



Activelinks

Ko te whakaora, he hīkoi whakāmarama Māna anō
tōna ake ara whakaora e whakarau

A journey of discovery where an individual leads their own unique process of moving forwards

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 the community with a focus on health and wellbeing. Support can be offered individually or in a group setting.

Support can be individualised, through a group, or specialised healthy living programme. Health, nutrition, fitness resources and information are also provided. The aim is to promote independence and involvement in community life with a focus on health and wellbeing.

Activelife Comcare’s specialised Healthy Living programme was the 2009 CDHB Quality and Innovation Supreme Award winner.

Activelife is a specialised healthy living programme with a mix of Peer support and expert health and wellbeing professionals which 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 in a fun environment.

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

Contact Us

Phone: 03 377 7020 Fax: 03 961 0794

Email: t.munro-callis@comcare.org.nz

Post: PO Box 22004, Christchurch 8142

www.comcare.org.nz



Who is eligible? This service assists people with a primary diagnosis of a psychiatric illness/AOD 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 or visit our website at www.comcare.org.nz

Activelinks

Physical Activity Groups

FUN DANCE

MONDAY

11am-12pm

City YMCA - Dance room

Gold Coin

FRIDAY

Hagley Park - meet by the tennis courts

11.15am

Great way to have FUN and burn calories! You won't even know you're working out.



GYM

MONDAY, WEDNESDAY and FRIDAY

1.20pm-2.20pm

City YMCA

\$2

If you are wanting to work on your cardio, weights or general fitness we can support you! Come on down and we can develop a program that suits you. Must bring along a drink bottle, towel and covered shoes.

WALK GROUP

WEDNESDAY

10.30am-11.30am

Hagley Park - Meet by the BBQ near the tennis courts

FREE!

Walking group often splits into 3 different groups to cater for all abilities and speeds. 30 mins to 1 hour walking. A great way to meet people and to have a walk through the park.

AQUA JOGGING

TUESDAY

1pm-2pm

Graham Condon

Gold Coin

This group is ideal for people of all levels, from those wishing to learn how to aqua jog to those who do it regularly.

AQUA JOGGING

THURSDAY

1pm-2pm

Jellie Park Indoor Pool

Gold Coin

This group is ideal for people of all levels, from those wishing to learn how to aqua jog to those who do it regularly.

AQUA JOGGING

WEDNESDAY

10:30am-11:30am

Taiora QEII

Gold Coin

This group is ideal for people of all levels, from those wishing to learn how to aqua jog to those who do it regularly.

BADMINTON

THURSDAY

10.30am-11.30am

Canterbury Badminton

Stadium

Gold Coin

All equipment supplied. This group is ideal for people of all levels. Fun and friendly group.

TENNIS

TUESDAY

2pm-3pm

North Hagley Park

FREE!

Tennis rackets are supplied. This group is ideal for people of all levels—beginners or competent players. Lots of fun out in the fresh air.

TABLE TENNIS

THURSDAY

2pm-3pm, \$2

Canterbury Table Tennis

Association, Blenheim Road

Bat and balls provided, great for winter as it is inside. All levels welcome.