



Merri Health
Healthcare that moves with you

MerriNews

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 Merri-Health

 @MerriHealth

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Welcome.

A message from Chief Executive Officer, Tassia Michaleas

There have been a number of updates from the State Government since 2 August. As an essential health and social support, I would like to confirm that Merri Health remains open, as we continue to support Victorians.

Our employees continue to provide support with face-to-face and telehealth options, and are using sound clinical judgement to only continue face-to-face services where it is essential: it cannot be provided virtually, there is a health or wellbeing risk and face-to-face is necessary, and most importantly, it's delivered in a COVID-safe manner.

Merri Health continue to support the COVID-19 test site at Fawkner, which is now a walk-in service only from 10am – 4pm, 7 days per week. It is located at the Fawkner Basketball Court at CB Smith Reserve adjacent to Merri Health, 77 Jukes Road, Fawkner. If you are unwell, we encourage you, your family, friends

and loved ones to get tested.

Premier Daniel Andrews announced that Victoria entered a State of Disaster from 6.00pm on Sunday, 2 August until Sunday, 13 September 2020. This provides local authorities additional powers to ensure people are following public health directions. To find out what this means, click here:

<https://bit.ly/3hXcQvo>

We hope you are staying safe and well. As always, our team is here to support you as needed – please reach out.



Job boost during COVID-19



Merri Health has received an employment boost with the introduction of 16 new roles.

The six-month roles will respond to changing community needs during the COVID-19 pandemic, with a focus on community and administrative support, engagement and wellbeing initiatives.

Merri Health's chief executive Tassia Michaleas said the boost will bring some relief to locals.

"The new roles provide an opportunity for those that were left

unemployed to get back to work, and support our teams to offer a COVID-safe workplace."

The roles are advertised on SideKicker, the Victorian Government's recruitment partner. Go to www.getsidekicker.com to set up your profile. Jobs that match your profile will be sent to you through SideKicker.

The employment boost comes as a result of the Victorian Government's Working for Victoria scheme that will create more than 3,000 jobs in critical community-support organisations.

COVID-19 service changes

Due to COVID-19, we have changed how we deliver some of our services, and others are on hold until further notice.

Telehealth, which is when health care and related processes like education, are delivered over-the-phone or using video conferencing, is used for many services. We also

still offer in-person options where it is needed.

To find out what options are available, talk to our team or visit the link below.

[www https://bit.ly/30mYa2G](https://bit.ly/30mYa2G)

COVID-19: getting tested



The Fawkner COVID-19 walk-in test site is still open, 10.00am to 4.00pm, 7 days per week at Sports Hall, CB Smith Reserve 79 Jukes Road, Fawkner.

Testing is done by clinicians from partnering clinics, and supported by the Department of Health and Human Services and Moreland Council.

If you are experiencing any symptoms like fever, cough, sore throat, runny nose or shortness of breath, we encourage you to get tested.

Find your closest test site

[www https://bit.ly/2NIhABL](https://bit.ly/2NIhABL)



I went to my local hospital to get tested... the tester asked me to lie down on a bed and took a swab from both my throat and my nose. It was over within a few seconds.

If you're worried or nervous, don't be."

– Sarah, Moreland local

Dental Health Week



Dental Health Week was 3-9 August and focused on creating awareness of the amount of hidden sugar in your grocery items. They're not as healthy as you might think!

Figures show that the average Australian has 14 teaspoons of sugar a day – a whole lot more than the maximum six teaspoons a day recommended by the World Health Organisation. Lower sugar intake can have good health benefits like lowering your risk of tooth decay, which Australia's Oral Health Tracker found has negative effect on Australia's dental health.



View the health tracker



<https://bit.ly/3IiE0Ge>

Learn more about our dental services



<https://bit.ly/3a09ZyX>



Making scones with the Social Support Program team

Join the team as they show you how to make easy and delicious scones that you can follow from the comfort of your home.

For subtitles, be sure to press the CC [closed captions] button on the video.



Watch the video



<https://bit.ly/30nR4ek>

Download the recipe



<https://bit.ly/2Xo97PJ>

Child education video: how to brush your teeth

Merri Health's Little Smiles team provide dental education for young children in Moreland.

Due to COVID-19, the team can't head out to playgroups to teach good oral health, so Ann and Emily are coming to you via video! Parents and carers, join in with your child as they show you how

to brush your teeth properly, and what foods are good and bad for your teeth.



Watch it now under "More information"



<https://bit.ly/3jv8mwX>

Free online support for young LGBTIQ+ folks



YGLAM provides a space for young queer folks to come together and explore sexuality and gender identity through artistic means.

As we continue to isolate at home, YGLAM have taken an online approach to keep young folks connected using video chat. The sessions are fun and provide a

safe place to practice and explore different skills without judgement.

