



## RECREATION AND FITNESS

The Lorikeet Centre understands the importance of good health and being able to enjoy a day out in the community with friends.

The Lorikeet has a fully equipped gym facility. A great way to improve physical and mental health is through exercise, which can be an effective anti-depressant. When inducted into the gym, a personal training program is devised according to members level of fitness and personal goals.



In addition to the recreational facilities available at the Lorikeet Centre on a daily basis, the Centre also offers regular outings for it's members. Outings may be to events, facilities and establishments in and around Perth, usually at little or no cost. Other activities promoting health and wellbeing, are also available at the Centre daily.



lorikeet  
CENTRE

**104 Cambridge St, West Leederville 6007**

**P.O. Box 1006 West Leederville 6901**

**Web: [www.mifwa.org.au](http://www.mifwa.org.au)**

**Email: [lorikeet@mifwa.org.au](mailto:lorikeet@mifwa.org.au)**

**Ph. 9381 9144 Fax. 9381 9495**

**Opening Hours: Tuesday-Friday 9.00am-4.30pm**

**No referral needed, just come along or phone to book a tour**

September 2010



MIFWA  
mental illness  
fellowship of WA

**WE DON'T SELL BUDGIES!**



lorikeet  
CENTRE

**WE DO SUPPORT RECOVERY!**

*A Service of the  
Mental Illness Fellowship of WA (Inc)*

**THE LORIKEET CENTRE IS A PSYCHOSOCIAL REHABILITATION SERVICE.**

It aims to support participants on their path to recovery by setting individual goals and working towards them.

Lorikeet is based on the belief that individuals can regain their independence and improve their self esteem by becoming engaged in meaningful activities.

The program focus is on:

- **Independant living skills**
- **Psychosocial support**
- **Recreation**



*"Lorikeet is a very friendly and caring place to come to, for people who haven't got much in their life"*

Eddie, Lorikeet member



The Lorikeet Centre offers a friendly, safe environment to people with mental illness.

Members are supported to maintain and enhance their skills and to engage in social interaction.

The development of new friendships is acknowledged as an important part of the recovery process aiding with community reintegration.

The Lorikeet Centre facilitates the re-entry of people into:

- both supported and mainstream employment services,
- voluntary work,
- education,
- community, social and recreational networks.

*"Staff are friendly and helpful, and it's a good reason to get me out of bed and out of my unit to catch up with other members"*

ZZ, Lorikeet Member



**The Lorikeet Centre offers a work oriented day, consisting of three main areas:**

- **Hospitality** - meal preparation, shopping and general housekeeping,
- **Clerical** - bill payments, statistics, reception duties and contribution to the bi-monthly newsletter, the 'Squawk',
- **Outreach** - Hospital presentations and visits, increasing community awareness, taking part in community events.

*The Lorikeet Centre is run FOR members, BY members.*

It encourages it's people to participate as much as possible, in the day-to-day running of the Centre.



*"Lorikeet Centre is a great place to slow down in a fast paced society. A top place to recover and re-evaluate your goals with helpful, understanding staff, who aren't judgemental - thanks guys"*

Heath, Lorikeet member

*"The Lorikeet gives me the opportunity to practice reflexology and reiki at the centre"*

Dolly, Lorikeet member