



My Community Chat Cards



Community Chat Cards are a helpful tool for people with disability to explore new interests and connect with others in Mandurah.

Family members and support workers can use these cards to start discussions about local activities, encouraging greater community participation.

Together, read the text and talk about the images to discover new interests and opportunities. For easy reference, take a photo of the cards or scan the QR codes for more details.

Limited packs are available. To request a pack, email **HCC@mandurah.wa.gov.au** or access a digital version at **www.mandurah.wa.gov.au**.

Have you ever played tennis?



The South Mandurah Tennis Club has a tennis program for people with disability.

Phone: 0439 979 666

Email: southmandurahtennis@gmail.com

There is also an All Abilities Tennis program offered at the MARC with fun games.

Phone: 0498 856 794



Do you like meeting new people?



The Village Morning Tea is a free event at the Lakelands Library every two weeks on a Tuesday.

Everyone is welcome to join for a chat, peer support, and arts and crafts.

Morning tea and craft materials are provided.

Email: communityaccess@diversitysouth.org.au



When did you last go to the beach?



The City of Mandurah has a guide that lists beach locations with accessible facilities, helping everyone enjoy the beach.

Scan the QR code for more information.



What is your favourite park in Mandurah?



You can check out the
Accessible Park Guide to
discover a range of accessible
parks across Mandurah.

Scan the QR code for more
information.



Have you ever played basketball?



Basketball All Abilities
Mandurah (BAM) offers a fun
and social basketball program
for people with disability.
Sessions are held during school
terms. Contact Mandurah
Basketball Association for
more details.

Phone: 95503849

Email: [info@
mandurahbasketball.com.au](mailto:info@mandurahbasketball.com.au)

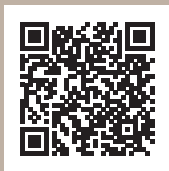


What is your favourite fishing spot in Mandurah?



Fishability supports people with disability enjoy fishing in Mandurah, meeting weekly at different jetties around the area.

Scan the QR code for more information.



Have you ever gone fishing on a boat?



Fishability has an accessible boat which takes people with disability out fishing. This is a popular program, and bookings are essential.

Phone: 0408 803 756

Email: info.mandurah@fishability.org.au



Did you know drumming helps you move?



Join the Midway Drumming Circle and feel the power of rhythm and beats. Everyone is welcome.

Phone: 9535 5500

Email: reception@midway.org.au



Do you like spending time in nature?



Mandurah offers a variety of walking trails to explore, many are accessible for people with disability and suitable for all abilities.

Scan the QR code for more information.



Did you know Mandurah has lots of public art to explore?



Information about public artwork trails is available at the Mandurah Visitors Centre for self-paced tours to explore local public art.

Scan the QR code for more information.



Did you know you can help at Mandurah events?



Volunteering at events lets you meet new people, learn new skills, and help make the event a success.

Scan the QR code for more information.



Have you tried chair yoga?



Zen Chair Yoga at the MARC is a gentle, slow-moving exercise that helps with breathing. It is an inclusive activity and great for beginners.

Phone: 9550 3600

Email: recreationcentres@mandurah.wa.gov.au



Do you like going for walks?



Joining a walking group is a fun way to stay active and make new friends. You can walk, stroll, or roll.

Matt's Walking Group is led by a person with disability, and supported by Midway, and new people are always welcome.

Email: reception@midway.org.au



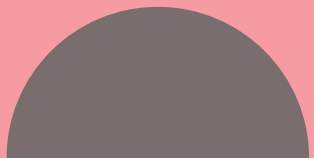
Have you tried a fun dance class in Mandurah?



Midway Dance Inclusion
welcomes everyone and offers
a safe space for dance. People
of all abilities are encouraged
to join.

Phone: 9535 5500

Email: [reception@midway.org.
au](mailto:reception@midway.org.au)



When it is raining, what do you like to do?



