

The inaugural Nutters' Boat Race

Sunshine Coast
2021



**PEER
4PEER**

Mental illness isn't a choice but recovery is

The Nutters' Boat Race (NBR) is a fun, community event to be held at the end of 2021 that invites people with mental health challenges to build and race their own boats, made out of eco-friendly, recyclable materials (no motors)!

And we need YOU! Join the weekly NBR Event Team with a chance to:

- Make new friends and build social skills and confidence;
- Learn a range of skills in events coordination tailored to individual interests, talents and capacity (e.g. design skills, project delivery skills, IT skills, teamwork, communication skills)
- Build on personal strengths as well as discover new ones.
- Challenge yourself in a safe and welcoming environment.

Weekly sessions are relaxed, fun and inspiring. We offer a safe, non-judgmental environment, and all our facilitators have lived experience of mental illness.

We look forward to meeting you!

Be part of the NBR Event Team!

Join a small team of people with lived experience in a weekly program to help co-create the Nutters' Boat Race.

Have fun, build skills and contribute to an historical event, under the Captain-ship of an experienced events coordinator.

PROGRAM DATES for 2021:

Weekly from July to December 2021
Thursdays 10:00 – 2:00 pm

WHERE

Suncare Community Centre
50 Iluka Ave, Buddina, Sunshine Coast

COST

\$120 per day (NDIS funded)

MORE INFO / HOW TO ENROL

Visit www.peer4peer.com.au

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