



SEE MENTAL HEALTH DIFFERENTLY

# EYRE ACTIVITIES



## August – September 2020

Booking is required for all groups due to limited places being available. Call Skylight Bookings on 1300 287 051 to book in to your requested group.

SEE MENTAL HEALTH DIFFERENTLY

# ACTIVITY GROUPS

AUGUST 4TH – SEPTEMBER 23RD  
2020 PROGRAM

Booking is required for all groups due to limited places being available. Call Skylight Bookings on 1300 287 051 to book in to your requested group.

## Tuesdays

### Eyre Creative Tuesdays

10:00am – 12:00pm

@ Kuju Activity Centre

30 Ravendale Road Port Lincoln.

August 4th

August 11th

August 18th

August 25th

September 1st

September 8th

September 15th

September 22nd

BYO all drinks or snacks. No tea & coffee provided due to COVID-19 restrictions/guidelines.

# ACTIVITY GROUPS

## AUGUST 4TH – SEPTEMBER 23RD

### 2020 PROGRAM

#### Wednesdays

#### Wednesday Walking & Social Circle

10:30am – 12:30pm

August 5th  
Flinders Park, Nigel Street, Port Lincoln

August 12th  
North Shields Foreshore, Easton Road, Port Lincoln

August 19th  
Puckridge Park, 9 English Street, Port Lincoln

August 26th  
Brinkworth Park, Winter Hill Drive, Port Lincoln

September 2nd  
North Shields Foreshore, Port Lincoln

September 9th  
Tulka, Tulka Esplanade, SA, 5607

September 16th  
Wellington Square, 55-56 London Street, Port Lincoln

September 23rd  
Billy Lights Point, St Andrews Drive, Port Lincoln

**Please arrive at the designated start time of the group**

**DO NOT ARRIVE EARLY**

**There will be NO waiting on site as per Skylight's group  
infectious control guidelines**

# ACTIVITY GROUPS

## INFORMATION

### ABOUT SKYLIGHT EYRE

Skylight is working with participants and other service providers to develop a structured program of activities which aim to promote well-being in a supportive environment thereby assisting recovery and the prevention of relapse by offering opportunities for individuals to improve their ability to manage mental illness. These programs are based on a rehabilitation and recovery framework, with the aim of connecting participants with their local community, providing informal peer support and provision of group programs. Skylight aims to facilitate opportunities for individuals affected by mental illness to develop skills, increase social and recreational options and access support and information.

We strive for this to be a good place to develop friendships, trust, increase skills, be accepted and connect with the community.

### ABOUT THE PROGRAM

Skylight Eyre is funded by the SA Dept of Health & Commonwealth Dept of Health and Ageing to provide opportunities for people living with mental illness to re-engage with community and life-giving activities. Participants can get involved in planning and preparation of events, or just come and join in. At Skylight we enjoy each other's company, we learn new skills or re-learn old skills and generally have fun!

### BOOKINGS

To make a booking, please phone our Skylight Bookings on 1300 287 051. You can also book in-person through Activities Staff.

Due to risks posed by COVID-19, participants of face to face groups will need to agree to the Skylight Group Infection Control Guidelines whilst participating in the group to maintain health and safety of participants, staff and the community

**PLEASE MAINTAIN**

**SOCIAL  
DISTANCING**

KEEP YOURSELF AND  
OTHERS SAFE

# ACTIVITY GROUPS

## INFORMATION

Our services are designed in such a way that time for set up, pack up, planning and debriefing is built into the overall activity time.

I.e. a group may run from 1.30-3.30 which includes time to gather, prep for the activity, travel, the actual activity, regrouping afterwards, travel, debrief and pack up tasks.

**FOR ALL GROUPS**

**BOOKINGS  
REQUIRED**

PLEASE CALL 1300 287 051  
TO BOOK IN

# SKYLIGHT

## CONTACT DETAILS



**For further information, or to arrange an appointment for orientation of the program, please contact us by calling:**

08 8683 0082

**Or by emailing:**

[EyreAdmin@skylight.org](mailto:EyreAdmin@skylight.org)

Some activities may change without prior notice due to unforeseen circumstances. We apologise for any inconvenience.

**Skylight respectfully acknowledges Aboriginal and Torres Strait Islander people as the traditional custodians of this land and celebrates all people who call this land home**



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**P (08) 8378 4100**  
**W [skylight.org.au](http://skylight.org.au)**