

GROUP ACTIVITIES

August calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|--|
| | | | | | 1 |
| 3 CLOSED <i>Public Holiday</i> | 4 WOMEN'S RECOVERY GROUP 10am-12pm  BASIC TECH SKILLS 1:30pm-2:30pm | 5 BINGO 10am-12pm  | 6 HEARING VOICES 10am-12pm CRAFT 1pm-3pm  | 7 COMMUNITY GARDEN 10am-11:30am  MUSIC 11am-1pm  MEN'S YARNING CIRCLE 1pm-2:30pm | 8 Desert Park & Lunch 10am-2pm  |
| 10 DROP IN: 8:30am - 1:30pm | 11 WOMEN'S RECOVERY GROUP 10am-12pm CREATIVE WRITING 1:30pm-2:30pm  | 12 BINGO 10am-12pm  | 13 HEARING VOICES 10am-12pm CRAFT 1pm-3pm  | 14 COMMUNITY GARDEN 10am-11:30am  MUSIC 11am-1pm  MEN'S YARNING CIRCLE 1pm-2:30pm | 15 BBQ at the Telegraph Station 10am-2pm  |
| 17 DROP IN: 8:30am - 1:30pm | 18 WOMEN'S RECOVERY GROUP 10am-12pm  BASIC TECH SKILLS 1:30pm-2:30pm | 19 BINGO 10am-12pm  STAFF/PARTICIPANT MEETING 12pm-1pm | 20 HEARING VOICES 10am-12pm CRAFT 1pm-3pm  | 21 COMMUNITY GARDEN 10am-11:30am  MUSIC 11am-1pm  MEN'S YARNING CIRCLE 1pm-2:30pm | 22 Ten Pin Bowling 10am-2pm  |
| 24 DROP IN: 8:30am - 1:30pm | 25 WOMEN'S RECOVERY GROUP 10am-12pm CREATIVE WRITING 1:30pm-2:30pm  | 26 BINGO 10am-12pm  | 27 HEARING VOICES 10am-12pm CRAFT 1pm-3pm  | 28 COMMUNITY GARDEN 10am-11:30am  MUSIC 11am-1pm  MEN'S YARNING CIRCLE 1pm-2:30pm | 29 Transport Hall of Fame & Lunch 10am-2pm  |
| 31 DROP IN: 8:30am - 1:30pm | <p>If you would like to participate in any of the activities, please RSVP to 8950 4600 or 0439 844 146 ONE WEEK BEFOREHAND</p> <p>Please remember to wash and sanitise your hands frequently, practice good hygiene and social distancing. If you are feeling unwell, please do not come to MHACA.</p> | | | | |



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.

How to join in: Please book at least ONE WEEK in advance by calling/texting Sharon on 8950 4600 or 0439 844 146

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

GROUP ACTIVITIES

Healthy Cooking: Come and join Ella and learn how to cook healthy and tasty meals! Learn a new recipe every week that you can take home with you and join in sharing the lunch you've prepared with participants and staff afterwards.

Basic Tech Skills: Come and join Zehra, who will teach you how to use your technological item of choice! Here you can learn how to use a computer, iPad, phone or tablet properly or be shown you how to use the internet and apps.

Bingo and Board Games: Have fun with other participants, socialise and enjoy the fun of Bingo and other board or card games of your choice (Uno, Chess/Checkers, Scrabble, Puzzles etc).

Hearing Voices: This group is specially 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 who experience the same things you do.

Craft: Come and join Karyna as you unleash your creative side! Painting, drawing, sculpting, printing and many other fun crafts are experimented with weekly. Everything you make you can take home and decorate your home with.

Men's Yarning Circle: Come and join Lachlan and share your experiences in a supportive group of 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 and find new strategies to cope.

Water Activities at the Pool: Come and join John and get some gentle exercise while enjoying the cool water at the Alice Springs Town Pool! Chat, socialise and get that body moving in a supportive and fun environment. Bring your swimmers and jump in! A perfect way to cool off at the end of the week.

Music Program: Come and join Lucia and get involved in the weekly collaborative music jam session! Any musical ability welcome and Instruments are provided, though you can also bring your own. Make friends and make music.

Creative Writing: Come and join Zehra and have fun expressing yourself through writing! Short stories, prose, poetry, all is welcomed and willing to be explored in this writing group. Learn more about yourself and your imagination through the act of writing.

Community Garden: Join John every week at the community garden and learn how to grow and tend to your own vegetables, fruits, herbs and flowers! It's an opportunity to get outside in nature and you get to eat the delicious produce at the end of the season, or whenever the food is ready to be picked!

Women's Group: Join Karyna and Ella every week in this women's only group that creates a safe space for you to share your story about what is happening currently with your personal mental health journey and covers a different recovery-focused topic every week. It also gives you the opportunity to meet other women who are going through a similar experience as you.

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.

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

| Support Items | Activities | Hourly Rate |
|--|---|------------------|
| Weekday - Group activities in the Community 04_120_0136_6_1_T | <ul style="list-style-type: none"> Gentle Water Exercise @ The Pool Men's Yarning Circle Community Garden Women's Recovery Group | \$33.31 per hour |
| Weekday - Group activities in the Centre 04_170_0136_6_1_T | <ul style="list-style-type: none"> Drop In Dance/Exercise Music Program Hearing Voices Craft Group Creative Writing Healthy Cooking Basic Tech Skills | \$36.32 per hour |
| Weekday Evening -Group Activities in the Community 04_123_0136_6_1_T | Any special weekday evening activities (eg. movie nights etc) | \$36.67 per hour |
| Weekend Activities - Group activities in the Community 04_121_0136_6_1_T | Monthly weekend activities range from cinema, tenpin bowling, Simpson's Gap, camping etc | \$46.73 per hour |
| Increase Social and Community Participation Individual Skills Development And Training 09_009_0117_6_3 | Individual life skills development and training including public transport training and support, developing skills for community, social and recreational participation. | \$86.46 per hour |
| Transport | Will be charged at 10 minutes per trip at the rate of the activity in which you are involved. | |