

NEAMI MANDURAH DAY TO DAY LIVING GROUPS JULY SCHEDULE

NEAMI MANDURAH | 6 Davey Street
P: 08 9535 9326 | mandurah@neaminational.org.au

GROUPS SUMMARY

Mondays:

Men's Group
Move it Monday
Holistic Self Care
Sleep Well, Feel Well

Tuesdays:

Holistic Self Care
Wellness Group

Wednesdays:

Women's Group
Anger Management
Mindfulness

Thursdays:

Walking & Fishing Group
Art

Fridays:

Fitness Fridays
Optimal Health Program

Other:

Monthly Social - 27th July

MEN'S GROUP

A chance for men to get together and attend activities across social, therapeutic, educational and recreational themes, specific to the group needs and interests.

Where: Various locations.

When: Mondays

2nd July - 10.00am

Movies

Meet at Reading Cinemas, Mandurah

Cost: \$5.00

9th July - 10.00am to 12.00pm

Mini Golf

Meet at Kings Carnival, Mandurah

Cost: \$5.00

16th July - 9.45am

AMF Bowling

Meet at 6 Davey St, Mandurah

Cost: \$5.00

23rd July - 10.00am to 12.00pm

Holistic Self-Care Talk

Meet at 6 Davey St, Mandurah

No Cost

30th July - 10.00am to 12.00pm

Walk, Shop & Coffee at Dolphin Quay

Meet at 6 Davey St, Mandurah

No Cost



CONTACT NEAMI

Monday to Friday, 9:00am - 5:30pm
Phone 9535 9326 | Fax 9510 9703
rockingham@neaminational.org.au

ABOUT NEAMI NATIONAL

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values and goals.

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MOVE IT MONDAY

Start your week off right. Come for a walk along the beautiful foreshore and utilize the free exercise equipment. Let's move it!

When: Mondays,
9:00am - 10.30am

Where: 6 Davey Street,
Mandurah

No Cost



SLEEP WELL, FEEL WELL

A good nights rest can make a big difference. Come along to learn skills that will help you achieve a better nights sleep.

When: Mondays,
10.30am - 12.00pm

Where: 6 Davey Street,
Mandurah

No Cost

HOLISTIC SELF CARE

Positive wellbeing and physical health go hand in hand. Come and learn holistic skills that will enrich your life.

When: Mondays,
1.00pm - 3.00pm

Or
Tuesdays,
1.00pm - 3.00pm

Where: 6 Davey Street,
Mandurah

Cost: \$2.00

WELLNESS GROUP

Our brains are hardwired to react positively to being near water and being near it can calm us, connect us and increase peacefulness. Join us for a morning of being surrounded by H2O. Choose from gentle swimming, walking in the pool and relaxing muscles in the spa and sauna.

When: Tuesdays,
10.00am - 12.00pm

Where: Mandurah Aquatic
Centre

Cost: \$5.00

MINDFULNESS

Mindfulness can help you feel better and reduce stress. Enjoy the present moment, clear your head and slow down your thoughts with this practice.

When: Wednesdays,
1.00pm - 3.00pm

Where: 6 Davey Street,
Mandurah

No Cost

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WOMEN'S GROUP

Come and join us to get out and about in your local community. Every week we will be doing a different physical activity.

When: Wednesdays

Where: Various locations

4th July - 10.00am to 12.30pm

Motivational Speaker - Johan

Meet at 6 Davey St, Mandurah

Cost \$2.00

11th July - 10.00am to 12.30pm

Wise Old Owl Crafts

Meet at 6 Davey St, Mandurah

Cost \$5.00

18th July - 10.00am to 12.30pm

Croquet

Meet at Thompson St, Mandurah

Cost: \$5.00

25th July - 10.00am to 12.00pm

Attain Wellness - Facial and Meditation

Meet at 85 Bortolo Drive, Mandurah

Cost: \$5.00

ANGER MANAGEMENT

Learning how to manage feelings of anger and frustration in your day to day life can bring about a positive change to your personal interactions and relationships with the people around you. Join us in learning and implementing techniques to manage these feelings and reactions as they may arise in your life.

When: Wednesdays,
10:00am - 12:00pm

Where: 6 Davey Street,
Mandurah

No Cost

WALKING & FISHING GROUP

Physical fitness helps with overall wellbeing. Join us for a walk along different scenic locations combined with a spot of fishing.

When: Thursdays,
9.30am - 11.30am

Where: 6 Davey Street,
Mandurah

No Cost

ART

Art has been seen to be a great way to relieve stress and build new friendships. Come along to learn new skills including; painting, drawing, and sculpture.

When: Thursdays,
12.30pm - 2.30pm

Where: 6 Davey Street, Mandurah

Cost: \$2.00

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FITNESS FRIDAYS

Come and join us to get out and about in your local community. Every week we will be doing a different physical activity.

Where: Various locations

When: Fridays

6th July - 10.00am to 12.30pm

Aqua or Tai Chi

Meet at MARC, Mandurah

Cost: \$5.00

13th July - 10.00am to 12.30pm

Mini Golf

Meet at Kings Carnival, Western Foreshore

Cost: \$5.00

20th July - 10.00am to 12.30pm

Boxing with John

Meet at Billy Dower Centre, Mandurah

Cost: \$5.00

27th July - 9.15am to 3.00pm

Archery at Fairbridge / Walk around Pinjarra / Op-shopping

(Monthly Social Outing—Please advise staff of your attendance)

Meet at 6 Davey St, Mandurah

Cost: \$5.00

OPTIMAL HEALTH PROGRAM

OHP is an 8 week course aimed at improving holistic health, focusing on the 6 key life areas for living your best life.

When: Fridays,
1.00pm - 3.00pm

Where: 6 Davey Street,
Mandurah

No Cost

MONTHLY SOCIAL EVENT

Join us at Fairbridge for archery, followed by a walk around Pinjarra and some op-shopping. BYO lunch or bring money to buy in Pinjarra.

Please advise staff of your attendance

When: Friday, 27th July 9.15am to 3.00pm

Where: Meet at 6 Davey St, Mandurah

Cost: \$5.00



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National Disability Insurance Scheme Transition (NDIS)

The NDIS offers individualised funding packages for support services—your Neami worker can help you find out if you can access NDIS funding.

To be eligible, you need to be:

- An Australian citizen or permanent resident
- Under the age of 65 years at the time of application
- Have an ongoing mental health diagnosis

For more information, talk to your Neami worker or call 08 9527 5547



FEEDBACK

Your feedback is encouraged and actively sought after. If you have accessed support with Neami it is valuable to hear your thoughts. This way we can ensure that we are working collaboratively with consumers to create an effective Recovery oriented service.

Please talk to a staff member to complete a feedback form.

EMERGENCY NUMBERS

- Mental Health Emergency Response Line (MHERL) - 1300 555 788
- Crisis Care - 08 9223 1111
- Lifeline - 13 11 14
- Samaritans - 1800 198 313
- Mimidi Park - 08 9599 4900

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Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values and goals.



We acknowledge Aboriginal people as the traditional owners of the land we work on and pay our respects to their elders past and present. We welcome and appreciate diversity in all its forms, including staff and consumers, and believe diversity makes our teams, services and organisation stronger.

CREATE YOUR OWN PERSONALISED SCHEDULE

JULY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
