



Kindred Clubhouse

AUGUST



WE'RE IN!

Come and see us in our
new house -

2036 Frankston Flinders Rd

**Our partnership with
Mentis assist begins**

Director Update!

Dear Members, supporters, friends and families,

I wanted to give you an update on the Clubhouse as it has been a very exciting and challenging last few months. The most important thing to note is that we did it all side by side.

We have moved the Clubhouse to a new venue!

We had to pack up and move the Clubhouse down the road to 2036 Frankston-Flinders Rd, Hastings. We were notified that the previous building was being sold and that there were no guarantees about a future lease. With the support of some local community members and our staff, we were able to, very quickly, identify a new venue and take Members through to make sure that it was suitable. The feedback was very enthusiastic and so we are proud to now call the Salvos Westernport Centre home. It is a fantastic site with a massive garden and shed and a large house with lots of rooms for sessions. I must take a second to note the incredible effort of Members, staff, students and volunteers to pack up, move and clean up within two weeks. Outstanding work! We are all excited to have you visit when you can!

Commonwealth Psychosocial Support (CPS) Program Partnership – Mentis Assist and Kindred Clubhouse

In an incredibly competitive and tough funding environment, Kindred and Mentis have been awarded 12 months funding by SEMPHN to deliver the CPS program in Melbourne's South East region. The model that the partnership is delivering was developed through co-design and case studies of the people we work with who spoke openly about the different types of support that they required, working together, aiding their recovery. The model includes someone to help navigate services and clinical support, someone to help them get to appointments or activities, and access to peers, a sense of purpose, and a caring community. Maybe the most pleasing part for the Clubhouse is that we are actively seeking a satellite site to expand Clubhouse across the southeast. Watch this space!

I would like to thank you for your support of the Clubhouse model and hope that you share some excitement and relief that we are on a good path. Without the support of you all and our community, we wouldn't be the small but mighty organisation we are.

Take care and please reach out if you'd like to chat.

Brendan O'Connell

Menu

Thursday 1st
Friday 2nd
Saturday 3rd

Vegetable Lasagna
Tacos
Rolls and salad

Wednesday 7th
Thursday 8th
Friday 9th.
Saturday 10th

Fish fingers and salad
Gnocchi with tomato
Baked potato and salad
BBQ

Wednesday 14th
Thursday 15th
Friday 16th
Saturday 17th

Pasta Dish
Spaghetti Bolognese
Soup
Chicken burgers

Wednesday 21st.
Thursday 22nd
Friday 23rd
Saturday 24th

Curry
Pumpkin soup/garlic bread
Ham and cheese sandwiches
BBQ

Wednesday 28th
Thursday 29th

Rice Dish
Pasta Dish



Member suggestions on how to keep occupied this winter



F.R.I.E.N.D.S



TV shows to watch: 24 hour Seinfeld channel
Friends, Orange is the New Black, Alone, Mom
Hoarders, Catfish, Schitt's Creek



Games:

Rummi

Basketball

Pilates

Aqua Zumba

Gardening

Couch and Blanket

Activities with friends

Cuddling a pet



Favourite Foods

Pho, Hot Chips, Chocolate, Cookies, Pasta Bolognaise,
Pumpkin soup, Chicken and Corn soup, Casserole,



Messages of support from members:

Remember that you are strong

Sad times don't last forever

Tomorrow is a new day

Time is a healer, you will heal in time

It's OK not to be OK



Join us for art classes in the shed





Kindred Clubhouse Member Activities

WORK ORDERED DAY

10.00am: Morning Coffee!

10.10am: Morning Meeting

10.30am: Meditation

Every day from 10.45am

Hospitality:

Planning/budgeting

Shopping

Food Preparation

Cooking

Dishwashing

Operations:

Reception

Media

Computers

Outreach

Cleaning

Maintenance

WEEKLY SESSIONS

Wednesday:

10.45am: Gardening Group

1.30pm: Discussion Group - Mindfulness

Thursday:

10.45am: Self Empowerment Discussions

1.30pm: Group Walk and Talk

Friday:

10.45am: Arts and Craft Group

1.30pm: Communications/ Newsletter

Saturday

10.45am - Social Activities and Games

Monthly Activities

Members Decision Making Meeting

Excursions

Monthly Service Visits:

NDIS Support

Housing Support

Employment and Training Support

The **Conversations about Mindfulness** group on Wednesday afternoons at 1.30pm gathers members together in our new quiet room to discuss various aspects of what it means to be 'Mindful'. Topics include how breathing techniques can help control emotions, how gratitude can improve our lives, how to use mindfulness techniques to calm anxiety and improve depression.

The **Self Empowerment group on Thursday** mornings at 10.45am covers topics such as self care, anger management, social and emotional health. Come along and join in some interesting and thought provoking conversations.



We are so very lucky to be able to enjoy group sessions in our lovely garden on beautiful days like today!



DANDENONG MARKET

Friday 23rd



This month's outing will be to Dandenong Market. The bus will leave at 10.30am. Please put your name on the bus list on the board if you would like to join.

Happy birthday



1st Jesse

1st Luke

3rd Josh

3rd Jessica

7th Jessica Mc

8th John

9th Brett

9th Kayla

11th Renee

13th Prince

17th Steven B

17th Eliza

19th Steven L

20th Raelene

20th Penny

22nd Owen

23rd Stephen

25th Mary

26th Erik

Meals



We remind support workers that although meals for members are free, workers are asked to pay a small fee of \$3 should they want lunch. There is a gold coin donation for coffee.

FEED THE BIRDS



It's taken us a few weeks but we are finally in and settled in our new 'home'.

We are loving having all the extra space and can't wait for all our members to come back and join us, and experience the new property.



Transport

We offer a bus service between Frankston and Hastings in our 12 seater bus. Pick up and drop off is the bus shelter in the parking behind Frankston station at the following times.

Wednesday - Friday

9.20am/3pm

Saturday

9.20am/2pm



Contact Us

Brendan, Stefanie and Caryl may be contacted Wednesday, Thursday and Friday during office hours. As we are a small organisation, we are not able to offer an after hours service, so please contact 000 in case of an emergency.

Brendan 0487 239 784

Stefanie 0435 086 729

Caryl 0434 084 432

Opening Hours

Wednesday to Friday 10am - 3pm

Saturday 10am - 2pm

