



Activity Programs

Activity Programs are designed to help older people and people with disabilities stay healthy and active by engaging in interesting, social and fun activities.

Activity Programs provide an opportunity to:

- Continue to enjoy old hobbies and try new ones
- Make new friends and explore new interests
- Keep your body and mind active
- Stay informed about health and community services

Activity Programs can also provide carers with respite.

Merri Community Health Services operates over 24 different Activity Programs per week. Some activities are based at our centres while others are based in the community.

Activities are held at:

- Station Street, Coburg
- Ilma Lever Gardens, Coburg
- Cromwell Street, Glenroy
- Moreland Road, Brunswick West
- Out and about in the community
- Supported Residential Services

There are a variety of activities on offer. There is bound to be one which meets your needs and interests. Activities run between the hours of 10am and 3pm Mondays through to Fridays. For most activities, our modified bus can provide transport to and from the activity and our friendly cook ensures all your dietary needs are met while enjoying a tasty, freshly cooked meal.

Choosing and joining an activity program

The Activity Program Team Leader will explore with you which activities best meets your needs and interests. Sometimes, attending a new group can be daunting. If you are feeling a bit unsure or hesitant about coming along, the Team Leader can support you until you feel confident to stay.

Referrals

Anyone can make a referral to Activity Programs including:

- Individuals, family members and carers
- Doctors or Specialists
- Other health professionals and service providers

Referrals can be made by:

- Calling Service Access on 9319 9411
- Faxing the Service Coordination Tool Templates (SCTT) to Service Access on 9350 1518

Eligibility

You may be eligible to join one of our groups if you are frail, have a disability or find it difficult to independently attend other activities and clubs.

Fees

Fees apply for all programs but may be waived or reduced according to a client's ability to pay.