

Kindred Clubhouse

AUGUST NEWSLETTER

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OUR VIEW FROM LOCKDOWN

During our most recent lockdown, Clubhouse members and staff submitted uplifting photos of their "view from lockdown."

Here are some we wanted to share.



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INTERVIEW WITH OUR DIRECTOR: BRENDAN

“
Do you have any children?

Yes, I have one little boy named Arie. He is 16 months old and a handful!

What do you like outside of work?

I really enjoy animals and getting outside. Ping pong occasionally and going on adventures with my family.

What's your favorite meal?

I love all food but if I get the chance I love Chicken Parmigiana and calamari.

What inspired you to get into the field of work?

I originally didn't even think about it but when I was younger I did some work in hospitality that lead to me training other young people and that kicked off my beginnings in youth work. I got a lot of enjoyment out of that and stayed in the field ever since! I most recently was running an NDIS company in Bayside Melbourne.



INTERVIEW WITH OUR " DIRECTOR: BRENDAN CONTINUED

What is your favorite sport?

I love watching sport but AFL is my favourite. I'm a Bombers supporter. In the Olympics, I like the Basketball.

What is your favorite animal at the zoo?

Giraffe – I love that they are such a strange looking animal. But I also love all animals

Do you have to drive far for work?

No – I come from Seaford each day.



HOSPITALITY & ADMIN TIMETABLES

Lift it - focuses on strengthening the major muscle groups in upper body.

Stretch it - involves full body stretching to increase flexibility.

Move it - is a low impact dance class for fun and fitness.

Relax it - focuses on meditation and mindfulness for a healthy mind.

Bake it - once a week the team bake something special either sweet or savoury.

Hear it - uses singing bowls that promote deep relaxation and mindfulness.

Colour it - uses colouring as a form of mindfulness and creativity.

Art projects - this time is allocated to the various art projects that are happening at Kindred.

ADMINISTRATION UNIT

We also have a new admin timetable focusing on project brainstorming, planning and taking action as well as newsletter creation and design, orientation and intake, meeting minutes and agenda and a how to class to learn about a new topic each week.

Our new activities include:

Take Action: focuses on writing and reviewing policies and procedures.

Orientation/Intake: Reviews all new membership inquiries.

Decision Making Meeting: Weekly meeting for staff and members to discuss and resolve new and ongoing ideas and issues.

Creative Brainstorming Meeting: Weekly meeting to brainstorm new ideas and strategies to enhance the Clubhouse.

Project Planning: Weekly meeting to prepare and plan Kindred events and projects.

Newsletter design and creation: Creating and developing monthly Kindred newsletters.

"How To" Class: Weekly class to learn new skills, knowledge and information on specific topics.



August menu

Wednesday 4th Meatballs on mash
Thursday 5th Vegetable soup
Friday 6th Italian Gnocchi
Saturday 7th Excursion

Wednesday 11th Beef Lasagne
Thursday 12th Tuna Bake
Friday 13th Fish and Chips
Saturday 14th Pizza

Wednesday 18th Sausage and Mash
Thursday 19th Chicken Parma
Friday 20th Quiche surprise
Saturday 21st Tacos

Wednesday 25th Shepherds Pie
Thursday 26th Mac and Cheese
Friday 27th Pumpkin Soup
Saturday 28th Roast chicken and veg



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SARAH & COLIN'S BIRTHDAY



We love the chance to celebrate birthdays with a freshly baked cake! Cheesecakes were popular this month - Sarah chose a baked Strawberry cheesecake and Colin chose a chocolate one. We had fun making them together!



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DROMANA MARKET

by Brendan



On Saturday the 10th of July, the Clubhouse members headed out on an excursion to Dromana Indoor Market.

There were so many fantastic things to browse through and buy. There were clothes, antiques, jewellery and lots of great stuff to buy!

We all enjoyed the market and decided we wanted more so headed further down the peninsula to Flock of Seagulls indoor market.

There were candles, more clothes and we enjoyed a nice hot cup of coffee. Then Paul shared the cheese and salad rolls that he helped make.

It was a great day full of laughs and fun and Caryl got us there and back safely!



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Reminders



**Please confirm
lunch attendance
before 11am each
day on 0434084432**



**Bus picks up behind
Frankston station 9.20am
and returns at 4.30pm on
Wednesdays, Thursdays
and Fridays.
On Saturdays we pick up
at 10.20am and return
2.30pm.**



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TIPS FOR ISOLATION

by Sarah

Feeling connected to others is important for our mental and physical wellbeing and can protect against anxiety and depression. If you feel alone or socially isolated for a long time, you might experience physical or mental problems or do things that are bad for you.

- Physical symptoms - such as headaches
- Mental health conditions - such as depression, feeling anxious
- Low Energy - feeling tired or not having motivation
- Sleep problems - not being able to get sleep
- Diet problems - such as putting on or losing weight
- Negative feelings - such as feeling worthless or hopeless
- substance abuse - such as drinking alcohol or taking drugs

You can help yourself to overcome loneliness and isolation by improving your life and doing the following

- Connecting with family and friends
- Connecting with communities online
- Getting out of the house
- Volunteering
- Getting a pet

CALL-Any of these numbers if you are needing additional assistance

Lifeline: Call 13 11 14

Beyond Blue - Call 1300 224636

Kids helpline (ages 5 to 25) - call 1800 55 1800

Headspace - (ages 12 to 25) - call 1800 650 890

Mensline Australia: 1300 789 978

SANE Australia: 1800 187 263

Suicide Call Back: 1300 659 467

Reference: Health Direct



August 2021

BIRTHDAYS



Jon- Aug 8th



Mary Aug 25th



Kindred Clubhouse

Don't just count your years, make your years count."
-George Meredith

August 2021

THANK YOU



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