The library is the perfect spot to visit on a rainy day.

Mandurah has three accessible libraries, all welcoming for people with disability. With free Wi-Fi, comfortable seating, and plenty of free activities, it's the place to be.

Scan the QR code for more information.

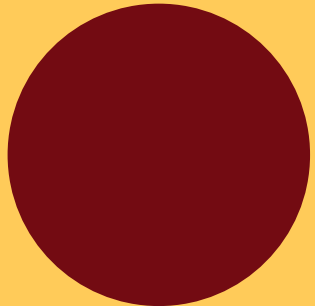


Do you like learning about our past?



Visit the Mandurah Museum to explore local history. The museum offers an accessible toilet, ACROD parking, and is welcoming for people with disability.

Scan the QR code for more information.



Do you like to sing?



The Lakelands Community Choir is a friendly and fun choir which meet every Saturday at Lakelands Library from 10am to 11:30am.

Everyone is welcome, no auditions required and you don't need to know how to read music.

Email:

Lakelandschoir@outlook.com



Have you ever grown your own vegetables?



Community gardening is a great way for everyone to feel connected in this community. There are two community gardens in Mandurah located in Coodanup and Lakelands.

Lakelands

Community Garden:

lakelandscommunitygarden@gmail.com

Mandurah Community

Garden:

info@mandurahcommunitygardens.com.au



Do you like cooking?



The Mandurah Filipino-Australian Multicultural Community Incorporated (MFAMCI) offers a free 'Cook and Eat' program where you can enjoy cooking and eating together.

Email: mfamci@yahoo.com



What is your favourite craft activity?



Live Laugh Craft is a fun, inclusive art and craft group hosted by Diversity South. It's open for everyone to join.

Email:

communityaccess@diversitysouth.org.au



Do you know what a peer support group is?



A peer support group is where people with similar experiences meet to support each other in a safe environment.

You can explore peer support groups available in Mandurah in the Peer Support Group Booklet.

Scan the QR code for more information.



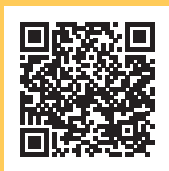
Have you ever been on a canoe or a kayak?



Riverside Gardens Foreshore Reserve has an All Abilities Paddle Launch, picnic tables, BBQ, toilets, and parking.

Bring your kayak or canoe, or relax and enjoy the surroundings.

Scan the QR code for kayak or canoe hire information.



Scan the QR code for paddle launch details.



Have you ever been to an art gallery?



Contemporary Art Spaces Mandurah (CASM) is free to visit. Open Wednesday to Sunday, the gallery is accessible and hosts various exhibitions throughout the year.

Scan the QR code
for more information.



The Mandurah Performing Arts Centre also hosts art exhibitions and is free to visit.

Scan the QR code for
more information.



Do you like going out at nighttime with friends?



EasyBeatz is a friendly and inclusive social event at The Brighton, welcoming people with disability.

Scan the QR code for more information.



Did you know you can borrow a beach wheelchair in Mandurah?



Borrow beach wheelchairs or a beach walker for free in Mandurah.

Community equipment may not meet everyone's needs, so please check the beach wheelchairs and walker before use to ensure they are suitable.

Scan the QR code for details.



Do you like playing team sports?



The Mandurah Mustangs Football Club has an Integrated (All Abilities) competition. This competition is for male and female players with physical or cognitive disability.

Phone: 0439 398 336

Email: integrated.mmjfc@outlook.com



Game on in Mandurah has different groups where you can play board games in a friendly place.

Scan the QR code for more information



Is the environment important to you?



The Mandurah Environment and Heritage Group is a registered charity run by a group of volunteers.

The group promote and organise a range of free activities for community members.

Scan the QR code for more information.



Have you ever tried acting?



Act One is an inclusive drama group for people with disability who love to perform.

Based at Mandurah Performing Arts Centre.

