



SEE MENTAL HEALTH DIFFERENTLY

# WAYVILLE ACTIVITIES



## June - August 2022

Booking is required for all groups due to limited places being available. Call Skylight Bookings on 8378 4100 to book in to your requested group. For a program of support block to go ahead, minimum participant numbers apply.

SEE MENTAL HEALTH DIFFERENTLY

# ACTIVITY GROUPS

June 20th – August 12th

2022 Program

Tuesdays

## 8 Ball & Socialise

10:30am – 1:00pm

This 8 Ball & Socialise group provides you with the opportunity to:

- Learn basic 8 ball techniques and expand on your social skills
- Grow your communication skills through the interactions with others
- Increase your social participation and feel part of a team

8 Ball & Socialise is a group where participants can play games of 8 ball or play an assortment of games within the space. Tea and coffee provided.

\*Non face-to-face costs apply. \*Centre capital costs apply

## Art Group

1:30pm – 4:00pm

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 and your ideas can be discussed and explored with an experienced art teacher. Art materials are also supplied for the group session.

\*Non face-to-face costs apply. \*Centre Capital Costs apply

# ACTIVITY GROUPS

June 20th – August 12th

2022 Program

## Wednesdays

### **Morning Cooking for One**

10:30am – 1:00pm

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 with others within the group

The cooking for one group holds 4 participants. Each person completes their own individual prep, cooking and clean-up.

\*Non face-to-face costs apply. \*Centre Capital Costs apply

### **Meditation Group**

11:00am – 1:00pm

This meditation group provides you with the opportunity to:

- Experience and learn different styles of meditation
- Increase your health and wellbeing whilst developing coping strategies
- Socialise with others in the group and build friendships

This meditation group involves different styles of meditation such as mindfulness, breath awareness and progressive body relaxation.

\*Non face-to-face costs apply. \*Centre Capital Costs apply

### **Morning Bowling Group**

11:00am – 1:00pm

This bowling group provides you with the opportunity to:

- Develop and grow 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 \$6.95. Don't forget to bring a pair of socks!

Meet at Zone Bowling at 11:00am, Cnr Cross & Goodwood Rd.

Limited transport is available.

\*Non face-to-face costs apply

# ACTIVITY GROUPS

June 20th – August 12th

2022 Program

## Wednesdays Continued

### Afternoon Bowling Group

1:30pm – 4:00pm

This bowling group provides you with the opportunity to:

- Develop and grow 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 \$6.95. Don't forget to bring a pair of socks! Meet at Skylight Wayville at 1:30pm for transport to the group alternatively, meet at Zone Bowling at 1:45pm, Cnr Cross & Goodwood Rd. Limited transport is available.

\*Non face-to-face costs apply. \*Transport costs apply

### Music Group

1:30pm – 4:00pm

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 within 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.

\*Non face-to-face costs apply. \*Centre capital costs apply

# ACTIVITY GROUPS

June 20th – August 12th

2022 Program

## Wednesdays Continued

### **Tobacco-Free**

2:00pm – 4:00pm

This tobacco-free group provides you with the opportunity to:

- Learn tools, tips and strategies to try to quit smoking
- Develop coping strategies to assist you in quitting smoking
- Interact with diverse individuals and develop friendships

Quitting smoking can be hard work, but learning some strategies and having the support of a group can go a long way. Bookings required.

This group is held fortnightly on:

June 22nd, July 6th, July 20th, August 3rd.

\*Non face-to-face costs apply \*Centre Capital Costs apply

### **Afternoon Cooking for One**

2:00pm – 4:30pm

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 with others within the group

The cooking for one group holds 4 participants. Each person completes their own individual prep, cooking and clean-up.

\*Non face-to-face costs apply \*Centre Capital Costs apply

# ACTIVITY GROUPS

June 20th – August 12th

2022 Program

Thursdays

## Walking Group

11:00am – 1:00pm

This walking group provides you with the opportunity to:

- Improve your health and wellbeing with gentle aerobic exercise
- Reduce stress and anxiety through exercise
- Improve your social and community participation

Participants are asked to meet at the bike racks across from Skylight Wayville entrance. Suitable footwear is required and a bottle of water is recommended.

\*Non face-to-face costs apply



# ACTIVITY GROUPS

June 20th – August 12th

2022 Program

## Thursdays Continued

### **Music Group**

1:30pm – 4:00pm

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 within 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.

\*Non face-to-face costs apply. \*Centre capital costs apply

### **Art Group**

1:30pm – 4:00pm

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 and your ideas can be discussed and explored with an experienced art teacher. Art materials are also supplied for the group session.

\*Non face-to-face costs apply. \*Centre Capital Costs apply

# ACTIVITY GROUPS

June 20th – August 12th

2022 Program

## Fridays

### **Communication Group**

11:00am – 1:00pm

This communication group provides you with the opportunity to:

- Learn effective methods of communication
- Enhance your social skills through learning different styles of communication
- Increase your social participation

Tackle new communication topic each week.

\*Non face-to-face costs apply. \*Centre Capital Costs apply

### **Morning Cooking for One**

10:30am – 1:00pm

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 with others within the group

The cooking for one group holds 4 participants. Each person completes their own individual prep, cooking and clean-up.

\*Non face-to-face costs apply. \*Centre Capital Costs apply



# ACTIVITY GROUPS

June 20th – August 12th

2022 Program

## Fridays Continued

### Afternoon Cooking for One

2:00pm – 4:30pm

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 with others within the group

The cooking for one group holds 4 participants. Each person completes their own individual prep, cooking and clean-up.

\*Non face-to-face costs apply. \*Centre Capital Costs apply

### Basic Guitar

2:00pm – 4:00pm

This basic guitar group provides you with the opportunity to:

- Learn guitar skills and techniques in a supportive group environment
- Develop friendships within the group and feel connected to the music community
- Build skills related to your social and community participation goals

Skylight provides the guitars, or you can bring your own. This group is held fortnightly on:

June 24th, July 8th, July 22nd, August 5th.

\*Non face-to-face costs apply. \*Centre Capital Costs apply

### Drumming Group

2:00pm – 4:00pm

This drumming group provides you the opportunity to:

- Learn drumming skills and techniques in a supportive group environment
- Develop friendships within the group and feel connected to the music community
- Build skills related to your social and community participation goals

Skylight provides the drums (Djembe Drums) or you can bring your own. This group is held fortnightly on:

July 1st, July 15th, July 29th, August 5th.

\*Non face-to-face costs apply. \*Centre Capital Costs 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 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.

# ACTIVITY GROUPS

## INFORMATION

# PLEASE MAINTAIN SOCIAL DISTANCING

KEEP YOURSELF AND  
OTHERS SAFE

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

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.

## BOOKINGS REQUIRED

PLEASE CALL 83784100 TO BOOK IN



SEE **MENTAL HEALTH** DIFFERENTLY

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