

An Introduction to MIFSA Eyre Activity Programs

What is MIFSA?

The Mental Illness Fellowship of South Australia (MIFSA) is a member based and member driven organisation which is part of a national body with branches across states and territories in Australia. MIFSA is a community based, not for profit organisation delivering a range of programs and services for people affected by mental illness, carers and the community.

What is MIFSA aiming to provide in the Eyre region?

MIFSA is working with participants and other service providers to develop a structured program of activities which:

Aim to promote well-being in a supportive environment thereby assisting recovery and the prevention of relapse by offering opportunities for individuals to improve their ability to manage mental illness.

Are based on a rehabilitation and recovery framework, with the aim of connecting participants with their local community, providing informal peer support and provision of group programs.

Aim to facilitate opportunities for individuals affected by mental illness to develop skills, increase social and recreational options and access support and information.

Are a good place to develop friendships, trust, increase skills, be accepted and connect with the community.

MIFSA Eyre is funded by the Dept of Health and Aging to provide opportunities for people living with mental illness to re-engage with community and life-giving activities. Participants can get involved in planning and preparation of events, or just come and join in. At MIFSA we enjoy each other's company, we learn new skills or re-learn old skills... and generally have fun!

Membership with MIFSA is available

An annual fee of \$10.00 concession entitles you to voting rights and a bi-monthly newsletter

Support for Day to Day Living in the Community – a Structured Activity Program
Funded by the Commonwealth Dept of Health and Ageing

MISSING BOOK

Mifsa Eyre Activity Program is unable to use it's Library card as it has been frozen.

A book we borrowed for the group in 2010 was never returned, so we are hoping to track it down and return it asap.

The title of the book is "Daily Meditations for Calming your anxious mind".

Please check your bookshelves, if you think you may have borrowed it from the group.

Thank You.

MIFSA 20's

*are visiting Community House
Thursday afternoons in February
2nd, 16th and 23rd : 12:30~2:30pm*

For an intro to what Community House provides,
and to make bird-houses.



Register with Michelle
for a pick-up



Enquiries

For further information or to arrange an appointment for an orientation to the program