Recent activities held virtually have included blackout poetry, character creation and game nights. All activities are completely optional and open to your own interpretation.

If you, or someone you know, is looking to connect with LGBTIQ+ folks, get in touch!



Journey to primary school

Parents and carers, did you know you can download the illustrated 'journey to primary school' poster for free in English, Arabic, Bangla, Hindi, Nepali, Pashto or Urdu?

The poster highlights key places and spaces that support childhood development before starting primary school. Learn more about these services by watching our video, 'Learning and wellbeing before primary school'.

▼
Watch the videos

 <https://bit.ly/3fqINdR>

Download the poster

 <https://bit.ly/3gu7KGz>



Photo: carer Alicia and their husband



Support services ‘vital’ to help carers through COVID-19

A national survey has found that unpaid carers and those they care for have had increased suffering during COVID-19.

In response, Carer Gateway is offering virtual support for carers.

Victorian state manager for Carer Gateway Vicki Down said it's important for carers to get help as soon as they need it.

“Carers have told us they only seek support when they are in crisis and struggling to cope - we're trying to change this.”

Find out how we can help at <https://bit.ly/3guXixF>



Image: Bill Faulkhead cares for his wife Julia who suffers dementia.
Picture: Lachlan Bence



Read the article



<https://bit.ly/33kvr0l>

Welcome to the Carer Gateway: a free webinar

Learn more about carer services with our free webinar.

In this webinar, we introduce the Carer Gateway, and discuss the:

- types of services offered and how to access them
- carer support planning process
- support available to carers during COVID-19.

Led by Merri Health, the Carer Gateway consortia in Victoria includes Alfred Health, Ballarat Health Services, Barwon Health, Bendigo Health Care Group, FamilyCare and Uniting (Victoria and Tasmania) Ltd.

Welcome to the Carer Gateway:

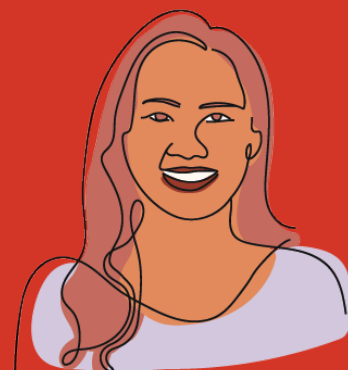


Watch the recorded webinar



<https://youtu.be/pTcWk0Pzltc>

Meet the team



Lynne from Bendigo Health

How does Bendigo Health support carers?

We help carers with support to remain in their caring role by assisting with respite, referrals and provision of information about community care, aged care, disability and other related services.

From your experience, what's one tip you can share with carers?

Always think about planning regular support in order to prevent burn-out. Be preventative rather than reactive. Carer Gateway services provide carers the opportunity to receive the support they need to ensure wellness, and the ability to then carer for their loved one for as long as possible.



Find out about carer services



<https://bit.ly/2EOJNvJ>



Drug and alcohol support for young people

During these uncertain times, our free TRACKS program is still up and running, supporting young people and their families who are experiencing issues related to alcohol and other drugs.

If you are finding it difficult to cope as a result of recent changes with COVID-19, and turning to drugs or alcohol, we can support you.

The team offer one-on-one telehealth support for anyone aged 16-25, experiencing drug or alcohol use. We've been around for 10 years, supporting young people in Moreland and surrounding suburbs.

You can self refer to this program and we also accept referrals made by family members, schools, health professionals such as a doctor and community members.

For LGBTIQ+ folks, we also offer an LGBTIQ+ alcohol and drug support program for all ages.

Find out about TRACKS



<https://bit.ly/3i5yxJQ>

LGBTIQ+ drug and alcohol support



<https://bit.ly/31rjWTK>

To receive this newsletter electronically or to update your details, email communications@merrhealth.org.au

Quick contacts

T: 1300 637 744
Carers 1800 422 737
Victims Assistance
1300 362 739

Brunswick

11 Glenlyon Road
Brunswick VIC 3056

Brunswick West

382–386 Moreland
Road Brunswick West
VIC 3055

Coburg

93 Bell Street
Coburg VIC 3058

Coburg

21 Victoria Street
Coburg VIC 3058

Coburg

Ground floor,
19 Pentridge Blvd
Coburg VIC 3058

Craigieburn

120 Hothlyn Drive
Craigieburn VIC
3064

Fawkner

79 Jukes Road
Fawkner VIC 3060

Glenroy

5D Cromwell Street
Glenroy VIC 3046

Preston

Ground floor, Suites
3-4, 306-308 Bell Street
Preston VIC 3072

Preston

Level 1 and 2,
110 Chifley Drive Preston
VIC 3072

Wangaratta

Level 3, 62-68 Ovens
Street Wangaratta
VIC 3677

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