

Social Story™

Healthy Me Connected





What is a social story?

A Social Story™ uses storytelling to explain new experiences and environments, helpful for people feeling nervous about attending a new place or event.

Here are some tips for using it:

- Start reading it about two weeks before your visit.
- If you're reading it with someone, highlight the key points together.
- After the visit, go through it again to reflect on the experience and celebrate achievements.



This Social Story™ will help me get ready for the Healthy Me Connected program.

Healthy Me Connected is a five-week program for people with disability and their support workers, featuring healthy cooking and fitness activities to support a healthy and active lifestyle.



The Healthy Me Connected program is free to attend.

When I register, I am signing up for all five sessions. It is important to come to every session so I can learn new skills and be part of the group.



The first four sessions will take place at the Lakelands Park Community and Sports Facility on the corner of Seppings Parade and Banksiadale Gate in Lakelands.



The fifth session will take place at the Mandurah Aquatic and Recreation Centre (MARC) at 303 Pinjarra Road in Mandurah.



The workshops will be on Thursdays from 10am to 12pm on the following dates:

- **Session One:** 29 May 2025
- **Session Two:** 5 June 2025
- **Session Three:** 12 June 2025
- **Session Four:** 19 June 2025
- **Session Five:** 26 June 2025

I will need to register by sending an email to

health@mandurah.wa.gov.au.



There will be different activities each week.

Session One: Interactive cooking demonstration.

Session Two: Group yoga exercise and guest speaker.

Session Three: Group Zumba exercise and guest speaker.

Session Four: Interactive cooking demonstration.

Session Five: Tour at the MARC and group gym session.



In the second session, there will be a fun group activity with stretching and yoga-style movements.

After the activity, I will listen to a guest speaker, enjoy morning tea, and I might learn some ideas about getting more involved in my community.



In the third session, there will be a fun and lively group activity with music, movement, and Zumba-style dancing.

This session is all about having a good time, and everyone can join in at their own pace.



If I need support, my support worker can attend with me. They might also learn new skills and ideas to help me make healthy choices outside the program.



This is a photo of the Lakelands Park Community and Sports Facility.

There is parking, including ACROD bays, out the front of the building.

There is a concrete pathway from the car park to the entrance of the building.



There are toilet facilities, including wheelchair accessible toilets at both the Lakelands Park Community and Sports Facility and MARC.



I will walk through a hallway that will take me to a big room. This room is called a hall.

There will be some tables and chairs set up in this room.



I'll meet other people at the workshops. I can greet them if I want.



In session one and session four, I will learn about healthy foods and how to make healthy meals and snacks.



During the interactive cooking demonstrations, I might be invited to help prepare some food.



At the end of the cooking demonstrations, I will help to clean the kitchen.



After the interactive cooking demonstrations, I can enjoy the food we prepare with the group.



In the final session, we will meet in the front foyer at the MARC, near the Customer Services desk. I will get reminders before the session, so I know what to expect.

We will go on a group tour of the MARC and take part in a fun gym session.

After the session, we will enjoy morning tea together at the MARC, a great time to relax and chat with others.



Communication boards have been created to assist people during the Healthy Me Connected program.

I can download the communication boards from the City of Mandurah's website or use the ones available at each session.

To find them online, I can click the link below and scroll down to the heading 'Communication Boards'.

[Communication boards](#)



Hand fidgets and mindful colouring sheets will be available at each session at the Lakelands Park Community and Sports Facility.

If I need a break or sensory support, I can use these or visit the Quiet Zone for some time away from the session.



I might have fun if participate in the Healthy Me Connected program.

Contact

City of Mandurah

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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



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the City of Mandurah.**

