

Guidelines For Behaviour

- ⇒ All day activity centres are smoke, alcohol and drug free.
- ⇒ Respect privacy and confidentiality of others.
- ⇒ Respect other people's opinions and feelings.
- ⇒ Observe all house and safety rules.
- ⇒ Household duties are shared by all.
- ⇒ All people who access the service are able to share in the responsibility for the decision-making process.
- ⇒ Borrowing of money, cigarettes or tobacco is not permitted.

Feedback

If you have complaints or compliments about the service you are receiving please contact:

The day activity centre's manager, **or**
The administration officer, Southern DHB Quality, Risk and Education Department – phone: 03 214 5738, **or**
Health and Disability Advocacy Services, South Island – phone: 0800 377 766.

Contacts

Southern DHB Day Activity Centres

Address:

2onQ

74 Kew Road

Phone: (03) 214 2209

Hours: Monday to Friday 8:30am–5:00pm

- **Rata House**

59 McMaster Street

Invercargill

Phone:/Fax: (03) 217 6872

Hours: Monday to Friday 9:00am–3:00pm

Saturday and Sunday 10:00am–3:00pm

- **Welcome In**

37 Hokonui Drive

Gore

Phone/Fax: (03) 208 0940

Hours: Monday to Friday 10:00am–4:00pm

If you are in a crisis and need urgent assistance please phone the Southland Mental Health Emergency Team who provide 24 hour a day, 7 days a week service on:

0800 467 846

Mental Health, Addictions & Intellectual Disability (MHAID) Service

Day Activity Centres

2onQ
Rata House
Welcome In



"Better Health, Better Lives, Whānau Ora"

About Day Activity Centres

Day activity centres are community-based centres, providing recovery-orientated activities for people referred from the Mental Health, Addictions and Intellectual Disability Service.

We aim to provide a safe and supportive environment where people can develop or regain life and living skills, enjoy supportive relationships with others and exchange information whilst participating in activities.

Our service is based on participation, partnership and promoting the positive when working with consumers and their significant others.

We promote opportunities for self-determination and well-being, empowering consumers to reconnect, integrate and participate fully with their community.

Consumer participation is encouraged to develop a flexible and varied programme of activities and input into the running of the day activity centres. Our activities aim to encourage self-expression using art, creative and recreational pursuits.

We support the development and maintenance of routines and work skills.

Consumers are encouraged to attend no more than five times a week to allow participation in the oasis of activities available in the wider community.

Our Day Activity Centres



2onQ



Rata House



Welcome In

Our Activities Include:

Arts and Craft Programmes

Friendship & Peer Support

Cultural Activities

Sporting Activities

Community Involvement

Guest Speakers

Cooking

Gym

Stone and Bone Carving

Employment Support

How To Get Involved

Join us today!

Access to the day activity centres is through your mental health key worker. Ask them to send us a referral and we can arrange a time to meet you and to show you around.