



SEE MENTAL HEALTH DIFFERENTLY

MURRAYLANDS ACTIVITIES



Sept – Nov 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

SEPT-NOV 2020 PROGRAM

Mondays

Walking Group

1:30pm - 3:30pm

Discover and enjoy the various walking trails and take photos of the views and scenery - a level of fitness and mobility required.

October 5th:

Public Holiday

October 12th:

Kinchina Carpark Maurice Rd, Rocky Gully

October 19th:

Hume Reserve, Hume Reserve Rd, Murray Bridge

October 26th:

Sturt reserve Charles Sturt Drive, Murray Bridge

November 2nd:

Thiele Reserve 575 Thiele Rd, Murray Bridge East

November 9th:

Swanport Wetlands Frank Jackman Memorial Lookout
Murray Bridge

November 16th:

Long Island Reserve 1184 Long Is Rd, Murray Bridge



Tuesdays

Art

10:00am - 12:00pm

An art group to learn and discover different art techniques and mediums. You don't have to be artistic to join. Meet at Murray Bridge Community Centre (Harmony Room), 18 Beatty Terrace, Murray Bridge

Community Gardening Group

1:00pm - 3:00pm

Experience the joy of gardening through planning, planting and nurturing vegetables and flowers. Meet at Murray Bridge Community Centre, 18 Beatty Terrace, Murray Bridge

ACTIVITY GROUPS

SEPT-NOV 2020 PROGRAM

Wednesdays

Creative Journaling

10:00am - 12:00pm

A creative self-expression group consisting of art, photography, journaling and story writing.

September 30th:

1 Narooma Blvd, Murray Bridge SA 5253

October 7th:

1 Narooma Blvd, Murray Bridge SA 5253

October 14th:

1 Narooma Blvd, Murray Bridge SA 5253

October 21st:

51 South Terrace, Murray Bridge SA 5253

October 28th:

1 Narooma Blvd, Murray Bridge SA 5253

November 4th:

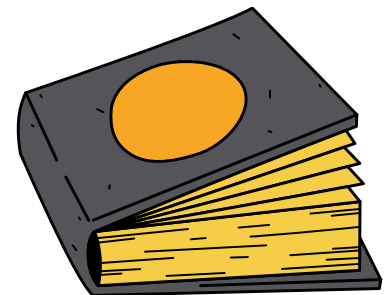
1 Narooma Blvd, Murray Bridge SA 5253

November 11th:

1 Narooma Blvd, Murray Bridge SA 5253

November 18th:

51 South Terrace, Murray Bridge SA 5253



Amble & Connect

10:00am - 12:00pm

A group for those who enjoy a slower paced amble along the river or the shopping centre and opportunity to connect with others. Meet at Market place / Sturt Reserve (weather dependant).

ACTIVITY GROUPS

SEPT-NOV 2020 PROGRAM

Fridays

Art & Craft Circle

10:00am - 12:00pm

A sit down group to foster social connection while enjoying art and craft activities. Meet at 1 Narooma Blvd, Murray Bridge.



Music

1:00pm - 3:00pm

An opportunity for people to connect through music and song. Meet at 1 Narooma Blvd, Murray Bridge.

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. 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

ABOUT THE CENTRE

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Skylight Activity Programs are run by staff and volunteers in conjunction with participants. No referral is required. The Activity Program provides a flexible and supportive environment, in which individuals can choose to participate in activities whilst socializing and meeting new people. Staff are friendly, approachable and will support and assist people to participate in the range of programs available.

ORIENTATION

Orientation to the program is required for participation. For further information, or to arrange an orientation appointment, please contact a staff member.

ABOUT THE PROGRAM

The Activity Program promotes wellbeing in a supportive environment by offering opportunities for individuals to progress their recovery and prevent relapse by improving their ability to manage their illness. This occurs by providing a place where people can build skills, develop friendships, be accepted and connect with the community. Limited non NDIS places available or access through your NDIS plan.

*Normal cancellation rules apply

BOOKINGS

To make a booking, please phone our Bookings Team on 1300 287 051. You can also book in-person through Activities Staff. Please note: minimum of 3 participants are required for all activities to run.

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. groups 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 a staff member.

Contacts:

Murraylands Centre Number / Alison: 0429 343 749

Kay: 0488 102 095

Trevor: 0427 442 775

Tahnay: 0429 445 569

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