

Visual Story

Healthy Me Connected





What is a visual story?

This visual story has been created to support people attending the Healthy Me Connected program.

It explains what to expect and can help people feel prepared before attending.



Healthy Me Connected

Healthy Me Connected is a four-week program for people with disability and their support workers.

The program is about learning practical ways to live well, be active and make healthy choices in everyday life.



Program dates and registration

Healthy Me Connected will run on Thursdays from 10am to 12pm on the following dates:

- **Week one:** 5 November 2026
- **Week two:** 11 November 2026
- **Week three:** 19 November 2026
- **Week four:** 26 November 2026

Registration is through Eventbrite for the full four week program.

The cost is \$10 plus the Eventbrite booking fee for the full four week program.



Committing to the program

Healthy Me Connected runs over four weeks.

When someone registers, a place is reserved for them for the full program.

People are asked to commit to attending all four sessions so they can get to know the group, build friendships and get the most from the program.



Program locations

Healthy Me Connected will be held at different places in Mandurah.

- **Week one and two:** Dawesville Community Centre.
- **Week three:** Mandurah Lotteries House and Tickner Reserve.
- **Week four:** Mandurah Aquatic and Recreation Centre (MARC).

This is a photo of the Dawesville Community Centre.



There will be different activities each week.

- **Week one:** Group Zumba, then a Community Gardens activity.
- **Week two:** Hands-on cooking, followed by a shared meal.
- **Week three:** Volunteering workshop, then outdoor movement at Tickner Reserve.
- **Week four:** MARC tour, gym session, pickleball and shared morning tea.



Week one – Dawesville Community Centre

The first session includes activities to get to know the group, a group exercise activity and a workshop with Mandurah Community Gardens.

Morning tea will be shared together.

Everyone can join in at their own pace.

The venue has a Universal Access Toilet (UAT) and ACROD parking.



Week two – Dawesville Community Centre

In the second session, the group will prepare a simple, healthy meal together.

Everyone can help with cooking, meal preparation and cleaning up.

The group will then sit down and enjoy the meal together.

The venue has a Universal Access Toilet (UAT) and ACROD parking.



Week three – Lotteries House

The third session starts at Mandurah Lotteries House, 7 Anzac Place.

There will be fun group activities, information about volunteering and morning tea.

The group will then walk or wheel to Tickner Reserve for an outdoor movement activity.

The venue has ACROD parking and an accessible toilet.



Week three - Tickner Reserve

After Lotteries House, we will go to Tickner Reserve for a movement activity.

Tickner Reserve has:

- accessible paths
- seating
- tables,
- drinking fountain, and
- outdoor exercise equipment.

There are no toilets at Tickner Reserve. Toilets are available at Lotteries House before leaving.



Week four – MARC

The final session will be held at the MARC, 303 Pinjarra Road, Mandurah.

The session includes:

- a tour of the MARC
- a gym session
- pickleball, and
- shared morning tea.

Everyone will receive a Healthy Me Connected resource bag.

The venue has ACROD parking and Universal Access Toilets.



Support workers

Support workers are very welcome to attend and take part alongside the person they support.

If someone usually has individual support to take part in community activities, they can bring their own support worker with them.

When registering, please let us know a support worker will be attending with you. They do not need a separate registration.



Communication boards

Communication boards have been created to support communication during Healthy Me Connected.

They will be available at each session and can also be downloaded using the link below.

After opening the link, scroll down to the heading 'Communication Boards' to find them.

[Resources and support hub - City of Mandurah](#)



Sensory supports

Hand fidgets and mindful colouring will be available at each session.

Participants can also bring their own fidgets, headphones or noise-reduction earmuffs.

A quiet space will be available for anyone who would like some time away from the group.



Ready for Healthy Me Connected

This Visual Story can be looked at again before each session.

If there are any questions or more information is needed, please contact the City of Mandurah on:

E: HealthyCommunities@mandurah.wa.gov.au

We look forward to meeting everyone at the program.

Contact

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Mandurah.wa.gov.au

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If you need help to speak or listen on the phone, you can use the National Relay Service on 1300 555 727

For more information visit: relayservice.gov.au