



Activelife

Ko te whakaora, he hīkoi whakāmarama Māna anō tōna ake ara whakaora e whakarau.

A journey of discovery where an individual leads their own unique process of moving forwards.

Comcare recognises the importance of the relationship between physical and mental health, having endorsed the 'Equally Well' initiative. This has been developed to improve the physical health outcomes for people with experience of mental health and/or addiction issues.

Activelife

Activelife is a specialised healthy living programme providing facilitated healthy eating discussions and exercise taster sessions. It brings people with mental illness or addiction issues together in a safe and supported environment. The programme assists people to learn about healthy eating, be more active and make more positive choices in a fun environment.

Activelife provides the opportunity to participate in cooking healthy lunches and to gain useful meal planning, shopping, and cooking skills.

Course Information:

Wednesdays 10.00am – 1.00pm

Courses run for 8 weeks

Held at: South West Baptist Church, Spreydon

Courses planned for 2025:

12th Feb – 2nd April

30th April – 18th June

30th July – 17th September

22nd October – 10th December

Who can refer?

Referrals can be made by healthcare professionals however friends, family and individuals are able to refer. Please contact us for a referral form or visit our web site at www.comcare.org.nz

Who is eligible?

This service assists people with a primary diagnosis of mental health / AOD over the ages of 18 and who live in the Canterbury region.

Contact Us

Phone: 03 377 7020

Free Phone: 0800 537 3464

www.comcare.org.nz

Post: PO Box 22 004, Christchurch 8140

Visit Us

Location: 334 Lincoln Road,
Addington,
Christchurch 8024