



We help people take control of their health and boost their overall wellbeing through services including nursing, exercise programs and education.



More information

Our website has the latest information about our services, our events calendar and news. Visit merrihealth.org.au

Quick contacts

All services and NDIS
1300 637 744 (MERRI H)

Carer Gateway
1800 422 737

Victims Assistance Program
1300 362 739

My Aged Care*
1800 200 422

Feedback
03 9389 2234

We have many sites across Victoria. Visit our website merrihealth.org.au for all site details and contact numbers.

*My Aged Care is the first point of contact for aged care services.

Contact

Merri Health
Registered Office:

Wurundjeri Woi Wurrung
11 Glenlyon Road Brunswick VIC 3056

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MerriHealth Health and wellness Services



**Health and
wellness**

Part of your **Merri Health** network

Health services

Dietetics

This service can provide healthy eating and nutritional advice for people with a diet-related health problem. Information will be given on food choices to help form better eating habits. You can access this service for help with issues such as being over and underweight, chronic disease, high cholesterol, cancer, allergy and other problems.

Exercise physiology

This service supports you to stay active. We can help with an exercise assessment and provide recommendations tailored for you, health education and disease management. We can also help you learn how to exercise safely in settings such as local leisure centres and gyms.

Occupational therapy

Occupational therapists work with you to promote safety and independence in the everyday things you need to do like showering, dressing, cooking, cleaning and the everyday things you would like to do such as playing cards, gardening, craft, keeping in touch with family and friends. They will talk to you about what is important to you and what you want to achieve by working together.

Physiotherapy

Physiotherapy can help with movement and getting around, injuries and/or pain conditions. A physiotherapist can provide home-based exercise programs or may recommend water exercises, gentle gym classes and chair-based classes.

Podiatry

Podiatrists can help prevent and treat foot, ankle and lower leg problems. They can provide information on how to avoid problems and advise on foot care and footwear.



Care coordinators

A care coordinator helps clients that have been identified as having a chronic health condition and need help with managing their health needs. A chronic disease can be things like diabetes, respiratory or cardiac disease and arthritis. A care coordinator will help with lifestyle changes and will support you to manage your health on your own.

Stop smoking

Our Stop Smoking service is a proven approach to helping you quit or cut back. Run by trained staff at our Coburg site, we aim to help you in a supportive and non-judgmental way. There is no group work, sessions are one on one and tailored to your needs.



Merri Health
Healthcare that moves with you

Merri Health creates healthy, connected communities through local health services for people at every age and stage of life.

We know that at different times, your health needs change. That's why we support you throughout life, with services spanning from children's health to aged care.

Carer Gateway

Carer Gateway is an Australian Government initiative that delivers improved and expanded services to carers across Australia.

In Victoria, these services are provided by a group of seven health and social support providers, led by Merri Health.

All carers can access Carer Gateway services.

www.carergateway.gov.au



NDIS made easy

Merri Health provides many services under the National Disability Insurance Scheme (NDIS) as it rolls out across Victoria. This includes:

Allied health

Support from an occupational therapist, speech pathologist and dietitian for people with all types of disabilities. We offer face-to-face appointments and assessments in your home or at a location that suits you, home modifications, Assistive Technology, referrals to other services, easy to read reports for your NDIS planner or Local Area Coordinator, and functional assessments to build your capacity and independence.

MerriKids

MerriKids support children with a developmental delay and/or disabilities, and their families. We support your child to learn, develop and reach their full potential, in partnership with you.

Mental health

The Healthy Mind Hub offers community group activities tailored to suit your needs, your strengths and your interests.

Would you like to know more?

Call or email our team to talk about your needs.



1300 637 744 (MERRI H)



NDIS@merrihealth.org.au

Healthcare
that moves
with you



Keeping active

Exercise groups

Our short-term exercise groups help to improve or maintain your level of independence and promote healthy lifestyle choices. This includes group water exercises, gym groups, chair aerobics and many more.

Education groups

Our short-term education groups will help improve or maintain your level of independence and promote healthy lifestyle choices. This includes Living Well with Diabetes group, a falls prevention group.

We also have individual education support including asthma education, diabetes education and cardiac and respiratory support and education.

Walking groups

The walking groups cater for all abilities and interests including pram walkers, fast walkers, slow walkers, over 50s and general interest. Participants are encouraged to walk at their own pace. Walking groups meet and walk in and around the Moreland area.

Healthy Eating Activity and Lifestyle Group

The Healthy Eating Activity and Lifestyle group known as HEAL™ is a lifestyle education program. It teaches and supports you to develop healthy eating and physical activity behaviours. The program runs for eight weeks and includes information about a healthy diet, general health and exercise tips and an exercise component.

Chronic pain support

Be Well, Live Well

Be Well, Live Well is an 8 week program suitable for people who have, or are at risk of, chronic cardiac or respiratory disease or diabetes, or people who need to change their lifestyle.

Chronic Pain Management Service

The Chronic Pain Management Service provides evidence-based, multidisciplinary care to help you to self-manage and recover from pain.

Living well programs

Living well at 50+

One-on-one support to develop meaningful connections and promote healthy ageing for people aged 50 years and over.

Living Well, Ageing Well

This program offers social support for people who may be experiencing social isolation or loneliness, and addresses the 5 key wellbeing areas of social/emotional, sensory, cognitive, physical, cultural/spiritual which may impact health and wellbeing..

Costs

Our services are either free or require a small fee. To find out whether there is a fee for a service, visit our website www.merrihealth.org.au and search for 'fees' or call 1300 637 744.

Health initiatives

Needle Syringe Program

The Needle Syringe Program provides clean needles, syringes, condoms and health advice for anyone in the community. It is provided at our Bell Street, Coburg and Glenlyon Road, Brunswick sites.

Healthy schools initiative

Merri Health develops collaborative partnerships with primary and secondary schools in Moreland to create a healthy, inclusive and safe school environment for students, staff and families.

We support schools to review their policies, environment, curriculum, engagement strategies, student-led projects, school culture and referral pathways to ensure they promote wellbeing and prevent poor health.

Merri Health is an inclusive service provider. We are committed to providing safe and high quality services that respect the needs, wants and aspirations of all people.