



SEE MENTAL HEALTH DIFFERENTLY

PARNANGGA 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

SEPTEMBER – NOVEMBER 2020

PROGRAM

Tuesdays

- Parnangga Bowling Group** 11:00am – 1:00pm
Enjoy a fun, supportive game of bowling in a group setting. We play 2 games and pay for 1. Bring \$6.95 if you would like to play both games. Meet at Skylight Parnangga.

This group is held fortnightly on:

29th September, 13th October, 27th October, 10th November

- Morning Cooking for One** 11:00am – 1:00pm
Learn to adapt one recipe to your individual taste and requirements. Each person completes their own individual prep, cooking and clean-up.

- Parnangga Djembe Drumming** 11:00am – 1:00pm
Come along have fun and learn some new rhythms!
This group is held fortnightly on:
6th October, 20th October, 3rd November & 17th November

- Local Photography** 2:00pm – 4:00pm
Get out into the community and capture what you see, developing your photography skills! Transport is not provided, please meet at Skylight Parnangga and the group will walk to the designated location.

Wednesdays

- Social Circle** 11:00am – 1:00pm
Enjoy catching up and interacting with others in a fun environment, whilst maintaining social distancing. Bookings required, please do not bring food.

- Guitar Jamming** 2:00pm – 4:00pm
Jam out with your fellow muso mates!

ACTIVITY GROUPS

SEPTEMBER – NOVEMBER 2020

PROGRAM

Thursdays

- ▶ **Morning Cooking for One** 11:00am – 1:00pm
Learn to adapt one recipe to your individual taste and requirements. Each person completes their own individual prep, cooking and clean-up.
- ▶ **Walking Group** 1:30pm – 3:30pm
Keep fit locally! Closed in shoes are recommended for this activity. Transport is not provided, please meet at designated location – check details with Skylight Bookings
- ▶ **Art** 2:00pm – 4:00pm
Get creative and have fun! Unleash your artistic side and improve your skills
- ▶ **Afternoon Cooking for One** 2:00pm – 4:00pm
Learn to adapt one recipe to your individual taste and requirements. Each person completes their own individual prep, cooking and clean-up.

Fridays

- ▶ **Social Circle** 2:00pm – 4:00pm
Hybrid face-to-face group alongside Online Community connect. Enjoy catching up and interacting with others in a fun environment, whilst maintaining social distancing. Bookings required, please do not bring food.

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 8378 4100.

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. Photography runs 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

PARNANGGA

MEANING



THE WORD PARNANGGA IS A KAURNA WORD THAT REFERS TO THE AREA OF MORPHETT VALE WHERE THE PARNANGGA ACTIVITY PROGRAM BEGAN IN 1991. THE AREA IS REFERRED TO BY THE KAURNA PEOPLE AS “PLACE OF THE AUTUMN STARS”.

Parnangga Program/Meeting Place

The meeting place is a place where people come to participate in programs. It is a safe shared space where people can build relationships and enjoy social activities.

Parna

The arrival of autumn was signaled to the local Kurna Miyurna, (Kurna people) by the heliacal rising of stars called Parna, near the first week of April. The appearance of Parna signaled the annual autumn rains would soon arrive and that they needed to build large, waterproof wardli, (shelters). To Kurna Miyurna, stars represented change. Kurna Miyurna would often look to the stars to predict weather patterns, hunting seasons and when certain foods were available.



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