



SEE MENTAL HEALTH DIFFERENTLY

WAYVILLE 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 29TH – NOVEMBER 20TH

2020 PROGRAM

Tuesdays

Social Circle

11:00am – 1:00pm

(Quiz + Snakes & Ladders)

Enjoy catching up and interacting with others in a fun environment, whilst maintaining social distancing. On Tuesdays we chat, do quizzes and play Snakes and Ladders. Bookings required, please do not bring food.

Art Group

2:00pm – 4:00pm

Get creative and have fun! Unleash your artistic side and improve your skills.

Wednesday Mornings

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. A list of weekly recipes is available on page 6.

Meditation Group

11:00am – 1:00pm

Hybrid face-to-face group alongside Online Meditation. Experience different styles of meditation including mindfulness, breath awareness and progressive body relaxation. Learn to improve concentration and calm thoughts.

ACTIVITY GROUPS

SEPTEMBER 29TH – NOVEMBER 20TH

2020 PROGRAM

Wednesday Afternoons

Bowling Group

1:30pm – 4:00pm

Enjoy a fun, supportive game of bowling in a group setting. Bookings required as spots are limited! Bring \$6.95 if you would like to play both games, as we play 2 games together and Skylight pays for 1.

Meet at Skylight at 1:30pm for transport to the group (NDIS charge 2.5 hours), alternatively, meet at Zone Bowling at 1:45pm, Cnr Cross & Goodwood Rd (NDIS charge 2 hours).

This group is held fortnightly on:

7th October, 21st October, 4th November & 18th November

Tobacco-Free

2:00pm – 4:00pm

Quitting smoking can be hard work, but learning some strategies and having the support of a group can go a long way. And we'd love to hear your tips too! Wherever you're at, Tobacco Free group can be the place where you make a commitment to quit – for good.

This group is held fortnightly on:

30th September, 14th October, 28th October & 11th November.

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. A list of weekly recipes is available on page 6.

ACTIVITY GROUPS

SEPTEMBER 29TH – NOVEMBER 20TH

2020 PROGRAM

Thursdays

Social Circle

11:00am – 1:00pm

(Pool Comp & Bingo)

Enjoy catching up and interacting with others in a fun environment, whilst maintaining social distancing. On Thursdays we will chat, play pool and play bingo/other games. Bookings required, please do not bring food.

Walking Group

11:00am – 1:00pm

Keep fit locally! Closed in shoes are recommended for this activity. Meet at bike racks across from Skylight Wayville entrance.

Friday Mornings

Communication Group

11:00am – 1:00pm

Tackle a new topic each week. Learn effective methods of communication in a safe environment. A list of weekly topics is listed on page 8.

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. A list of weekly recipes is available on page 7.

ACTIVITY GROUPS

SEPTEMBER 29TH – NOVEMBER 20TH

2020 PROGRAM

Friday Afternoons

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. A list of weekly recipes is available on page 7.

Basic Guitar/Drumming Group

2:00pm – 4:00pm

Jam out with your fellow muso mates! Alternates weekly.

Basic Guitar:

October 9th, October 23rd, November 6th and November 20th

Drumming Group:

October 2nd, October 16th, October 30th and November 13th

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

SEPTEMBER 29TH – NOVEMBER 20TH

2020 PROGRAM

Wednesday Cooking For One Recipes

Learn to adapt one recipe to your individual taste and requirements. Each person completes their own individual prep, cooking and clean-up. Please only book into one Cooking Group per week.

30th September:

Chilli cheese polenta + bean and avocado salsa w/
Chocolate banana bread

7th October:

Satay chickpea curry w/ Mocha cookies

14th October:

Chicken spinach rolls w/ Lemon polenta biscuits

21st October:

Spinach, bacon + egg tart w/ Peach crumble parfait

28th October:

Cauliflower cheese gnocchi w/ Choc cherry self-saucing
pudding

4th November:

Korean rice bowls (Bibimbamp) w/ Anzac biscuits +
buttercream

11th November:

Cambodian beef coconut curry + rice w/ Apple turnovers

18th November:

Chicken korma + rice w/ Key lime pie + strawberries

ACTIVITY GROUPS

SEPTEMBER 29TH – NOVEMBER 20TH

2020 PROGRAM

Friday Cooking For One Recipes

Learn to adapt one recipe to your individual taste and requirements. Each person completes their own individual prep, cooking and clean-up. Please only book into one Cooking Group per week.

2nd October:

Pea and salmon pasta bake w/ chocolate banana bread

9th October:

Chicken fried rice w/ Mocha cookies

16th October:

Pork meatball curry + rice w/ Lemon polenta biscuits

23rd October:

Chicken tikka skewers + rice w/ Peach crumble parfait

30th October:

Thai red chicken curry + rice w/ Choc cherry self-saucing pudding

6th November:

One pan roast chicken lunch w/ Anzac biscuits + buttercream

13th November:

Prawn arancini + mayo w/ Apple turnovers

20th November:

Sweet and sour meatball soup w/ Key lime pie + strawberries

ACTIVITY GROUPS

SEPTEMBER 29TH – NOVEMBER 20TH

2020 PROGRAM

Communication Group Topics

This group provides an opportunity to develop interpersonal skills and connect with others. Each week has a set topic to use as a starting point, allowing the conversation to grow from there. If you'd like to develop particular skills or discuss certain topics, please share your feedback with the activities staff.

2nd October:

Building Connections including a Show/Share & Tell

9th October:

Communication Styles

16th October:

How to Talk About Difficult Topics (Conflict Resolution)

23rd October:

Bridging Diversity: How to connect with people that are very different to ourselves

30th October:

Communicating When We Are Unwell and with People Who Are Unwell

6th November:

Communication for Coping with Change

13th November:

Meaning and Values: How and why do we connect? What makes connection and communication meaningful?

20th November:

Utilising Our Learnt Communication Skills (w/ a quiz)

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 or via Reception. 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

FOR ALL GROUPS

BOOKINGS REQUIRED

PLEASE CALL 1300 287 051
TO BOOK IN

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. Bowling runs from 1:30 until 4:00 which includes time to gather, prep for the activity, travel, the actual activity, regrouping afterwards, travel, debrief and pack up tasks.



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