



Mentally Healthy WA



WEBINAR - WEDNESDAY 21 SEPTEMBER 2022

Getting the most from Act Belong Commit's online tools





I acknowledge the Whadjuk Nyungar people, Traditional Custodians of the land on which I present from today, and pay my respects to their ancestors and Elders past, present and emerging.





Mentally Healthy WA

Search our website

Newsroom About Contact

COVID-19



My Mental Health | Our Partnership Program | Programs & Initiatives | Media Campaign

Home > Activity Finder

Find an activity, organisation or community group that interests you!

Eg. Walking, painting, seniors, volunteering...



Do you have an activity/event you would like to promote on our Activity Finder? [Click here](#) to find out how.

Clear all filters

Activities

Suburb/Town

Region

Days

Months

Show FREE events only

WALKING ALONGSIDE MULTIPLE TOWN
ACROSS WESTERN AUSTRALIA
Partner
OCTOBER 08
Featured
8 OCT 2022
Rowan's Walk 2022 (Newman)
Free

Partner
Featured
GET INVOLVED
Bruce Rock Community
Resource Centre

Partner
Featured
GET INVOLVED
Craterevents at Inglewood
Free

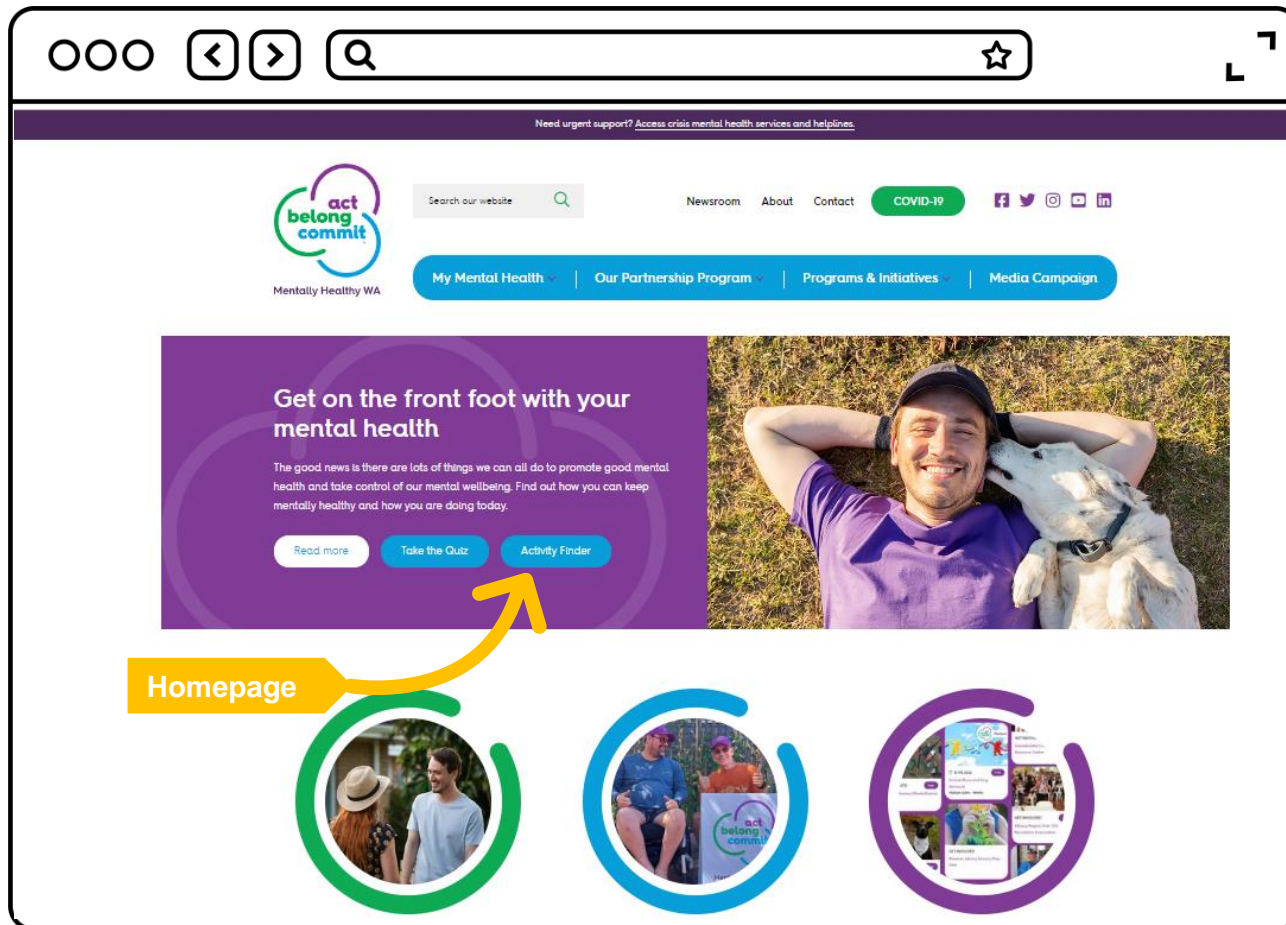
Partner
Featured
GET INVOLVED
Junior Chess Club @ Clarkson
Library
Multiple dates - Weekly
Free

Partner
20 SEP 2022
Volunteering - Perth Metro to
Mandurah
Multiple dates - Weekly
Free

Partner
24 SEP 2022 - 9 OCT 2022
Rockingham Environment
Centre Sept/Oct School Holi...
Free

