

“well run
and
committed
facilitators”

(2007 group member)

Who is running ActiveLife?

Comcare Trust facilitators:

- recreation instructors with mental health experience
- nutritionist
- peer support staff

Where and When is ActiveLife?

The YMCA
Christchurch City
12 Hereford St

Tuesday 4 March 2008
at 10.30 to 1.00pm
for 4 months

Are you keen to sign up for ActiveLife?

Please fill out the enclosed
registration of interest form and return.

For more information, contact:

Rachel Brown
ActiveLinks Co-ordinator
ComCare Trust
Tel: 03 3772903

~~no time~~
ACTIVE LIFE

PROGRAMME 2008 CHRISTCHURCH

BECOME MORE
active

EAT
healthy
FOODS

MAKE
positive
CHOICES

MEET
new
PEOPLE

HAVE
fun

comcare



SUPPORTING PEOPLE WITH MENTAL ILLNESS

Who is Active Life for?

People :

- 🍏 under specialist mental health services or who have been discharged to GP care since March 2007
- 🍏 between 18 and 65 years of age
- 🍏 needing support to improve physical health, nutrition and wellbeing
- 🍏 who can participate in gym activities
- 🍏 who can get to the programme independently

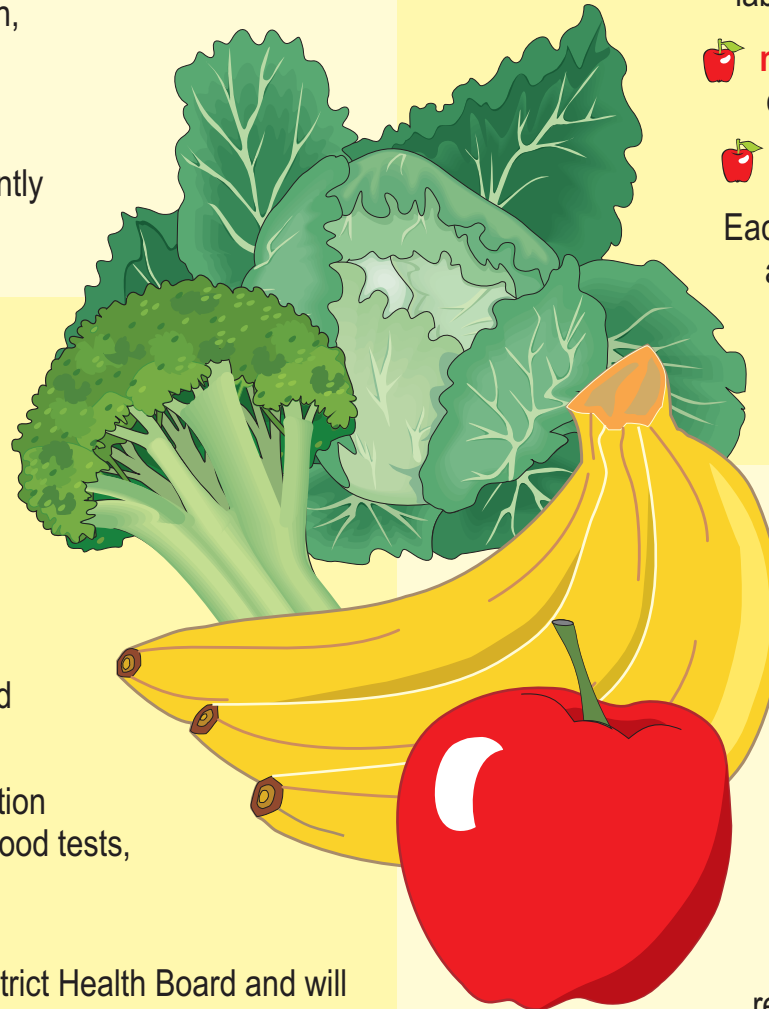
What commitment is needed?

- 🍏 ability to attend every Tuesday from 10.30am – 1.00pm for 4 months starting on 4 March 2008.
- 🍏 willing to be involved in group activities and discussions
- 🍏 willing to be part of the programme evaluation which will include health monitoring (e.g blood tests, weight measures, fitness, mental health)

ActiveLife 2008 is funded by the Canterbury District Health Board and will be evaluated with funding from HEHA (Healthy Eating Healthy Action).

“ it made me realise
I can put the past
behind me because
the present and
future is much
more exciting ”

(2007 group member)



What is Active Life?

A group of 15 people supported to:

- 🍏 **become more active** (e.g. circuit classes, strength training, walking).
- 🍏 **learn about healthy eating** (e.g. fun nutrition, food labels, healthy snacks, recipes, supermarket tour)
- 🍏 **make positive choices** (e.g. exercising safely, diabetes care, motivation, esteem, weekly goals)
- 🍏 **meet new people and have fun.**

Each Tuesday, the group is together for 2½ hours - an hour of physical activity, a shared provided lunch, and information and discussion on healthy living.

Why is Active Life needed?

People with mental illness have poorer physical health than the general population
(Harris and Barraclough 1998).

45% of mental health service users have a concurrent physical illness mainly cardiovascular, respiratory, diabetes and medicine related
(Cohen 2001).



Registration of Interest

Please tick ✓ the boxes if you are:

- under specialist mental health services OR have been discharged to GP care since August 2007 OR eligible for a Community Support Worker
- between 18 – 65 years of age
- keen for a four month programme every Tuesday morning, 10.30 – 1.00pm, starting 19 August 2008
- wanting support to improve your physical health, nutrition and wellbeing e.g. improved fitness, weight loss, social connections, more energy, better sleep, etc
- can get to the CHCH City YMCA (Hereford St) e.g. walk, bike, bus, car, support from care worker
- willing to be part of the programme evaluation which will include health monitoring e.g. measurements, fitness tests and mental health surveys

Name: _____

Clinical Case Manager: _____

Address: _____

Address: _____

Home Phone: _____ **Cell:** _____

Phone: _____

Referrer: _____

GP: _____

Medical Centre: _____

If your Clinical Case Manager is your GP please state your date of discharge from Specialist Mental Health Service: Month:Year:.....

- I consent to my Clinical Case Manager and my GP being advised of my registration for Active Life 2008
- I consent to Active Life 2008 staff having access to my current crisis/wellness plan

Signature: _____

Date: _____

Once you have completed this please send it to: Rachel Brown

*Active Links, Comcare Trust
PO Box 22 004, Christchurch
Ph 03 377 2903 or fax 03 961 0798*

We need registrations by Monday 21st July 2008.

We will meet with you by the beginning of August to discuss details and to confirm your eligibility for Active Life.

Rachel Brown (Recreation), Ruth Townshend (Nutritionist) and Libby Gawith (Researcher)
Active Life 2008

