

Melville Cares is a not for profit organisation that supports people to lead healthy, independent and engaged lives within our shared community.

For more information on Melville Cares, our services and how you can get involved, please refer to the following brochures:

- Friendship Groups
- Community Transport
- Home Services
- Pathways to Abilities
- Veterans
- Volunteers & Community Visitors Scheme



Pathways to Abilities



Melville
Cares

The heart of community care.

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21-23 Hammad Street, Palmyra WA 6157
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Pathways to Abilities

Melville Cares fosters individual rights to freedom of expression, self-determination and decision-making. We listen to clients' needs and aspirations and endeavour to work with them to achieve their chosen lifestyle and future plans. Our services for young people with disabilities are always designed to complement their abilities, as well as assist and enhance their independence and wellbeing. We aim to offer pathways to abilities.

What we Offer

To promote active inclusion and meaningful participation we have a range of activities and groups in which you can be involved.

Cooking and Nutrition

This program focuses on promoting good nutrition and will provide you with healthy food ideas as well as training in preparing simple meals. Safety principles in food preparation are included and we provide you with lots of healthy eating tips.

Living and Arts

A well-established and popular social group, this program provides art and craft related activities in a social environment. We aim to assist you to discover (or rediscover) a hobby that you enjoy and find stimulating, and that may help you improve your physical or mental wellbeing. A lot of our participants find it helps them increase their confidence and ability to participate in the local community.

Fitness and Wellness

We help you to maintain good physical health by providing formal and informal fitness training in a group setting.

Music and Movement

This fun group activity has been tailored around music and dance and will encourage your freedom of expression as well as increasing your sense of belonging and participation. Music and Movement will also be good for your physical and mental wellbeing.

Recreation

Melville Cares offers several friendship groups where you can be involved with an activity while meeting new people, making some friends and interacting with other community members.

"I really like Melville Cares because we always have lots of fun and I get to meet new people and visit great places. Thanks for making me happy."

– Melville Cares client

Weekend Retreats

Going on a weekend retreat is a wonderful opportunity to escape your everyday routine. We provide the support you will need to be able to actively engage in holiday experiences in a group environment. Weekend retreats also enable your family or carers to take a break. Please note that accommodation and meals costs will vary subject to the different locations selected for the retreat.

Respite

We know that the role of a carer can be busy and often stressful. Whether it is for a short period of time or a longer one, it is important for carers to get a break. That's why Melville Cares supports families and carers by providing respite during the programs and activities mentioned in this brochure.

Contact us

For more information on our Pathways to Abilities services please call our friendly team on **9319 0900** or email us on **info@melvillecares.org.au**.