carer looks after your child in the carer's home. This type of care is sometimes known as home-based care.

Carers work mainly with children aged 0–6 years who are not yet at school, but can also provide care for older school-aged children. State and territory government laws determine the number of children each carer can have in their home.

The hours of care are flexible. Carers can provide care for the whole day, part of the day or for irregular or casual care. Some carers may offer care overnight or on weekends. This may suit parents who are 'on call' or work shifts. Some carers are self-employed but work in partnership with a family day care scheme.

Other carers are employed directly by the scheme. Some family day care services are approved child care services. This means that families using the service may be eligible for Child Care Benefit and the Child Care Rebate. Approved services must also show that they are meeting certain quality standards. Please check if the centre you choose is approved.

In-Home Care

In home care is similar to family day care but the professional carer looks after the child in your child's home. This designation of care is outlined on the website www.mychild.gov.au/childcareoption.htm#inhome

This usually happens in circumstances where it is difficult for your child to be cared for outside the home, for example, if your child has a disability and your home is structured especially for them. Another example is when your family works shift work and it is more appropriate for a carer to be in the home at night while family members are at work.

In home care is not widely available and is usually only an option where other forms of care are not suitable. For information about eligibility for in home care please contact the Child Care Access Hotline on 1800 670 305.

Outside School Hours Care

Outside school hours care services provide care for primary school aged children before and after school (7.30 am–9 am and 3 pm–6 pm), during school holidays and on pupil-free days.

Services are usually provided from primary school premises such as the school hall and/or playground. Some services are run out of a child care centre, community facility or outside school hours care centre located near the primary school.

Many services offer a snack as well as the [Active After-school Communities](#) exercise program.

The majority of outside school hours care services are approved child care services. This means that families using the service may be eligible for Child Care Benefit and the Child Care Rebate. Approved services must also show that they are meeting certain quality standards.

Occasional Care

Occasional care offers professional care for children on a casual basis. This service is suitable for families who do not need child care on a regular basis but would like someone to look after their children occasionally, for example when they have a medical or other appointment.

Most occasional care services offer flexible hours of care including care for children whose parents work irregular hours or unpredictable hours.

Child Care Access Hotline

The Australian Government has established the Child Care Access Hotline — a telephone service that provides you with information to help you choose a child care service that meets your needs. When calling the Hotline on 1800 670 305, a professionally trained operator will provide you with information about:

- Child care services and possible vacancies in your area;
- Types of child care available;
- Quality issues; and
- Government financial assistance with the cost of childcare.

Various child care options such as long day care, family day care, in-home care, outside school hours care and occasional care will be explained so that you can make an informed choice.

The Child Care Access Hotline is open between 8.00 and 21.00, Monday to Friday Eastern Standard Time.

Babysitting and Nannies

There are several ways to find qualified babysitters and nannies in Perth. You may choose to advertise yourself or go through an agency.

The **Find a Babysitter** website is a resource both for parents and for carers; www.findababysitter.com.au

Another source for local babysitters and nannies is the classified advertisements in the local free paper, the Claremont/Nedlands Post. Check the “Situations Wanted” and the “Situations Vacant” sections when the paper comes out on Fridays. The Post is delivered to most residential addresses or can be picked up at local grocery stores and newsagents.

Other local agencies that can provide carers include:

Mrs Doubtfire

www.mrsd.com.au

9286 2518

Dial an Angel

www.dialanangel.com

9364 5488

Cherished Cherubs

www.cherishedcherubs.com.au

9248 1516

Playgroups

Playgroups are a great way for young children to find new ways to play, practise skills, develop structures and rules and play as many different roles as their imagination will allow. It’s also a great way for parents and carers to meet, connect, and develop new friendships.

Nedlands Playgroup is located in College Park on Princess Road. It has sessions available for 0 to five-year-olds and welcomes new members at any point during the year. To contact Nedlands Playgroup, ring 0405 652 899.

Alternatively, contact Playgroup WA, who can provide more information about playgroups in general or direct you to other playgroup sessions in your area.

Playgroup WA

www.playgroupwa.com.au

9228 8088

or ring the Playgroup WA hotline on 1800 171 882

Where to Shop

For information on where to shop for babies and small children, please see the “Where Do I Buy...” section below.

Beginning School

In Australia, attendance at school is compulsory for children aged between 6 and 15 years of age. Education is funded and administered by the State Governments rather than the Federal Government and varies from state to state. Schooling is broken into primary and secondary schooling.

Children turning four by June 30 are offered a place in a government kindergarten programme (although this is not compulsory). Children turning five by June 30 are offered a place in a government pre-primary programme (although this is not compulsory). Children commence their compulsory schooling in Year 1 and should be enrolled at a primary school in the year in which they turn six. Primary education comprises Years 1 to 7. Most children begin their secondary education at the beginning of the year in which they turn 13.

