



# Activelinks North Canterbury Hub

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

To encourage and support recreation, sport and 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 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

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: [northcanterbury@comcare.org.nz](mailto:northcanterbury@comcare.org.nz)  
Post: PO Box 65, Rangiora 7740  
[www.comcare.org.nz](http://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 web site at [www.comcare.org.nz](http://www.comcare.org.nz)



# ActiveLinks North Canterbury Hub

## Rangiora Gym

Tuesday and Friday

01:30pm—02:30pm

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 six  
months

Comcare Trust now hire out  
exercycles for a reasonable  
price.

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

## Rangiora Aqua Group

Wednesday at  
09:00am -10:30am

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.

Gold coin entry required for entry into  
the pool.



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

Please contact *ActiveLinks* on 03 377 7020 ext 761

to find out more details