Email: manpac@manpac.com.au



Have you ever attended a network meeting?

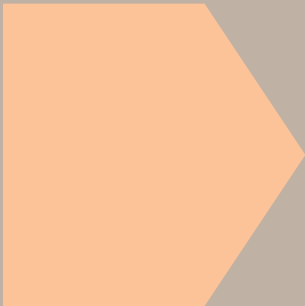


The Mandurah Disability Network is a group that includes people with disability, their families, and support workers.

They work together to make Mandurah more accessible and friendly.

Everyone is welcome to join.

Email: HCC@mandurah.wa.gov.au



A communication board helps people who have trouble speaking. It shows pictures, symbols, or words that can be pointed at to share a message.

Scan the QR code for more information.



Have you heard of the Hidden Disabilities Sunflower?



The Hidden Disabilities Sunflower is a symbol for people with hidden disabilities, signalling that they might need extra assistance or understanding at events and venues.

Green sunflower lanyards can be requested from the MARC, and the City of Mandurah Administration Building.

Scan the QR code for more information.



Do you know what Pickle Ball is?



Pickleball blends tennis, badminton, and table tennis, providing a fun, active experience for all ages and skill levels while encouraging social interaction and friendly competition.

Scan the QR code for more information.



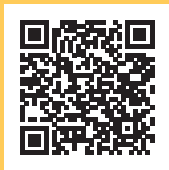
Do you know what a trishaw is?



A trishaw is a three-wheeled bicycle designed for carrying passengers.

Cycling Without Age Mandurah provides free rides at scenic locations in the Mandurah area for older adults and people with disability.

Scan the QR code for more information.

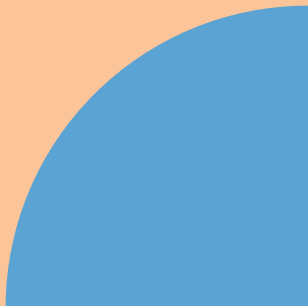


Have you ever tried sailing?



Rotary Sail into Life Peel provides sailing opportunities for people of all ages and abilities. Sessions are held every other Sunday from 9am to 11am, during the sailing season from October to April.

Scan the QR code for more information.



When was the last time you visited the gym at the MARC?



The MARC gym offers wheelchair-accessible equipment, communication boards, and helpful staff. It supports the Companion Card scheme, and Reclink member agencies receive free entry (conditions apply).

For more information:

recreationcentres@mandurah.wa.gov.au



Have you ever played volleyball?



Volleyball WA has an inclusive program designed for people with disability of all ages, who want to learn to play sitting or standing volleyball.

Email: josh@volleyballwa.com.au



Did you know lawn bowls is over 700 years old?



The Peel Bowling and Social Club provides a modified bowls programs with accessible facilities and equipment to encourage everyone to give bowls a go.

Phone: 0498 690 033

Email: peelbowling@gmail.com



Did you know that music can make you feel happy?



Music Jam by Diversity South is a fun and inclusive music session. Connect through movement, rhythm games and a song circle.

Phone: 9582 6105

Email: communityaccess@diversitysouth.org.au



Did you know that colouring can help you feel calm?



Free printable activity
colouring sheets help people
stay focused and relax and
may be helpful for people who
have trouble with sensory
regulation.

Scan the QR code for more
information.



Did you know volunteering links you with the community?



The Peel Volunteer Resource Centre runs a program called Socialability which supports people with disability to trial different volunteer activities.

Phone: 9581 1187

Email:

volunteering@peelvolunteer.org.au



Did you know that you can dance while sitting?



Lifespan Dance provides seated dance classes which give people a sense freedom and fun in a supported and safe space.

Email: lifespan.dance@gmail.com



When was the last time you met someone new?



Joining a group or club is a great way to meet new people. There are many groups and clubs in Mandurah that are welcoming and inclusive for people with disability.

Scan the QR code for more information.