Government schools accessible to all residents. In addition, private and/or non-government schools are popular in Perth. Religious and non-denominational schools are available, as well as Rudolf Steiner, Montessori and other independent schooling. Government schools are co-educational, whereas non-government schools offer single sex as well as co-educational alternatives. Boarding is offered at some independent schools.

For more information on schools in Western Australia, visit the Department of Education's website <http://www.education.wa.edu.au>

WA School Term Dates

School term dates are available on the Department of Education's website <http://www.det.wa.edu.au/termdates/detcms/portal/>

Who needs to enrol?

All school-aged children must be enrolled in school and attend every day – this is the law.

In Western Australia, children can start their education in Kindergarten. Compulsory schooling starts the following year in Pre-primary.

You need to submit an application to enrol your children in school if they are:

- starting Kindergarten
- starting Pre-primary, their first year of compulsory school
- starting their first year of secondary school
- changing schools.

Although Kindergarten is not compulsory, children who will be four years old by 30 June in the year they go to Kindergarten can attend, and parents are encouraged to enrol their children.

Children attending their first year of compulsory school must be five years old by 30 June in the year they attend Pre-primary.

Children generally attend primary school until the end of Year 7 and start secondary school in Year 8. In 2015, this will change and Year 7 will become part of secondary school.

All children must attend school up until they are 16 years old. Sixteen and 17 year olds must be enrolled in school or a training organisation, be employed or be in a combination of school/training/employment.

Every child from Pre-primary to Year 12 is guaranteed a place at their local public school.

<http://det.wa.edu.au/schoolsandyou/detcms/navigation/life-at-school/enrolling-in-school/?page=1&#toc1>

Enrolling your child in Kindergarten or Community Kindergarten

A year of part-time Kindergarten for 15 hours each week is available either at your local school or Community Kindergarten.

While it is not compulsory, almost all parents send their children to Kindergarten so children get the best start to learning at school.

To enrol, your child must be four years old by 30 June in the year they attend Kindergarten.

If you are applying to enrol your child in Kindergarten or Community Kindergarten for this year or next year, you can do this now.

You will be informed of the outcome of your application by the school as soon as possible.

To enrol your child in Kindergarten for 2015, you will need to submit your application for enrolment by Friday 25 July 2014. Talk with the school for more information.

In most cases, your child will be offered a place at your local school or a Community Kindergarten linked to your local school. However, if the number of applications for enrolment exceeds the number of places available you may be referred to a nearby Kindergarten which has places available. The School Education Regulations 2000 specify how Kindergartens and Community Kindergartens must prioritise enrolments.

<http://det.wa.edu.au/schoolsandyou/detcms/navigation/life-at-school/enrolling-in-school/?page=2&#toc2>

Enrolling your child in primary school - Pre-primary

Pre-primary is the first year of compulsory school. Every child of Pre-primary age is required to attend school and is guaranteed a place at their local school.

To enrol, your child must be five years old by 30 June in the year they attend Pre-primary.

If your child is currently attending Kindergarten at a school which is not your local school, or if they are enrolled in a Community Kindergarten, you will need to re-enrol them in Pre-primary for next year.

If your child is currently enrolled in Kindergarten at your local school and you plan to stay at that school for Pre-primary, you don't need to re-enrol.

You can apply to enrol your child at your local school now to start Pre-primary this year or next year.

You will be informed of the outcome of the application by the school as soon as possible.

To enrol your child in Pre-primary for 2015, you will need to submit your application for enrolment by Friday 25 July 2014. Talk with the school for more information.

You can apply to enrol your child at a school which is not your local school, however your child is not guaranteed a place at that school.

<http://det.wa.edu.au/schoolsandyou/detcms/navigation/life-at-school/enrolling-in-school/?page=3&#toc3>

Things to Do with Kids

Perth is a fantastic place for kids as there are tons of activities – indoor and outdoor – to suit all ages. Here's just a sample.

Playgrounds and Parks

There are a number of playgrounds and parks in the Nedlands area. In fact, there are 46 parks, gardens, reserves and bushlands in the City of Nedlands totaling an area of 296.75ha! Some are better in summer, some in winter, some when it's windy and some when it's not, and some for big kids and some for little kids. Just try them all! Also see the section on Kings Park (below) and check other council websites too.

Most parks offer picnic tables and play equipment for kids. Many also provide barbeque facilities, which are usually free of charge and available on a first-come, first-served basis. Many parks also provide exercise areas for dogs, who are allowed off leads in certain areas. For specific information on dog-friendly parks, see the Council websites. Some parks are also completely fenced in which is handy with younger children. For a resource on Nedlands parks and the facilities they provide, check out the Nedlands Parks and Facilities guide:

<http://www.nedlands.wa.gov.au/parks-ovals-and-reserves>

For a similar guide on Subiaco parks and their facilities, see the following:

<http://www.subiaco.wa.gov.au/Things-to-do-in-Subi/Recreation-and-sport/Parks-and-reserves>

Beaton Park

Esplanade, Dalkeith

Play equipment, sand pit, BBQ, picnic table, public toilets, river view

Carrington Park

Corner Broome St and Carrington St Nedlands

Play equipment, sand pit, picnic tables, and dogs allowed. Home of the famous 'roller'.

