

# NEAMI ROCKINGHAM DAY TO DAY LIVING GROUPS AUGUST SCHEDULE



NEAMI ROCKINGHAM | 8 Baralda Court | P: 08 9527 5547  
rockingham@neaminational.org.au

## GROUPS SUMMARY

### **Mondays:**

Gym  
Walking Group

### **Tuesdays:**

Optimal Health Program  
Pottery  
4-Legged Therapy  
Eat, Plant, Learn (7th ONLY)  
Re-discovering Yourself

### **Wednesdays:**

Art  
Craft  
Men's Group

### **Thursdays:**

Living With Depression  
Relaxation

### **Fridays:**

Journal Writing  
Photography  
Gym  
Harmony Guitar Group

### **Other:**

Healthy Eating Workshop - 7th  
Morning Melodies - 10th  
Pharmacy 777 - 29th

## HEART FOUNDATION WALKING GROUP

Join in with the Heart Foundation for some fresh air and a walk along the scenic Rockingham Foreshore.

**When:** Mondays,  
10.00am to 12.00pm

**Where:** Meet at the dolphin carpark,  
Rockingham Foreshore

**No Cost**

## GYM

Holistic wellbeing must include both the mental and the physical. Join us for an hours exercise at Goliath Gym.

**When:** Mondays,  
9.00am - 10.00am

**Where:** Goliath Gym,  
3 - 5 Robinson Rd,  
Rockingham

**Cost:** \$5.00

## RE-DISCOVERING YOURSELF

Discover how to get in touch with your emotions, finding purpose and meaning in your life through personal growth. Come on a journey to rediscover yourself.

**When:** Tuesday  
1.00pm - 3.00pm

**Where:**  
**7th** - 8 Baralda Court,  
Rockingham  
**14th, 21st & 28th** - Garry  
Holland Community Centre,  
19 Kent St, Rockingham

**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:** Tuesdays  
9.30am - 11.30am

**Where:**  
**7th** - 8 Baralda Court,  
Rockingham  
**14th, 21st & 28th** - Garry  
Holland Community Centre,  
19 Kent St, Rockingham

**No Cost**

## CONTACT NEAMI

Monday to Friday, 9:00am - 5:30pm  
Phone 9527 5547 | Fax 9534 7746  
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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## 4-LEGGED THERAPY

Frequent interaction with animals not only improves our mental and physical health, but can also support us to form meaningful relationships and can be a significant lifeline for people struggling with anxiety and depression. Come and experience all the different ways a dog can be healthy for the human psyche. Everyone is welcome to bring their furry best friend as long as they are well socialised and able to walk on/off the lead.

**When:** Tuesdays,  
9.30am - 11.30pm

**Where:** 8 Baralda Court,  
Rockingham

**No Cost**

## EAT, PLANT, LEARN

Eat Plant Learn is program focusing on healthy and sustainable eating. It includes activities and opportunities to learn about healthy and environmentally sustainable food growing, purchasing, storage, cooking, waste and of course eating.

**When:** **Tuesday 7th ONLY**,  
1.00pm - 3.00pm

**Where:** 8 Baralda Court,  
Rockingham

**No Cost**

## HEALTHY EATING WORKSHOP

Come along and learn the benefits of healthy and nutritious eating.

**Please register your attendance as spaces are limited.**

**When:** Tuesday 7th,  
1.00pm - 3.00pm

**Where:** 8 Baralda Court,  
Rockingham

**Cost:** \$5.00

## POTTERY

Our beginners pottery group provides the chance for consumers to learn to make their own functional and decorative pieces.

**When:** Tuesdays,  
1.00pm - 3.00pm

**Where:** 11 Kent Street,  
Rockingham

**Cost:** \$5.00

## CRAFT

Come and explore the practical side of art through mosaic, scrapbooking, and decoupage to create beautiful pieces which can be used in day to day life.

