

NEAMI MANDURAH DAY TO DAY LIVING GROUPS AUGUST 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:

Pharmacy 777 - 22nd
Food Sensations - 29th
Monthly Social - 31st

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.

6th August - 10.00am

Motivational Speaker – Johan

6 Davey St, Mandurah

No Cost

13th August - 10.00am

Mini Golf

Meet at Kings Carnival, Mandurah

Cost: \$5.00

20th August - 10.00am

Holistic Self-Care Talk

Meet at 6 Davey St, Mandurah

No Cost

27th August - 10.00am

Cycling

Meet at Mandurah Boat & Bike Hire, Mandurah

Cost: \$5.00

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

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

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

FOOD SENSATIONS

Food sensations is a nutrition and cooking program designed to give a good understanding of budget healthy eating skills, in buying and cooking healthy food.

Where: Greenfields
Community Centre,
Waldron Blvd,
Mandurah

When: Wednesday 29th,
1.00pm - 3.00pm

Cost: \$2.00

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

PHARMACY 777

Join in this informative session, with a guest speaker from Pharmacy 777, to gain a greater understanding of medications and treatment options associated with mental health conditions.

Where: 6 Davey St,
Mandurah

When: Wednesday 22nd,
11.00am - 1.00pm

No Cost

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.

No group on the 29th due to Food Sensations workshop.

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

1st August - 10.00am to 12.30pm

Motivational Speaker - Johan

Meet at Greenfields Family & Community Centre,
Waldron Blvd

Cost \$2.00

8th August - 10.00am to 12.30pm

Wise Old Owl Crafts

Meet at 6 Husband Rd, Barragup

Cost \$5.00

15th August - 9.00am to 12.30pm (Leaving 9.15am sharp)

Mundijong Markets and Farmers Market

Please contact staff as spaces are limited

Meet at 6 Davey St, Mandurah

No Cost

22nd August - 11.00am to 12.00pm

No Women's Group today - Pharmacy 777 talk

Please contact staff as spaces are limited

Meet at 6 Davey St, Mandurah

No Cost

29th August - 10.00am to 12.30pm

**Attain Wellness - Tone Tables and Information Session
(on the benefits of herbs in relation to mental health)**

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

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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

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

3rd August - 10.00am to 12.30pm

Kayaking / Paddle Boarding

Meet at Western Foreshore, Mandurah

Cost: \$5.00

10th August - 10.00am to 12.30pm

Aqua or Tai Chi

Meet at MARC, Mandurah

Cost: \$5.00

17th August - 10.00am to 12.30pm

Boxing with John

Meet at Billy Dower Centre, Mandurah

Cost: \$5.00

24th August - 10.00am to 12.30pm

Frisbee Golf

Meet at King's Carnival, Western Foreshore

Cost: \$5.00

31st August - 9.00am to 3.30pm

Monthly Outing - Marrinup Falls, Dwellingup & Pinjarra

(Please advise staff as places are limited)

Meet at 6 Davey St, Mandurah

No Cost

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

Come and join us for some fresh air, walking in the bush, shopping at local shops, and enjoying one another's company at Marrinup Falls, Pinjarra and Dwellingup. BYO lunch or buy some there.

Please advise staff of your attendance

When: Friday, 31st August, 9.00am to 3.30pm

Where: Meet at 6 Davey St, Mandurah

No Cost

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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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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

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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	30	31		