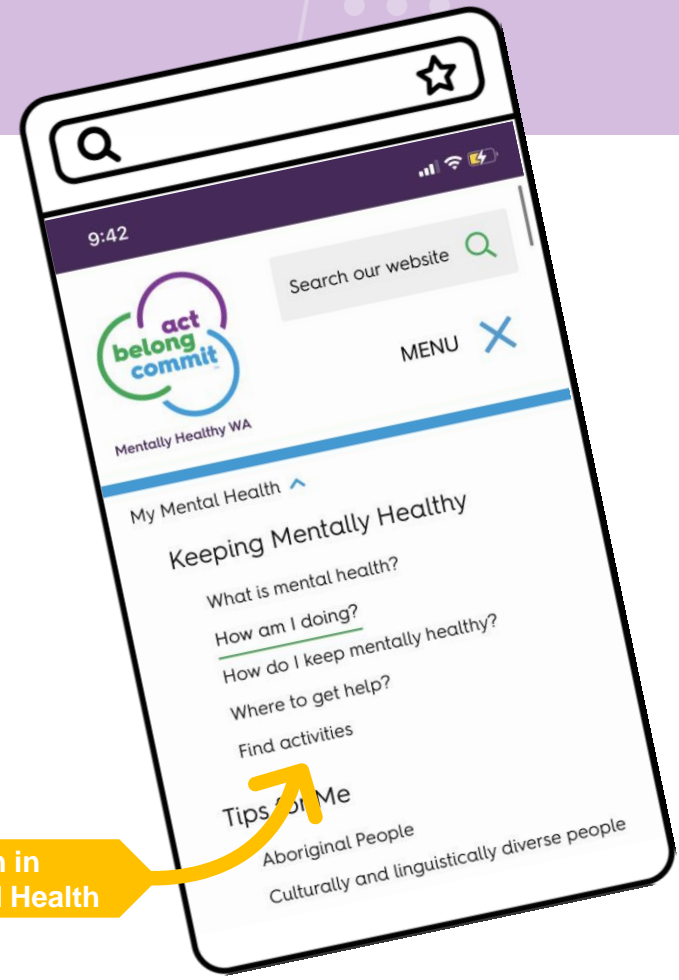
Activity Finder

How to locate it on the website



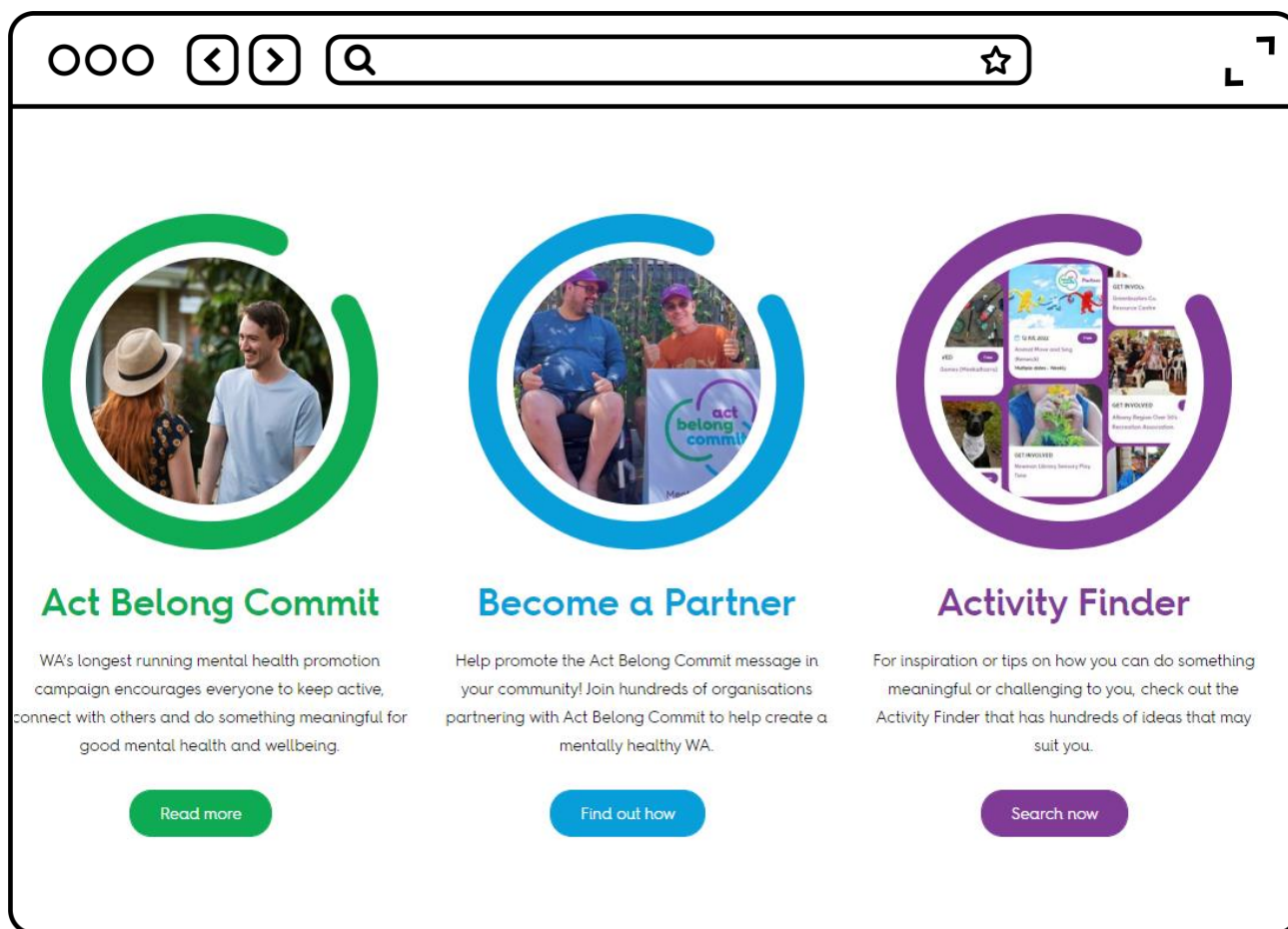
Homepage

Dropdown in My Mental Health



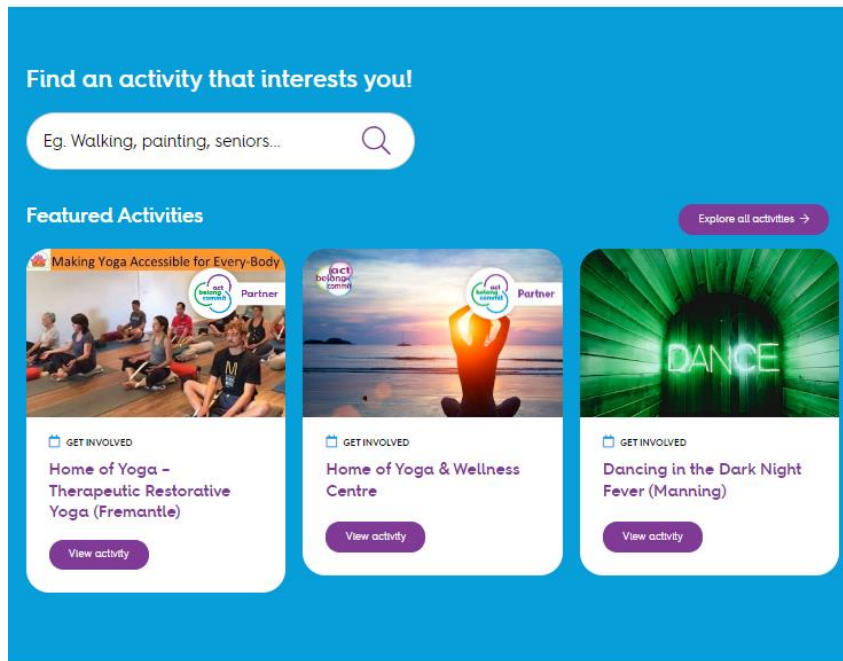
Activity Finder

How to locate it on the website



The screenshot shows a navigation menu with three main options: Act Belong Commit, Become a Partner, and Activity Finder. Each option has a circular image and a brief description.

- Act Belong Commit**
WA's longest running mental health promotion campaign encourages everyone to keep active, connect with others and do something meaningful for good mental health and wellbeing.
[Read more](#)
- Become a Partner**
Help promote the Act Belong Commit message in your community! Join hundreds of organisations partnering with Act Belong Commit to help create a mentally healthy WA.
[Find out how](#)
- Activity Finder**
For inspiration or tips on how you can do something meaningful or challenging to you, check out the Activity Finder that has hundreds of ideas that may suit you.
[Search now](#)



The screenshot shows the Activity Finder search interface. It features a search bar with the placeholder text "Eg. Walking, painting, seniors..." and a search icon. Below the search bar is a "Featured Activities" section with three activity cards:

- Home of Yoga - Therapeutic Restorative Yoga (Fremantle)**
GET INVOLVED
[View activity](#)
- Home of Yoga & Wellness Centre**
GET INVOLVED
[View activity](#)
- Dancing in the Dark Night Fever (Manning)**
GET INVOLVED
[View activity](#)

There is also a link to "Explore all activities" with a right-pointing arrow.



