

We support you

At Billabong we understand the challenges our members face day to day.

Our Mental Health Support Team will work with you to ensure the best outcomes for your recovery.

What can I do at Billabong?



Programs

We run social outings and other life building programs to help our members with their function day to day.



Support

Our supports allow you to receive outreach when times are tough. At Billabong, you'll also meet new people and make friends.



Activities

The Clubhouse has a wide variety of activities available to all members. Programs are designed by our members and our dedicated staff.

Find Us

Open Hours:
Monday to Friday
8 am to 4 pm



Located across the road from Tamworth Community Centre on Darling Street.



02 6766 9960



admin@billabongclubhouse.org.au



billabongclubhouse.org.au



[bbchtamworth](https://www.facebook.com/bbchtamworth)



Billabong
clubhouse

Supporting adults
with mental health

6 Darling Street
Tamworth

Ph: 02 67669960

Proudly
Supported by:



Health
Hunter New England
Local Health District



Who we are

Billabong's Clubhouse has been an integral part of the Tamworth community for over 24 years.

We are a government and community funded Psycho-social program for adults (18+) with a mental health condition.

Our program provides a variety of group support activities to help people with their recovery and improve their mental wellbeing.

Membership is free and there is no commitment required to attend everyday.

Our Mission

Billabong's mission is to enable adults living with mental health conditions to live their best lives in an inclusive environment.

We are here to support your recovery, build resilience and achieve wellness.

Our Programs

Monday

Healthy Bodies & Minds – 10:00 am

Discover the connection between nutrition and your mental well-being. Explore how the food you consume affects your mental health.

Tuesday

Budget & Finance – 10:00 am

Our support group is designed to assist members in cultivating positive financial habits.

Wednesday

Art Therapy – 9:30 am

Looking for a fun way to boost your creativity? Try this group activity! It's sure to get your imagination flowing.

Thursday

Wood Working – 10:00 am

Discover new ways to improve and enhance your woodworking abilities with the completion of various small projects.

Friday

Music Bingo – 9:30 pm

Can you guess the songs from the 60's, 70's, 80's and 90's?

*All programs subject to change

Daily Meals & Cafe

Delicious and nutritious lunches are provided every **Monday to Thursday at 12 pm (lunch time)**.

Every **Friday at 10:30 am** we treat our members to our 'Big Breakfast'.

All meals are \$5.

We also have a low priced cafe menu for **members only**.

Our Activities

Billabong's Clubhouse offers members a range of fun daily activities. Our activities are driven by member requests.

Trivia & Card Games

Pool Comps

Walk & Talk

Gym & Stretches

Garden Gurus

Indoor Cricket

Weekly Shopping

Biking

If you have an activity or program suggestion we always welcome new ideas!