



Contact

Merri Health
Registered Office:

Wurundjeri Woi Wurrung
11 Glenlyon Road Brunswick VIC 3056

More information

Our website has the latest information about our services, our events calendar and news. Visit merrihealth.org.au

Quick contacts

All services
1300 637 744 (MERRI H)

Carer Gateway
1800 422 737

My Aged Care*
1800 200 422

Feedback
03 9389 2234

Brunswick Community Medical Centre
1300 056 300

We have many sites across Victoria. Visit merrihealth.org.au for site details and contact numbers.

* My Aged Care is the first point of contact for aged care services.

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MerriHealth Health and wellness Services



**Health and
wellness**
Part of your Merri Health network

We help people take control of their health and boost their overall wellbeing through services including nursing, exercise programs and education.



Health services

Dietetics

This service can provide you with healthy eating and nutritional advice for diet-related health problems and chronic health conditions. Information will be given on food choice to treat the diet-related issue.

Exercise physiology

This service supports you to stay active. We can help with an exercise assessment and provide recommendations tailored for you, health education and disease management. We can also help you learn how to exercise safely in settings such as local leisure centres and gyms.

Occupational therapy

Occupational Therapists work with you to promote safety and independence in your everyday life activities, such as showering, cooking, getting out and about in the community. They will talk to you about what is important to you and what you want to achieve by working together.

Physiotherapy

Physiotherapists can help you improve your movement and ability to get around. A physiotherapist can assess injuries or painful conditions and can then work with you to help you improve these issues and achieve your goals. Therapy may be in individual sessions and / or group sessions.

Support to manage persistent pain

The Chronic Pain Service helps you self-manage and recover from pain with evidence-based care from a range of health professionals.



Podiatry

Podiatrists can work with you to prevent and treat foot, ankle and lower leg problems. They can provide you with information on preventing issues as well as advice on foot care and footwear.

Care coordinators

A care coordinator can help you to manage your chronic health conditions by assisting you to navigate the health system and support you to manage your health on your own.













Merri Health

Healthcare that moves with you

Merri Health creates healthy, connected communities through local health services for people at every age and stage of life.

We know that at different times, your health needs change. That's why we support you throughout life, with services spanning from children's health to aged care.

- ◀  **Aged Care**
- ◀  **Carer Support**
- ◀  **Child and Family**
- ◀  **Chronic Conditions**
- ◀  **Dental**
- ◀  **Disability**
- ◀  **Health and Wellness**
- ◀  **Medical**
- ◀  **Mental Health**
- ◀  **Young Adults**



Health and Wellness Groups

Exercise groups

Our short-term exercise groups help to improve or maintain your level of independence and promote healthy lifestyle choices. This includes group water exercises, gym groups, chair aerobics and many more.

Education groups

Our short-term education groups will help improve or maintain your level of independence and promote healthy lifestyle choices. This includes Living Well with Diabetes group and a falls prevention group.

Healthy Eating Activity and Lifestyle Group

The Healthy Eating Activity and Lifestyle group known as HEAL™ is a lifestyle education program. It teaches and supports you to develop healthy eating and physical activity behaviours. The program runs for eight weeks and includes information about a healthy diet, general health and exercise tips and an exercise component.

Be Well, Live Well

Be Well Live Well is an 8 week group program suitable for people who have, or are at risk of, a chronic health condition who need support to change their lifestyle.

Cardiac Rehabilitation

Well at Heart is an 8-week group program with tailored exercise and education to support people following heart surgery or with a heart condition.

Diabetes education

One-on-one support and group education to help you manage your diabetes and live well.

All-in-one diabetes clinic

If you have newly diagnosed type 2 diabetes our unique clinic offers the chance to see a Dietician, Diabetes Nurse Educator, and Exercise Physiologist in one appointment for better, specialised care.

Stay connected with the community

Our Community Connections program helps adults under 65 connect with their community through personalised support, goal development, and social activities.

We also offer groups and workshops to build capacity, confidence, and community connections through meaningful activities; and Seminars to promote health and wellbeing.

Health initiatives

Needle Syringe Program

The Needle Syringe Program provides clean needles, syringes, condoms and health advice for anyone in the community. It is provided at our Bell Street, Coburg and Glenlyon Road, Brunswick sites.

Healthy Schools Initiative

Merri Health develops collaborative partnerships with primary and secondary schools in Merri-bek to create a healthy, inclusive and safe school environment for students, staff and families.

This whole school approach aims to reduce experiences of discrimination, mental ill-health, and exclusion for young people.

We support schools by providing tailored classroom sessions and reviewing their policies, environment, curriculum, engagement strategies, student-led projects, school culture and referral pathways to ensure they promote wellbeing and prevent poor health.

Healthy Sports Clubs

Merri Health partners with sports clubs in Merri-bek to promote health and wellbeing. We work with clubs to improve the health and wellbeing of club officials, members, players, their families and the wider community.

Costs

Our services are either free or require a small fee to provide ongoing support for you. To find out whether there is a fee for a service, visit our website www.merrihealth.org.au and search for 'fees' or call 1300 637 744.

Merri Health is an inclusive service provider. We are committed to providing safe and high quality services that respect the needs, wants and aspirations of all people.



Carer Gateway

Do you care for a family member or friend with disability, mental illness, health or age issues?

Does it impact your wellbeing, ability to work, study or socialise?

Contact Carer Gateway for free support groups, respite, counselling, tailored support packages, coaching, information and more.

Phone **1800 422 737** Monday to Friday or visit www.carergateway.gov.au

Merri Health leads the delivery of Carer Gateway in Victoria.

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