

NEAMI MANDURAH DAY TO DAY LIVING GROUPS FEBRUARY SCHEDULE



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

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

7th February - 10.00am to 12.00pm

Croquet

Meet at Thompson Street

Cost \$5.00

14th February - 10.00am to 12.00pm

Guest Speaker Johan Smit from Sarvagna Light. Talk on the power of self-belief, personal growth and self-awareness.

6 Davey St, Mandurah

Cost \$2.00

21 February - 9.15am to 2.00pm

Hydrotherapy

Pinjarra Recreation Centre

Cost: \$5.00

28th February - 10.00am to 12.00pm

Wise Owl Craft

6 Husband Road, Barragup

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

When: Tuesdays,
1.00pm - 3.00pm

Where: 6 Davey Street,
Mandurah

Cost: \$2.00

MONTHLY SOCIAL EVENT

Join us on a day trip to Bunbury followed by a Dolphin Cruise.

Please contact staff as there are limited spaces

When: Friday 23rd February - 9.00am to 5.00pm

Where: 6 Davey Street, Mandurah at 9.00am

No Cost - BYO Lunch

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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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

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,

5th February - 10.00am to 12.00pm

Bike riding

Meet at Mandurah Boat and Bike Hire

Cost: \$5

12th February - 10.00am to 12.00pm

Walking along Mandurah foreshore

Meet at Centre

No Cost

19th February - 10.00am to 12.00pm

Kayaking/paddle boarding

Kings Carnival

Cost: \$5

26th February - 10.00am to 12.00pm

Walk/swim at Seashells Beach

Dolphin Quay Meet at Seashells carpark

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.

When: Wednesday 7th, 14th & 21st,
1.00pm - 3.00pm

Where: 6 Davey Street, Mandurah

No Cost

Mindfulness in Nature

When: Wednesday 28th, 1.00pm - 4.00pm

Where: Meet at Seashells Beach

No Cost

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CYCLING

Please come join us cycling around the beautiful foreshore and various locations around Mandurah. We can also stop off at a coffee shop if we get a little thirsty.

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

Where: Mandurah Boat & Bike Hire

Cost: \$5 for bike hire, or bring your own

WALKING GROUP

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

When: Thursdays,
10.00am - 12.00pm

Where: 6 Davey Street, Mandurah

No Cost

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 - 11:00am

Where: 6 Davey Street, 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

When:

2nd February - 10.00am to 12.00pm

Kayaking / Paddle Boarding

Meet at Kings Carnival

Cost: \$5.00

9th February - 10.00am to 12.00pm

Tai-Chi or Aqua

MARC

Cost:\$5.00

16th February - 10.00am to 12.00pm

Boxing with John

Meet at 6 Davey St, Mandurah

Cost: \$5.00

26th February - 10.00am to 12.00pm

Bike Riding

Meet at Mandurah Boat & Bike Hire

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

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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 FEBRUARY

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				
