



SEE MENTAL HEALTH DIFFERENTLY

MURRAYLANDS ACTIVITIES



June – August 2022

Booking is required for all groups due to limited places being available. Call Skylight Mental Health on 8378 4100 to book in to your requested group.

SEE MENTAL HEALTH DIFFERENTLY

ACTIVITY GROUPS

21st June – 13th August 2022

Program

Tuesdays

Art Group

9:30am – 12:00pm

This art group provides you with the opportunity to:

- Try different art techniques and mediums
- Feel and get creative through the learning of new art skills
- Create new friendships from the interactions with diverse people within the group.

You are encouraged to bring your own materials. Your ideas can be discussed and explored with an experienced art teacher. Art materials are also supplied.

Murray Bridge Community Centre at 18 Beatty Street, Murray Bridge.

Bookings required. *Non face-to-face cost apply *Centre capital costs apply

Wednesdays

Mindfulness and Wellbeing Group (fortnightly Pinnaroo starting 8/6/22)

11:00am – 1:00pm

This Mindfulness and Wellbeing group provides you the opportunity to:

- Increase physical health and wellbeing
- Reduce Stress and anxiety
- Connect with others and develop friendships and community connections
- Get creative through Art and Music

This group begins with a Guided meditation followed by other mindfulness activities such as Art, Music or walking (activities change fortnightly and are weather permitted). Pinnaroo Institute Meeting Room at 21 Day Street, Pinnaroo. Bookings required. *Non face-to-face cost apply

Social & Emotional Wellbeing Group

5:30pm – 8:00pm

This games and chat group provides you with the opportunity to:

- Build on your social skills in a fun and enjoyable way through games
- Socialise with others in the group, creating friendships
- Learn communication and problem-solving techniques through the games played

Play an assortment of games or just hang out and chat. Light dinner, tea and coffee provided. Groups held at Murray Bridge Community Centre at 18 Beatty Street, Murray Bridge

Bookings required. *Non face-to-face cost apply *Centre capital costs apply. * For catering purposes bookings need to be made no later than lunchtime on the day of the group.

ACTIVITY GROUPS

21st June – 13th August 2022

Program

Thursdays

Relaxing Moments

9:30am – 11:30 am

This relaxing moments group provides you with the opportunity to:

- Increase your overall health and wellbeing
- Practice Mindfulness through the use of different styles of meditation
- Socialise with others and create friendships

This group holds up to 5 participants. Participants are required to wear comfortable clothing.

Groups held at Murray Bridge Community Centre at 18 Beatty Street, Murray Bridge.

Bookings required.

*Non face-to-face cost apply *Centre Capital Cost apply.

Cooking for one

12.30pm – 2.30pm

This cooking group provides you with the opportunity to:

- Enhance your basic cooking skills through learning cooking techniques
- Learn to cook healthy low-cost meals portioned for one
- Develop friendships through socialising within the group

The cooking for one group holds four NDIS participants. Each person completes their own individual preparation, cooking and clean up.

Groups held at Murray Bridge Community Centre at 18 Beatty Street, Murray Bridge. Bookings required. *Non face-to-face cost apply *Centre capital costs apply

ACTIVITY GROUPS

21st June - 13th August 2022

Program

Fridays

Art & Craft Circle

9:30am - 12:00pm

This art group provides you with the opportunity to:

- Increase your social and communication skills whilst enjoying craft activities
- Engage with others in the group, developing your social participation
- Enhance your social skills and increase your community participation

Bring along your own art or craft project. Some materials provided. Groups held at 1 Narooma Blv Murray Bridge. Bookings required.

*Non face-to-face cost apply *Centre capital costs apply

Music

1:00pm - 3:30pm

This music group provides you with the opportunity to:

- Collaborate with others and get creative with musical instruments, sounds and songs
- Develop friendships within the group, enhancing your community participation
- Feel accepted and connected with the music community

You can bring your own instrument or we can provide some for the group. You don't have to play an instrument, you can come in to sing along with the music. Meet at 1 Narooma Blvd, Murray Bridge. Bookings required. * Non face-to-face cost apply *Centre capital costs apply.

Saturdays

10 Pin Bowling

9:00am - 11:30am

This bowling group provides you with the opportunity to:

- Develop your bowling skills within a supportive environment
- Socialise with others and create friendships
- Increase your social and community participation

Skylight pays for the first game and if you are interested in playing a second, please bring \$9.00. Don't forget to bring a pair of socks! Participants are to meet at the Bridge Bowl Centre on Maurice Rd, Murray Bridge. Bookings required. *Non face-to-face cost apply

ACTIVITY GROUPS

About the centre

ABOUT THE CENTRE

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.

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

ORIENTATION

Orientation to the program is required for participation. For further information, or to arrange an orientation appointment, please contact 8378 4100.

BOOKINGS

To make a booking, please phone our Bookings Team on 8378 4100. You can also book in-person through Activities Staff or via Reception. Please note: a minimum of 3 participants are required for all activities to run.

COVID-19

UPDATES

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 8378 4100 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

Debbie: 0429 704 355

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