

Mental Health Hub Timetable | September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>7:30am NEW Group Bike Ride Bike Shed</p> <p>9:30am – 11:30am Bike Shed Drop-in Social group and bike repairs at The Bike Shed</p>	<p>9:30am – 11:30am Lawn Bowls Fortnightly – from 14 September at Kirwan Sports Club <i>or</i> Coffee Break Fortnightly – from 7 September Various locations</p>	<p>7:30am NEW Women's Only Bike Ride Bike Shed</p> <p>10.30am – 11.30am Let's Get Moving Low impact Gym session at URT Gym, Aitken Street, Aitkenvale</p>	<p>9:30am – 11:30am Green Thumbs Gardening Group at the Mental Health Hub</p>	<p>7:30am NEW Group Bike Ride Bike Shed</p> <p>9:30am – 11:30am Walk 4 Wellness Group Various locations</p>
Afternoon	<p>1.30pm – 3.30pm NEW Social & Emotional Well-being Course</p> <p>5.45pm Boxing Live Life Get Active Fitness Camp at Riverway*</p>	<p>1.30pm – 3.30pm Listen to Your Art at the Mental Health Hub</p> <p>5.45pm X-Train Live Life Get Active Fitness Camp at Jezzine Barracks*</p>	<p>1.30pm – 3.30pm Easy-Peasy Cooking at the Mental Health Hub</p> <p>5.45pm Boxing Live Life Get Active Fitness Camp at Riverway*</p>	<p>1.30pm – 2.30pm Healthy Harmonies Group singing with The Voice at the Mental Health Hub</p> <p>5.45pm X-Train Live Life Get Active Fitness Camp at Jezzine Barracks*</p>	<p>1.30pm – 3.30pm NEW Book Club Enjoy some quiet time with others at the library.</p> <p>5:45pm Yoga Live Life Get Active Fitness Camp at Riverway*</p>

"Social Sunday" fortnightly @ 11am – 1pm @ the Bike Shed, 69 Charles Street (August 1, 15 & 29).

Bookings are required for each activity. Please respond to the SMS from the Mental Health Hub to confirm your attendance.

Courtesy bus is available for daytime Mental Health Hub activities. Respond to the SMS from Mental Health Hub no later than **8am** or **midday** to book.

Life Get Active Fitness Camps: Transport is not available. Register at www.livelifeggetactive.com to book and receive a free tailored nutrition plan.

Overview

Listen to your Art

Get creative in a fun, safe and friendly environment. Our art group will help you to develop creative thinking skills, explore emotions and ideas through art and craft while building your confidence and overcoming the limitations of language.

Walk 4 Wellness

This fun, safe and non-judgemental group will help you get active and explore healthy lifestyles. Walking in a group helps you stay motivated, meet new friends and connects you to your local community.

Let's get Moving

Designed for all skill levels, this group session at URT Gymnasium, Aitkenvale will get your body moving through a range of fun activities. You'll also learn about healthy living and stress reduction techniques.

Coffee Break

This informal discussion group allows you to check in with your peers and explore how to manage difficult topics. This peer supported setting will empower you to resolve points of crisis and develop the tools to support your recovery. Enjoy meeting new people and engaging in conversations over a board game, puzzle, group activity or coffee.

Green Thumbs Gardening Group

Come along and get your hands dirty in our green thumbs gardening group, whatever your level of experience - a seasoned green thumb or an absolute beginner.

Easy-Peasy Cooking Group

Gets hands-on and learn budget-friendly and simple recipes in a relaxed and friendly environment.

Live Life Get Active

Whether you are an early-bird or a night-owl, join this fitness group for a healthy, outdoor workout. Sessions, held at Jezzine Barracks, the Strand or Riverway, are lead by qualified personal trainers. All consumers will receive a free tailored nutrition plan. Choose from boxing, yoga or cross-training, come to one session or all. Prior booking is essential at www.livelifegetactive.com.

Healthy Harmonies

Let your heart sing in the comfort of a supportive group environment with The Voice Singing School. This group is lead by qualified professionals with the aim to simply have fun! No experience is necessary and we welcome people of all singing abilities.

Bike Shed Drop-in

Bikes are available for community use for free. We have older bikes which need repairing or dismantling for parts and new bikes available to take out on bike rides. Tinker away fixing up the bikes to your hearts content with tea and coffee available. This is a great way to give back to the community whilst learning new skills.