

Healthy Mind Hub

Activity group calendar

This calendar will run from Monday 10 October to Friday 16 December 2022



Merri Health
Healthcare that moves with you

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10am - 12pm Good Food Where: The Exchange House</p>	<p>10am - 11.30am Coffee & Chat Where: Offsite*</p>	<p>10am - 1pm Art Explorers Where: Offsite*</p>	<p>10am - 12pm Good Food Where: The Exchange House</p>	<p>10:30am - 11.30pm Coffee and chat Where: Offsite*</p>
<p>10am - 1.00pm Art Gp 1: 10:00am - 11:30am Gp 2: 11:30am - 1:00pm Where: The Exchange Art Studio</p>	<p>10am - 12pm Good Food Where: The Exchange House</p>	<p>10am - 1pm Merri Makers Where: The Exchange House</p>	<p>11am - 3pm Social Wellbeing Where: Offsite*</p>	<p>11am - 1pm WEL Where: Co Care Room</p>
<p>12:30pm - 2:30pm Water Wellness Where: Coburg Leisure Centre*</p>	<p>10am - 1.00pm Art Gp 1: 10-11.30am, Gp 2: 11.30-1.00pm Where: The Exchange Art Studio</p>	<p>1.30pm - 4.30pm Merri Makers Where: The Exchange House</p>	<p>12:45pm - 3.45pm Art Gp 1: 12:45pm-2:15pm Gp 2: 2:15pm-3:45pm Where: The Exchange Art Studio</p>	<p>12pm - 2pm Community Lunch Where: The Exchange House*</p>
<p>1:30pm - 4.30pm Art Gp 1: 1:30pm-3:00pm Gp 2: 3:00pm-4:30pm Where: The Exchange Art Studio</p>	<p>12pm - 2pm Good Food Group Where: The Exchange House</p>	<p>1.30pm - 3.30pm Outing General Where: Offsite*</p>	<p>1pm - 2pm Crispfit Where: Brunswick Baths</p>	<p>1pm - 4pm Art Where: The Exchange Art Studio</p>
<p>3pm - 4pm Active Hearts Where: Coburg Leisure Centre</p>	<p>12pm - 4pm Outing Where: Offsite*</p>	<p>5pm - 7pm Dining Out Where: Offsite - various restaurants* Last Wednesday of the month</p>	<p>2.30pm - 4.00pm Walking Wellness Where: The Exchange House</p>	<p>2pm - 3:30pm Singing Group Where: The Exchange House</p>
	<p>1.30pm - 4.30pm Art Gp 1: 1:30pm-3:00pm Gp 2: 3:00pm-4:30pm Where: The Exchange Art Studio</p>			



***Clients will need to contribute funds to participate**

If you would prefer to have this calendar sent to you electronically or in a bigger font size, email Intake.CMH@merrihealth.org.au.



About the activities



Merri Health
Healthcare that moves with you

MONDAY

Good Food

Prepare a meal and eat together. Learn skills around nutrition, budgeting, menu planning and food safety.

Art

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

Water Wellness

Experience how moving in water can be beneficial to your health
Learn basic strength exercises
Relax in the spa or sauna
Socialise over a cuppa in the leisure centre café
Cost: Concession entry \$5.20
Location: Coburg Leisure Centre

Active Hearts

Active Hearts is a gentle physical activity program for anyone who hasn't done any exercise in a while or has an ongoing health issue.

The Exchange House

The Exchange House/Art Studio is located at 21 Victoria Street, Coburg. Due to COVID-safe protocols, there is no drop in. Participants are only to be on-site for the time of the groups they are attending.

TUESDAY

Coffee & Chat

An opportunity for participants to socialise and develop connections.

Good Food

Prepare a meal and eat together. Learn skills around nutrition, budgeting, menu planning and food safety.

Art

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

Outing

Providing a group social outing to various locations.

What is the Healthy Mind Hub Activity Group Program?

The program provides a safe and supportive environment for people experiencing mental health issues to come together, learn new skills and support each other by taking part in activities.

Eligibility (new referrals): participants experiencing mental health issues with a current NDIS package and who are aged 18 and over.

For information and referral, call 1300 637 744 or email intake.cmh@merrihealth.org.au

WEDNESDAY

Art Explorers

This art group offers an exploration of a variety of visual art methods with opportunities for outdoor art making as well as visiting art galleries and other inspiring places.

Merri Makers

This group offers creative opportunities to engage in a range of craft and sewing activities.

Outing

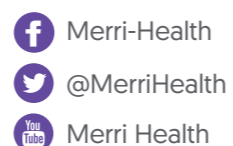
Providing a group social outing to various locations.

Dining Out

Dining out provides a low-cost meal with a social atmosphere and a chance to explore some of Melbourne's wonderful restaurants. Bookings are essential.



Connect with us



1300 637 744 (MERRI H)
21 Victoria Street, Coburg
www.merrihealth.org.au

THURSDAY

Good Food

Prepare a meal and eat together. Learn skills around nutrition, budgeting, menu planning and food safety.

Social Wellbeing

This group offers you a range of activities to support your wellbeing. Activities will alternate between:
> Movie Club
> Massage/Pamper
> Explore Melbourne
> Lunch and shop

Art

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

Crispfit

This is a group fitness program led by a qualified fitness instructor.

Walking Wellness

Experience the benefits of walking for your mental and physical health. Share ideas and set goals around exercise and nutrition, followed by a walk around local walking tracks. Essentials: supportive shoes, water bottle, hat, jacket. Walking duration: approximately and hour



FRIDAY

Singing Group

An informal music group for participants to sing their favourite songs. No musical knowledge or ability required.

Art

Learn and develop your skills in painting, drawing, claywork and expand your artist portfolio.

WEL

WEL (Women Experience Life) is a support group for women experiencing mental health issues.

Community lunch

Community lunch is about meeting to share a nutritious and healthy meal for \$3. Participants decide what's on the menu each week.

Coffee & chat

An opportunity for participants to socialise and develop connections.

Call us

The Healthy Mind Hub will now be offering 1:1 Independent living skills. If interested, please contact reception for further information.

If you have any questions or want to know more about any groups, please contact us on 1300 637 744.

