



# Activelinks

Kei te whaka hau hau me tautoko puangi  
mea angitu te wa whakata

To encourage & support recreation, sport &  
Leisure opportunities for people living with a  
mental illness.

Comcare recognises the importance of the relationship between physical and mental health and has endorsed the Equally Well initiative which has been developed to improve the physical health outcomes for people with experience of mental health and/or addiction issues.

**Activelinks** provides support to “get active” through increasing participation in physical activity, sport, recreation and leisure pursuits. The aim of the service is to promote independence and involvement in community life with a focus on health and wellbeing. Support can be individual or through a group.

Activelinks also aims to address the social stigma and discrimination in the recreation, physical activity and leisure sectors relating to mental illness.

## Activelinks Groups

We run weekly groups that can be joined to be active in the community. The groups are a great opportunity to meet new people and get active.

## Individual Support

We provide one on one support to help in achieving a recreational goal.

## Activelife

Activelife is a specialised healthy living programme that brings people with mental illness or addiction issues together through facilitated group exercise and discussions in a safe and supported environment. The programme assists people to become more active, learn about healthy eating and make more positive choices

## Activehire

Activehire offers exercycles for hire at an affordable cost for up to 6 months. The equipment is delivered to the individual’s home and ongoing support is provided on how to use the exercycle safely.

## Contact Us

Phone: 03 377 7020 Fax: 03 961 0794

Email: [recreation@comcare.org.nz](mailto:recreation@comcare.org.nz)

Post: PO Box 22004, Christchurch 8142.



## Who is eligible?

This service assists people with a primary diagnosis of a psychiatric illness over the ages of 18 and who live in the Canterbury region.

## Who can refer?

Referrals can be made by health professionals however friends, family and individuals are able to refer. Please contact us for a referral form.

# North Canterbury Groups



*ActiveLinks*

## Rangiora Aqua Group

Wednesday at  
9:00-10:30

**Dudley Park Aquatic Centre**

Come along to participate in Aqua aerobics, aqua jogging, or lane swimming.

A great way to get some exercise while taking the impact off the body compared to most other types of activity.

## Rangiora Gym

Tuesday 2:00-3:00,  
Friday 1:30/2:30

**Mitre 10 Mega Sports Centre**

Participants take part in a Circuit style class suitable to their level in a friendly Environment

## Activehire

**\$10 per month, up to 6 months**

Comcare Trust now hire out exercycles for a reasonable price.

If interested please let us know so we can discuss further details.



Please contact *ActiveLinks* on 03-310-6060

to find out more details

*ActiveLinks* provides support for people experiencing mental illness to participate in recreation, sport and physical fitness.