



BEMERRI

HEALTH & WELLBEING FESTIVAL

11 - 15 FEB 2019

FREE EVENT



Monday, 11 Feb

Craigieburn Central, 340 Craigieburn Rd, Craigieburn

<p>9am – 4:30pm</p>	<p>Giant Connect Four</p> <p>Put your game face on and verse our carer support team or a friend in a friendly game of giant connect four! Caution: we are known to be competitive!</p> <p>Our carer support team known as CarerLinks North, will be available to chat about how they can support you in your caring role.</p>
<p>9am – 4:30pm</p>	<p>Hidden sugar game</p> <p>Without knowing, we consume a lot of hidden sugar in foods - event those that are marketed as being healthy. Our dietitian has selected a few common foods that have a high sugar count such as fruit juice and soft drinks, and you will need to guess the amount of sugar. Get them all correct to win a prize!</p>
<p>9am – 4:30pm</p>	<p>BeARTiful</p> <p>Contribute to the creation of our big art display designed by the HealthyMindHub art group. This activity will be running throughout the week, with locals from Moreland, Hume and beyond contributing to the final piece. Together, we will make a beautiful piece of art that will reflect the diversity and uniqueness of the north.</p>
<p>9am – 4:30pm</p>	<p>Ask us about Merri Health services</p> <p>Staff from our NDIS services, carer support services and aged care services will be available to answer your questions.</p> <p>Learn about volunteering opportunities and the benefits of becoming a member of Merri Health.</p>
<p>10am – 12pm</p>	<p>Jewellery making</p> <p>It's time to get crafty with our social support program and make your</p>



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	<p>own piece of jewellery. No prior experience is necessary and children and welcome to participate.</p> <p>Our social support program will showcase some of the diverse activities their clients can get involved in, which can be tailored to interests, needs, age and cultural background.</p>
10am – 1pm	<p>Photobooth</p> <p>Strike a pose at our photobooth and take away a memento of your day with a print out of your photo.</p>
12pm – 2pm	<p>Free diabetes risk assessment and information</p> <p>Receive a diabetes risk assessment from our care coordinator and learn about diabetes prevention and services available. A care coordinator can help people with complex health needs to get the support their need and stay on top of appointments.</p>
12pm – 2pm	<p>Star making</p> <p>Make your star out of ribbon to hang in your bedroom or living space. These stars are easy to make and can be made by people of all ages! Our community educator from the Victims Assistance Program will run the session and be available to talk to you about how we support people who have experienced violence.</p>
12pm – 2pm	<p>Aboriginal face painting</p> <p>Come and chat to our Koorie Community Engagement Officer Liz Philips and get your face painted in Aboriginal colours. The Koorie Community Engagement Officer supports us to develop and strengthen partnerships with Aboriginal and Torres Strait Islander communities.</p>
12:30pm – 3pm	<p>Dementia vision: learn what it's like to have dementia</p> <p>Using interactive technology, learn what it might be like to have dementia. Our aged care team will be available to talk about how we support people living with dementia.</p>



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Tuesday, 12 Feb

Victoria Street Mall, Victoria St, Coburg

9:30am – 2pm	<p>Giant Connect Four</p> <p>Put your game face on and verse our carer support team or a friend in a friendly game of giant connect four! Caution: we are known to be competitive!</p> <p>Our carer support team known as CarerLinks North, will be available to chat about how they can support you in your caring role.</p>
9:30am – 2pm	<p>Hidden sugar game</p> <p>Without knowing, we consume a lot of hidden sugar in foods - even those that are marketed as being healthy. Our dietitian has selected a few common foods that have a high sugar count such as fruit juice and soft drinks, and you will need to guess the amount of sugar. Get them all correct to win a prize!</p>
9:30am – 2pm	<p>BeARTiful</p> <p>Contribute to the creation of our big art display designed by the HealthyMindHub art group. This activity will be running throughout the week, with locals from Moreland, Hume and beyond contributing to the final piece. Together, we will make a beautiful piece of art that will reflect the diversity and uniqueness of the north.</p>
9:30am – 2pm	<p>Ask us about Merri Health services</p> <p>Staff from our NDIS services, carer support services and aged care services will be available to answer your questions.</p> <p>Learn about volunteering opportunities and the benefits of becoming a member of Merri Health.</p>
10am – 1pm	<p>Drop in computer help</p> <p>Drop in and get your computer and online questions answered. Staff</p>



