



## 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, 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.

### Activelife

Activelife is a specialised healthy living programme providing facilitated healthy eating discussions and exercise taster sessions. It brings people with mental illness or addiction issues together in a safe and supported environment. The programme assists people to learn about healthy eating, be more active and make more positive choices in a fun environment.

Activelife provides the opportunity to participate in cooking healthy lunches and to gain useful meal planning, shopping, and cooking skills.

### Course Information:

Wednesdays 10.00am -1.00pm

Courses run for 8 weeks

Held at: South West Baptist Church, Spreydon

### Courses planned for 2026:

11<sup>th</sup> Feb – 1<sup>st</sup> April

13<sup>th</sup> May – 1<sup>st</sup> July

5<sup>th</sup> August – 23<sup>rd</sup> September

### 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](http://www.comcare.org.nz)

### Who is eligible?

This service assists people with a primary diagnosis of mental health / AOD over the ages of 18 and who live in the Canterbury region.

### Contact Us

Phone: 03 377 7020

Free Phone: 0800 537 3464

[www.comcare.org.nz](http://www.comcare.org.nz)

Post: PO Box 22 004, Christchurch 8140

### Visit Us

Location: 334 Lincoln Road,

Addington, Christchurch 802