

YAKKALLA RECREATION PROGRAM

Frequently Asked Questions



WHO ARE WE??

- We are a Community Mental Health support service for people in the local community on the Central Coast supporting recovery through leisure and recreation
- Our activities are group oriented and are posted monthly on a calendar which can be sent or emailed to you once you are added to our mail out.
- The centre is staffed and facilitated by four non clinical workers as a community partnership from Central Coast Local Health District and Mental health Carers ARAFMI (Central Coast Region)

WHO IS ABLE TO COME TO YAKKALLA?

We cater for people 18years and up who have a primary Mental Health Diagnosis, and needing to connect with people socially in the community....

WHERE CAN YOU FIND US?

- We are located at Bateau Bay at 6 Community Drive – adjacent to Bay Village Shopping Centre (Between Fire station and Smith Family).

HOW DO I GET THERE?

- We are located adjacent to Bay Village Shopping centre servicing *Red bus services* from Gosford City, Wyong Shire. www.redbus.com.au
- If you are having problems getting here by public transport then why not try our courtesy bus daily from Gosford station at 9am , or Wyong area by arrangement with the team here ,or , simply give us a call for a copy of our courtesy bus details/ availability

DO I NEED A REFERRAL?

We accept from health professionals self referrals, or referrals from family / friends,.

AM I ABLE TO GET COUNSELLING OR CASE MANAGEMENT SERVICES?

Our service is non clinical and doesn't provide one on one/group counselling ,however our team will endeavour to help point you in the direction which offer such support services

WHAT KIND OF ACTIVITIES DOES YAKKALLA OFFER PEOPLE?

We have a comprehensive calendar of up to 20 different activities such as, outings, pottery, arts; fun walks, sports, women's group, centre based activities etc

WANT TO FIND OUT MORE?

CALL US ON: (02) 43 34 3666 EMAIL: arafmibb@bigpond.com