

# GROUP ACTIVITIES

## January Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 CLOSED</b> <i>Public Holiday</i> 	<b>2</b> <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>3</b> <b>SWIMMING</b> 9:30am-10:30am 	<b>4</b> <b>HEARING VOICES GROUP</b> 10am-12pm  <b>CRAFT</b> 1pm-3pm 	<b>5</b> <b>MUSIC CONNECTION</b> 10am-12pm  <b>MEN'S YARNING CIRCLE</b> 1pm-3pm	<b>6</b> <b>Cinema</b> 10am-2pm 
<b>8</b> <b>HEALTHY COOKING</b> 10am-12pm  <b>Free Healthy Lunch</b> 12pm  <i>DROP IN: 8:30am - 1:30pm</i>	<b>9</b> <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>10</b> <b>SWIMMING</b> 9:30am-10:30am  <b>COMMUNITY NURSES</b> 11am - 12pm	<b>11</b> <b>HEARING VOICES GROUP</b> 10am-12pm  <b>CENTRELINK</b> 10am - 12pm  <b>CRAFT</b> 1pm-3pm 	<b>12</b> <b>MUSIC CONNECTION</b> 10am-12pm  <b>MEN'S YARNING CIRCLE</b> 1pm-3pm	<b>13</b> <b>Bowling</b> 10am-2pm 
<b>15</b> <b>HEALTHY COOKING</b> 10am-12pm  <b>Free Healthy Lunch</b> 12pm  <i>DROP IN: 8:30am - 1:30pm</i>	<b>16</b> <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>17</b> <b>SWIMMING</b> 9:30am-10:30am  <b>Participant/staff meeting</b> 12pm - 1pm	<b>18</b> <b>HEARING VOICES GROUP</b> 10am-12pm  <b>CRAFT</b> 1pm-3pm 	<b>19</b> <b>MUSIC CONNECTION</b> 10am-12pm  <b>MEN'S YARNING CIRCLE</b> 1pm-3pm	<b>20</b> <b>Lawn Bowls</b> 10am-2pm 
<b>22</b> <b>HEALTHY COOKING</b> 10am-12pm  <b>Free Healthy Lunch</b> 12pm  <i>DROP IN: 8:30am - 1:30pm</i>	<b>23</b> <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>24</b> <b>SWIMMING</b> 9:30am-10:30am 	<b>25</b> <b>HEARING VOICES GROUP</b> 10am-12pm  <b>CRAFT</b> 1pm-3pm 	<b>26</b> <b>CLOSED</b> <i>Public Holiday</i>	<b>27</b> <b>Standley Chasm</b> 10am-2pm 
<b>29</b> <b>HEALTHY COOKING</b> 10am-12pm  <b>Free Healthy Lunch</b> 12pm  <i>DROP IN: 8:30am - 1:30pm</i>	<b>30</b> <b>8BALL @ CLUB EASTSIDE</b> 1pm-2:30pm	<b>31</b> <b>SWIMMING</b> 9:30am-10:30am 			

**If you would like to participate in any of the activities please  
 RSVP to 8950 4600 or 0439 844 146 ONE WEEK BEFOREHAND**

Please remember to wash and sanitise your hands frequently, practice good hygiene and physical distancing. If you are feeling unwell, please do not come to MHACA.



**MHACA**  
 Mental Health  
 Association of  
 Central Australia

MHACA is a welcoming place that offers a Drop-in Centre and facilitated activities. You can chat to other participants, watch a movie, have a cuppa or do some painting and crafts.

Activities are offered daily Monday to Friday. Come along, have fun, learn new skills and stay connected! Some activities are run at MHACA and some at other venues in the community.

Join by calling/texting 8950 4600 or 0439 844 146

Pickups are available for calendar activities for MHACA participants only (but not Drop-in).



# GROUP ACTIVITIES

## HEARING VOICES GROUP

This group is for those who are voice hearers or people who experience intrusive and disturbing thoughts. This safe and understanding group allows you to share your stories, learn new strategies for coping and make connections with others.

## CRAFT

Come and unleash your creative side! Painting, drawing, sewing, printing and many other fun crafts are experimented with weekly. Everything you make you can take home and enjoy.

## MEN'S YARNING CIRCLE

Join Lachlan and share your experiences in a supportive group with other men. Go on trips to various locations around Alice, meet other men who are also experiencing mental health issues and learn to support one another. Find new strategies for increasing wellbeing.

## HEALTHY COOKING

Come and cook healthy and tasty meals! Learn a new recipe every week and share the lunch you've prepared with participants afterwards.

## 8BALL @ CLUB EASTSIDE

Join us for a friendly competition of 8Ball at Club East Side. 8Ball is a game that is played on a table with balls, much like pool. All levels of skill are welcome, you don't need to have played before.

## SWIMMING

Get some gentle exercise at the Alice Springs Town Pool. A perfect way to cool off in the middle of the week. Bring your swimmers and jump in!

## CENTRELINK

This is an opportunity to have a free and confidential chat with a Centrelink representative about any concerns you may have about your situation.

## MUSIC CONNECTION WITH BE

Playing music can support our wellbeing. Join Be and connect with music on Friday mornings.

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## NDIS PRICE GUIDE

If you are a MHACA Participant and also have an NDIS Plan, please ensure you RSVP to all activities you wish to attend by 3PM the day before for pick-up and attendance purposes.

If you cannot make an activity, please cancel your attendance by 3PM the day before. If you cancel after 3PM the day prior, or do not show up for an activity that is in your plan, MHACA will charge you at 100% of the activity rate.

If you have any questions, please discuss these with your Support Coordinator.

## PLEASE NOTE:

You do not need to have an NDIS Plan to access MHACA or any of the daily activities - all participants are welcome and encouraged to attend.

Support Items	Activities	Hourly Rate
Weekday - Group activities in the Community 04_120_0136_6_1_T	<ul style="list-style-type: none"> <li>Swimming</li> <li>Men's Yarning Circle</li> </ul>	\$38.46 per hour
Weekday - Group activities in the Centre 04_170_0136_6_1_T	<ul style="list-style-type: none"> <li>Drop-in Centre</li> <li>Hearing Voices Group</li> <li>Music Connection</li> <li>8Ball</li> <li>Craft</li> <li>Healthy Cooking</li> <li>Swimming</li> </ul>	\$41.87 per hour
Weekday Evening - Group Activities in the Community 04_123_0136_6_1_T	Any special weekday evening activities (movie nights, etc)	\$42.36 per hour
Weekend Activities - Group Activities in the Community 04_143_0136_6_1_T	Weekly weekend activities range from cinema, ten pin bowling, Honeymoon Gap, camping, etc.	\$38.75 per hour
Transport	Will be charged at \$0.97 per km	