Living Well

Programs and Activities for Older Adults

Let's Talk About It: Dying to Know Expo

Death is something we all experience, yet many of us find it difficult to talk about. The Dying to Know Expo aims to change that. As part of a national campaign, the expo encourages Australians to open up meaningful conversations about death, dying and grief and create a safe and meaningful space to share, ask questions, and reflect.

This year's theme – 'Nobody Knows' – reminds us of the importance of sharing our stories and wishes, because if nobody knows our final wishes, they never will.

Hear from expert speakers and explore exhibitors including funeral celebrants, death doulas, independent funeral services and grief support providers. Plus, enjoy a live cardboard casket painting, vintage and Harley-Davidson hearses, Ambulance Wish Art and coffee from Social Grounds Espresso.

Bookings are essential for this free event. Click through for more information including the program and exhibitor details.

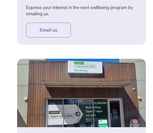
View expo details

Community comes together for Biggest Morning Tea

More than 100 community members gathered on 12 May for the Biggest Morning Tea, hosted by Hub of the Hills in partnership with Wheels Inc and the Blue Ribbon Ageing Network. The event raised an impressive $1,087 for the Ovarian Cancer Research Foundation, supporting vital research and awareness initiatives.

Guests enjoyed a morning of connection, conversation and inspiration, with presentations from retired nurse Annett Driver and Maggie, owner of the Mundaring Bakery, who bravely shared her personal experience as an ovarian cancer survivor. Her story provided a powerful reminder of the importance of early detection, research and community support.

The event was a wonderful example of the generosity and community spirit that makes the Perth Hills such a special place, with attendees helping to make a meaningful difference for a cause that touches many hearts. A heartfelt thank you to everyone who attended, donated and helped make the event a success.



Wellbeing program reaches halfway point

The 'Shire's new seven-week Wellbeing Program is proving a hit with local older adults, with 27 participants actively engaging as the program reaches its halfway point. Delivered by Hub of the Hills, the free program explores seven dimensions of wellbeing – emotional, intellectual, physical, vocational, social, spiritual and environmental – with the aim of supporting healthy ageing and helping people remain independent and connected within their communities.

Community Development Officer Alana said the program recognises that wellbeing is about much more than physical health.

"We wanted to create an opportunity for older adults to come together, learn new skills and explore the many factors that contribute to living a healthy and fulfilling life," Alana said.

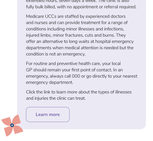
Participant feedback has been overwhelmingly positive, with many enjoying the chance to build new connections and gain practical tools to support their wellbeing.

"Our hope is that participants finish the program feeling more confident, connected and empowered to make meaningful choices that support their wellbeing long into the future," Alana said.

With a few weeks still to go, the program is already demonstrating the value of bringing people together to learn, share experiences and support one another.

Express your interest in the next wellbeing program by emailing us.

Email us



Urgent Care Clinic now open in Mundaring

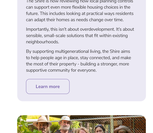
Did you know that our community now has access to a new Medicare Urgent Care Clinic (UCC) in Mundaring? The clinic provides convenient care for urgent but non-life-threatening illnesses and injuries and is open extended hours, seven days a week. The clinic is also fully bulk billed, with no appointment or referral required.

Medicare UCCs are staffed by experienced doctors and nurses and can provide treatment for a range of conditions including minor illnesses and infections, injured limbs, minor fractures, cuts and burns. They offer an alternative to long waits in busy emergency departments when medical attention is needed but the condition is not an emergency.

For routine and preventive health care, your local GP should remain your first point of contact. In an emergency, always call 000 or go directly to your nearest emergency department.

Click the link to learn more about the types of illnesses and injuries the clinic can treat.

Learn more



Types of resident dwellings

Granny Flat

Living together, living well: Multigenerational housing in the Hills

More families in the Shire of Mundaring are exploring multigenerational living – a lifestyle where people of different generations under one roof can strengthen family connections, provide day-to-day support, and help people stay in the community they love.

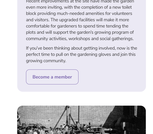
Options like granny flats (ancillary dwellings) are already possible under State rules, giving families flexibility to create separate, comfortable living spaces on the same property.

The 'Shire is now reviewing how local planning controls can support even more flexible housing choices in the Hills. This work will ensure our rules keep up with how people want and need to live as needs change over time.

Importantly, this isn't about overdevelopment. It's about sensible, small-scale solutions that fit within existing neighbourhoods.

By supporting multigenerational living, the 'Shire aims to help people age in place, stay connected, and make the most of their property – building a stronger, more supportive community for everyone.

Learn more



Gardening Spotlight Stoneville Community Garden flourishing after recent upgrades

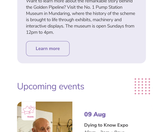
Looking to get your hands dirty, grow fresh produce and meet like-minded locals? There has never been a better time to join the Stoneville Community Garden.

Nestled within Morris Park, the community garden has been a welcoming hub for local residents who come together to share gardening knowledge, grow seasonal produce and enjoy the many benefits of spending time outdoors. Whether you're an experienced gardener or just getting started, the group offers a friendly and supportive environment to learn new skills, make connections and contribute to a thriving community space.

Recent improvements at the site have made the garden even more inviting, with the completion of a new toilet block providing much-needed amenities for volunteers and visitors. The upgraded facilities will make it more comfortable for gardeners to spend time tending the plots and will support the garden's growing program of community activities, workshops and social gatherings.

If you've been thinking about getting involved, now is the perfect time to pull on the gardening gloves and join this growing community.

Become a member



History Spotlight Golden Pipeline reaches 130-year milestone

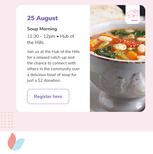
This month marks an important milestone in one of Mundaring's most significant heritage achievements. In July 1896, C.Y. O'Connor's proposal for a pumping scheme from the Greenmount Ranges was formally presented to Parliament, setting in motion the project that would become the iconic Goldfields Water Supply Scheme, better known as the Golden Pipeline.

More than 130 years later, O'Connor's vision continues to shape the history and identity of the Perth Hills and regional Western Australia. The scheme transformed life in the Goldfields, delivering a reliable water supply across hundreds of kilometres and becoming a lasting symbol of innovation, determination and engineering excellence.

Want to learn more about the remarkable story behind the Golden Pipeline? Visit the No. 1 Pump Station Museum in Mundaring, where the history of the scheme is brought to life through exhibits, machinery and interactive displays. The museum is open Sundays from 12pm to 4pm.

Learn more

Upcoming events



09 Aug

Dying to Know Expo
11am - 3pm • Boya Community Centre

Connect with experts, discover available services, and gain the confidence to make informed choices as you plan for the future and encouraging Australians to open up meaningful conversations about death, dying and grief.

Bookings essential

Register here

25 August

Soup Morning
11.30 - 12pm • Hub of the Hills

Join us at the Hub of the Hills for a relaxed catch-up and the chance to connect with others in the community over a delicious bowl of soup for just a $2 donation.

Register here

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