please contact one of the program's staff on

Phone: 0488 073 458

enquiries@mifsaeyre.org

www.mifsa.org



EYRE ACTIVITY PROGRAM

FEBRUARY 2012

Telephone 0488 073 458

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Port Lincoln

SA 5606

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sharing the journey

sharing the journey

Tues	Wed	Thu	Fri
<p>MIFSA Eyre Activity Program aims to provide opportunities for people with lived experience of mental illness to re-engage with community and life-giving activities. No specific diagnosis or referral is required, just a willingness to engage in productive group activities.</p>	<p>1 PARTICIPATION IN OUTDOOR ACTIVITIES REQUIRES EACH PARTICIPANT TO WEAR A HAT AND SUNSCREEN</p>   	<p>2 MIFSA Cooking - <i>Learn, Share, Participate</i> Ham & Potato Salad + Banana Muffins 10am-12:30pm, Baptist Church Hall</p> <hr/> <p>MIFSA "Open Arvo" Casual atmosphere, tea & coffee available, play pool, cards, table tennis, or help out with the garden. 12:30 to 3.30pm, Baptist Church Hall</p>	<p>3 Walking with MIFSA Meet at Yacht club car park @ 11am</p> <hr/> <p>MIFSA 20's ~ 12noon-2:30pm @ Baptist Church Hall Wii on the big screen & other indoor games. Afternoon tea provided</p> <hr/> <p>MIFSA over 30's Coffee Club 1:30-3pm, Cruisers Café, The Marina</p>
<p>7 MIFSA Fishing @ the Wharf 10:30am-12:30pm Bait and tackle supplied.</p> <hr/> <p>MIFSA Art Focus - 1-3:30pm @ ARTEYREA A variety of media is always available OR bring along what your working on at the moment. Afternoon tea provided.</p>	<p>8 Swimming with MIFSA Meet at the Port Lincoln Jetty from 9:30-10:30am for a dip in the swimming enclosure. Snorkels, goggles & noodles available. Remember to slip, slop, slap !!</p> 	<p>9 MIFSA Cooking - <i>Learn, Share, Participate</i> Pasta Salad + Apricot Pie 10am-12:30pm, Baptist Church Hall</p> <hr/> <p>MIFSA Community Planning Team Meeting 1pm to 2pm, Baptist Church Hall. Come along to have your say & learn more about the program. Afternoon tea provided</p>	<p>10 Walking with MIFSA Meet at Yacht club car park @ 11am</p> <hr/> <p>MIFSA 20's ~ 12noon-2:30pm On the foreshore - near the Yacht club for outdoor fun & games. BYO picnic lunch Register with Michelle for pick-up.</p> <hr/> <p>MIFSA over 30's Coffee Club 1:30-3pm, Cruisers Café, The Marina</p>
<p>14 MIFSA Fishing @ the Wharf 10:30am-12:30pm Bait and tackle supplied.</p> <hr/> <p>MIFSA Art Focus - 1-3:30pm @ ARTEYREA A variety of media is always available OR bring along what your working on at the moment. Afternoon tea provided.</p>	<p>15 MIFSA OUT & ABOUT Coffin Bay </p> <p>Come along to have fun by the bay. BBQ, swimming, fishing, snorkeling, and enjoying the fresh air. Speak with a member of MIFSA Eyre staff for more details. Meet at the Baptist Church Hall 9:30am We will return by 3pm</p>	<p>16 MIFSA Cooking - <i>Learn, Share, Participate</i> Tuna & Potato Patties with Salad + Buttermilk Nutmeg Tart 10am-12:30pm, Baptist Church Hall</p> <hr/> <p>MIFSA "Open Arvo" Casual atmosphere, tea & coffee available, play pool, cards, table tennis, or help out with the garden. 12:30 to 3.30pm, Baptist Church Hall</p>	<p>17 Walking with MIFSA Meet at Yacht club car park @ 11am</p> <hr/> <p>MIFSA 20's ~ 12noon-2:30pm TOWN LIBRARY VISIT Register with Michelle for pick-up.</p> <hr/> <p>MIFSA over 30's Coffee Club 1:30-3pm, Cruisers Café, The Marina</p>
<p>21 MIFSA Fishing @ the Wharf 10:30am-12:30pm Bait and tackle supplied.</p> <hr/> <p>MIFSA Art Focus - 1-3:30pm @ ARTEYREA</p> <p>Weaving with Helen Cox Afternoon tea provided.</p>	<p>22 Swimming with MIFSA Meet at the Port Lincoln Jetty from 9:30-10:30am for a dip in the swimming enclosure. Snorkels, goggles & noodles available. Remember to slip, slop, slap !!</p> 	<p>23 MIFSA Cooking - <i>Learn, Share, Participate</i> Chicken with Veg. in White sauce + Chocolate Brownies 10am-12:30pm, Baptist Church Hall</p> <hr/> <p>MIFSA "Open Arvo" Casual atmosphere, tea & coffee available, play pool, cards, table tennis, or help out with the garden. 12:30 to 3.30pm, Baptist Church Hall</p>	<p>24 Walking with MIFSA Meet at Yacht club car park @ 11am</p> <hr/> <p>MIFSA 20's ~ GLEN FOREST Animal Farm and Putt Putt meet @ Baptist Hall Car Park at 9:30am to leave at 10am BYO lunch & \$5 donation Register with Michelle for pick-up.</p> <hr/> <p>MIFSA over 30's Coffee Club 1:30-3pm, Cruisers Café, The Marina</p>
<p>28 MIFSA Fishing @ the Wharf 10:30am-12:30pm Bait and tackle supplied.</p> <hr/> <p>MIFSA Art Focus - 1-3:30pm @ ARTEYREA A variety of media is always available OR bring along what your working on at the moment. Afternoon tea provided.</p>	<p>29 MIFSA LEAP YEAR BBQ Puckridge Park Come join us between 10:30 am & 2:30pm to enjoy this years' extra day with a BBQ and outdoor fun at the park. Remember to slip, slop, slap !! Arrange pick-up with staff member if required.</p>	<p><i>Gold coin contribution is always appreciated ☺</i></p> <p><i>Some activities (e.g. OUT & ABOUT) may require an actual cost to assist towards entrance fees.</i></p>	<p>Transport to activities can be negotiated with MIFSA staff.</p> 