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	<p>from Centrelink, My Gov, My Health Record and Merri Health's aged and NDIS services will be available to chat about your needs.</p> <p>Staff from Moreland City Council libraries will also be available to help you fill out online forms.</p>
10:30am – 11:30am	<p>Storytime for children at the Coburg Library</p> <p>Storytime is free and suitable for preschool children. Parents and carers can chat to staff from our child health team and dental assistant to find out about children's services.</p> <p>Storytime will finish with a visit from our special friends the tooth fairy and Vision Australia guide dog.</p>
10.30am – 12pm	<p>Star making</p> <p>Make your star out of ribbon to hang in your bedroom or living space. These stars are easy to make and can be made by people of all ages! Our community educator from the Victims Assistance Program will run the session and be available to talk to you about how we support people who have experienced violence.</p>
11am – 2pm	<p>Health checks by Priceline pharmacy, Brunswick West</p> <p>15 minute women's health check including lifestyle discussion around your diet, exercise and habits, cholesterol check, blood pressure reading, anaemia screening and weight evaluation. You will also learn the proper technique to do a breast examination and check for lumps. The pharmacist will demonstrate with a model latex breast.</p>
11am – 1pm	<p>Photobooth</p> <p>Strike a pose at our photobooth and take away a printed photo as a memento of your day.</p>
12pm – 2pm	<p>Jewellery making</p> <p>It's time to get crafty with our social support program and make your own piece of jewellery. No prior experience is necessary and children and welcome to participate.</p>



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Wednesday, 13 Feb

C.B. Smith Reserve, 79-83 Jukes Road, Fawkner

9:30am – 12:30pm	<p>Free vegetarian barbeque</p> <p>Join us for a mid-morning feed of fresh, local vegetables from The Community Grocer, Fawkner.</p>
9:30am – 12:30pm	<p>Spice girls: make garam masala with Hina</p> <p>Locals are bringing the spice for you to enjoy in your own homes. Make your own garam masala to make recipes like chicken tikka masala or samosas.</p>
9:30am – 1pm	<p>Giant Connect Four</p> <p>Put you game face on and verse our carer support team or a friend in a friendly game of giant connect four! Caution: we are known to be competitive!</p> <p>Our carer support team known as CarerLinks North, will be available to chat about how they can support you in your caring role.</p>
9:30am – 2pm	<p>Hidden sugar game</p> <p>Without knowing, we consume a lot of hidden sugar in foods - event those that are marketed as being healthy. Our dietitian has selected a few common foods that have a high sugar count such as fruit juice and soft drinks, and you will need to guess the amount of sugar. Get them all correct to win a prize!</p>
9:30am – 2pm	<p>BeARTiful</p> <p>Contribute to the creation of our big art display designed by the HealthyMindHub art group. This activity will be running throughout the week, with locals from Moreland, Hume and beyond contributing to the final piece. Together, we will make a beautiful piece of art that will reflect the diversity and uniqueness of the north.</p>



