

## BB DISABILITY & HEALTH SERVICES

### CENTRE BASED GROUP ACTIVITIES – TIME TABLE

	9.00-9.30	9.30-10.30	10.30-11.30	11.30-12.30	12.30-1.30	1.30- 2.30
Monday	Sunrise chat-connecting...	Deep relaxation & yoga	Gardening	Cooking skill training	Lunch & entertainment	Men group
						Women group
Tuesday	Sunrise chat-connecting...	Mindfulness & meditation	Computer/internet basic skills	Photography-basics	Lunch & entertainment	community services-info
Wednesday	Sunrise chat-connecting...	Nourish your motivation talk	Art for Happiness	Cooking Demo	Lunch & entertainment	Karaoke-sing/dance
Thursday	Sunrise chat-connecting...	Health & wellbeing stretches	Trivia	Group Games	Lunch & entertainment	Psycho-education (SW+ RN)
Friday	Sunrise chat-connecting...	Walk & talk	Peer Led music	Health checks Registered Nurse	Lunch & entertainment	Men group
						Women group

*We are led by you ...please suggest more activities ...We will make it happen...*

#### Additional centre based services

1. Social Work interventions to address NDIS/ Housing/ Centrelink needs
2. Information and referrals to appropriate services- care coordination
3. One-one One Health talk session led by Registered Nurses- Mental Health and Physical wellbeing

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