

# GROUP ACTIVITIES

## July Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>Footy 4 life</b> 10am - 12pm  <b>Collaborative Creations</b> 10am - 12pm  <i>Drop-in: 8:30am - 1:30pm</i>	<b>2</b> <b>Basketball</b> 10am - 11am  <b>Hearing Voices Group</b> 10am - 12pm <b>Drive &amp; Vibe</b> 1pm - 3pm  <b>Computer Skills</b> 2pm - 3pm 	<b>3</b> <div style="border: 2px solid black; padding: 5px; text-align: center;"><b>MHACA CLOSED</b></div> <b>Public Holiday</b>	<b>4</b> <b>Show Day</b> 10am - 2pm 
<b>6</b>	<b>7 NAIDOC</b>	<b>8 Week</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>March and Community Day</b> 9am - 2pm <b>Healthy Cooking</b> 10:30am - 12:30pm  <b>Mini Golf</b> 1:30pm - 2:30pm 	<b>Shared Lunch at MHACA</b> 12:30PM - 1:30PM <b>Sports at The Y</b> 11:30am - 12:30pm  <b>8BALL</b> @ Club East Side 1:30pm - 2:30pm 	<b>Damper Making</b> 9am - 10am <b>Footy 4 life</b> 10am - 12pm  <b>Collaborative Creations</b> 10am - 12pm  <b>Community Nurses</b> 11am-12pm <i>Drop-in: 8:30am - 1:30pm</i>	<b>Basketball</b> 10am - 11am  <b>Hearing Voices Group</b> 10am - 12pm <b>Drive &amp; Vibe</b> 1pm - 3pm  <b>Computer Skills</b> 2pm - 3pm 	<b>Skate &amp; Music Festival</b> 12pm - 3pm <b>Music</b> 10am - 12pm  <b>BBQ at MHACA</b> 12:30pm - 1:30pm  <b>Men's Yarning Circle</b> 1pm - 3pm	<b>Bowling</b> 10am-2pm 
<b>13</b> <b>Healthy Cooking</b> 10:30am - 12:30pm  Free Healthy Lunch 12:30pm <b>Mini Golf</b> 1:30pm - 2:30pm 	<b>14</b> <b>Sports at The Y with Reclink</b> 11:30am - 12:30pm  <b>8BALL</b> @ Club East Side 1:30pm - 2:30pm 	<b>15</b> <b>Footy 4 life</b> 10am - 12pm  <b>Collaborative Creations</b> 10am - 12pm  <b>Living Skills Program Launch</b> Lunch Provided 12pm - 1pm <i>Drop-in: 8:30am - 1:30pm</i>	<b>16</b> <div style="border: 2px solid black; padding: 5px; text-align: center;"><b>Centrelink</b> 9am - 11am</div> <b>Basketball</b> 10am - 11am  <b>Hearing Voices Group</b> 10am - 12pm <b>Neami Information Session &amp; Afternoon Tea</b> 1:30pm - 2:30pm	<b>17</b> <b>Music</b> 10am - 12pm  <b>BBQ at MHACA</b> 12:30pm - 1:30pm  <b>Men's Yarning Circle</b> 1pm - 3pm	<b>18</b> <b>Cinema</b> 10am-2pm 
<b>20</b> <b>Healthy Cooking</b> 10:30am - 12:30pm  Free Healthy Lunch 12:30pm <b>Peer Reference Group</b> 11:30am - 12:30pm <b>Mini Golf</b> 1:30pm - 2:30pm 	<b>21</b> <b>Sports at The Y with Reclink</b> 11:30am - 12:30pm  <b>8BALL</b> @ Club East Side 1:30pm - 2:30pm 	<b>22</b> <b>Collaborative Creations</b> 10am - 12pm  <b>Participant Day Trip</b> <b>Stuarts Well</b> 10:30 am - 2:30pm  <i>Drop-in: 8:30am - 1:30pm</i>	<b>23</b> <b>Basketball</b> 10am - 11am  <b>Hearing Voices Group</b> 10am - 12pm <b>Drive &amp; Vibe</b> 1pm - 3pm  <b>Computer Skills</b> 2pm - 3pm 	<b>24</b> <b>Music</b> 10am - 12pm  <b>BBQ at MHACA</b> 12:30pm - 1:30pm  <b>Men's Yarning Circle</b> 1pm - 3pm	<b>25</b> <b>Christmas in July at Telegraph Station</b> 10am - 2pm 
<b>27</b> <b>Healthy Cooking</b> 10:30am - 12:30pm  Free Healthy Lunch 12:30pm <b>Mini Golf</b> 1:30pm - 2:30pm 	<b>28</b> <b>Sports at The Y with Reclink</b> 11:30am - 12:30pm  <b>8BALL</b> @ Club East Side 1:30pm - 2:30pm 	<b>29</b> <b>Footy 4 life</b> 10am - 12pm  <b>Collaborative Creations</b> 10am - 12pm  <b>Participants + Staff Meeting</b> 12pm - 1pm <i>Drop-in: 8:30am - 1:30pm</i>	<b>30</b> <b>Basketball</b> 10am - 11am  <b>Hearing Voices Group</b> 10am - 12pm <b>Drive &amp; Vibe</b> 1pm - 3pm  <b>Computer Skills</b> 2pm - 3pm 	<b>31</b> <b>Music</b> 10am - 12pm  <b>BBQ at MHACA</b> 12:30pm - 1:30pm  <b>Men's Yarning Circle</b> 1pm - 3pm	

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



**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 MHACA by calling/texting 8950 4600 or 0439 844 146.** Pickups are available for MHACA participants only.



