

CENTRE SESSIONS

Monday 12.00 to 3.00pm

Tuesday 12.00 to 3.00pm

Wednesday 12.00 to 3.00pm

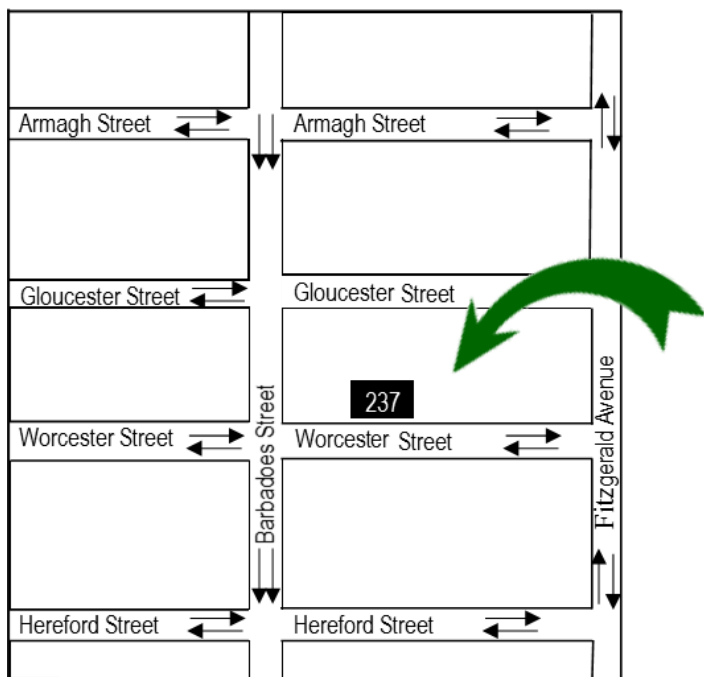
Thursday 12.00 to 3.00pm



**Make a difference
Be a Friend
Be a Volunteer at**



237 Worcester Street
Christchurch
Phone: 379 5218
Email: stlukeschch@gmail.com



*A club for people with
psychological,
emotional and social
needs.*



Phone: 379 5218 (during session
times or leave a message)
Email: stlukeschch@gmail.com



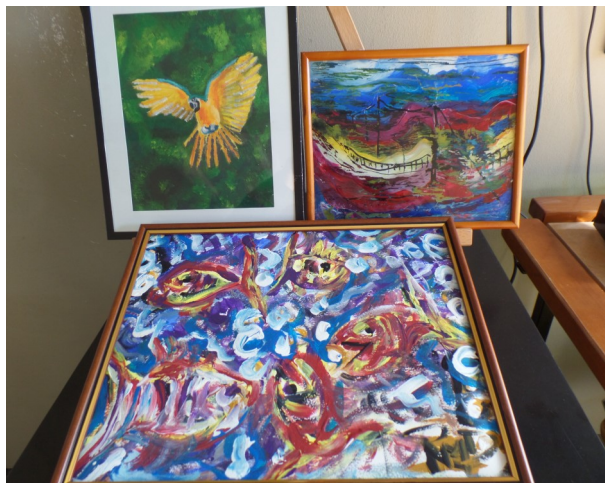
OUR CENTRE...

... is a club for people with psychological, emotional and social needs.

... offers a friendly, social environment.

Our members are referred by their General Practitioner or by a community mental health agency.

Our Centre is run by volunteers.



Our activities include...

- Arts and Crafts including painting, drawing, knitting, crochet
- Cards and other table games
- Bowls, table-tennis
- Cooking and baking
- Outings and picnics
- Parties and barbecues
- Socialising and refreshments
- A place for a quiet time.



Sessions cost 50 cents each and activities vary to serve different needs of members according to age and interests.

Written referrals are required.

Our objectives:

- To assist the mental and physical well-being of members by providing:
 - ⇒ a social setting in which friendships may grow
 - ⇒ recreational activities that promote recovery
 - ⇒ support in self care and independent living
- To encourage members' enjoyment of life.
- To support the recovery and community integration of members including progressive transition to other community recreation groups.

