

# NEAMI MANDURAH ADULT COMMUNITY MENTAL HEALTH GROUPS - APRIL SCHEDULE

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



## GROUPS SUMMARY

### **Mondays:**

Move it Monday  
Gym  
Health & Wellbeing  
Holistic Self Care

### **Tuesdays:**

H2O for Health  
Health & Wellbeing  
Holistic Self Care  
Nature Nurture Tuesday

### **Wednesdays:**

Mindfulness  
Women's Group

### **Thursdays:**

Self Harm to Self Care  
Hearing Voices—Support  
Group

### **Fridays:**

Fitness Fridays  
Optimal Health Program

### **Other:**

Monthly Social - 27th April

## HEALTH & WELLBEING

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

**No group 2nd April due to public holiday**

**When:** Mondays,  
1.00pm - 3.00pm  
Or

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

**Where:** 6 Davey Street,  
Mandurah

**Cost:** \$2.00



## GYM

Bodypump is a barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, Bodypump gives you a total body workout.

**No group 2nd April due to public holiday**

**When:** Mondays,  
10:00am - 12:00am

**Where:** MARC

**Cost:** \$5.00

## 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 utilise the free exercise equipment. Let's move it!

**No group 2nd April due to public holiday**

**When:** Mondays,  
9.00am - 11.00am

**Where:** 6 Davey Street,  
Mandurah

**No Cost**



## H2O FOR HEALTH

Our brains are hardwired to react positively to being near water. Being near water 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.

**No group 10th April due to Nature Nurture Tuesday**

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

**Where:** MARC

**Cost:** \$5.00

## MONTHLY SOCIAL EVENT

Join us at Keith Holmes Reserve in Mandurah for a day of walking, swimming and volleyball. BBQ lunch provided.

**When:** Friday, 27th April  
9.30am to 3.00pm

**Where:** Meet at Keith Holmes Reserve, Mandurah

**Cost:** \$2.00

**Please advise staff of your attendance**

## HOLISTIC SELF CARE

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

**No group 2nd April due to public holiday**

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

**Where:** 6 Davey Street,  
Mandurah

**Cost:** \$2.00



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## NATURE NURTURE TUESDAY

Come and join us for a day out on the beautiful Penguin Island exploring the coastal surrounds and wildlife. Please BYO lunch as there are no restaurant or café facilities on the Island.

**When:** Tuesday, 10th April  
9.00am - 4.00pm

**Where:** Meet at 6 Davey Street, Mandurah at 9.00am

**Cost:** \$5.00

Please contact staff as there are limited places.

## HOLISTIC SELF CARE 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

4th April - 10.00am to 12.00pm  
**Minigolf at Kings Carnival**  
Meet at Kings Carnival,  
Western Foreshore  
**Cost \$5.00**

11th April - 10.00am to  
12.00pm  
**Attain Holistic Health &  
Fitness, Tone Tables &  
Aromatherapy**  
Meet at 85 Bortolo Drive,  
Greenfields  
**Cost: \$5.00**

18th April - 9.00am to 1.00pm  
**Mundijong Markets**  
Meet at 6 Davey St,  
Mandurah  
**No Cost - BYO or buy lunch**  
Please advise staff of your  
attendance as spaces are  
limited

25th April - No group due to  
public holiday

## 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 25th April due to  
public holiday**

**When:** Wednesday 4th &  
11th April,  
1.00pm - 3.00pm

**Where:** 6 Davey Street,  
Mandurah

**No Cost**

### Mindfulness in Nature

**When:** Wednesday 18th  
April,  
1.00pm - 5.00pm

**Where:** Meet at Seashells  
Beach

**No Cost**

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## HEARING VOICES SUPPORT GROUP

A self-help, peer supported group that provides its members with the opportunity to share their experiences in a non-judgemental, safe and confidential environment.

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

**Where:** 6 Davey Street,  
Mandurah

**No Cost**

### Group Outing

**Kayaking / Stand Up Paddle  
Boarding**

**When:** Thursday, 26th April  
1.00pm - 4.00pm

**Where:** Meet at Kings  
Carnival

**Cost: \$5.00**

## SELF HARM TO SELF CARE

A support group for those who are thinking of or have self-harmed. This group focuses on empowering people to learn positive coping strategies in a safe, non-judgemental setting.

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

**Where:** 6 Davey Street,  
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 St,  
Mandurah

**No Cost**

## 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

6th April - 10.00am to 12.00pm  
**Kayaking / Paddle Boarding**  
Meet at Kings Carnival

**Cost: \$5.00**

13th April - 10.00am to 12.00pm  
**Frisbee Golf**  
Meet at Kings Carnival

**No Cost**

20th April - 10.00am to 12.00pm  
**Boxing with John**  
Meet at Billy Dower Centre

**Cost: \$5.00**

27th April - 9.30am to 3.00pm  
**Monthly Outing—Walk, Swim &  
Volleyball including BBQ Lunch**  
Meet at Keith Holmes Reserve

**\$2.00**

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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

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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.

## 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

## APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30						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

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