

# Active8

A physical health program for people experiencing mental illness in the Illawarra-Shoalhaven region



## What is Active8? Active8

Active8 is a physical health program for people experiencing mental illness in the Illawarra-Shoalhaven region. The project offers a combination of a one-to-one program; **Peer Health Coaching**, and a group program; **Eat Plant Learn**.

Both Peer Health Coaching and Eat Plant Learn support participants to identify and work on physical health-related goals, as well as to improve their health literacy, engagement with health services and self-management.

Participants will be able to take part in either or both of the Peer Health Coaching and Eat Plant Learn programs according to their identified physical health needs and goals.

### Eat Plant Learn (EPL)



Eat Plant Learn is a group program which promotes healthy and sustainable eating. It consists of up to eight structured sessions (min 5), and covers the following topics such as :

- Introduction to healthy and sustainable food
- The benefits of healthy eating
- Growing your own food
- Seasonal cooking
- Sourcing healthy and sustainable food at affordable prices.

Participants can opt to take part in all or some of the group sessions. The sessions will be held at different local venues, such as community gardens and community centres, and run during both the day and evening, according to individual needs.

## Peer Health Coaching



Peer Health Coaching provides up to six one-to-one coaching sessions to work on an identified physical health goal. These sessions are delivered face-to-face at the participant's home, preferred community location, or over the telephone.

Peer Health Coaches have a lived experience of recovery from mental illness and an understanding of the challenges of making physical health behaviour changes when living with a mental illness. They are trained in the delivery of Peer Health Coaching, with ongoing professional development to support their practice.

The sessions will be scheduled at intervals of between two and four weeks to allow participants time to work on their identified goals between sessions.

## Referrals and Eligibility

Referral to Active8 can be made by telephone or with a simple referral form that can be emailed, faxed or mailed. Referrals will be accepted from any source providing the person being referred meets the eligibility criteria.

Eligibility criteria for participation:

- Experience of mental illness
- An identified physical health goal/concern that is related to obesity/being overweight
- Aged over 16
- Resides in the Illawarra-Shoalhaven region.

Please refer to our website for a referral form:

[www.neaminational.org.au/our-approach/improving-physical-health/active8](http://www.neaminational.org.au/our-approach/improving-physical-health/active8)

## More information

### Physical Health & Wellbeing Project Officer

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## About Neami National

### Our vision

Full citizenship for all people living with a mental illness in Australian society

### Our mission

Improving mental health and wellbeing in local communities

### Our values

Hope, respect, growth, change, choice, self-determination, partnerships, diversity, empowerment, wellbeing, learning and quality.

### Our approach

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values and goals.

Neami Ltd acknowledges the financial and other support from COORDINARE – South Eastern NSW PHN under the Primary Health Networks Programme - an Australian Government initiative.



We acknowledge the people of the Dharawal nation as the traditional owners of the land we work on and pay our respects to their elders past and present. We welcome and appreciate diversity in all its forms, including staff and consumers, and believe diversity makes our teams, services and organisation stronger.