College Park

Bostock Road, Nedlands

Play equipment, sand pit, picnic tables, cricket wickets, tennis courts, public toilet

Cafe nearby – Bay Road Pantry, Bay Road Claremont

JH Abrahams Park (also known as Pelican Point)

Foreshore, Hackett Drive, Crawley

BBQ, public toilets, picnic area, bicycle path, skate park, boat ramp, play equipment, rotunda, dog exercise area

Masons Gardens

Corner Melvista Avenue and Adelma Road, Dalkeith

Play equipment, sand pit, picnic tables, wildlife (turtles – food available from council offices), tennis court

Mrs Herberts Reserve

River end of Bay Road (behind Claremont Museum), Claremont

Play equipment, picnic tables, BBQs, river views

Rose Gardens

Corner Vincent Street and Stirling Highway, Nedlands

Play equipment, sand pit, gazebo

Rowe Park

Stevens Street (between Reserve Street and Langsford Street), Claremont

Play equipment, tennis courts, tennis hit-up wall, basketball ring

And on a rainy day, the following may come in handy:

The Beach House

www.thebeachhouse.org.au

5 O'Malley Street (at rear of building)

Osborne Park

9242 8800

The Beach House is an indoor playcentre for toddlers through about the age of six. Seven to 10-year olds have access to a separate "big kids" play area. Café available.

Kings Park

Kings Park and Botanic Garden has expanses of bushland, parkland and botanic garden. The total area of the park is 400.6 hectares and is located adjacent to the Swan River, approximately 1.5km from the Central Business District of Perth.

There are many things to do for the whole family, events are held throughout the year, and a range of services are offered. For details about Kings Park, including park maps and specifics about the many play areas in the Park, see their website:

www.bgpa.wa.gov.au/kings-park

The favourite spots within Kings Park for families include the following.

Saw Avenue Picnic Area

Located on the western side of Saw Avenue, this area offers informal picnic and family recreation opportunities. The precinct was refurbished in 2009 with modern facilities including public toilets, pathways and electric barbecues. A nature-based play area was designed by local woodcarving artist, Nic Compton, with a collection of picnic furniture and play elements created from recycled timber from within the park.

Synergy Parkland

The Synergy Parkland in Kings Park and Botanic Garden is an environmental playground and community area. The Parkland features a 75m-long elevated walkway, a two-tiered island fort, large-scale replicas of local dinosaurs, a timber boardwalk and an interactive water misting forest.

The Synergy Parkland is a recreation area for the entire family with the playground particularly suitable for children over six years. Evening outdoor cinema is held here each summer. There are ten free electric barbecues, public toilets and grassed areas. Zamia Cafe offers food, coffee and service in a unique setting in Synergy Parkland. The Synergy Parkland is a smoke-free zone and no skateboards, scooters or bikes are allowed.

Lotterywest Family Area (Ivey Watson Playground)

This playground for families with young children has been extensively refurbished recently. Play areas within the Ivey Watson Playground have been upgraded and are specifically targeted for children aged under five. New play elements, designed to cater for families and older children, have been installed on Hale Oval.

Please note that barbecues cannot be reserved as part of your pavilion booking. They are available for all park users.

Stickybeaks Café provides snacks and meals, drinks and coffee and icecreams. The Café is open 7 days a week from 8.30 am to 5.00 pm.

Perth Zoo

This is a small zoo 5 minutes from the Perth CBD on the banks of the Swan River. Perth Zoo is open every day of the year. You will need at least a half-day to see everything Perth Zoo has to offer. The zoo is open from 9.00 to 17.00 every day of the year.

The zoo is located at 20 Labouchere Road, South Perth.

Visit the Zoo's website for more information on admission prices, how to get to the zoo, facilities available, what to see, and special presentations; www.perthzoo.wa.gov.au

AQWA

AQWA is the aquarium of Western Australia for adults and children. From the icy waters of the southern ocean to the tropical wonderland of coral reefs in the Far North, AQWA takes you on an underwater journey to discover the marine life of Western Australia.

AQWA is divided into five distinct regions that reflect the marine environments and marine life found in each area – the Great Southern Coast, the Perth Coast, Marmion Marine Park, Shipwreck Coast, and Far North.

AQWA features:

- an aquarium and underwater tunnel
- a collection of Western Australian marine life
- beautiful living coral reefs
- giant sharks, rays and turtles
- interactive fun

AQWA is located just 20 minutes north of the city at Hillarys Boat Harbour. Open 10am to 5pm daily.

