

# get in to life: something to try

**The activities you make time for have a big impact on your headspace. When you spend time doing things you enjoy, it can give you some relief from the hard times and build some fun into your life.**

## it's stimulating stuff

Having a hobby is a great way to spend your spare time and unwind from your daily routine - whether it's learning a new skill, doing something outdoors, reading, or doing something musical or artistic.

Spending time on an activity that you enjoy can improve your mental health and wellbeing. In a nutshell, doing 'stuff' matters.

Here's how: Give's you a sense of purpose and achievement, build your confidence, lift your energy, improve your motivation and it can help get you out of a rut if you're not feeling energised.

## benefits of doing stuff



Get to know yourself better



Stimulates that creativity



Make new friends



Learn new skills



A sense of purpose

## Boomerang Bags Geraldton

We welcome new volunteers to come to our sewing bees where you can enjoy a cuppa, sew, cut, iron, screen print or sort fabric. Sew at home kits are available, all ironed for you just ready to sew.

**Mobile** 0417 953 800  
**Social** [Facebook](#)

## Bushwalking / Mountain Biking

Check out the beautiful walks/rides at the Chapman River and Greenough River. Remember to always let people know where you are going, check the weather, pack plenty of water and sun protection and be careful of snakes!

**Website** [www.trailswa.com.au/trails/chapman-river-geraldton](http://www.trailswa.com.au/trails/chapman-river-geraldton)  
**Website** [trailswa.com.au/trails/greenough-river-walk-trail](http://trailswa.com.au/trails/greenough-river-walk-trail)



## Community Gardens

Community gardens are a great way to meet new people, spend time in the outdoors and grow yummy fresh fruit and vegetables! Welcoming to all members of the community who would like to get involved in a shared community vegetable garden.

### Beachlands Community Garden

**Website** [www.beachlandscommunitygarden.weebly.com](http://www.beachlandscommunitygarden.weebly.com)  
**Social** [Facebook](#)  
**Address** Corner Fraser St and Gregory St, Beachlands WA.

### Spalding Community Garden

Contact Mitchell Steet Community Centre  
**Phone** (08) 9923 1023  
**Address** 75 Mitchell Street, Spalding WA

## Geraldton Museum

Please explain: Overlooking the Indian Ocean, the Museum of Geraldton celebrates the rich heritage of the land, sea and people of the mid-west region.

**Website** [www.museum.wa.gov.au/museums/museum-of-geraldton](http://www.museum.wa.gov.au/museums/museum-of-geraldton)

## Geraldton Roller Derby Association

Geraldton's own Roller Derby League. A great fun way to meet new people.

**Mobile** 0447 727 009  
**Email** [rollerderbygeraldton@gmail.com](mailto:rollerderbygeraldton@gmail.com)  
**Social** [Facebook](#)



## Geraldton Streetwork Aboriginal Corporation (GSAC)

GSAC is a not-for-profit Aboriginal and Torres Strait Islander youth organisation based in the City of Greater Geraldton. GSAC hosts the Barndimanmanha Program, HOPE Community Program, Night Outreach, Indigenous Language and Arts and other activities.

**Phone** (08) 9921 2890  
**Address** Eastward Rd Geraldton, Wonthella WA

## Geraldton Youth Regeneration Organisation

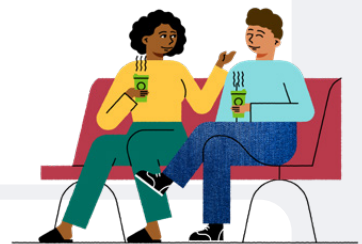
Meets weekly for Climate Action solutions and activities.

**Email** [laradean@outlook.com](mailto:laradean@outlook.com)

## headspace Geraldton

headspace Geraldton is here to support young people in our community. We offer mental health counselling, drug and alcohol support, work and study support as well as health support. We also offer a range of activities that support young people to connect and get into life!

**Phone** (08) 9943 8111  
**Website** [www.headspace.org.au](http://www.headspace.org.au)  
**Social** [Facebook](#)  
**Address** 193 Marine Terrace, Geraldton WA



## Pollinators City Hive

A co-working space in the CBD that also offers a range of diverse events and activities for people in the community.

**Phone** (08) 9965 5371  
**Website** [www.pollinators.org.au](http://www.pollinators.org.au)  
**Address** 184 Marine Terrace, Geraldton WA

**Have an idea how others can find something to try? We'd love to hear it!**

**Phone** (08) 9943 8111  
**Email** [admin@headspacegeraldton.com.au](mailto:admin@headspacegeraldton.com.au)