# GROUP ACTIVITIES

## **PARTICIPANT DAY TRIP**

Enjoy a relaxing day trip to Stuart's Well for lunch. Take in the scenery and enjoy a stop along the way at Rainbow Valley.

## **MEN'S YARNING CIRCLE**

Join Lachlan in a safe and supportive space to share your life experiences with other men who are navigating mental health challenges.

## **MINI GOLF**

Enjoy a fun game of mini golf at Alice Springs Leisure Centre.

## **SHOW DAY**

Join us for a day at the Alice Springs Show! Enjoy an exciting environment, animal exhibits and information stalls.

## **HEALTHY COOKING**

Join us for a fun and interactive cooking session! Discover new, healthy, and delicious recipes every week and share the meal you've cooked with fellow participants.

## **8BALL @ CLUB EASTSIDE**

Come join us for a friendly 8Ball competition at Club Eastside! Whether you're a seasoned player or a complete beginner, everyone is welcome.

## **CENTRELINK AT MHACA**

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

## **DRIVE & VIBE**

Come along for a drive and some music - destination will be decided each week.

## **COMPUTER SKILLS**

Come along to develop and improve basic computer skills including sending emails, creating documents and building confidence with technology.

## **MUSIC**

Come along to play some tunes, have fun, and connect with others!

## **HEARING VOICES GROUP**

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

## **FOOTY 4 LIFE**

Get some gentle exercise at Footy 4 Life facilitated by AFL NT. This is for people of all abilities.

## **COMMUNITY NURSES**

Monthly visit and check-ups from the community nurses team.

## **LIVING SKILLS PROGRAM LAUNCH AND LUNCH**

Be the first to watch the new Living Skills program. We'll also play a game with prizes and enjoy a delicious lunch at MHACA.

## **COLABORATIVE CREATIONS**

Come along to the Writing Circle and discover new ways to express yourself.

## **SPORTS AT THE Y**

Join Loo from Reclink for an exercise session at the Y. Sports change every week.

## **BASKETBALL**

Join us for a fun and active game of basketball. Build teamwork, develop skills and enjoy some friendly competition in a supportive environment.

## **NDIS PRICE GUIDE**

If you are a MHACA participant and also have an NDIS Plan, please make sure you RSVP to all activities you wish to attend for pick-up and attendance purposes. Be aware that activities have limited spots. If you can't make it to an activity you have already RSVP for, please cancel a week in advance. If you cancel late or don't show up, MHACA will charge you 100% of the activity cost. Talk to your Support Coordinator if you have questions. Centre Capital Costs (CCC): These are per participant, per hour fee that contributes to the costs providers incur running and maintaining a centre. Non-Face-To-Face Support costs: These are the behind the scene tasks that a provider does while the participant is not present, to ensure that they can participate in the group or centre based support. 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	
<b>Weekday - Group activities in the Community</b> 04_102_0136_6_1	<ul style="list-style-type: none"> <li>Men's Yarning</li> <li>8Ball</li> <li>Footy 4 Life</li> </ul>	<ul style="list-style-type: none"> <li>Sports at the Y</li> <li>Hearing Voices Group</li> <li>Basketball</li> </ul>	<b>\$34.33 per hour + CCC and non-face-to-face</b>
<b>Weekday - Group Activities in the Centre</b> 04_102_0136_6_1	<ul style="list-style-type: none"> <li>Writing/Study Circle</li> <li>Music</li> <li>Healthy Cooking</li> <li>Drop-in Centre</li> </ul>	<ul style="list-style-type: none"> <li>Computer Skills</li> <li>Mini Golf</li> <li>BBQ at MHACA</li> </ul>	<b>\$34.33 per hour + CCC and non-face-to-face</b>
<b>Weekday Evening - Group Activities in the Community</b> 04_103_0136_6_1	Any special weekday evening activities (Cinema, night markets etc)		<b>\$37.83 per hour + CCC and non-face-to-face</b>
<b>Weekend - Group Activities in the Community</b> 04_104_0136_6_1	Weekly weekend activities range from cinema, ten pin bowling, driving range, camping, etc.		<b>\$48.32 per hour + CCC and non-face-to-face</b>
<b>Transport</b>	Will be charged at \$0.99 per km		