For more information on admission prices, how to get to AQWA, facilities available, and special presentations, visit the website;

www.aqwa.com.au

Scitech

Scitech is a hands-on science centre with exhibitions, programs and services designed for people of all ages. Scitech also includes Horizon Planetarium.

Scitech is located at City West, Sutherland Street, West Perth and is easily reached by public transportation. Scitech is open from 10.00 to 17.00 on school holidays, weekends and public holidays and from 09.30 to 16.00 on weekdays (except during school holidays). Scitech is open every day of the year except Christmas Day (December 25).

For more information on Scitech, including admission prices, how to get there, and special presentations, visit the website

www.scitech.org.au

Western Suburbs Regional Library Network

Membership of your local library is free and available to everyone. To join the library you will need to provide official documentation that displays your name and current address. Suitable forms of identification include: driver's licence, council rates notice, health care card, bank correspondence, rent or lease documentation.

New members are issued with a membership card, which automatically entitles them to borrow material from all libraries in the Western Suburbs. These libraries are: Claremont, Subiaco, Nedlands, Mt Claremont, Cottesloe/ Mosman Park/ Peppermint Grove

Claremont Library

Website: <http://www.claremont.wa.gov.au/Community/Library.aspx>

308 Stirling Highway, Claremont WA 6010 (corner of Bayview Terrace, at the rear of the Council offices)

Telephone: (08) 9285 4353

Opening Hours: Mon 10am - 7pm, Tues 10am - 5pm, Wed 10am - 5pm, Thurs 10am - 7pm, Fri 10am - 5pm, Sat 9am - 12 noon, Sun closed

Mt Claremont Library

Website: <http://www.nedlands.wa.gov.au/libraries>

105 Montgomery Ave, Mt Claremont

Telephone 9383 1462

Opening Hours: Mon 9.30am - 7pm, Tues 9.30am - 6pm, Wed closed, Thurs 9.30am - 6pm, Fri 9.30am - 5pm, Sat 9am - 12 noon, Sun closed

Nedlands Library

Website: <http://www.nedlands.wa.gov.au/libraries>

60 Stirling Hwy, Nedlands WA 6009

Telephone 9273 3644

Opening Hours: Mon 9.30am - 6pm, Tues 9.30am - 8pm, Wed 9.30am - 8pm, Thurs 9.30am - 8pm, Fri 9.30am - 6pm, Sat 9am - 1pm, Sun 1:00pm - 5:00pm

Subiaco Library

Website: <http://www.subiaco.wa.gov.au/Our-community/Subiaco-Library/Visit-the-library>

237 Rokeby Rd, Subiaco

Telephone 9237 9300

Opening Hours: Mon 9.30am - 5.30pm, Tues 9.30am - 8pm, Wed 9.30am - 8pm, Thurs 9.30am - 8pm, Fri 9.30am - 5.30pm, Sat 9am - 4pm, Sun 2.00pm - 5.00pm

Grove Library

Website: <http://thegrovelibrary.net>

1 Leake St (cnr Leake St & Stirling Hwy), Peppermint Grove WA 6011

Telephone (08) 9286 8686

Opening Hours: Mon 9:00am - 6:00pm, Tues 9:00am - 8:00pm, Wed 9:00am - 6:00pm, Thurs 9:00am - 8:00pm, Fri 9:00am - 6:00pm, Sat 9:00am - 12:30pm, Sun closed

Beaches

With over 12,000 kilometers of pristine coastline, there's a great beach in Perth to suit everyone. The closest beaches to the Nedlands' neighbourhood are as follows:

Cottesloe Beach

Located on Marine Parade, Cottesloe, this area offers grassed areas, playgrounds, pristine white beaches and includes public toilets, changerooms and cycleways. The beach can be used for swimming, walking, snorkelling, fishing, surfing and bodyboarding. The beach is close to pubs, cafes, hotels and beachside shops.

In summer the beach is patrolled by the Cottesloe Surf Life Saving Club and professional lifeguards – please remember to ‘swim between the flags’ when the life savers and/or lifeguards are on duty.

North Cottesloe Beach

Located on Marine Parade, north of Cottesloe Beach, this area offers grassed areas, pristine white beaches and includes public toilets, changerooms and cycleways. The beach can be used for swimming, walking, snorkelling, fishing, surfing and bodyboarding. The beach is close to pubs, cafes, hotels and beachside shops.

In summer the beach is patrolled by the North Cottesloe Surf Life Saving Club and professional lifeguards – please remember to ‘swim between the flags’ when the life savers and/or lifeguards are on duty.

Swanbourne Beach

Located on Marine Parade, Swanbourne, this area offers grassed areas, bbqs, carparks, pristine white beaches and includes public toilets, changerooms and cycleways. The beach can be used for swimming, walking, snorkelling, fishing, surfing and bodyboarding. The beach has a café open in summer.

