

JANUARY NEWSLETTER



Christmas at Tanglewood

Everyone had a wonderful time at Tanglewood for Christmas lunch. Great music, food and company!



More photos





Cody/Chris



Merry Christmas

WWW.REALLYGREATSITE.COM



GARDENING



The garden is coming along wonderful.

We have grown both lettuce and beetroot so far. The tomatoes are on their way soon.

Thank you to all the volunteers on a Wednesday who look after the garden.

Kate's Story



I first heard about Kindred from my support worker Kathleen. I remember when I first started I was highly nervous and anxious, and sometimes felt overwhelmed.

Other members were really kind and supportive, making me part of the group straight away. I remember being overwhelmed in the kitchen one day, and a few of the members helped me to calm down and just breath.

I had been in and out of hospital for about 12 years, with many admissions, some of them when in crisis. Since joining Kindred, I have only been once, which was in January 2023.

I can't say for sure it was Kindred that has helped me, but I do know that family and friends have noticed that since joining Kindred, I am doing better. Many people have encouraged me to keep going as they have seen such a difference. Even my psychologist won't make an appointment on my Kindred day as she knows what it means to me and what a positive influence it has been for me.

I really love going on excursions and wish we had more of them as it gives me someone to go out with. I don't have people who I can ask to go places, so excursions really mean a lot. It is so helpful for people who suffer from anxiety to have a supportive group to go out with and share the experience together. When at Kindred, my favourite thing to do is the art class. I like to be involved in being creative, yet still be in a room with other members, hearing the conversations. Even if I am having a bad day and not feeling talkative, I can still feel that I am participating by drawing, while hearing others chatting.

Flinders for Fish and Chips and ice cream! Friday January 17th



Join us for a fun outing to Flinders

Please put your name on the bus list as soon as you can :-)

SEARCH A WORD

BOATS

W F R C A B I N J L G R X L W I N C H U
A C K M O T O R H E E S W T Q O L X E R
R O P E Z E S K I K N B O O M X Y A D U
M O V N C W U X A M W A R S H I P L F D
A C J Q E A B N E S L X F X I L I O E D
S S C H O O N E R U P S D E B A Y T R E
T E O N X I X O P B D E C K S B O W R R
C A S C P E F S E M N Y E P O R T R Y Q
E F C S T A R B O A R D T D F P W F E D
B X J O Q X F W T R A N S O M Q B S N H
S Y K Y M Y H Z V I T L V E L V U R T K
T A F T X P S X G N K U L B M O E Z R R
L D T C U R A R N E T E G U H T U A A C
E K D F A O T S N H S R T K S Z P R I L
Y E P C U P V R S S V Y A C H T E A L P
F E N U U E T I J E A Y N N H C D F E G
L L S U V L L A E I A O L R S W L T R Q
K P A D D L E N I K G R U G L O U J L R
E C S I J E Y H P N D W W Q K P M D J W
T I L L E R I R F A Q E S H I P O L K L

BOW	MOTOR	MAST	RAFT	PROPELLER
STERN	TILLER	KAYAK	AFT	DECK
BOOM	FERRY	COMPASS	PORT	JIG
TUG	CABIN	WINCH	CAPTAIN	HOUSE
KEEL	TRANSOM	SUBMARINE	SAIL	ROPE
SKI	SHIP	WARSHIP	FUEL	TRAILER
SCHOONER	STARBOARD	KETCH	RUDDER	YACHT
TRANSOM	SPEED	CANOE	SPIINAKER	PADDLE

JANUARY MENU

Wednesday 1st Jan - CLOSED

Thursday 2nd Jan - Pasta bake

Friday 3rd Jan - Chicken snitzel with mayonnaise rolls

Saturday 4th - BBQ

Wednesday 8th Jan- Macaroni and cheese with garlic bread

Thursday 9th - Parmigiana and chips & salad

Friday 10th Jan - Chicken loaf & coleslaw rolls

Saturday 11th - BBQ

Wednesday 15th Jan - Triangles/mexican dish

Thursday 16th - Spaghetti bolognaise & garlic bread

Friday 17th - Egg & bacon rolls

Saturday 18th - BBQ

Wednesday 22nd - Sausage, Mash potatoes & Gravy

Thursday 23rd Jan - Tomato Soup and French stick

Friday 24th Jan - Ham & cheese & tomato rolls

Saturday 25th Jan - BBQ

Wednesday 29th Jan - Tacos

Thursday 30th Jan - Vegetarian Lasagna

Friday 31st Jan - Pumpkin soup & French stick

Happy Birthday



2nd Tiga M

Ross T 7th

Irene J 11th

Jo T 19th

Kristine 30th



Kindred Clubhouse



Please join us on January 23rd at
12pm for a Mexican lunch to
celebrate our 5th year in Hastings!
We would love you to come
celebrate with us.

Please RSVP Caryl on 0434084432
or
caryl.blomkamp@kindredclubhouse.org.au

2036 Frankston Flinders Rd, Hastings





24/7 Mental Health Services





Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service

Anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467

Lifeline


Anyone having a personal crisis


 lifeline.org.au

 13 11 14

Beyond Blue


Anyone feeling anxious or depressed


 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25


 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms


Veterans and families counselling


 openarms.gov.au

 1800 011 046

13YARN

Aboriginal and Torres Strait Islander people

 13yarn.org.au

 13 92 76



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

Stefanie, Caryl and Nathan 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.

Stefanie 0435 086 729

Caryl 0434 084 432

Nathan 0450 245 747

Opening Hours

Wednesday to Friday 10am - 3pm

Saturday 10am - 2pm



Thank You

Thanks to all the
members who
contributed to this
edition of our
newsletter.

