



Activelinks North Canterbury Hub

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, having endorsed the '*Equally Well*' initiative. This 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. It 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 can refer?

Referrals can be made by healthcare 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

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

Free Phone: 0800 537 3464

Website: www.comcare.org.nz

Post: PO Box 65, Rangiora 7740