Mentally Healthy WA

Need urgent support? [Access crisis mental health services and helplines.](#)



Mentally Healthy WA

Search our website

Newsroom About Contact

COVID-19



My Mental Health | Our Partnership Program | Programs & Initiatives | Media Campaign

Home > Activity Finder > Volunteering - Perth Metro to Mandurah

Volunteering - Perth Metro to Mandurah

We have volunteer positions to suit any lifestyle such as; gardening, driving elderly to appointments or social outings, receiving & sorting donations.

Name of event

Supporting information

Date appears here

Tuesday, 20 September 2022

Free

Multiple Dates - [View All](#)



Free badge

Time

When & Where

8:30am - 3:00pm

East Metro

Contact

People Who Care
Fiona

volunteers@peoplewhocare.org.au

93791944

Contact details

Address

Thanks to our valued partner...



Descriptor of activity

About this activity...

[Back to Activity Finder >](#)

People Who Care is a volunteer-based not for profit organisation, serving the community for over 40 years. We operate across Perth and Mandurah offering services and support for those who are frail aged, living with disability or recovering from hardship.

Volunteering increases confidence and wellbeing, it can also bring meaning and purpose to your life. We have volunteer positions to support our services;

- Home & Garden Maintenance
- Community Visitors Scheme
- Social & Community Support
- Starting Over Support
- Transport

Please contact us today to find out how you can help.

Activity type: Gardening - Health & Wellness - Volunteering & Giving Back

Please note: Public Holidays, School Terms and other disruptions may affect dates listed. Act Belong Commit promotes activities on behalf of the Western Australian community. We do not host these events ourselves. Please contact the host organisation with enquiries.

Category of activity



Mentally Healthy WA

Using the Activity Finder

Can search using text

Find an activity, organisation or comm

Eg. Walking, painting, seniors, volunteering

Do you have an activity/event you would like to promote on our Activity Find

Can clear all filters if an error

Clear all filters

Activities

Suburb/Town

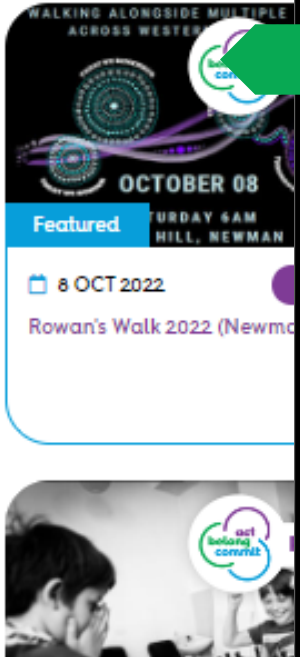
Region

Days

Months

Can filter for only free events

Show FREE events only



Dynamic search so results appear here as the user applies filters



Mentally Healthy WA

Multiple can be selected.

1




Clear all filters x

Activities

- Animals
- Arts & Crafts
- Books & Reading
- Comedy
- Cycling
- Dance
- Games & Gaming
- Gardening
- Health & Wellness
- Music
- Nature
- Ocean & River
- Online
- Spiritual
- Sports & Fitness
- Support Groups
- Technology
- Theatre & Cinema
- Volunteering & Giving Back
- Walking & Hiking

Suburb/Town

Region



Blue Gum Community Centre
33 Moolyean Rd
Brentwood, 6155

[Visit Website](#)

About this activity...

[Back to Activity Finder >](#)

Join our monthly book club at Blue Gum Community Centre on the last Thursday of the month from 6:30pm. Alternatively check out the virtual book club below to stay connected with a community of like-minded readers.

1 Activity type: [Books & Reading](#) - [Health & Wellness](#) - [Support Groups](#)

[Visit Website](#)

Share    

[< Back to Activity Finder](#)

1 ACTIVITY TYPE FIELD

When submitting an activity or event select all relevant activity categories. For example if 'technology' is ticked by user, all listings with 'technology' appearing in their activity type list will appear.

Please not
disruptions
Act Belong
Western Au
ourselves. 1





Mentally Healthy WA

Name must be typed in. Postcodes do not work. Dynamic text sees suburb/town names appear for the user to select from [see below].

Surrounding areas can be selected

Clear all filters x

Activities v

2 Suburb/Town ^

Enter suburb/town 🔍

Include surrounding suburbs

Region v

Days v

Months v

Show FREE events only

WALKING ALONGSIDE MULTIPLE TOWNS ACROSS WESTERN AUSTRALIA

act belong commit Partner

OCTOBER 08

Featured

8 OCT 2022 Free

Rowan's Walk 2022 (Newman)

act belong commit Partner

Featured

GET INVOLVED Free

Junior Chess Club @ Clarkson Library

Multiple dates - Weekly

act belong commit Partner

26 SEP 2022 Free

Free LEGO Club Online

Blue Gum Community Centre
33 Moolyean Rd
2 Brentwood, 6153
[Visit Website](#)

About this activity... [Back to Activity Finder >](#)

Join our monthly book club at Blue Gum Community Centre on the last Thursday of the month from 6:30pm. Alternatively check out the virtual book club below to stay connected with a community of like-minded readers.

Activity type: [Books & Reading](#) - [Health & Wellness](#) - [Support Groups](#)

[Visit Website](#) Share

[< Back to Activity Finder](#)

2 SUBURB OR TOWN FIELD

When submitting an activity or event be sure to include the suburb/town of where the event will be hosted – not the location of the office. For example if Brentwood or is typed in by user, all Brentwood listings will appear. If Melville is typed, and 'Include surrounding areas' is checked, the Brentwood listings will also appear.

2 Suburb/Town ^

gan x

Gosnells

Wungong

Booragoon

Include surrounding suburbs

Region v

Please not disruptions Act Belong Western Au ourselves. 1





Mentally Healthy WA

Only one region can be selected at a time, excluding All Perth Metro

3

Clear all filters x

Activities v

Suburb/Town v

3 Region v

- All Perth Metro
- North Metro
- South Metro
- East Metro
- Perth CBD
- Wheatbelt
- Midwest
- Pilbara
- Kimberley
- South West
- Goldfields-Esperance
- Great Southern
- Gascoyne
- Peel
- Statewide

Days v

Months v

Show FREE events only

Partner

WALKING ALONGSIDE MULTIPLE TOWNS ACROSS WESTERN AUSTRALIA

OCTOBER 08

Featured

8 OCT 2022 **Free**

Rowan's Walk 2022 (Newman)

Partner

GET INVOLVED

Bruce Rock Community Resource Centre

Partner

GET INVOLVED

Junior Chess Club @ Clarkson Library

Multiple dates - Weekly

Partner

GET INVOLVED

Volunteering - Perth Mandurah

Multiple dates - Weekly

Partner

26 SEP 2022 **Free**

Freo LEGO Club Online

Multiple dates - Monthly

Partner

27 SEP 2022

Sewing Project (South Migrant Women's Group)

Multiple dates - Monthly

Partner

28 SEP 2022 **Free**

Using Food as Medicine To Support Mental Health & ...

Partner

29 SEP 2022

City of Melville Book C

Crafternoons at Inglewood

Come along and meet new people while working on your favourite craft (free to bring anything crafty).

