Being active is a great way to have fun

Did you know doing as little as 15 minutes of walking a day will improve your mood?

Next time, when you feel stressed/tired/bored, why not try:

- picking up seashells on the beach
- walking in your local park while listening to your favourite music
- having a day out to visit places you’ve not explored before eg the Botanic Gardens or Port Adelaide
- flying a kite
- walking your dog.

Benefits of being active

Being active can:

- improve your confidence, self-esteem and overall well-being
- help you relax and get a good night’s sleep
- improve concentration and mental focus
- allow you to feel more connected to your community and make new friends
- reconnect you with nature
- help you feel more comfortable in your own body
- improve your heart health and blood circulation
- reduce your risk of chronic diseases eg diabetes, heart disease, cancer.

‘When I feel sad or lonely, I always feel better when I go for a walk and listen to nature.’

Make it a part of your life, enjoy it

Find something you enjoy doing and consider asking a friend to come along, such as:

- walking around your neighbourhood on a Saturday and looking out for cheap bargains at a garage sale
- joining a community group
- putting music on and spring cleaning your place
- gardening – planting your favourite flowers/fruits/vegetables.

‘When I get bored at home, going out wandering around the shops is interesting and gives me some exercise.’
Give it a try

Be adventurous and challenge yourself, try out the following:

> test your limits by taking a longer route eg taking stairs or walking extra kilometres
> trying a new activity eg yoga, tennis or see what activities are available at your local community centre

‘Sometimes my medication makes me tired – going for a walk puts a fresh face on life.’

Where can I go for help?

Talk to your mental health worker, psychiatrist or GP. You can also contact the following places to find out about local activities or programs in your area:

**Metropolitan Programs and Activities**

<table>
<thead>
<tr>
<th><strong>Mental Illness Fellowship of South Australia (MIFSA)</strong></th>
<th><strong>Club 68</strong></th>
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</thead>
<tbody>
<tr>
<td>5 Cooke Terrace</td>
<td>68 Nelson Street</td>
</tr>
<tr>
<td>Wayville SA 5034</td>
<td>Stepney SA 5069</td>
</tr>
<tr>
<td>Telephone: 08 8378 4100</td>
<td>Telephone: 08 8362 2611</td>
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<tr>
<th><strong>MIFSA Panangga Activity Centre</strong></th>
<th><strong>The Gully Day Program</strong></th>
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<tr>
<td>64 Elgin Ave</td>
<td>4 Smart Road</td>
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<tr>
<td>Christies Beach SA 5165</td>
<td>Modbury SA 5092</td>
</tr>
<tr>
<td>Telephone: 08 8382 5588</td>
<td>Telephone: 08 8282 0630</td>
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<tr>
<th><strong>Club 84</strong></th>
<th><strong>Seaton Rehabilitation (St Bedes)</strong></th>
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<tr>
<td>84 Yorktown Road</td>
<td>338 Tapleys Hill Rd</td>
</tr>
<tr>
<td>Elizabeth Park SA 5113</td>
<td>SEATON SA 5023</td>
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<tr>
<td>Telephone: 08 8287 3800</td>
<td>Telephone: 08 8200 2000</td>
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<tr>
<th><strong>Western Psychosocial Rehabilitation Programs</strong></th>
<th><strong>Diamond Clubhouse SA Inc.</strong></th>
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<tr>
<td>4b 98 – 102 Woodville Rd.,</td>
<td>19 Kilkenny Road</td>
</tr>
<tr>
<td>Woodville SA 5011</td>
<td>Woodville Park SA 5011</td>
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<tr>
<td>Telephone: 8200 2011</td>
<td>Telephone: 08 8244 5525</td>
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<th><strong>Sunshine House</strong></th>
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<tr>
<td>468 Morphett Road</td>
<td></td>
</tr>
<tr>
<td>Warradale SA 5046</td>
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<tr>
<td>Telephone: 08 8358 2264</td>
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For more information

**Mental Health Directorate**

226 Fullarton Road
Glenside SA 5062
Telephone: (08) 8303 1111 (switchboard)

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Country Programs and Activities

Caring Supportive People (CSP)
40 Stansbury Road, Yorketown
Opening times:
Tuesday 10am - 3pm
Phone: 0429 098 327
Email: csp.group@internode.on.net

Our House Port Augusta Inc
21 Edinburgh Terrace
PO Box 1782
Port Augusta SA 5700
Opening times:
Tuesday 10am - 1.00pm and
Thursday from 10am - 3pm.
Wednesday 10am - 3pm.
Phone: 0427 563 627

FOCUS
Cr Henry St & Main North Rd
Auburn S.A.
Opening times:
Tuesdays & Thursdays 10 am - 2 pm
Call us if you would like to find out more
Phone: 0448216467
Email: focusauburn@adam.com.au

The Hall
5 Greening Street, Mannum SA 5238
Opening times:
Monday, Wednesday &
Friday 10am - 3pm.
Phone: 08 8569 1643
Email: thehall@internode.on.net

Rainbow Connection
Mental Health Activity and Resource Centre
9-11 Seekamp Street Berri SA
Opening times:
Tuesdays 1pm - 4pm
Wednesdays 10am - 3pm.
Phone: 85 825 366
Fax: 85 824 926
Email: rainbowconnection1@hotmail.com

The Station Community Mental Health Centre Inc.
2a John Terrace Wallaroo SA 5556
For more information on programs and activities contact Sam or Jane
Phone/ Fax: 08 88234181
Email: thestation@internode.on.net

The Junction
19 Ferrers Street
PO Box 267
Mount Gambier SA 5290
Opening times:
Tuesday 10 a.m. till 3 p.m.
Thursday 10 a.m. till 1 p.m.
Phone: 08 87245250 (on Junction days)
Coordinator Nel Jans
Email: (junctioncoord@gmail.com)

For more information

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