

NEAMI MANDURAH ADULT COMMUNITY MENTAL HEALTH GROUPS - AUGUST SCHEDULE

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



GROUPS SUMMARY

Mondays:

Move it Monday
Gym
Health & Wellbeing
Sleep Well, Feel Well

Tuesdays:

H2O for Health
Health & Wellbeing

Wednesdays:

Mindfulness
Women's Group

Thursdays:

Flourish
Hearing Voices—Support
Group
Walking Group
Art

Fridays:

Fitness Fridays
Optimal Health Program

Other:

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

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

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!

When: Mondays,
9.00am - 10.30am

Where: 6 Davey Street,
Mandurah

No Cost

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.

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

Where: MARC

Cost: \$5.00

HEALTH & WELLBEING

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

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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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.

When: Tuesdays,
10.00am - 12.00pm

Where: MARC

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.

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

When: Wednesdays,
1.00pm - 3.00pm

Where: 6 Davey Street,
Mandurah

No Cost

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

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

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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

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, 3.00pm - 5.00pm

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

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

FLOURISH

Providing direction to your individual journey of recovery: A self-developed program designed to help you identify the most important things in your life and create a plan to attain those things.

Please register your interest as spaces are limited.

When: Thursdays, 9.30am - 11.30pm

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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WALKING GROUP

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

When: Thursdays,
9.30am - 11.30am

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.

When: Fridays

Where: Various locations

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

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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

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		