Free Featured

3

When & Where

Perth CBD
[Visit Website](#)

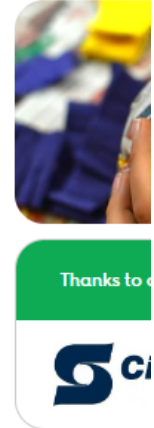
Contact

Rosanne Sinagra
rosanne.sinagra@stirling.wa.gov.au
(08) 92057940

About this activity...

[Back to Activity Finder >](#)

Come along and meet new people while working on your favourite craft (free to bring anything crafty). Or maybe explore and learn some new craft ideas! Adults of all ages, abilities and craft interests are welcome. A gold coin donation is appreciated.



3

REGION

When submitting an activity or event be sure to select the region where the event/activity is located. For Perth activities consider if people will travel, as it may be beneficial to also select 'All Perth metro' rather than a specific region. If you have multiple locations across the state also select 'Statewide' in addition to the specific regions.



Mentally Healthy WA

Clear all filters x

Activities v

Suburb/Town v

Region v

4 Days v

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Months v

Show FREE events only

WALKING ALONGSIDE MULTIPLE TOWNS ACROSS WESTERN AUSTRALIA

act belong commit Partner

OCTOBER 08

Featured

8 OCT 2022

Free

Rowan's Walk 2022. (Newman)

Featured

GET INVOLVED

Bruce Rock Comm Resource Centre

act belong commit Partner

Featured

GET INVOLVED

Junior Chess Club @ Clarkson Library

Multiple dates - Weekly

20 SEP 2022

Volunteering - Per Mandurah

Multiple dates - Weekly

act belong commit Partner

Featured

26 SEP 2022

Free

Freo LEGO Club Online

Multiple dates - Monthly

27 SEP 2022

Sewing Project (S Migrant Women's)

Multiple dates - Monthly

act belong commit Partner

Featured

28 SEP 2022

Free

Using Food as Medicine To

29 SEP 2022

City of Melville Bo

Multiple days can be selected at a time

4

Thursday, 29 September 2022

Free

Multiple Dates - [View All](#)

When & Where

10:30am-12:00pm

3 Rocca Way
Wanneroo, 6065

[Visit Website](#)

Contact

Wanneroo Regional Museum

museum@wanneroo.wa.gov.au

9405 5920

About this activity...

[Back to Activity Finder >](#)

Come along and reminisce at Meet me at the Museum, meeting on the last Thursday of every month from 10:30am-12pm in the Wanneroo Regional Museum.

With a different theme each month, this free event offers older adults the chance to sit back and share memories of times gone by with our friendly museum staff. Free tea and coffee are provided and all are welcome.

Bookings are recommended, especially for groups. We kindly ask to contact the museum ahead of time on 9405 5920 or via email so we can help plan your visit and ensure there is adequate space to accommodate all participants.

Activity type: [Health & Wellness](#) - [Support Groups](#)



Thanks to our valued partner...



Please note: Public Holidays, School Terms and other disruptions may affect dates listed. Act Belong Commit promotes activities on behalf of the Western Australian community. We do not host these events ourselves. Please contact the host organisation with enquiries.

4

DAYS

When submitting an activity or event be sure to select all the days that the activity/event is on offer. This is useful if people only have particular days of the week free to participate in an activity or join a club.



Mentally Healthy WA

Clear all filters x

Activities v

Suburb/Town v

Region v

Days v

5 Months

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

Show FREE events only

26 SEP 2022 Free

Freo LEGO Club Online

Multiple dates - Monthly

27 SEP 2022 Free

Sewing Project (South West Migrant Women's Group B...

Multiple dates - Monthly

29 SEP 2022 Free

City of Melville Book Club

Multiple dates - Monthly

29 SEP 2022 Free

Meet me at the Museum (Wanneroo)

Multiple dates - Weekly

11 OCT 2022

Memory Cafe (Fremantle)

Multiple dates - Monthly **5**

12 OCT 2022

Fremantle & Districts Philatelic Society

Multiple dates - Monthly

27 SEP 2022 Free

Creative Inspirations (Gosnells)

Multiple dates - Monthly

2 OCT 2022 Free

Batavia Coast Miniature Railway Society

Multiple dates - Monthly

Multiple months can be selected at a time

Search for FREE only events

5

Thursday, 29 September 2022

This is the next date the event will be held.

Multiple Dates - [View All](#)

When & Where

🕒 10:30am-12:00pm

📍 3 Rocca Way
Wanneroo, 6065

Contact

Wanneroo Regional Museum

✉ museum@wanneroo.wa.gov.au

☎ 9405 5920

[Visit Website](#)

About this activity...

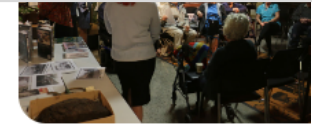
[Back to Activity Finder >](#)

Come along and reminisce at Meet me at the Museum, meeting on the last Thursday of every month from 10:30am-12pm in the Wanneroo Regional Museum.

With a different theme each month, this free event offers older adults the chance to sit back and share memories of times gone by with our friendly museum staff. Free tea and coffee are provided and all are welcome.

Bookings are recommended, especially for groups. We kindly ask to contact the museum ahead of time on 9405 5920 or via email so we can help plan your visit and ensure there is adequate space to accommodate all participants.

Activity type: [Health & Wellness](#) - [Support Groups](#)



Thanks to our valued partner...



Please note: Public Holidays, School Terms and other disruptions may affect dates listed. Act Belong Commit promotes activities on behalf of the Western Australian community. We do not host these events ourselves. Please contact the host organisation with enquiries.

5

MONTH

When submitting a one off event or monthly event the month will be used as a way for people to find your event. It is beneficial to also include in the listing descriptor how often it is held such as 'First Tuesday of every month'. Can be useful for people who want to achieve a goal in a certain time period. Also, as the title features the next date it will be held, the results page specifies if it is a regular monthly event.



Mentally Healthy WA

Submitting an activity

Need urgent support? Access crisis mental health services and helplines.

act belong commit
Mentally Healthy WA

Search our website

Newsroom About Contact COVID-19

My Mental Health | Our Partnership Program | Programs & Initiatives | Media Camp

Home > Activity Finder

Find an activity, organisation or community group that interests you!

Eg. Walking, painting, seniors, volunteering...

Do you have an activity/event you would like to promote on our Activity Finder? [Click here](#) to find out how.

Click here

Clear all filters

Activities

Suburb/Town

Region

8 OCT 2022
Rowan's Walk 2022 (Newman)

Partner
Featured
FREE

GET INVOLVED
Bruce Rock Community Resource Centre

Partner
Featured

GET INVOLVED
Craterfornos at Inglewood





Mentally Healthy WA

Submitting an activity

Navigation: < > 🔍 ☆

Activity Information

All fields are required unless otherwise indicated. Need help? Use the [Submit an Activity Guide](#).

6 Title of activity

0 of 65 max characters

If the title of your activity does not include your location (eg. Fremantle Men's Shed), please include it in brackets (eg. Baby Rhyme Time (Melville))

8 Activity short description

This is a brief summary of your activity and appears under the title.

