



Merri Health
Healthcare that moves with you

MEDIA RELEASE

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Moreland locals take out 2017 Victorian awards

Moreland volunteer and a local sport participation project have taken out this year's state-wide awards.

James Simpson volunteers with Merri Health's Healthy Mind Hub, supporting locals' mental health through music.

James was awarded the Premier's Volunteer Champion Awards in the impact category for his work.

"I lead a community singing group with guitar and I'm there for the participants. We're a group of locals that get together, enjoy each other's company and make music.

"The work I've done here has honestly been life changing. The most important thing I've learnt about volunteering is the importance of making a connection with people," James said.

Local sport participation project for refugee and newly arrived young people took out this year's VicHealth awards for building health through sports.

Since September 2016, Count Me In has reached 172 children from 28 local schools and nine countries. The project improves the physical and mental wellbeing of children and young people from refugee and migrant backgrounds by linking them into sports clubs.

– Ends –

Quick facts

- Count Me In is a collaboration between The University of Melbourne, Moreland City Council, Merri Health, local schools and local sports clubs and associations.
- Healthy Mind Hub houses Merri Health's mental health support services; building connections and boosting mental health and wellbeing.

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