



mecwacare Community Services

mecwacare provides community services from our community centres in Malvern East and Pakenham. Services include recreational and therapeutic Activity Groups for people who are over 65 years of age or who have a disability.

Activity Groups

Activity Groups provide daily opportunities for older people to connect with their community. This includes people with dementia and people with disabilities who can participate in a variety of engaging and rewarding programs and activities, both at our day centres and in the community.

The programs and activities delivered by our professional, caring and approachable staff and volunteers include:

- Outings to gardens, galleries, theatres and community events
- Gentle exercises
- Music and entertainment
- Art and craft activities
- Guest speakers, discussions and quizzes
- Cooked meals
- Multicultural-friendly events
- Film and video screenings
- Transport

Strength Training

A qualified fitness instructor and mecwacare's trained staff design a progressive training program to suit each client's fitness level, and regularly monitor their progress.

Strength training can help:

- Regain and maintain muscle strength
- Improve balance, gait, flexibility and coordination
- Reduce the risk of falls
- Preserve bone density
- Increase confidence and wellbeing

Freecall 1800 163 292
www.mecwacare.org.au

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Podiatry

Regular podiatry treatment helps maintain healthy feet, which assists mobility and prevents falls. Podiatrists monitor clients with conditions such as diabetes, ulcers, peripheral vascular disease and rheumatoid arthritis. Services are provided by a qualified podiatrist from mecwacare's Bowen Street Centre in Malvern East.

Day trips

mecwacare's Social Support holiday program offers subsidised trips around Victoria for clients and their carers. The trips offer clients of varying ages and abilities an affordable holiday whilst maintaining the level of care they need, with 24-hour support from qualified and experienced staff.

Acquired Brain Injury (ABI) Group

Clients affected by an ABI who attend mecwacare's Bowen Street Centre and Rivendell House can attend Activity Groups events and specific programs organised and supervised by our qualified staff. These enjoyable and therapeutic activities also provide an opportunity for respite for client carers.

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Bowen Street Centre

72 Bowen Street
Malvern East Vic 3145
P 03 9564 5100
F 03 9564 5110
community@mecwacare.org.au

Rivendell House

8 Henry Street
Pakenham Vic 3810
P 03 5941 2315
F 03 5940 2705
community@mecwacare.org.au

Podiatry

72 Bowen Street
Malvern East Vic 3145
P 03 9564 5104
podiatry@mecwacare.org.au

About mecwacare

mecwacare has provided care to the community for over 55 years, offering residential aged care, community housing, respite care, home care packages, in-home support and nursing services, and community and disability services.

Corporate Services
1287 Malvern Road
Malvern Vic 3144
P 03 8573 4888
enquiries@mecwacare.org.au

Find us at www.mecwacare.org.au and on Facebook and Twitter.



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