

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.

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.

Contact Us

Phone: 03 377 7020
Email: northcanterbury@comcare.org.nz
Post: PO Box 65, Rangiora 7740
www.comcare.org.nz



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

**Circuit style class suitable to their level
in a friendly environment.**

Rangiora Gym

Tuesday 1:30pm-2:30pm
Mitre 10 Mega Sports Centre
345 Flaxton Rd, Rangiora

Hurunui Gym

Friday 1:30-2:30pm
Mitre 10 Mega Sports Centre
10 Anderson Street, Amberley



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