In summer the beach is patrolled by the Swanbourne Nedlands Surf Life Saving Club – please remember to ‘swim between the flags’ when the surf life savers are on duty.

Sports for Kids

There are nearly as many options for kid's sports in Perth as there are kids! Here are a few that are available in the Nedlands area, although this list is by no means exhaustive.

Swimming

Swimming lessons are offered locally by the following (in order of distance from Nedlands Primary School):

- UWA Uniswim
- KirbySwim
- Challenge Stadium

UWA Uniswim

UWA Uniswim offers classes for kids of all swimming levels, ranging from beginners more advanced. Pupils must be 4 years of age before they begin lessons. Lessons run to the school terms.

University of Western Australia – School of Sport Science and Exercise Health
Parkway, Nedlands 6009
6488 2277
uniswim@cyllene.uwa.edu.au

<http://www.uniswim.uwa.edu.au/children>

Kirby Swim at Christ Church Grammar School

Learn to swim classes begin at age 3 and have a ratio of one teacher to just three swimmers. The levels of swimming offered at Christ Church are for all ages including adults.

Kirby Swim at Claremont Pool

Utilising the geothermally heated 25m and 50m lanes at Claremont Pool, Kirby Swim's program offers the same skill progressions and teaching, in a slightly larger class format.
For more information on either Kirby Swim programme, please contact

Kirby Swim
PO Box 3193
Claremont WA 6010
9442 1617
swim@kirbyswim.com.au

www.kirbyswim.com.au

Challenge Stadium

Challenge Stadium offers term-time and holiday swimming lessons for beginner swimmers through to squad swimmers aged from two to 17 years.

VenuesWest Challenge Stadium
Stephenson Avenue
Mt Claremont WA 6010
9441 8222
info@venueswest.wa.gov.au

www.challengestadium.wa.gov.au

Public Swimming Pools

Nedlands Primary School -- pool membership offered at \$180 for family includes swim assessment. Season is December to April. Contact Nedlands Primary School for more information.

Challenge Stadium – see above for details.

Claremont Pool – facilities include an Olympic sized swimming pool, a diving pool, a 25 meter pool, toddler's pool and playground equipment under shade sails. Located on Davies Road in Claremont.

www.claremont.wa.gov.au/pool/intro.html

Beatty Park Leisure Centre – facilities include indoor and outdoor heated pools, diving pool, and kids' play pool. Located at the west end of Vincent Street about 1km east of Leederville. www.vincent.wa.gov.au/1/32/introduction.pm

Multi-Sport (Kidz n Sport)

Kidz n Sport is an interdisciplinary sports coaching programme for children from pre-kindy age to Year 3. Kidz n Sport focuses on the following include ball skills and gross motor skills such as catching and eye tracking, throwing, jumping, kicking, running technique including speed and agility and balance. Once skills are established the coaches move on skills in various sports including basketball, netball, AFL / footy, soccer, minkey / hockey, tee-ball, cricket, tennis and athletics.

Kidz n Sport

9384 9920 (Mike Mellor)

www.kidznsport.com.au

Tennis

Nedlands Tennis Club

Nedlands Tennis Club is located in Bruce Street Nedlands, near to the Nedlands golf course to the west and a short distance away from the Swan River. It has 20 grass courts, 4 synthetic grass courts (2 under lights) and 2 hard courts, both under lights.

www.nedlandstennis.com

Dalkeith Tennis Club

The Dalkeith Tennis Club include 17 grass courts, 10 hard courts (6 of which are under lights), a clubhouse with panoramic views, regular events, BBQ and bar, pro shop and tuition.

www.dalkeithtc.com.au

Tennis Excellence

Tennis Excellence is the coaching program based at Nedlands Tennis Club (see above). Please contact coach Warren Vickers on 0411 140 395 or email Nedlands@tennisexcellence.com.au

www.tennisexcellence.com.au

Tennis Factory

The Tennis Factory offers tennis coaching in the Nedlands area. Based at Onslow Park Tennis Club in Shenton Park, Tennis Factory caters for all ages and abilities.

phone: 9284 3300

mobile: 0405 415 401

email: matt@tennisfactory.com.au

website: www.tennisfactory.com.au

MastaStroke® Tennis System

MastaStroke® Tennis System is the coaching programme based at Dalkeith Tennis Club (see above).

John Thorpe: john@mastastroke.com.au

MastaStroke Tennis System

phone: 9386 6906

website: www.mastastroke.com.au

Australian Rules Football

Dalkeith Nedlands Junior Football Club

Registrations are open for six to sixteen year olds. Non-contact Auskick is great fun for six to nine-year old children to play. Teams will be fielded for Year 4 and for ten to sixteen year old football players.

Dalkeith Nedlands Junior Football Club
Melvista Oval, Melvista Avenue, Nedlands
PO Box 984 , Nedlands WA 6009
phone: 0438 961 126, email: president@dnjfc.com
website: <http://dnjfc.com>

Soccer

Nedlands Football Club

Nedlands Football Club offers a wide variety of soccer programmes and coaching for children aged 6 and up.

