



Caring is
at the heart
of everything
we do

Social Support Groups

mecwacare provides community services from our community centres in Malvern East, Bass Coast 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 people to connect with their community. This includes people who are ageing or, living 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
- Chair based 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 will 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

* Malvern East and Pakenham

Carers' Support Group

mecwacare's Carers' Support Group provides education, support and opportunities for carers to meet, socialise and support each other in their caring role.

The group enables carers' to share experiences, exchange ideas, develop networks and build friendships.

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 and Ballan Medical Clinic and Wellbeing Services.

About mecwacare

mecwacare is a not-for-profit, non-denominational charitable organisation that has been supporting Victorians for more than 60 years. We are a values-based, care-driven organisation that provides residential, community and in-home nursing, care and support services for the elderly and people living with a disability.

mecwacare Community Services

Bass Coast
P 03 8573 4980

Phillip Island Senior Citizens
6 Lions Court, Cowes VIC 3922
community@mecwacare.org.au

Barry Fenton Centre
P 9564 5100

72 Bowen Street
Malvern East Vic 3145
community@mecwacare.org.au

Rivendell House
P 5941 2315

8 Henry Street
Pakenham Vic 3810
community@mecwacare.org.au

Podiatry
P 9564 5104

72 Bowen Street
Malvern East Vic 3145
podiatry@mecwacare.org.au

Corporate Services

A 1287 Malvern Road, Malvern VIC 3144
P 03 8573 4888 E enquiries@mecwacare.org.au

Freecall 1800 163 292 • mecwacare.org.au



Supported by the Australian Government Department of Social Services and the Department of Families, Fairness and Housing. Visit the Department of Social Services website at www.dss.gov.au for more information.

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