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<p>9:30am – 2pm</p>	<p>Ask us about Merri Health services</p> <p>Staff from our NDIS services, carer support services and aged care services will be available to answer your questions.</p> <p>Learn about volunteering opportunities and the benefits of becoming a member of Merri Health.</p>
<p>9:30am – 1pm</p>	<p>Drop in computer help</p> <p>Drop in and get your computer and online questions answered. Staff from Centrelink, My Gov, My Health Record and Merri Health's aged and NDIS services will be available to chat about your needs.</p> <p>Staff from Moreland City Council libraries will also be available to help you fill out online forms.</p>
<p>10am – 11:30am</p>	<p>Henna painting with Roohi</p> <p>Henna or Mehndi is a form of body art originating in South Asia, in which decorative designs are created. Roohi will create temporary, henna tattoos for the community.</p>
<p>10am – 2pm</p>	<p>Jewellery making</p> <p>It's time to get crafty with our social support program and make your own piece of jewellery. No prior experience is necessary and children and welcome to participate.</p> <p>Our social support program will showcase some of the diverse activities their clients can get involved in, which can be tailored to interests, needs, age and cultural background.</p>
<p>10am – 12:30pm</p>	<p>Star making</p> <p>Make your star out of ribbon to hang in your bedroom or living space. These stars are easy to make and can be made by children as well! Our community educator from the Victims Assistance Program will run the session and be available to talk to you about how we support people who have experienced violence.</p>



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10am – 10:30am	<p>Finding your way around My Gov with Q+A</p> <p>Learn the different usages of My Gov and how to use this to manage your access to government online services such as Centrelink, Medicare and Australian Tax Office.</p>
10:30am – 11:30am	<p>Easy exercise with Fawkner Leisure Centre</p> <p>Free exercise in park. Exercises can be altered to suit your ability and needs. There will be music at this event.</p>
10.30am – 11:30am	<p>Social walk and talk: get to know your neighbourhood</p> <p>Join our health and wellbeing team from our carer support services for a walk around the local area. Take the opportunity to ask the team questions about services that you can access and meet other carers who have shared experiences.</p>
10.30am – 11:00am	<p>My Aged Care with Q+A</p> <p>Our aged care team will run through what you need to know about My Aged Care and the different services you can access at Merri Health.</p>
11am – 11:30am	<p>What is My Health Record with Q+A</p> <p>My Health Record will present on the electronic record and answer your questions.</p>
11:30am – 12:30pm	<p>Storytime for children</p> <p>Storytime is free and suitable for preschool children. Parents and carers can chat to staff from our child health team and dental assistant to find out about children's services.</p> <p>Storytime will finish with a visit from our special friends the tooth fairy and Vision Australia guide dog.</p>
11:30pm – 12pm	<p>Your NDIS questions answered</p> <p>The National Disability Insurance Scheme has rolled out across Hume and Moreland. Our NDIS community engagement coordinator will talk to</p>



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	you about the services and therapies available at Merri Health and can answer your questions about the scheme.
4pm – 5pm	Badminton Girls and women of all ages and boys 14 and under are invited to play a round of badminton! Players must wear runners. Meet at the Fawkner Hall.



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Thursday, 14 Feb

Broadmeadows Central, 1099-1169 Pascoe Vale Rd, Broadmeadows

9am – 8:30pm	<p>Giant Connect Four</p> <p>Put your game face on and verse our carer support team or a friend in a friendly game of giant connect four! Caution: we are known to be competitive!</p> <p>Our carer support team known as CarerLinks North, will be available to chat about how they can support you in your caring role.</p>
9am – 8:30pm	<p>Hidden sugar game</p> <p>Without knowing, we consume a lot of hidden sugar in foods - even those that are marketed as being healthy. Our dietitian has selected a few common foods that have a high sugar count such as fruit juice and soft drinks, and you will need to guess the amount of sugar. Get them all correct to win a prize!</p>
9am – 8:30pm	<p>BeARTiful</p> <p>Contribute to the creation of our big art display designed by the HealthyMindHub art group. This activity will be running throughout the week, with locals from Moreland, Hume and beyond contributing to the final piece. Together, we will make a beautiful piece of art that will reflect the diversity and uniqueness of the north.</p>
9am – 8:30pm	<p>Ask us about Merri Health services</p> <p>Staff from our NDIS services, carer support services and aged care services will be available to answer your questions.</p> <p>Learn about volunteering opportunities and the benefits of becoming a member of Merri Health.</p>
10am –	<p>Jewellery making</p>



