

## About COTA ACT

COTA is the peak organisation concerned with all ageing issues. It is an independent, non-party political and non-religious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

COTA ACT is a member of the Australia wide organisation COTA Australia, through which it contributes to the development of national policies and agendas.

COTA talks to Governments, the media and the community about topics concerning older people in the ACT. We make regular submissions to government on current issues affecting older people.

As a member of several ACT government standing committees, 'round tables' and departmental groups, COTA has ongoing input into the advice going to government.

COTA also provides a range of services for Canberra citizens.

Become a member of COTA ACT and Belong, Benefit and Be Heard.

COTA ACT is a people before profit organisation with over two thousand individual members. Becoming a member both increases the effectiveness of COTA and provides information and direct benefits for you. Please contact COTA for more information on membership. Call 1300 1400 50 or visit [www.cotamembership.org.au](http://www.cotamembership.org.au).

## Contact Us

Council on the Ageing ACT  
Hughes Community Centre  
Wisdom Street  
HUGHES ACT 2605

PHONE: 02 6282 3777  
EMAIL: [contact@cotaact.org.au](mailto:contact@cotaact.org.au)  
WEB: [www.cotaact.org.au](http://www.cotaact.org.au)



## About This Brochure

This brochure is one in a series of topic specific service listings extracted from COTA (ACT)'s Directory of Services for the Ageing. The directory can be obtained at [www.cotaact.org.au](http://www.cotaact.org.au) or by contacting the COTA office.

Other brochures include:

- Learning Opportunities
- Respite Accommodation
- Retirement and Self Care Accommodation
- Dementia Specific Accommodation
- Palliative Care and Accommodation
- Crisis Accommodation
- Respite Services
- Help Lines
- Transport
- Services for the Ageing
- Carer Services
- Dementia Services
- Hearing Services
- Women's Groups
- Senior's Groups and Activities
- Keeping Active

# Men's Health and Services



Produced with assistance from ACT Health

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Published: 10 July 2015



### **ACT Older Persons Abuse Prevention, Referral and Information Line**

**P:** 6205 3535

### **Belconnen Community Men's Shed**

32 Dallachy Street, PAGE ACT 2614

**E:** mark.office@belconnenshed.com.au

### **beyondblue - Men**

**P:** 1300 222 638

**W:** www.beyondblue-men.org.au

### **Canberra Men's Centre**

3.01 Griffin Centre, 20 Genge Street, CIVIC ACT 2601

**P:** 6230 6999

**E:** cmc@menscentre.org.au

**W:** www.menscentre.org.au

### **Canberra Region Cancer Services**

**P:** 6244 2738

**E:** ACTHealth@Health.act.gov.au

**W:** health.act.gov.au

### **Community Care Podiatry**

GPO Box 825, CANBERRA ACT 2601

**P:** 6207 9977

### **Community Health Intake - ACT Health**

Provides a range of community health services.

ACT Health, GPO Box 825, CANBERRA ACT 2601

**P:** 6207 9977

**E:** actcc.ccintake@act.gov.au

**W:** www.health.act.gov.au

### **Dental Clinics - ACT Health**

**P:** 6207 9977

**W:** www.health.act.gov.au

### **Diabetes ACT**

**P:** 1300 136 588

**E:** diab@diabetes-act.com.au

**W:** www.diabetes-act.com.au

### **Gungahlin Men's Group**

**P:** 6228 9200

**E:** admin@commsatwork.org

### **Health Direct**

**P:** 1800 022 222

### **Heart Foundation Information Service**

**P:** 1300 362 787

**E:** health@heartfoundation.org.au

**W:** www.heartfoundation.org.au

### **Lanyon Men's Group**

PO Box 1066, TUGGERANONG ACT 2900

**P:** 6293 6500

**E:** admin@commsatwork.org

**W:** www.seniors.commsatwork.org

### **MATES - Australian Red Cross**

Volunteers supporting socially isolated people

**P:** 6234 7641

**E:** galley@redcross.org.au

**W:** www.redcross.org.au

### **Melba Shed**

C/-North Belconnen Uniting Church, Conley Drive, MELBA ACT 2615

**P:** 0438 237 937

**E:** melbashed@gmail.com

### **Mensline Australia**

PO Box 2335, FOOTSCRAY VIC 3011

**P:** 1300 789 978

**E:** talkitover@mensline.org.au

**W:** www.mensline.org.au

### **National Continence Helpline**

AMA House, 293 Royal Parade, PARKVILLE VIC 3052

**P:** 1800 330 066

**E:** info@continence.org.au

**W:** www.continence.org.au

### **National Dementia Helpline**

159 Maribyrnong Avenue, KALEEN ACT 2617

**P:** 1800 100 500

**E:** helpline@alzheimers.org.au

### **National Heart Foundation of Australia - ACT Division**

15 Denison Street, DEAKIN ACT 2600

**P:** 1300 362 787

### **Older Persons Mental Health Community Team**

Level, 1 Lewisham Building, Calvary Hospital, Haydon Drive, BRUCE ACT 2617

**P:** 6205 1957

### **Prostate Cancer Support Group ACT**

**P:** 6290 1984

### **Red Cross Volunteer Home Visitor Service**

PO Box 610, MAWSON ACT 2607

**P:** 6234 7628

**E:** actinfo@redcross.org.au

### **Seniors Card - COTA ACT**

**P:** 6282 3777

### **Tuggeranong Men's Shed**

**P:** 0450 681 073

**W:** www.commsatwork.org

### **YMCA - Men with Guts**

MacLaurin Crescent, CHIFLEY ACT 2606

**P:** 6281 0124

**E:** yfitness.can@ymca.org.au