

OCTOBER NEWSLETTER



PAUL MERCURIO MP & BRENDON O' CONNELL

FAREWELL BRENDAN

On Fri Sept 13th we gathered to bid farewell to Brendan, who has been the Director of Kindred Clubhouse for the past three years. It was a wonderful turnout with members and Kindred community supporters all coming in throughout the day to wish him well.

Brendan's leadership has been vital to Kindred's success helping us traverse through uncertain times and fostering a community built on support, connection and collaboration.

As we say goodbye, we also celebrate the journey we've shared. We are excited to build upon the path he has helped us pave. We will miss his cooking, insightful guidance, and unwavering support, but we know he will be back for a Kindred cuppa and chat in the future.

Thank you, Brendan, for everything. Wishing you all the best in your next adventure!

With gratitude and positive memories,
The Kindred Clubhouse Community



GARDENING UPDATE

Firstly, we would like to introduce our new member Merne (aboriginal for food from plants). Thank you to Karen for her time and effort in brining Merne (the scarecrow) to life and for offering her indigenous cultural knowledge to our Kindred community. I'm sure Merne will be an asset to the Clubhouse.

Regarding the progress of the garden, we have planted broccoli, lettuce, tomatoes, snow peas, spring onions, onions, artichoke, cabbage, cauliflower, citrus seeds, strawberry, rocket, beetroot, celery spinach and a variety of herbs So, hopefully we are blessed with some sunshine soon so our produce can prosper.

Thank you to everyone that has been involved.

P.S. If you're out in the garden say hello to Merne.

Bye for now. -The Garden Crew

BY GARRY



THE FINISHED DECK DONATED BY THE MEN'S SHED

All of us, members and staff at Kindred would like to thank the Bittern Men's Shed for donating their time and effort and all the timber needed to build us our new BBQ deck.

Its amazing work and deserves a big thank you!

We hope they can attend BBQ's with us over summer with the nice weather that's yet to come.

Its the least we can do to say thanks to your good will and community support.

MEMBER OF THE MONTH - JON



Jon was born in Mt Isa, QLD. He lived in Cooper Pedy (SA) for 42 years of his life. He now lives at the Haven in Frankston and has been for the last 6 year.

Jon is one of our longest members.

He has been a member for 6 years now and what he enjoys about Kindred Clubhouse the most is the meeting up with others and seeing his friends each week.

BY NICK

OCTOBER MENU

WEDNESDAY 2ND - AUSSIE BURGERS WITH PICKLES

THURSDAY 3RD - EGG & BACON ROLLS

FRIDAY 4TH - CHICKEN LOAF AND COLESLAW ROLLS

SATURDAY 5TH - BBQ

WEDNESDAY 9TH - BAKED POTATOES WITH SOUR CREAM

THURSDAY 10TH - VEGETARIAN LASAGNA

FRIDAY 11TH - TOMATO SOUP WITH FRENCH STICK

SATURDAY 12TH - PIZZA DAY

WEDNESDAY 16TH - HAM CHEESE AND TOMATO ROLLS

THURSDAY 17TH - SPAGHETTI BOLOGNAISE

FRIDAY 18TH - SNITZEL IN LETTUCE AND MAYO ROLLS

SATURDAY 19TH - NACHOS WITH SALSA AND SOUR CREAM

WEDNESDAY 23RD - SHEPHERDS PIE

THURSDAY 24TH - SAUSAGES AND MASH POTATO AND GRAVY

FRIDAY 25TH - FISH FINGER MAYO LETTUCE ROLLS

SATURDAY 26TH - BBQ

WEDNESDAY 30TH - EGG AND LETTUCE ROLLS

THURSDAY 31ST - PUMPKIN SOUP AND FRENCH STICK

OCTOBER BIRTHDAYS



Michele - 3rd

Tiga - 8th

Kevin - 11th

Daryl - 12th

Wade - 12th


Micheal - 17th

Bec - 17th

Jeff - 22nd

Caroliene - 26th

**Monthly Birthday Celebration
Oct 17th @1pm**





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



OCTOBER EVENTS

**Thur Oct 3rd @11am: Ambulance
Vic visit**

**Fri Oct 4th @11am: Brotherhood of
St Laurence: NDIS**

**Wed Oct 16th: Excursion
Mornington Market**

**Thur Oct 24th @1pm: Monthly
birthday celebration**

**Fri Oct 25th @11:30am: Decision
Making Meeting**



**SELF EMPOWERMENT
THURSDAYS 10:45AM**

Oct 3rd: Anger Management

**Oct 10th: Medication
Management**

**Oct 17th Reframing Setbacks and
Failures to Help you Grow**

**Oct 24th The Role of Hope,
Dreams and Self Discipline**

Oct 31st: Boundary Setting

EXCURSION: MORNINGTON MARKET



Come join us for a fun day out at the Mornington Market Wed Oct 16th from 10:30-1:30pm.

Sign up on the notice board!

KINDRED SEARCH A NAME

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

CODY	CRAIG	LISA	GARRY	ROSS
DEBBIE	BEV	COLIN	SARAH	DEAN
CAROLINE	GRACE	NICK	ALLAN	JAYNE
GARY	JEFF	JACE	PAUL	MARY
ANDREW	JANETTE	CLAIRE	NICOLE	STEPHEN
MARK	CHRISTINE	JOHN	JOSH	SHEINA
SHAUN	JILL	JO	AMELIA	GREG
OWEN	DARRYL	NINA	KAREN	MICHELE
KYLIE	LYNNE	JANE	VERONIQUE	VIRGINIA
MEL	ELISHA	MATT	BELINDA	

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





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



CONTACT US



Stef and Caryl are available to answer calls or texts during the following hours only:

Wednesday - 9am - 5pm

Thursday 9am - 5pm

Friday 9am - 5pm

Saturday 9am - 2pm

You are welcome to leave a voicemail and we will get back to you during work hours.

Stefanie - 0435 086 729

Caryl - 0434084432

Thank You

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

