

Join our Consumer Advisory Committee



Would you like to help improve VMCH's home care services?

VMCH has created a Consumer Advisory Committee for home care clients and their representatives. Members meet a few times a year to provide feedback and help shape future services.

To join, fill out an expression of interest form, available:

- On the VMCH website at vmch.com.au/committee
- From your case manager.

Completed forms can be emailed to cosec@vmch.com.au or given to your case manager.

Free mental health support is available

If you're feeling a bit low or just not yourself lately, help is available. **Medicare Mental Health** is a free, government-funded service. You don't need a referral to get started.

Call **1800 595 212** (weekdays 8:30am–5:00pm) to speak with trained professionals or visit a Medicare Mental Health Centre near you.

Whether you're looking for support yourself or helping someone else, the service offers tools, information and practical advice.

Learn more at www.medicarementalhealth.gov.au

Free service



Medicare Mental Health is funded by the Australian government and is free to access.

Easy access



You do not need a referral or Mental Health Treatment Plan to use our services.

For everyone



Whether you've had ongoing challenges or are reaching out for the first time, everyone is welcome.

medicare

Mental Health

Join our VMCH Choir!

Are you a singing enthusiast? Why not join our new VMCH Choir!

We're welcoming people from across our community (families, clients, staff and volunteers) to join. Whether you're a seasoned singer or just love to hum along, we encourage you to join. If you are interested, please email jenny.williams@vmch.com.au.



Home Care Connection

Newsletter

July 2025

VMCH

Keep moving with VMCH's Movement Matters gentle exercise class

Need help staying active? Join our Movement Matters exercise class!

Run by experienced physiotherapists, weekly sessions can help you to improve your balance, flexibility and endurance through gentle, supported exercises adapted to your individual abilities.

The classes – run at Building A, 355 Stud Road, Wantirna – also offer a great opportunity to socialise and make new connections.

Interested in joining? Speak with your case manager to find out more!



Support at Home now starting 1 November

As you've likely heard, the Australian Government has delayed the start of major aged care reform, including Support at Home, which is now planned to commence 1 November 2025.

While VMCH has already made great progress in our reform readiness, we welcome this extension to allow us the time to ensure a smooth transition for our clients.

We look forward to keeping you informed as we move closer to November. In the meantime, please rest assured you can continue to expect the same level of excellent care and support from our teams.





“Where words fail, music speaks”

For VMCH Music Therapist Jessica McCarthy, this isn't just a quote, it's something she's privileged to witness through her work each day, journeying with people through to the end of life.

Jessica is part of our 27-person Pastoral Care team who offer emotional, social and spiritual support to residents and families. She is based at our palliative care home, O'Neill House, where she provides music therapy sessions to residents.

“In later life stages, it's very special to be able to reflect on a person's life with the music that accompanied them on the journey. Being able to support that sense of identity is a part of the job I cherish.”



Come and visit our cafés!

Have you visited one of VMCH's social enterprise cafés yet? These aren't your average coffee spots, they're helping people with disability build skills, confidence and pathways to paid work.

So next time you're near Wangaratta, Torquay (Star Café) or Nunawading, pop in! You'll get great coffee and be part of something bigger. Every visit helps someone take a step toward independence.

Want to know more or check out catering options? Head to vmchcafe.com.au

Have your say

Help us ensure your VMCH experience is the best it can be. Share your insights by scanning the QR code or by visiting us at vmch.com.au/feedback.



Follow us on Facebook and please share a positive review—we'd love to hear from you!
facebook.com/VMCHVic/reviews

Help us grow a special garden for our aged care residents



“ I think there can be things going on in your life, but when you are in the garden, there's so much peace.”
- Beryl, VMCH Wantirna resident

VMCH's latest fundraising appeal, Growing Together, hopes to raise \$90,000 for a sensory garden at our Wantirna Aged Care Residence, featuring fruit and veggie patches, beautiful flower beds and even chickens! One of the most important aspects of the garden will be the opportunity for residents to connect with a shared purpose, forming new friendships and helping to reduce social isolation.

The Wantirna sensory garden will be a pilot program. While VMCH maintains lovely gardens at our aged care residences, special projects like this require community support.



Once successfully established, we hope to roll this out at our other aged care homes, bringing joy to hundreds more residents across Victoria.
If you'd like to contribute to the sensory garden, donate today at vmch.com.au/donate.