0 of 175 max characters

This is a one-off event/activity
 This is a regular recurring event/activity
 This is an irregular/custom recurring event/activity
 We have no set dates/times

Start date

End date (optional)

9 Activity times

0 of 40 max characters

Enter a brief description about the activity times. Eg. "9:00am - 2:00pm".

10 Activity cost Free Price

7 Act Belong Commit partner? I am an Act Belong Commit partner

We seek to partner with organisations & groups who share a vision for a mentally healthy WA. Find out why you should [become a partner](#).

Navigation: < > 🔍 ☆

Home > Activity finder > meet me at the museum (wanneroo)

Meet me at the Museum (Wanneroo)

Come along and reminisce about times gone by with our friendly museum staff at Meet Me at the Museum!

4 Thursday, 29 September 2022 **10** Free

5 Multiple Dates - [View All](#)

9 When & Where	Contact
🕒 10:30am-12:00pm	Wanneroo Regional Museum
📍 3 Rocca Way Wanneroo, 6065	✉ museum@wanneroo.wa.gov.au
🌐 Visit Website	☎ 9405 5920


2 **About this activity...** [Back to Activity Finder >](#)

Come along and reminisce at Meet me at the Museum, meeting on the last Thursday of every month from 10:30am-12pm in the Wanneroo Regional Museum.

With a different theme each month, this free event offers older adults the chance to sit back and share memories of times gone by with our friendly museum staff. Free tea and coffee are provided and all are welcome.


Bookings are recommended, especially for groups. We kindly ask to contact the museum ahead of time on 9405 5920 or via email so we can help plan your visit and ensure there is adequate space to accommodate all participants.

1 Activity type: [Health & Wellness](#) - [Support Groups](#)



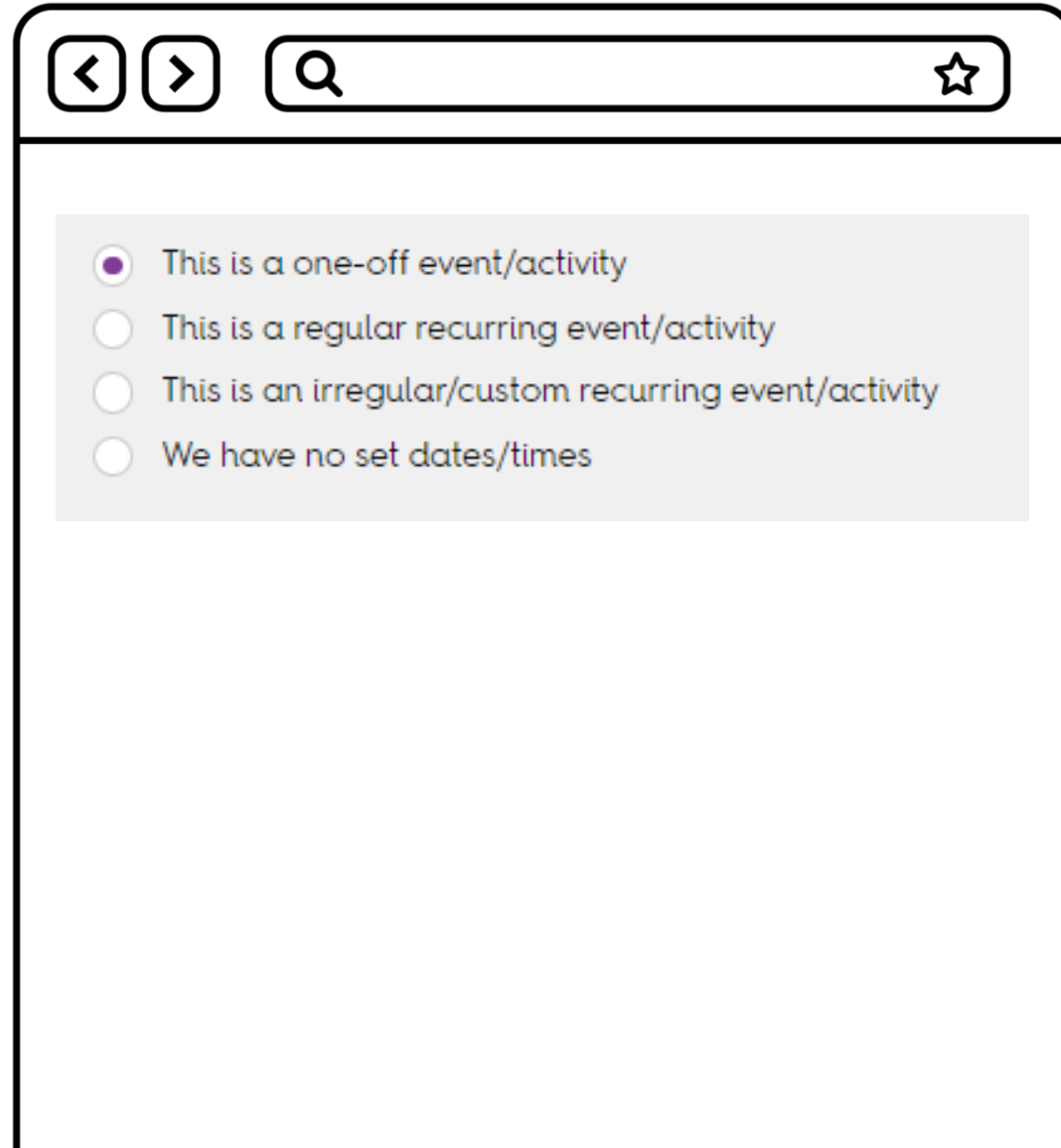
7 Partner

10 Thanks to our valued partner...



Please note: Public Holidays, School Terms and other disruptions may affect dates listed. Act Belong Commit promotes activities on behalf of the Western Australian community. We do not host these events ourselves. Please contact the host organisation with enquiries.

Submitting an activity



A mobile app interface for submitting an activity. The top bar contains navigation arrows, a search icon, and a star icon. Below the bar is a list of four radio button options for activity frequency.

- This is a one-off event/activity
- This is a regular recurring event/activity
- This is an irregular/custom recurring event/activity
- We have no set dates/times

Submitting an activity

◀ ▶ 🔍 ☆

Activity Information

All fields are required unless otherwise indicated.
Need help? Use the [Submit an Activity Guide](#).

6 Title of activity

0 of 65 max characters

If the title of your activity does not include your location (eg. Fremantle Men's Shed), please include it in brackets (eg. Baby Rhyme Time (Melville))

8 Activity short description

This is a brief summary of your activity and appears under the title.

0 of 175 max characters

This is a one-off event/activity
 This is a regular recurring event/activity
 This is an irregular/custom recurring event/activity
 We have no set dates/times

Start date

End date (optional)

9 Activity times

0 of 40 max characters

Enter a brief description about the activity times. Eg. "9:00am - 2:00pm".

10 Activity cost

Free
 Price

7 Act Belong Commit partner?

I am an Act Belong Commit partner

We seek to partner with organisations & groups who share a vision for a mentally healthy WA. Find out why you should [become a partner](#).

◀ ▶ 🔍 ☆

Home / Activity finder / meet me at the museum (wanneroo)

6 Meet me at the Museum (Wanneroo)

8 Come along and reminisce about times gone by with our friendly museum staff at Meet Me at the Museum!

4 **Thursday, 29 September 2022** Free

5 Multiple Dates - [View All](#)

9 **When & Where**

🕒 10:30am-12:00pm

📍 3 Rocca Way
Wanneroo, 6065

[Visit Website](#)

2 **Contact**

Wanneroo Regional Museum

✉ museum@wanneroo.wa.gov.au

☎ 9405 5920

1 **About this activity...** [Back to Activity Finder >](#)


Come along and reminisce at Meet me at the Museum, meeting on the last Thursday of every month from 10:30am-12pm in the Wanneroo Regional Museum.

With a different theme each month, this free event offers older adults the chance to sit back and share memories of times gone by with our friendly museum staff. Free tea and coffee are provided and all are welcome.

Bookings are recommended, especially for groups. We kindly ask to contact the museum ahead of time on 9405 5920 or via email so we can help plan your visit and ensure there is adequate space to accommodate all participants.


Activity type: [Health & Wellness](#) - [Support Groups](#)

10



7

Thanks to our valued partner...



City of Wanneroo

Please note: Public Holidays, School Terms and other disruptions may affect dates listed. Act Belong Commit promotes activities on behalf of the Western Australian community. We do not host these events ourselves. Please contact the host organisation with enquiries.

Submitting an activity



This is a one-off event/activity
 This is a regular recurring event/activity
 This is an irregular/custom recurring event/activity
 We have no set dates/times

Weekly Fortnightly Monthly

Mon Tue Wed Thu Fri Sat Sun

Activity start date

Activity times

0 of 40 max characters
Enter a brief description about the activity times. Eg: "11:00am - 2:00pm".

Series Ends
 On
 After

Series End Date

Submitting an activity

< > 🔍 ☆

This is a one-off event/activity
 This is a regular recurring event/activity
 This is an irregular/custom recurring event/activity
 We have no set dates/times

Recurring Activity Dates

Start Date	End Date (optional)	Times	
21/09/2022	22/09/2022	Overnight camp	> Edit > Delete

[Add Entry](#)

Submitting an activity

◀ ▶ 🔍 ☆

Activity detail

Help people get in touch with you. This information will be displayed on your listing.

1 1 Contact email

1 2 Contact number

1 3 Name of organisation

Contact name (optional)

1 4 Website address (optional)

1 5 Activity description

0 of 600 max characters

Please provide a summary of your activity. This will be displayed on your Activity listing as your main Activity description.

Submitter email (private)

This email will not be displayed on your activity. We will use this to get in touch with you to let you know when your activity is live and when it is due to expire.

◀ ▶ 🔍 ☆

6 Meet me at the Museum (Wanneroo)

8 Come along and reminisce about times gone by with our friendly museum staff at Meet Me at the Museum!

4 **4** Thursday, 29 September 2022 Free

5 [Multiple Dates - View All](#)

9 **10** **When & Where**

2 10:30am-12:00pm

3 Rocca Way
Wanneroo, 6065

[Visit Website](#) **1 4**

1 3 **Contact**

Wanneroo Regional Museum

museum@wanneroo.wa.gov.au **1 1**

9405 5920 **1 2**

1 5 **About this activity...** [Back to Activity Finder >](#)


Come along and reminisce at Meet me at the Museum, meeting on the last Thursday of every month from 10:30am-12pm in the Wanneroo Regional Museum.

With a different theme each month, this free event offers older adults the chance to sit back and share memories of times gone by with our friendly museum staff. Free tea and coffee are provided and all are welcome.


Bookings are recommended, especially for groups. We kindly ask to contact the museum ahead of time on 9405 5920 or via email so we can help plan your visit and ensure there is adequate space to accommodate all participants.

Activity type: [Health & Wellness](#) - [Support Groups](#)

7



Thanks to our valued partner...



Please note: Public Holidays, School Terms and other disruptions may affect dates listed. Act Belong Commit promotes activities on behalf of the Western Australian community. We do not host these events ourselves. Please contact the host organisation with enquiries.



Mentally Healthy WA

Submitting an activity

Navigation: < > 🔍 ☆

Location

Online virtual activity

Address line 1 **1 6**

Address line 2

Suburb/Town **2** Postcode Region **North Metro**

Website address **This does not appear within listing**

Image

Upload a photo for your activity **1 7**

Accepted file types: jpg, jpeg, gif, png. Max. file size: 2 MB.

Act Belong Commit recommends JPEGs no bigger than 2MB in landscape format. Images that are wider than they are tall are best.

I have permission to use this image. I grant Act Belong Commit the rights to use and distribute it on their website.

Navigation: < > 🔍 ☆

Home > Activity finder > meet me at the museum (wanneroo)

Meet me at the Museum (Wanneroo)

Come along and reminisce about times gone by with our friendly museum staff at Meet Me at the Museum!

Thursday, 29 September 2022 **Free**

Multiple Dates - [View All](#)

When & Where **Contact**

🕒 10:30am-12:00pm 📍 **1 3** Wanneroo Regional Museum

📍 **1 6** 3 Rocca Way 📧 museum@wanneroo.wa.gov.au **1 1**

Wanneroo, 6065 📞 [9405 5920](tel:94055920) **1 2**

[Visit Website](#) **1 4**

About this activity... [Back to Activity Finder >](#)

Come along and reminisce at Meet me at the Museum, meeting on the last Thursday of every month from 10:30am-12pm in the Wanneroo Regional Museum.

With a different theme each month, this free event offers older adults the chance to sit back and share memories of times gone by with our friendly museum staff. Free tea and coffee are provided and all are welcome.

Bookings are recommended, especially for groups. We kindly ask to contact the museum ahead of time on 9405 5920 or via email so we can help plan your visit and ensure there is adequate space to accommodate all participants.

Activity type: [Health & Wellness](#) - [Support Groups](#)

1 5

7 **1 7**

Thanks to our valued partner...

City of Wanneroo

Please note: Public Holidays, School Terms and other disruptions may affect dates listed. Act Belong Commit promotes activities on behalf of the Western Australian community. We do not host these events ourselves. Please contact the host organisation with enquiries.



Mentally Healthy WA

Submitting an activity

Navigation: < > 🔍 ☆

Location

Online virtual activity

Address line 1 **1 6**

Address line 2

Suburb/Town **2** Postcode Region **3**
 North Metro ▾

Website address This does not appear within listing
 https://

Image

Upload a photo for your activity

No file chosen **1 7**

Accepted file types: jpg, jpeg, gif, png. Max. file size: 2 MB.

Act Belong Commit recommends JPEGs no bigger than 2MB in landscape format. Images that are wider than they are tall are best.

I have permission to use this image. I grant Act Belong Commit the rights to use and distribute it on their website.

Need urgent support? [Access crisis mental health services and helplines.](#)

act belong commit
Mentally Healthy WA

Search our website 🔍 Newsroom About Contact COVID-19

My Mental Health ▾ | Our Partnership Program ▾ | Programs & Initiatives

Home > Activity Finder > Crafternoons at Inglewood

Crafternoons at Inglewood

Come along and meet new people while working on your favourite craft (free to bring anything crafty).

