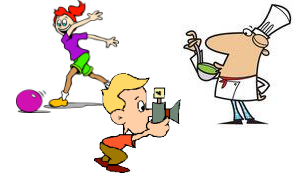




My High Five Activity List



NO activity will commence until there are at least three (3) people have filled in and forwarded the form on the next page.

Once three (3) forms for any activity have been received, MHF will contact all interested people and advise the start date for the activity.

	Code	Activity	Time	Location	NDIS Fee	Y/N
Monday	001	Photography with Fabian	12:30pm – 2:30pm	Meet at MHF facility O'Connor	\$38.74 per session Own camera or Phone	
	002	Introduction to Computers with Mark	2:30pm – 4:30pm	MHF Offices Chifley	\$55.08 per session	
	003	Gym	10:00am – 11:00am	Meet 9:30am at MHF facility O'Connor	\$21.80 per session	
Tuesday	Code	Activity	Time	Location	NDIS Fee	Y/N
	004	Pool / Snooker with Jenny F	12:30pm – 2:30pm	MHF facility Kambah	\$38.74 per session	
	005	Pool / Snooker Competition	12:30pm – 2:30pm	(1 st Tuesday each month) MHF facility Kambah	\$38.74 per session	
	006	Meditation with Amy	10:00am – 11:00am	Meet at MHF facility Chifley fortnightly from May 30th	\$21.80 per session	
	007	Basic Keyboarding with Aflaha	10:30am – 12:30pm	Meet at MHF facility Chifley	\$55.08 per session	
	008	Yoga with Janine	3:00pm – 4:00pm	Meet at MHF facility Chifley	\$21.80 per session	
Wednesday	Code	Activity	Time	Location	NDIS Fee	Y/N
	009	Sewing with Jen F	10:30am – 12:30pm	Meet at MHF facility Chifley	\$55.08 per session \$10.00 for materials	
	010	Making Felt Toys with Jen F	1:00pm – 3:00pm	Meet at MHF facility Chifley	\$55.08 per session \$10.00 for materials	
	011	Internet with Mark	12:30pm – 2:30pm	MHF facility - Chifley	\$55.08 per session	
	012	Multi-Media with	3:00pm – 5:00pm	MHF facility - Chifley	\$55.08 per session	
	Monthly Activity ONLY – Contact MHF Office (6282 6658) for date and details.					
	013	10-Pin Bowling with Fabian	5:30pm – 7:30pm	Belconnen Ten-Pin Bowl	\$43.60 per session PLUS bowling fees of (about) \$13-00 per game	
Thursday	Code	Activity	Time	Location	NDIS Fee	Y/N
	014	Cooking with Aflaha	10:30am – 1:30pm	MHF facility at O'Connor	\$55.08 per session \$10.00 for ingredients	
	015	Knitting and/or Crochet with Jen F	1:30pm – 3:30pm	MHF facility - Chifley	\$55.08 per session	
	016	Pilates with Janine	3:00pm – 4:00pm	MHF facility - Chifley	\$21.80 per session	
Friday	Code	Activity	Time	Location	NDIS Fee	Y/N
	017	Gardening with Alex / Ralph	9:00am – 11:00am	MHF facility O'Connor	\$55.08 per session	
	018	Spanish for Fun with Alex	10:30am – 12:30pm	MHF facility Chifley	\$55.08 per session	
	019	Beading with Jen F	12:00pm – 2:00pm	MHF facility Chifley	\$38.74 per session \$10.00 for materials	
	020	Card Making with Jen F	2:00pm – 4:00pm	MHF facility Chifley	\$38.74 per session \$10.00 for materials	

My High Five Activities



The Mental Health Foundation ACT (MHF) program of activities for service users and other people interested to join in.

Please read through and put a tick against the activity(ies) that you may like to attend, taking note of day, time, and location.

The fee for each program is the relevant NDIS allowance PLUS any relevant materials / ingredients cost.

This fee will be charged once the booking is made and is payable *unless* at least *1 full working day* notice of cancellation is given.

Please indicate your interest in participating by completing the Registration form and giving to your MHF Program Officer; or returning to MHF – PO Box 78, Woden, ACT 2606; or by email to myhi5@mhf.org.au

A minimum of at least three (3) people are required to run any of the activities. Anything less than three and the program will not operate this month (it may be offered again in the future).

NO activity will commence until there are at least three (3) people who have filled in and forwarded this form. Once three (3) forms for any activity have been received, MHF will contact all interested people and advise the start date for the activity.



My High Five Activity Enquiry Form



Your Name:

Your Address:

Your Contact Number:

I would like to participate in the following activities:

Code	Activity	Time	Location	NDIS Fee

I understand that I have made this commitment for the period of the activity; and that I will be charged at the appropriate NDIS rate PLUS any materials / ingredients or other costs as may be needed.

I understand that I am making a commitment to be at each activity – and that if for some reason I cannot, I will contact MHF at least 1 working day before the activity date.

Signed: Date:

Witness Name: Witness Signed: Date: