

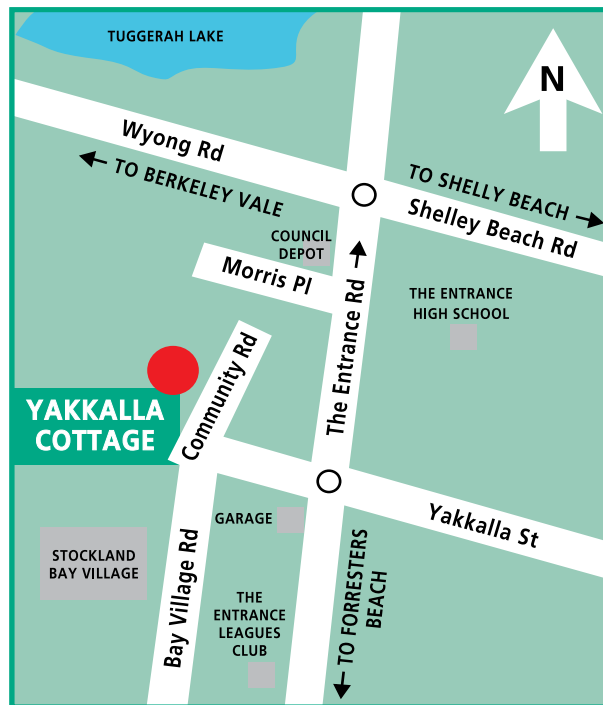
## ESSENTIALS TO BRING ALONG WITH YOU TO YAKKALLA

- Concession cards may be required to receive a discount on some of the outings.
- Identification will be needed on outings to clubs for entry.
- During summer, make sure you bring your swimmers, towel, hat, sunscreen, sunglasses and plenty of water, especially for outings to the beach.
- Wear suitable clothing for the gym, including a towel and bottled water.

FREE COURTESY BUS PICKUP/DROP OFF FROM GOSFORD STATION DAILY.

FOR DETAILS OF OTHER AREAS ON THE COAST CALL 4334 3666.

Join our mailing list for a copy of our Recreational Program Calendar



### YAKKALLA PROGRAM

A joint partnership between Mental Health Carers  
ARAFMI Central Coast & Northern Sydney  
Central Coast Area Health Service

Mental Health Carers  
ARAFMI NSW CENTRAL COAST



### Yakkalla Cottage

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YCV1 RVSD March 2010

Mental Health Carers  
ARAFMI NSW CENTRAL COAST



# Yakkalla Cottage



**SUPPORTING RECOVERY**  
*Recreation and Leisure activities  
for people whose lives have been  
affected by mental illness/disorders*

**(02) 4334 3666**

## YAKKALLA RECREATION PROGRAM

This program is for people who have been diagnosed with a mental illness/disorder.

Yakkalla aims to provide opportunities to help consumers in their recovery process. This is a journey where we can offer support and hope in developing social and interpersonal skills, reduce isolation, fear, anxiety and, give carers respite.



It's also a great way to make new friends and connect with the community through the activities on offer in the program.

The Yakkalla Recreation Program is about active participation by the consumers who have an opportunity to consult on how the Program runs and can best serve their needs through regular feedback.



## OUT OF THE HOUSE HAVING FUN



## YAKALLA'S CALENDAR AND ACTIVITIES

Each month, a Yakkalla Recreation Program calendar is mailed out to each consumer.

This calendar includes: the activities for each day, which staff member's will be participating, beginning, leaving and finishing/returning times, what to bring and cost if any.

If weather is not suitable for any activity, an alternative activity will be organised.

The calendar is a program of activities for all consumers to attend and participate in.

***\*\*\*Bookings have limited seating so it is advised to book ahead to ensure you get a seat on these trips.\*\*\****



**Activities Yakkalla provides:** Art & Craft outings BBQ's, pottery, yoga, relaxation, brunch club, ten pin bowling, tennis group, mens activities, womens group, consumer meetings, games, pool comps, table tennis.

**Mens Activities:** To enhance socialisation and basic living skills in an informal environment, whilst having fun!

**Womens Group:** aims to provide a recreational based program and includes self awareness and personal development. For women in the local community who have experienced mental health issues and wish to expand their social networks.