Nedlands Football Club
PO Box 3025 Broadway, Crawley WA 6909
ph: 9284 0090, email: info@nedlandsfc.com.au
website: www.nedlandsfc.com.au

Hockey

Suburban Lions Hockey Club

Website: <http://www.suburbanlions.org>

2012 marks the beginning of an exciting new era at The Suburban Lions Hockey Club and the first season under their new name, following the successful merge of Suburban Nedlands and Riverside Lions Hockey Clubs.

The Suburban Lions Hockey Club fields teams for a wide range of ages from Minkey in school years 1-2, an Introduction to Hockey program in school years 3-4 through junior grades to ladies' & mens' elite, social and veteran competitions.

They provide an environment that allows players to pursue a career in hockey to their highest potential or to participate on a social basis in lower grades. Home games are played at Melvista Oval, Tregonning Field (in Highview Park) and Lemnos Field (Shenton Turf).

Please contact secretary@suburbanlions.org for further information.

Minkey (Hockey)

Minkey is a modified version of hockey for Yr 1 to 4. Locally there are two clubs that run Minkey Hockey.

Westside Wolves Hockey Club

The College Park Minkey is held on Saturday mornings at College Park, Princess Road Claremont. The 11 game season commences on May 12th and concludes on August 18th, with a break for the Foundation Day long weekend and during the July School holidays.

The Minkey Programme is based on the following year levels:

- Years 1 Junior 9.00am
- Years 2 & 3 Intermediate 10.15am
- Years 4 Nines 9.00am

Players in each level (i.e. Junior, Intermediate, and Nines) are organised into School based teams and play in their School Colours or uniform of choice. Each team has an on-field Coach, and an off-field Manager. Players need to have their own stick, mouthguard, shin pads and personal drink bottle. Teams need to have a first aid kit with Ice and Band-Aids. Spare ice is held at the Pavilion with the College Park Minkey Co-ordinator Di Moran.

Junior and Intermediate teams play on a "quarter field" format and comprise up to 10 players with 7 on the field at one time. There are two 20-minute halves with a 5-minute interval. Nines teams play on a "three quarter" field

format and comprise up to 12 players with 9 players on the field at one time. There are two 20-minute halves with a 5-minute interval.

If you have a general query, please contact the College Park Minkey Co-ordinator Di Moran Tel: 9384 5966 or Mb: 0412 890 589 or Email di-moran@hotmail.com

Suburban Lions Hockey Club

Suburban Lions Hockey Club provides a close knit, friendly atmosphere, where individual attention is given to all junior players. The club has steadily expanded over the years, and is now one of the most successful junior hockey clubs in Perth, with players playing in more than 50 junior teams in 2011.

The Suburban Lions Hockey Club fielded almost 600 junior players in 2011, playing as the Riverside Lions Hockey Club prior to the amalgamation with 16 Minkey teams.

Juniors 1-2 (Minkey)

The Junior Year 1-2 competition (also known as Minkey) is for any player who is currently in Year 1 or 2 at school, regardless of their actual age (as per Hockey West guidelines).

This competition offers players an introduction to hockey and will be played on 1/4 sized fields. Emphasis will be on developing hockey skills in a fun environment. This successful program is now in its 3rd year.

Games are played on Saturday mornings at Melvista Oval, Melvista Ave, Nedlands commencing on Saturday 5th May 2012. Teams play in school based groups and may be mixed (ie girls and boys). Training occurs at Melvista Oval on Thursdays 3.45 - 4.30pm, commencing 26 April.

Hockey equipment can be purchased from Hockey International, Railway Parade, West Leederville or F-H-E at 18 Graylands Road, Claremont.

Players in this age group wear their school uniform, or an alternate uniform of their choice, and so do not require a Suburban Lions uniform.

All players require a mouthguard for training and games. No mouthguard, no play.

Umpires are provided for cubs and minkey games. The cost of umpires is covered partly by your registration fee and partly by canteen proceeds.

Dance

Dancescene

Ballet, Hip Hop, Jazz

Claremont & Nedlands,

Lisa Purchas phone: 9386 2700, mobile: 0414653839 email: lisa@dancescene.com.au

Website: www.dancescene.com.au

W.A. Performance School of Dance

Ballet, Hip Hop, Jazz, Musical Theatre, Singing

Subiaco, phone 9381 7343

Silhouette Dance Studio

Shenton Park, 0417 943384 (hip hop, jazz, acrobatics, cheerleading)

Gymnastics

Spirit Gym

450 Rokeby Rd, Subiaco, 9387 4127

College Park Gymnastics

2 Lapsley Rd, Claremont, 0402 079 500

Netball (unisex teams)

Represent Nedlands Primary School.

Details in school newsletter when players required.

