comcare TRUST

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.

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:

A **free** 8-week exercise and nutrition education programme held each starting **Friday 16th October, held at the Baptist Church Hall, Rangiora**.

Activelife

- Become more active
- Learn about Healthy Eating
- Make Positive Choices
- Meet new people and have Fun.

Who is Activelife for? People:

- Under specialist mental health services/ or who have been discharged to GP
- 18 years of age and over

What commitment is needed?

- Ability to attend every Thursday from 10.00am - 1.00pm for 8 weeks. starting 15th October 2026

Go to our website **www.comcare.org.nz** on the front page, go to generic referrals and fill out form, reason for referral in drop box is to join the North Canterbury Activelife Programme, 2026.