

### Requests for service can be made by:

- Public and non-government mental health services
- Private Psychiatrists
- General Practitioners
- Family Members
- Self referral.

A Request for Service Form is available on the Ruah website [www.ruah.com.au](http://www.ruah.com.au) or by contacting the service.

### Steps to request the service:

- Contact the Team Coordinator or Recreation Worker through the paging service to discuss referral
- Complete the Request for Service Form
- There will be an initial meeting with potential participant and possibly the referrer
- The referrer and the potential participant will be informed of the outcome of the Initial Meeting.



Ruah Community Services vision is a socially just, compassionate, participative and sustainable community. Its mission is to redress disadvantage and enhance the human spirit.



## Ruah Inreach Specialist Recreation Service

Ruah Inreach Specialist Recreation Service can be contacted via the Ruah pager service 9480 5500.

Please state the specific mental health area: Femantle district or Lower North district (Subiaco, Inner City, Osborne and Mirrabooka Mental Health Service areas).

#### Ruah Administration and Executive Management personnel

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#### Privacy Statement

Ruah Community Services is committed to protecting the privacy of clients and staff in accordance with the National Privacy Principles. We ensure that individuals are fully informed of the ways in which information is collected, stored and used.

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*Ruah—an ancient Hebrew word meaning wind, breath, Spirit of life*

## Ruah Inreach Specialist Recreation Service

Ruah Inreach is a program of the Mental Health division of Ruah Community Services, a non-government organisation.

The Specialist Recreation Service is located within the Ruah Inreach Local teams in Fremantle and Lower North. It is a community-based mobile service for people living with mental illness or early psychosis.

The Service facilitates access to, and encourages participation in, recreation, leisure and social activities. It also supports people in undertaking personal development courses or setting goals to enhance their mental health recovery, physical health and general well being.

## With whom does the Specialist Recreation Service work?

The Service works with people who:

- are 40 and under (although this is the priority group, there is some flexibility, depending on people's needs and competencies)
- live in the community independently, with family, or who live in a hostel
- have medical care in place
- live in the **Fremantle district** or **Lower North districts** (Subiaco, Inner City, Osborne and Mirrabooka Mental Health Service areas).

The Service welcomes indigenous and culturally diverse people.

## The Specialist Recreation Service offers:

- Weekly individualised (one-to-one) or small group recreational activities with a worker
- Activities which support people in developing healthy lifestyles, including:
  - regular exercise
  - healthy eating
  - community links
  - positive social interactions
- Activities which compliment health services people are already receiving.

The individualised one-to-one service in supported recreation is offered for up to a 12-month period, with the opportunity to access group activities on an ongoing basis following conclusion of the one-to-one service.

