

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



230 Brougham Street

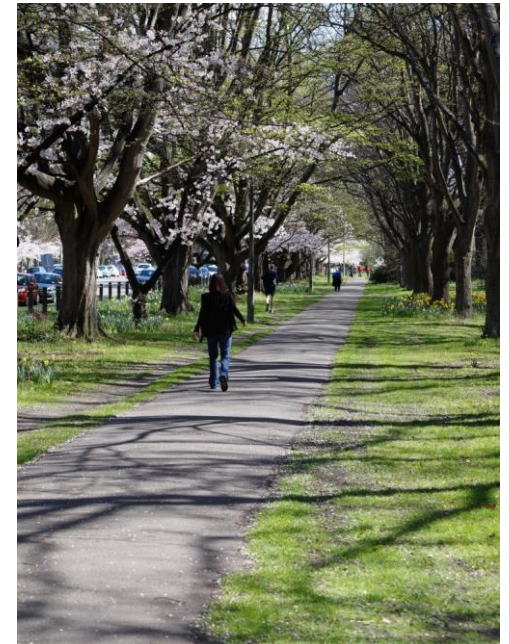
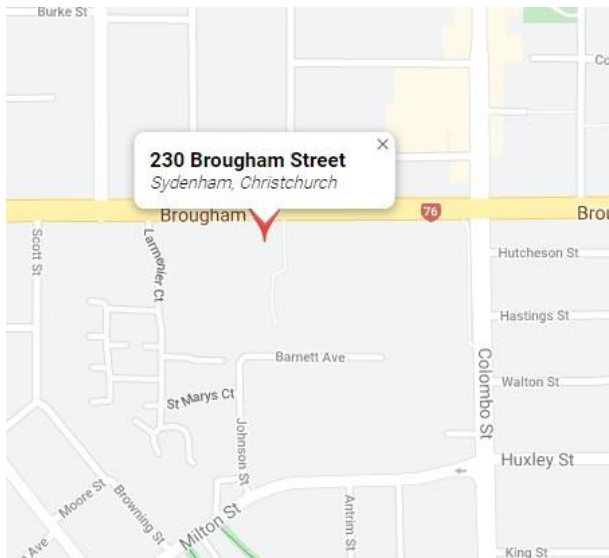
Sydenham

Phone: 03 366 9159

Email: stlukeschch@gmail.com



*A Club for people with
psychological,
emotional and social needs*



Phone: 03 3669159 during sessions
or leave a message

Email: stlukeschch@gmail.com

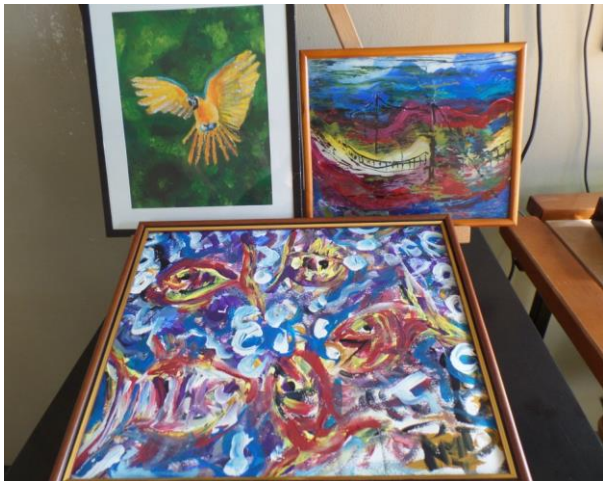


OUR CENTRE

- ❖ 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.