TeeBall (unisex teams)

Nedlands, Geoff Bruce, 9389 7504 (registrar for 09/10 season)

Entertainment in Perth

Drinking Age

The legal drinking age in Western Australia is 18.

Ticketing Agencies

Two major ticketing agencies operate in Perth.

BOCS Ticketing

9484 1133

www.bocsticketing.com.au

Ticketmaster

13 61 00

www.ticketmastercom.au

Ticketek

13 28 49

www.premier.ticket.com.au

Cinemas

Local cinemas include:

The Windsor *(part of the Luna group)*

98 Stirling Highway

Nedlands

9386 3554

www.lunapalace.com.au

Luna Cinema *(part of the Luna group)*

155 Oxford Street

Leederville

9444 4056

www.lunapalace.com.au

Innaloo Megaplex Event Cinemas

57 Liege Street

Innaloo

9446 8222

Gold Class 9204 5288

www.eventcinemas.com.au/cinema/Innaloo-Megaplex

Ace Cinemas Subiaco

500 Hay Street

Subiaco

9388 6500

www.moviemasters.com.au

Hoyts Cinemas Garden City

Garden City Shopping Centre

Almondbury Road

Boragoon

9316 0600

www.hoyts.com.au

Theatres

Local cinemas include:

Barking Gecko Theatre Co
180 Hamersley St
Subiaco
9388 2611

Spare Parts Puppet Theatre
1 Short Street
Fremantle
9335 5044

Regal Theatre
474 Hay Street
Subiaco
9484 1133

Playhouse Theatre (*part of the Luna group*)
3 Pier Street
Perth
9323 3400

Perth Concert Hall
5 St George's Terrace
Perth
9231 9900

Octagon Theatre
University of Western Australia
Nedlands
6488 2691

His Majesty's Theatre
825 Hay Street
Perth
9265 0900

Art Galleries

Local art galleries include:

Art Gallery of Western Australia
47 James Street
Perth
9492 6600

Fremantle Arts Centre
1 Finnerty Street
Fremantle
9432 9555

Sports

Tennis

Hopman Cup in December/January

Venue: Burswood Dome

Cricket

Western Warriors

Venue: WACA, East Perth

Soccer

Perth Glory

Venue: WACA, East Perth

Basketball

Wildcats

Venue: Challenge Stadium

Football

West Coast Eagles and Fremantle Dockers (AFL)

Venue: Subiaco Oval

Rugby

Western Force

Venue: Subiaco Oval

www.westernforce.com.au

Where Do I Buy....

General Groceries

Major supermarkets in the area include Coles and Woolworths. These shops will have a wide selection of fresh food and dry goods, including meat, delicatessen, dairy, fruit and vegetables. Coles and Woolworths have recently begun an online shopping service as well. As of this writing, large supermarkets are open Monday through Saturday (not Sunday), with late-night shopping on Thursday nights. For specific opening hours, contact the store directly.

Coles www.coles.com.au

Coles Claremont

Claremont Quarter, Claras Lane & Gugerri St, Claremont
9286 7600

Coles Subiaco

277-295 Barker Rd, Subiaco
9381 6411

Woolworths www.woolworths.com.au

Woolworths Subiaco Square (Open Sundays)

Station Street, Subiaco
9388 3199

Woolworths Cottesloe

460 Stirling Highway, Cottesloe (*in Cottesloe Central Shopping Centre*)
9383 1777

Woolworths Floreat

5 Howtree Place (*in Floreat Forum Shopping Centre*)
9387 2620

In addition to these supermarkets, there are other local grocery stores that tend to have longer opening hours and are often open on Sundays as well. These stores are usually just smaller versions of the supermarkets and will have a wide selection of food, including meat, fruit/veg, bread, dairy, deli, dry goods, etc. A selection of these stores include:

Captain Stirling IGA

Corner Stirling Highway and Florence Road (*in Captain Stirling Shopping Centre*)
9386 5883

Broadway IGA

Shop 33, 88 Broadway (*in Broadway Fair Shopping Centre*)
9386 4356

Nedlands Supa IGA

152 Stirling Highway
9389 8301

Dalkeith IGA

81 Waratah Ave, Dalkeith
9386 3040

Specialty Food Items

There are also some local food shops and markets that are handy to know about.

Farmers Markets

There are several local markets that operate on the weekends. Contact the market directly for exact opening days and times.

