

# Insights Meeting

A support and advocacy group for anyone affected by mental illness, emotional issues or social isolation in and around the Ballarat area.



**In the time of COVID, we hold hybrid meetings – either come in to Wellways (corner of Mair & Humffrey) or attend on ZOOM**

Thursday meetings:

Meetings run on the 4<sup>th</sup> Thursday of each month from 7:00 – 9:00pm

**Meeting ID: 881 0463 3459 Password: Insights**

We also hold meetings every 2<sup>nd</sup> Saturday of the month at Pipers by the lake at 11am for a coffee catch-up and a dog walk. This may be subject to change.

Please contact prior to meeting.

Partners, friends, family and carers are welcome upon permission by the participant.

For more information please contact Insights on 0493 521 703, email us at [insightsmhballarat@gmail.com](mailto:insightsmhballarat@gmail.com) or head to our website or Facebook [www.insightsmhballarat.org](http://www.insightsmhballarat.org) <https://www.facebook.com/insights.ballarat.1>

## **~~Saturday 13<sup>th</sup> August, 11am onwards~~**

~~Walk with dogs at the Lake~~

~~Meeting starts at Pipers by the Lake 11am~~

~~followed by a walk around the markets. All welcome~~



## **Thursday 25<sup>th</sup> August, 7-9pm**

Hybrid meeting @ Wellways/Zoom

Theme: Music night with special guest

Nick Lyons – Musician/Disability Worker

Please bring instrument/sheet music

or song lyrics.



Zoom details below:

Meeting ID: 881 0463 3459

Passcode: Insights

## **Saturday 10<sup>th</sup> September, 11am onwards**

Coffee catch-up at Pipers by the Lake,

followed by a walk around the lake with your dog

May be subject to change depending on day. All

welcome

## **Thursday 22<sup>nd</sup> September, 7-9pm onwards**

7-9pm @ Wellways/Zoom

Assistance with the NDIS

Questions, advice, navigation and pros and cons. Assistance with providers, complaints etc. Pizza night, \$5 to cover cost

Zoom ID number:

881 0463 3459

Passcode: Insights



## **Saturday 8<sup>th</sup> October, 11am onwards**

Coffee catch-up at Pipers by the Lake,  
followed by a walk around the lake with your dog.  
May be subject to change.

## **Thursday 27<sup>th</sup> October, 7-9pm**

Hybrid meeting @ Wellways/Zoom

Music tips, Art tips and Mental health tips.

Insights will be bringing resources if anyone would like to borrow. Books/DVDs/Sheet music available for hire, \$5 deposit each item which will be refunded when returned.

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