6 **8**

3 **10**

When & Where **Contact**

Perth CBD Rosanne Sinagra

[Visit Website](#) **1 4** rosanne.sinagra@stirling.wa.gov.au **1 1**

1 2 **1 2**

1 5

About this activity... [Back to Activity Finder >](#)

Come along and meet new people while working on your favourite craft (free to bring anything crafty). Or maybe explore and learn some new craft ideas! Adults of all ages, abilities and craft interests are welcome. A gold coin donation is appreciated.

Thanks to



Mentally Healthy WA

Submitting an activity

1 Categorise your activity

Choose a maximum of 5 categories to describe your activity to help more people find it.

- | | | |
|--|--|---|
| <input type="checkbox"/> Animals | <input type="checkbox"/> Gardening | <input type="checkbox"/> Sports & Fitness |
| <input type="checkbox"/> Arts & Crafts | <input type="checkbox"/> Health & Wellness | <input type="checkbox"/> Support Groups |
| <input type="checkbox"/> Books & Reading | <input type="checkbox"/> Music | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Comedy | <input type="checkbox"/> Nature | <input type="checkbox"/> Theatre & Cinema |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Ocean & River | <input type="checkbox"/> Volunteering & Giving Back |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Online | <input type="checkbox"/> Walking & Hiking |
| <input type="checkbox"/> Games & Gaming | <input type="checkbox"/> Spiritual | |

Optional: Add additional tags that will assist users with their search

Choose up to 5 additional terms to further categorise your activity. Separate each tag with a comma.
For example, if you choose Games & Gaming you can add specific tags like Dungeons & Dragons, board games, RPG, role playing game.

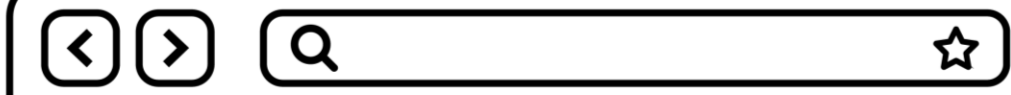
Optional: Add a short description that search engines will display for your activity page

- I have read and agree to Act Belong Commit's [Privacy Statement](#).
- I have permission to share this activity on the Act Belong Commit Activity Finder.

Submit activity

Disclaimer:

- > It is up to Act Belong Commit's discretion to approve listings on the Activity Finder.
- > All Activities need to align with the Act Belong Commit values promoting mentally healthy communities throughout WA.
- > There should be no reference to consuming and promoting alcohol and other drugs, tobacco, gambling, unhealthy foods/drink or the associated brands on promotional materials associated with the event.
- > Act Belong Commit only supports activities/events that promote a smoke free environment.



Meet me at the Museum (Wanneroo)

Come along and reminisce about times gone by with our friendly museum staff at Meet Me at the Museum!

Thursday, 29 September 2022

Free

Multiple Dates - [View All](#)

When & Where

10:30am-12:00pm

3 Rocca Way
Wanneroo, 6065

[Visit Website](#)

Contact

Wanneroo Regional Museum

museum@wanneroo.wa.gov.au

9405 5920

About this activity...

[Back to Activity Finder >](#)

Come along and reminisce at Meet me at the Museum, meeting on the last Thursday of every month from 10:30am-12pm in the Wanneroo Regional Museum.

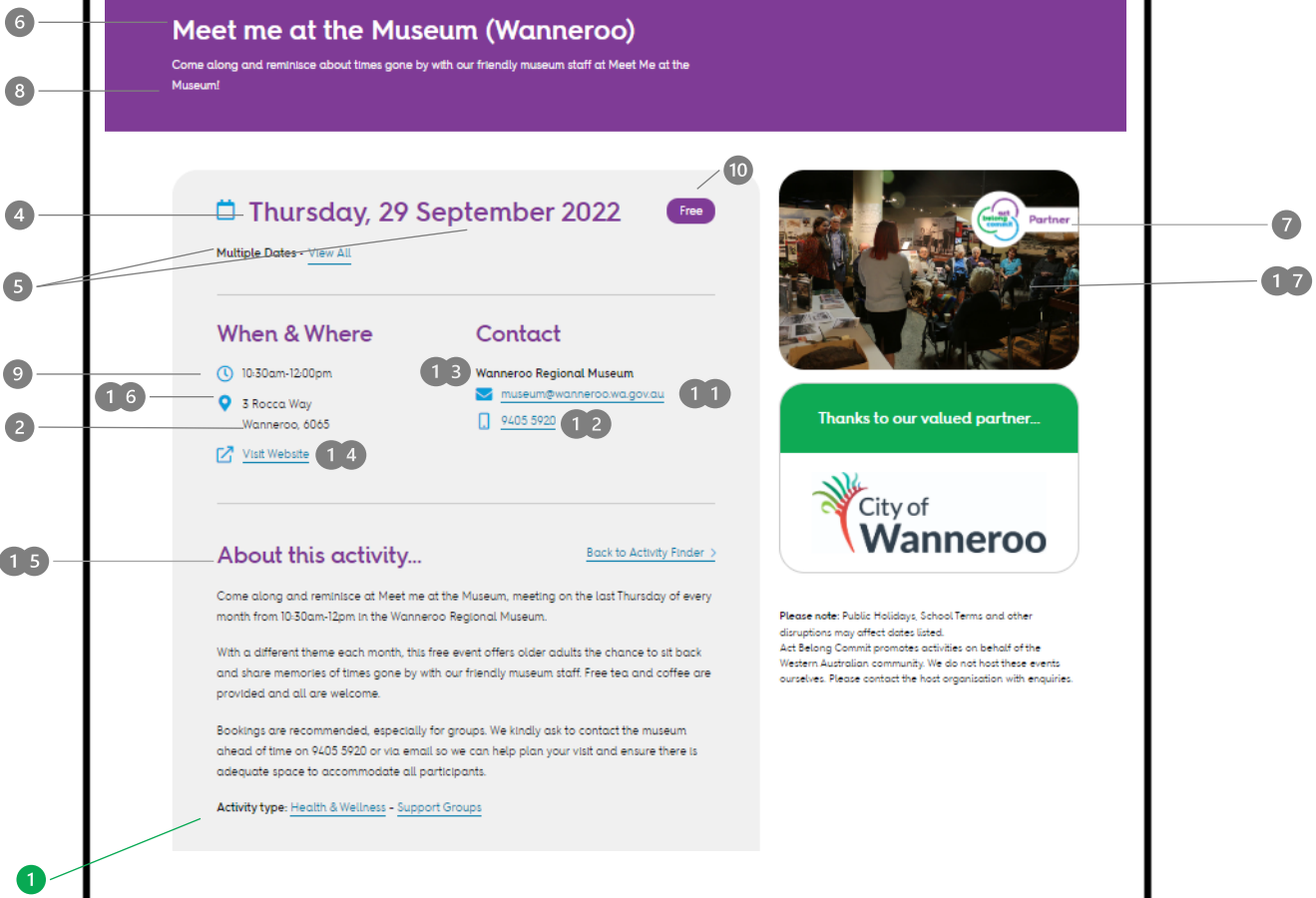
With a different theme each month, this free event offers older adults the chance to sit back and share memories of times gone by with our friendly museum staff. Free tea and coffee are provided and all are welcome.

Bookings are recommended, especially for groups. We kindly ask to contact the museum ahead of time on 9405 5920 or via email so we can help plan your visit and ensure there is adequate space to accommodate all participants.