Station Street Markets, Subiaco

41 Station Street, Subiaco

9286 7600

www.subiacomarkets.com

OPEN SATURDAY MORNINGS ONLY

Fremantle Markets

Henderson Street and South Terrace, Fremantle

9335 2515

www.fremantlemarkets.com.au

Mount Claremont Farmers Market

Mt Claremont Primary School

103 Alfred Road, Mt Claremont

0411 895 101

OPEN SATURDAY MORNINGS ONLY

<http://mtclaremontfarmersmarket.com.au>

Fresh Fruit and Veg

Jacks

Claremont Quarter

Claras Lane & Gugeri St

Claremont

9384 5486

7am to 10pm

Fishmongers

Partridges

Unit 1/2A Loch Street

Nedlands

9389 9600

Seafresh

26 St Quentin Ave

Claremont

9383 2031

Butchers

Weir's Butchers

31 Broadway Fair Shopping Centre

88 Broadway, Nedlands

9386 1105

Peter's Butchers

Shop 6/20 St Quentin Ave, Claremont

9383 3637

Bulk Foods/Dry Goods

Angry Almond

71 Princess Road

Nedlands

9389 7959

School Supplies / Stationery

Woolridges

Woolridges sell educational supplies and also stock the **school booklists**. Your school provides a booklist at the end of the school year which you can purchase from any stationery shop or you can buy online from Woolridges. You can go to the Woolridge website to place your booklist order online. You need to have your correct school code and year ready to access this area on the Woolridges website.

Woolridges

424 Scarborough Beach Road
Osborne Park
9443 0955
www.woolridges.com.au

Other stationery/office supplies/school supplies retailers include the following.

Officeworks Subiaco

160 Hay Street
Subiaco
6310 0100
www.officeworks.com

Officeworks East Perth

52-62 Lord Street
East Perth
9218 0600

Educational Art Supplies

17 Hampden Road
Nedlands
9386 5477
www.edartsupplies.com.au

Electrical Goods

Richards Electrical - Kambos Claremont

312 Stirling Highway (corner of Bay View Terrace)
Claremont
9384 5800

Betta Claremont

Stirling Highway and Leura St.
Claremont
9384 5666

Dick Smith

Claremont Quarter – 23 St Quentin
Claremont
9284 7368

Harvey Norman - Osborne Park

52 Guthrie St
Osborne Park WA
9445 5000

Furniture

There are many retail furniture stores along Stirling Highway in Claremont and Nedlands, including several boutique and speciality stores. In addition to these, the suburb of Osborne Park has many larger retailers and specialist stores. All major department stores (such as Myer and David Jones) have wide furniture ranges as well. Some include;

IKEA

6 Sunray Drive
Innaloo
9201 4532
www.ikea.com.au

Freedom Furniture

415 Scarborough Beach Road
Osborne Park
9242 5942
www.freedom.com.au

Myer

Forrest Place
200 Murray Street
Perth
9265 5600
www.myer.com.au

David Jones

622 Hay Street mall
Perth
9210 4000
www.davidjones.com.au

Hardware

Bunnings Claremont

13 Leura St
Claremont
9383 0900

Bunnings Subiaco

55 Salvado Road (in the Homebase shopping centre)
Subiaco
9380 2600

www.bunnings.com.au

Children's Clothing

Children's clothing can be found at department stores such as Myer and David Jones (see above), speciality stores and boutiques, and large retailers such as Kmart and Target. Also try surf shops which often have clothes for bigger kids.

Kmart

384 Scarborough Beach Road
Westfield Innaloo Shopping Centre
Innaloo
9204 7300
www.Kmart.com.au

Target

Westfield Innaloo Shopping Centre
Oswald Street
Innaloo
9445 2655
www.target.com.au

Big W

Karrinyup Shopping Centre
Karrinyup Road
Karrinyup
9446 9355
www.target.com.au

Pumpkin Patch

Shop F115
Karrinyup Shopping Centre
9204 1152
www.Pumpkinpatch.com.au

Esprit

111 Rokeby Road
Subiaco
9388 1522
www.esprit.com.au

Baby / Toddler Equipment

Baby clothing, furniture, equipment and accessories can be found at the major department stores as well as at the big retailers such as Kmart, Target, and Big W (see above). Additionally, here are some shops that specialise in baby items.

Babyland

83 Stirling Highway
Nedlands
93863662
[www. Babyland.com.au](http://www.Babyland.com.au)

Baby Boom

150 Stirling Highway
Nedlands
6389 1784

Baby on a Budget

94 Hector Street West
Osborne Park
9242 8078

Toys

Kmart, Target, and Big W all have big toy sections, as do the major department stores. Some other local toy stores include;

Toyworld Claremont

47 Bayview Terrace
Claremont
9385 1220
www.toyworld.com.au

Toyworld Subiaco

3/1 Seddon (behind the Dome on Rokeby Road)
Subiaco
9388 1575

The Play Room

40 Frobisher Street
Osborne Park
9242 2003
www.theplayroom.com.au

Trover Learning

301 Selby St
Osborne Park
9446 9663
www.troverlearning.com.au

Kids Central

Shop 8, Claremont Court
44 Guger Street
Claremont
9286 2188
www.kidscentral.com.au

Fiddlesticks Toys

2/11 Station Street
Cottesloe
9284 5966
www.fiddlestickstoys.com.au/