



# Activelinks Urban

## 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

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: [enquiries@comcare.org.nz](mailto:enquiries@comcare.org.nz)  
Post: PO Box 22 004, Christchurch 8140  
[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 website.

# Activelinks

## Physical Activity Groups

### FUN DANCE

**MONDAY**

**11am-12pm**

**City YMCA - Dance room**

**Gold Coin**

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



### 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.

### 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.

### 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

**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.

### 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.

### 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.

### 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.