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12:30pm	<p>It's time to get crafty with our social support program and make your own piece of jewellery. No prior experience is necessary and children and welcome to participate.</p> <p>Our social support program will showcase some of the diverse activities their clients can get involved in, which can be tailored to interests, needs, age and cultural background.</p>
12pm – 2pm	<p>Dementia vision: learn what it's like to have dementia</p> <p>Using interactive technology, learn what it might be like to have dementia. Our aged care team will be available to talk about how we support people living with dementia.</p>
12pm – 2:30pm	<p>Free diabetes risk assessment and information</p> <p>Receive a diabetes risk assessment from our care coordinator and learn about diabetes prevention and services available. A care coordinator can help people with complex health needs to get the support their need and stay on top of appointments.</p>
12pm – 2:30pm	<p>Star making</p> <p>Make your star out of ribbon to hang in your bedroom or living space. These stars are easy to make and can be made by people of all ages! Our community educator from the Victims Assistance Program will run the session and be available to talk to you about how we support people who have experienced violence.</p>
4:30pm – 6:30pm	<p>Face painting</p> <p>Face painting for children – or children at heart!</p>
6pm – 8pm	<p>Photobooth</p> <p>Strike a pose at our photobooth and take away a printed photo as a memento of your day.</p>



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Friday, 15 Feb

Northland Shopping Centre, 2-50 Murray Rd, Preston

9am – 8:30pm	<p>Giant Connect Four</p> <p>Put your game face on and verse our carer support team or a friend in a friendly game of giant connect four! Caution: we are known to be competitive!</p> <p>Our carer support team known as CarerLinks North, will be available to chat about how they can support you in your caring role.</p>
9am – 8:30pm	<p>Hidden sugar game</p> <p>Without knowing, we consume a lot of hidden sugar in foods - even those that are marketed as being healthy. Our dietitian has selected a few common foods that have a high sugar count such as fruit juice and soft drinks, and you will need to guess the amount of sugar. Get them all correct to win a prize!</p>
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9am – 8:30pm	<p>Ask us about Merri Health services</p> <p>Staff from our NDIS services, carer support services and aged care services will be available to answer your questions.</p> <p>Learn about volunteering opportunities and the benefits of becoming a member of Merri Health.</p>
9am – 8:30pm	<p>Quiz Master</p>



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	<p>You've heard of Family Feud – but now we give you Quiz Master, the latest game everyone is raving about (or maybe just us). How many questions can you answer in 2 minutes? Verse your friends or the whole of Northland to win the ultimate prize!</p>
12pm – 2:30pm	<p>Lung checks</p> <p>Do you find you get breathless more often than you used to. If it's worrying you, come and talk to our Respiratory Physiotherapist about ways we might be able to help you. Check the health of your lungs and assess your risk of getting asthma.</p> <p>If you are a smoker, have a chat to us about how we can help you quit for good!</p>
6pm – 8pm	<p>Photobooth</p> <p>Strike a pose at our photobooth and take away a memento of your day with a print out of your photo.</p>

Priceline Pharmacy, 10a/190-196 Union St, West Brunswick

11am – 2pm	<p>Health checks by Priceline pharmacy</p> <p>15 minute women's health check including lifestyle discussion around your diet, exercise and habits, cholesterol check, blood pressure reading, anaemia screening and weight evaluation. You will also learn the proper technique to do a breast examination and check for lumps. The pharmacist will demonstrate with a model latex breast.</p> <p>Book your health check at: https://goo.gl/UCcRWS</p>
11:30am – 1:30pm	<p>Face painting</p> <p>Face painting for children – or children at heart!</p>