

Central Coast ARAFMI values and includes people of all backgrounds, genders, sexualities, cultures, bodies, minds and abilities. We recognise the lived-experience of people who are impacted by mental health and acknowledge this as an expertise.

# YAKKALLA

SOCIAL & RECREATION PROGRAM March - May

CONNECT | GROW | RECOVER | LEARN

## YAKKALLA

Social & Recreation Program  
6 Community Road  
Bateau Bay NSW 2261

OPEN: Mon to Thurs Programs  
9am to 3pm  
Friday Outings



At Yakalla we recognise that each person is a unique individual with their own interests and goals. We offer a range of social, recreational and educational activities for people who live with a mental health condition.

Enquiries: 4323 7731

[www.ccarafmi.org.au](http://www.ccarafmi.org.au)

[Enquiries@ccarafmi.org.au](mailto:Enquiries@ccarafmi.org.au)

ABN 9361 202 8088 NDIS #4050000946



SCAN ME



Cover mural by Donna Harris



Registered NDIS Provider



CENTRAL COAST  
**ARAFMI**  
MENTAL HEALTH & MORE

## YAKKALLA PROGRAMS

### FOOD FROM SEED GARDENING

Learn new skills and meet new people outdoors. Enjoy watching your favourite veggies or fruit grow and create meals from the harvest.

### WALKING GROUP

Walk and chat around the local area while getting to know others in your community.

### COMMUNITY LUNCH

Enjoy a healthy freshly made lunch or BBQ prepared by our fabulous Jenny or staff. Meet new people, catch up with friends and refuel.

### ARTY PROJECTS

Bring in your own art or craft project to work on or try something new with support from staff.

### TEN PIN BOWLING

Join us for a friendly competition each week.

### POOL COMPETITION

Hang out for a casual game of pool and catch up with other members to enjoy a friendly competition.

### YAKKALLA BAND

Come and listen to our members band - 'The Yakkalla's' while they practice familiar songs. Feel free to join in or try your hand at learning a new skill.

### FEEL GOOD BINGO










Enjoy a touch of kindness and friendly competition each week with members and staff.

### WIND DOWN & CHILL OUT SESSIONS

A time to relax, meditate, reflect and regroup. Develop stress management techniques through the practice of mindfulness.

### SOCIAL OUTINGS

Come along and engage with others as we explore the greater Central Coast, Newcastle and Sydney.

YAKKALLA WEEKLY TIMETABLE 9am - 3pm				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Yakkalla Social Group 9am - 3pm</b> Come in for a coffee and a chat with staff and members.				
 <b>Food from Seed Gardening</b> 9am - 12noon	 <b>Arty Projects</b> 9:30am - 11:30am	 <b>Food from Seed Gardening</b> 9am - 12noon	<b>Arty Projects</b> 9:30am - 11:30am	<b>Social Outings</b>  Bookings essential Non-NDIS \$20 NDIS clients as per service agreement  <b>Small additional community groups by application only</b> <b>Enquiries 4323 7731</b>   <b>NDIS Services available:</b> <ul style="list-style-type: none"> <li>• Level 2 Support Coordination</li> <li>• Psychosocial Recovery Coaching</li> <li>• Social inclusion Programs and Activities</li> <li>• Friendly, Reliable Support Workers</li> <li>• Respite Accommodation</li> <li>• Community Outings</li> </ul>
<b>Walking Group</b>	<b>Ten Pin Bowling</b> 10am - 11:30am	<b>Community Lunch</b> 12pm - 12:30pm Seasonal Menu \$5	<b>Yakkalla Band</b> 10am - 12pm  <b>Community Lunch</b> 12pm - 12:30pm Seasonal Menu \$5 <b>Feel Good BINGO!</b> 11:30pm - 12pm 	
 <b>Wind Down &amp; Chill Out sessions</b> 1:30pm	<b>Yakkalla Band</b> 10am-2pm Socialise & Learn	<b>Pool Competition</b> Leader Board Winners drawn quarterly	<b>Wind Down &amp; Chill Out sessions</b> 1:30pm 	
	<b>Wind Down &amp; Chill Out sessions</b> 1:30pm		<b>Wind Down &amp; Chill Out sessions</b> 1:30pm	