

## Community services

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

### Activity Groups

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



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## Acquired Brain Injury (ABI) Group

Clients with an ABI who attend mecwacare's Barry Fenton Centre and Rivendell House can attend group events and specific programs organised and supervised by our qualified staff. These enjoyable and therapeutic activities also provide an opportunity for respite for carers.

## 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 Barry Fenton 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, maintaining the level of care they need, with 24-hour support from qualified and experienced staff. Availability is dependant on funding.

## mecwacare Community Services

Barry Fenton Centre  
72 Bowen Street  
Malvern East Vic 3145  
P 03 9564 5100  
[community@mecwacare.org.au](mailto:community@mecwacare.org.au)

Rivendell House  
8 Henry Street  
Pakenham Vic 3810  
P 03 5941 2315  
[community@mecwacare.org.au](mailto:community@mecwacare.org.au)

Podiatry  
72 Bowen Street  
Malvern East Vic 3145  
P 03 9564 5104  
[podiatry@mecwacare.org.au](mailto:podiatry@mecwacare.org.au)

## About mecwacare

mecwacare has provided care to the community since 1959, 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  
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