



Burdekin

## Mental Health Hub – Timetable January

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Breakfast Club</b> 8am to 10am Including pick up	<b>Galaxy Cinema</b> 10am to 12.30pm (10am pick up time, 10.30am the movie starts)		20 January Let's head down to Bowen! Subject to approval by the Bowen office
	<b>Art Wellbeing</b> 10am to 12.30pm Including drop off	<b>Picnic Lunch</b> 12:30pm to 1.30pm		<b>Great Outdoors BBQ group</b> 11am to 1pm

## Mental Health Hub- Group overview

**Breakfast Club-** Members are encouraged to assist with the planning, preparation and cooking of a group breakfast. Afterwards, members enjoy their Hub-made breakfast together. Please ensure enclosed footwear is worn while cooking.

**Art Wellbeing -** Members are empowered to express themselves through art and enjoy the many benefits of creativity for their mental wellbeing. Practicing mindfulness with different techniques whilst creating a safe space to truly be themselves.

**Easy-Peasy Cooking-** Get hands-on in the kitchen and learn how to make some of your favourite easy-to-make meals. Please ensure enclosed footwear is worn while cooking. Temporarily unavailable while we wait for the external renovations to be complete on the hub.

**Great Outdoors BBQ Group-** Barbequing and enjoying the great outdoors together is a social stress reducer, mental health booster and health enhancer. This group will find different locations around the Burdekin, go for trail walks and work together to prepare a BBQ they can all enjoy before heading home.

THESE ACTIVITIES MAY CHANGE SLIGHTLY DEPENDING ON THE WEATHER AND THE AVAILABILITY OF THE UNIT AND THE TENNIS CLUBHOUSE.