

How to get involved

Participants and consumers can either be referred by their GP, mental health professional or as part of their NDIS plan. A referral is essential to access the Clubhouse ensuring that if you become unwell staff have your details on hand to assist you.

In this supportive environment consumers can work on acquiring the skills and support consumers need. The process allows consumers to take charge of their own recovery, bringing hope and a sense of self-worth.

Consumers are encouraged to participate actively with others to further their mental health recovery.

The Pathways SouthWest Referral Form can be accessed on our website www.pathwayssouthwest.org.au, or by contacting Pathways SouthWest on 9791 1257 or via email to info@pathwayssouthwest.org.au.

Turkey Point Clubhouse Activities

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
10 am until 12 pm	Walking & Talking	Sewing	Walking & Talking	Seed, sow & grow	Shifting Gears
1pm until 3 pm	Cooking and Games	Bingo Bingo!	Community connect, including 10 Pin Bowling	Creative Creations	Lunch available \$5.00

Call us on 9791 1257 to book or enquire – transport available
Individual activities pool, Wii, puzzles or just enjoy the peace and tranquillity



What we do there

Sewing

Our sewing group is based around learning new skills while enjoying good company and being productive.

Walking

Conducted in the mornings twice a week at various locations around Bunbury and the inlet. Get some light exercise and fresh air and enjoy some great company.

Cooking Group

Consumers are encouraged to develop kitchen and cooking skills.

Friday weekly get together where those experiencing mental illness can mix, play games, engage in artwork and social interactions where appropriate.

Games

- Pool table
 - Table tennis
 - Wii
 - Bingo
 - Puzzles
- are always available.

Media Room

A selection of DVDs to borrow, books to read and access to free to air TV.

Internet Cafe Internet access and use of computers, with support if required.

Free Op Swap Shop

Take what you need, leave something if you can.

Seed Sow & Grow –

Plants propagation to nurture the Clubhouse environment plus various garden based projects and activities.

Pathway SouthWest Inc.

☎ 08 9791 1257

☎ 08 9791 3804

✉ info@pathwayssouthwest.org.au

1/14 Rose Street, Bunbury WA 6230

✉ PO Box 275, Bunbury WA 6231



pathways
southwest
Towards better mental health

Pathways SouthWest Clubhouse

The Pathways SouthWest Clubhouse is based at Turkey Point on the Leschenault Inlet ten minutes from the Bunbury CBD



About the Clubhouse

The location is removed from the day to day stresses of the City bordered by the inlet and in a bushland setting. We believe that the peaceful situation of the Clubhouse at Turkey Point provides a unique opportunity for provision of a restorative mental health service in Western Australia – and it will be available to all those in need throughout our South West region.

The Pathways SouthWest Clubhouse provides a safe space for adults with a lived or living experience. It is an accepting place for anyone in need of support or social connection in a psychosocially informed setting. The Clubhouse will be available to people in the Bunbury region with lived experience, their carers and loved ones.



Based at Turkey Point on the Leschenault inlet, 10 minutes from the Bunbury CBD, the Pathways SouthWest Clubhouse is designed to assist individuals reach and maintain their recovery goals therefore improving their mental wellbeing and overall quality of life.



The philosophy of the Clubhouse is underpinned by the importance and centrality of peer relationships and provides a space for people to go, to hang out with others without judgment and to be set up with supports if needed. Although the Clubhouse is available to anyone in the Bunbury region with a lived or living experience of mental health issues all new consumers will require a referral to Pathways SouthWest by their mental health clinician or GP. This referral process ensures that if club members become unwell or require more clinical support the Clubhouse staff have their mental health practitioners or GPs details on hand and have a signed “Consent to Contact” form allowing staff to communicate with their clinician.

In this supportive environment consumers can work on acquiring the skills and supports they need to maximise their recovery goals.

The process allows consumers to take charge of their own recovery which brings hope and a sense of self-worth. Consumers are encouraged to participate actively with others to further their mental health literacy and social skills. The use of co-design underpins the service ensuring that the consumers are integral to the design and delivery of services.

In addition to providing social activities and connection the wraparound service for consumers at the Clubhouse will include assisting online access and support in working with government agencies such as Centrelink, MyGov and Medicare as well as assistance with employment and accommodation agencies and applications.