**When:** Wednesdays,  
1.00pm - 3.00pm

**Where:**  
**8th** - 8 Baralda Court,  
Rockingham  
**15th, 22nd & 29th** - Garry  
Holland Community Centre,  
19 Kent St, Rockingham

**No Cost**

## 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.

**When:** Wednesday 29th,  
11.00am - 12.00pm

**Where:** Garry Holland  
Community Centre,  
19 Kent St, Rockingham

**No Cost**

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## 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. **Please RSVP for each week as spaces are limited.**

1st August - 9.15am / 9.30am

### **AMF Bowling**

Meet at 8 Baralda Court at 9.15am  
OR AMF Bowling at 9.30am

Cost: \$5.00

8th August - 9.30am

### **2nd Hand Shopping**

Meet at 8 Baralda Court, Rockingham

No Cost

15th August - 9.15am / 9.30am

### **Pot Black Northbridge**

Meet at 8 Baralda Court at 9.15am  
OR Rockingham Train Station at 9.30am

Cost: \$3.00

22nd August - 9.30am

### **Kings Park**

Meet at 8 Baralda Court at 9.15am

No Cost

29th August - 11.00am

### **Pharmacy 777 Talk**

Meet at Gary Holland Community Centre,  
19 Kent St, Rockingham at 11.00am

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. Art runs as a skills session in the morning and individual project work in the afternoon.

**When:** Wednesdays,  
10.00am - 12.00pm

### **Where:**

**8th** - 8 Baralda Court,  
Rockingham  
**15th, 22nd & 29th** - Garry  
Holland Community Centre,  
19 Kent St, Rockingham

**Cost:** \$2.00

## RELAXATION

Weekly guided relaxation group with oils, music and guided relaxation.

**When:** Thursdays,  
9.15am - 10.15am

**Please note: 16th August, group will be held from 1pm - 2pm**

### **Where:**

**9th** - 8 Baralda Court,  
Rockingham  
**16th, 23rd & 30th** - Garry  
Holland Community Centre,  
19 Kent St, Rockingham

**No Cost**

**Please arrive 10 minutes early as latecomers cannot attend.**

## LIVING WITH DEPRESSION

Depression affects many of us in different ways at different times of our lives. Sometimes we can feel it coming on, sometimes it strikes without warning. Come and join us for a weekly group discussion around coping strategies & mood management, and some fun & games.

**When:** Thursdays,  
10.30am - 12.30pm

**Please note: 16th August, group will be held from 2.30pm - 4.30pm**

### **Where:**

**9th** - 8 Baralda Court, Rockingham  
**16th, 23rd & 30th** - Garry Holland Community Centre,  
19 Kent St, Rockingham

**No Cost**

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## HARMONY GUITAR GROUP

The Harmony Guitar Group offers a unique and inspirational musical journey where participants can engage with and enjoy an enriching, vibrant, and fun-filled space whilst learning how to play the guitar. **Please register attendance with staff as spaces are limited.**

**When:** Fridays,  
12.00pm - 1.00pm

**Where:**  
**10th** - 8 Baralda Court,  
Rockingham  
**17th, 24th & 31st** - Garry  
Holland Community Centre,  
19 Kent St, Rockingham

**Cost:** \$10.00



## JOURNAL WRITING

Journal writing is back by request. Come along and explore your experiences, strengths and goals (among other things), and write it all down on paper. Learn how to start or re-start your journal writing. We will help you get your thoughts out of your head and into the written word.

**When:** Fridays,  
1.30pm - 3.30pm

**Where:**  
**10th** - 8 Baralda Court,  
Rockingham  
**17th, 24th & 31st** - Garry  
Holland Community Centre,  
19 Kent St, Rockingham

**No Cost**

## PHOTOGRAPHY

Let's get together and explore the world through a camera lens. We aim to get out into the community to take photographs and attend photographic exhibitions. You can bring your own camera, use your phone, or use one of the digital cameras provided.

**When:** Fridays,  
9.30am - 11.30am

**Where:** 8 Baralda Court,  
Rockingham

**No Cost**

## GYM

Holistic wellbeing must include both the mental and the physical. Join us for an hours exercise at Goliath Gym followed by a cooldown walk around Rockingham City Park.

**When:** Fridays,  
9.00am - 10.00am

**Where:** Goliath Gym,  
3 - 5 Robinson Rd,  
Rockingham

**Cost:** \$5.00

## MORNING MELODIES

A monthly musical treat, with a different theme each month. Come along and listen while enjoying morning tea and coffee.

**Places are limited, please see staff to register interest before the 3rd August.**

**When:** Friday, 10th August  
9.15am - 12.30pm

**Where:** Meet at 8 Baralda Crt,  
Rockingham

**Cost:** \$9.00

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## 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.

## 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

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## 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



*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		

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