Activity type: [Health & Wellness](#) - [Support Groups](#)



Please note: Public Holidays, School Terms and other disruptions may affect dates listed. Act Belong Commit promotes activities on behalf of the Western Australian community. We do not host these events ourselves. Please contact the host organisation with enquiries.



Submitting an activity

◀ ▶ 🔍 ☆

Activity Information

All fields are required unless otherwise indicated.
Need help? Use the [Submit an Activity Guide](#).

6 Title of activity

0 of 65 max characters

If the title of your activity does not include your location (eg. Fremantle Men's Shed), please include it in brackets (eg. Baby Rhyme Time (Melville))

8 Activity short description

This is a brief summary of your activity and appears under the title.

0 of 175 max characters

This is a one-off event/activity
 This is a regular recurring event/activity
 This is an irregular/custom recurring event/activity
 We have no set dates/times

Start date

End date (optional)

9 Activity times

0 of 40 max characters

Enter a brief description about the activity times. Eg. "9:00am - 2:00pm".

10 Activity cost

Free
 Price

7 Act Belong Commit partner?

I am an Act Belong Commit partner

We seek to partner with organisations & groups who share a vision for a mentally healthy WA. Find out why you should [become a partner](#).

◀ ▶ 🔍 ☆

Home / Activity finder / meet me at the museum (wanneroo)

6 Meet me at the Museum (Wanneroo)

8 Come along and reminisce about times gone by with our friendly museum staff at Meet Me at the Museum!

4 **Thursday, 29 September 2022** Free

5 Multiple Dates - [View All](#)

9 **When & Where**

🕒 10:30am-12:00pm

📍 3 Rocca Way
Wanneroo, 6065

[Visit Website](#)

2 **Contact**

Wanneroo Regional Museum

✉ museum@wanneroo.wa.gov.au

☎ 9405 5920

1 **About this activity...** [Back to Activity Finder >](#)


Come along and reminisce at Meet me at the Museum, meeting on the last Thursday of every month from 10:30am-12pm in the Wanneroo Regional Museum.

With a different theme each month, this free event offers older adults the chance to sit back and share memories of times gone by with our friendly museum staff. Free tea and coffee are provided and all are welcome.

Bookings are recommended, especially for groups. We kindly ask to contact the museum ahead of time on 9405 5920 or via email so we can help plan your visit and ensure there is adequate space to accommodate all participants.


Activity type: [Health & Wellness](#) - [Support Groups](#)

10



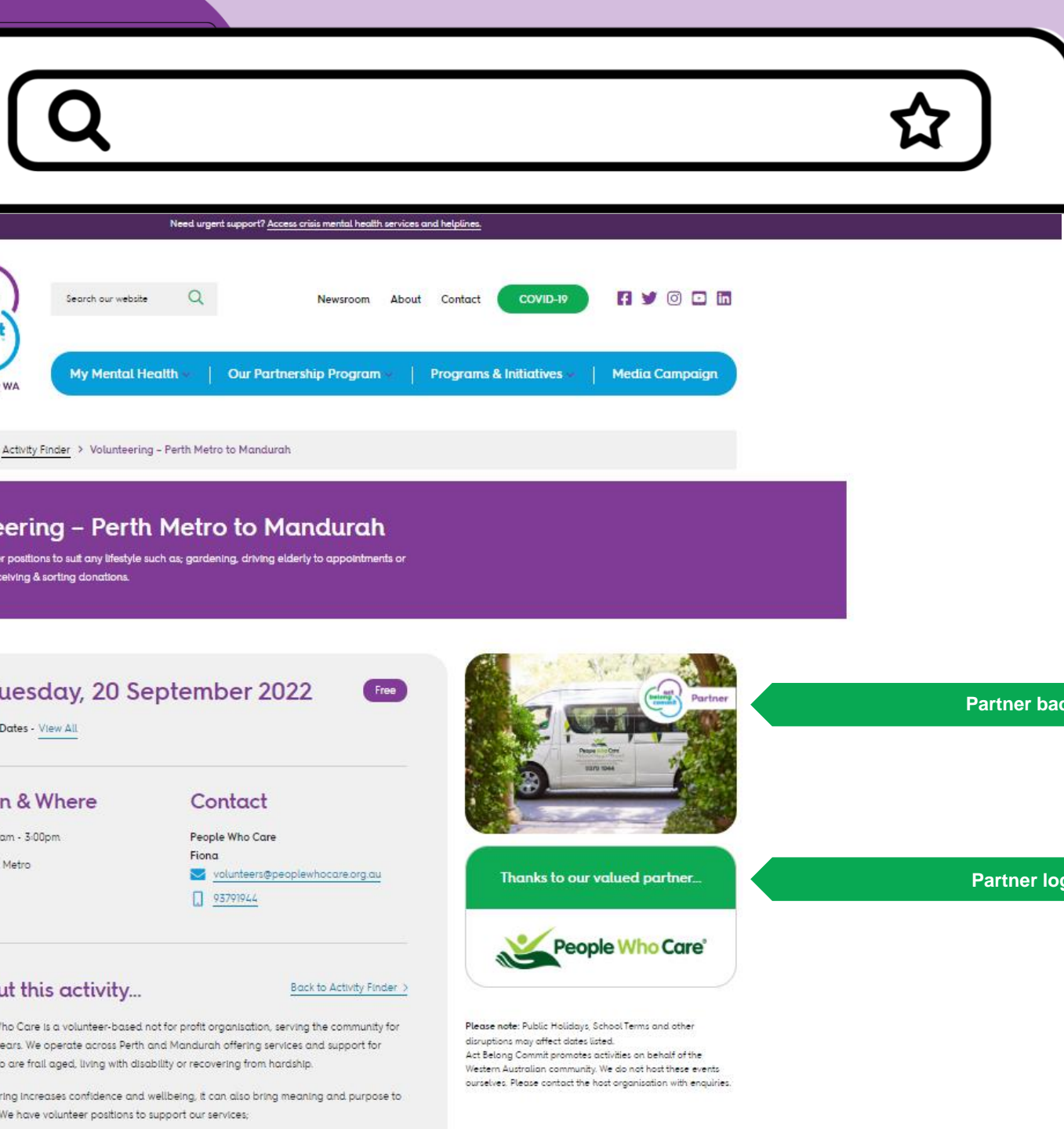
7

Thanks to our valued partner...



City of Wanneroo

Please note: Public Holidays, School Terms and other disruptions may affect dates listed. Act Belong Commit promotes activities on behalf of the Western Australian community. We do not host these events ourselves. Please contact the host organisation with enquiries.



Partner benefits

- Partners will also receive a Partner Logo Badge over their listing image, and their own logo on their single event listing under a banner that reads 'Thanks to our Partners'.
- Partners given preferential treatment in results hierarchy
- Partner listings are given preference for additional promotion online – increased chances of selection as a 'Featured' activity and externally via Act Belong Commit newsletters and social media.



Submitting an activity

Submit an activity form is completed

Act Belong Commit approve listing

Listing is published. URL of the listing is emailed to contact for the listing

14 days prior to listing expiring contact is emailed to enquire if amends could be made to listing

If no response, follow up email 7 days prior to listing expiring

Listing either updated or expires

Promoting your activity



New social media tile we will provide to all new listings.

We will also send out a poster version for you to put up in your building.