



ActiveLinks

Activelinks, Comcare Trust

Who we work with?

- People who experience mental health and addictions
- People over the age of 18
- Referred by: Self, GP, Case Manager, Support Worker
- Keep the referrer and/or Case Manager up to date with progress 3 to 6 monthly

Why Activelinks?

- Comcare recognise the importance between people's mental health and their physical health and has endorsed the Equally Well Initiative
- Independence and involvement in the community
- Sometimes support is needed to build confidence

What do we do?

- Individual Support - 3-6 months 1:1 support.
 - Gain confidence in gym environment, aqua jogging, biking, home exercise routines, walking in local area
- Group support
 - All groups are either free or a gold coin to attend
 - Gym, City YMCA x3 a week
 - Aqua jogging, Graham Condon & Jellie Park x2 a week
 - Fun Dance, City YMCA x2 a week
 - Badminton
 - Walk Group
 - Tennis

Where

- We see our clients at various places - Main goal is to make it sustainable
 - Clients home/local area
 - Christchurch City Council gyms and pool
 - Hagley Park
 - Activelinks Groups
 - Community Groups

Activelife

- 8 week healthy living course
 - Nutrition guidelines
 - Goal planning
 - Sugar
 - Understanding food labels
 - Supermarket tour
 - Healthy snacks
- Activelinks Office
- Cook their own healthy lunch

Activehire

- Exercycle hire for \$10 a month
- 6 Month hire
- Client gets use of exercycle in their own home, build confidence, comfortable in their own environment
 - May lead to attending gym group or getting a machine for a longer period of time

Extra's

- Also guide and teach people about healthy eating
 - Supermarket shopping
 - Teaching to read back of labels
 - Ideas and tips
- Working along side Totara House,
 - Research about side effects of antipsychotic medication, weight gain
 - Equally Well initiative, working on peoples physical health, as well as mental health
 - Endorphin's released when exercising

CONTACT

- ▶ Referral forms - Comcare Trust website - What we do - Community Support Services - Activelinks - Referral Forms
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