

# *SEPTEMBER NEWSLETTER*



**This is the picture used for our new brochure**

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## The Fondest Farewell



It has been a very special 3 years at the Clubhouse but it is time for me to move on to a new exciting role in digital mental health supports.

It is very difficult to sum up what we have done together, side-by-side, during my time at the Clubhouse but it has been the warmest, most supportive place I have ever worked. Everyday this special place greets you with smiles and laughter but also a willingness to get to work. That's our purpose.

We created some incredible lasting memories from sitting in parliament, presenting at international conferences, embedding the program in the mental health system at large to welcoming a new person who hadn't left the house for 6 months and giving them a community. We did that all, and we did it as equals.

So, thank you. All of you. You have all played a part in a special time in my life and I will forever be grateful. I will still be in the area and will pop in now and again.

Take care of each other just as well as you always have.

Brendan

## Westernport Men's Shed

The Clubhouse has been overwhelmed by the enthusiasm and support of the Westernport Men's Shed. Although we have both been working with our community, some at the same time, we haven't had the opportunity to work together our favourite way – side by side!

With the move to our new venue came that exact opportunity. We need to repair an unsafe deck so that we can BBQ in the sun! So we called Keith at Westernport Men's Shed for some guidance and advice and he and Jeff have now had a couple of sessions with Members doing the planning and demo. The Clubhouse would like to thank Keith, Jeff and the Westernport Men's Shed for all their help and for jumping in to the task! They are also looking at what they can donate to the Clubhouse to help with this and future projects.

If you want to join us for the deck sessions, they are on every Wednesday from 11am.

To find out more about Westernport Men's Shed, look them up on Facebook.

# ***CRAIG & the Menshed men***



# Chris/Cody Umpiring



Cody enjoys his time goal umpiring for Parkside Reserves every Saturday and often he travels by train to get to the games, he has been a goal umpire in the Football Integrated Development Association (FIDA) for 17 years

Cody also Central Umpires for different schools during the week when school Round Robins are being played.

He would umpire 3 or 4 games per week depending on the roster that is provided beforehand.

Cody is also happy to play for Parkside on a Sunday every 2 weeks. He has played for Parkside for 17 years and he goes to training every 2nd week on a Thursday.

# Gardening

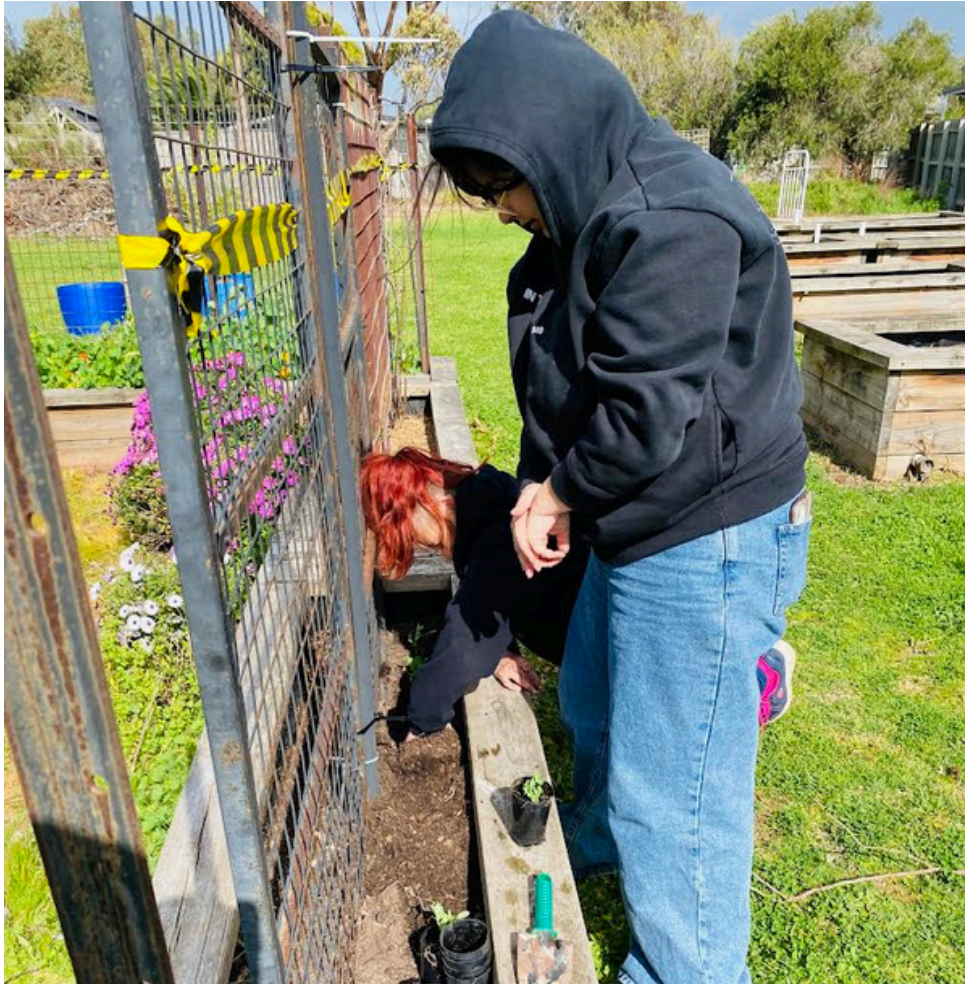
There has been a lot of weeding and preparation of the garden beds, also clearance of undergrowth. We have planted many types of vegetable seeds and now the wait begins. This garden has the potential of lowering the food bill for the Clubhouse and maybe surplus for members. As this is such a big garden, we need your help.

We would like to say a big thank you to Kev, Shaun, Bev, Gary and Ross for all their help, including Ross working his first RDO at Kindred. Apologies to anyone I've missed



Written by Craig James!

# THE GARDEN



# Nathan Conroy Frankston Mayor

**Thursday 16th August 2024**

We were honoured to have Nathan Conroy, mayor of Frankston, and his wonderful assistant Geordie for lunch today. We hope they will visit again soon!





# 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

# September Menu

Wednesday 4th. Spaghetti & Garlic 🍷

Thursday 5th. Egg & Bacon rolls

Friday 6th. Baked potatoes 🍟 with sour cream & Bacon

Saturday 7th. Italian day - Homemade pizzas 🍕

Wednesday 11th Chow Mein

Thursday 12th. Baked potatoes 🍟 and sour cream

Friday 13th. Vegetarian Lasagna

Saturday 14th. Aussie day - Homemade hamburgers with lettuce and 🍎

Wednesday 18th Jase's sticky drumsticks on mashed potato 🍟

Thursday 19th Chicken snitzels w Cheese 🧀

Friday 20th. Soup and Garlic Bread 🍷

Saturday 21st. Mexican day - Nachos with Sour cream and Salsa

Wednesday 25th. 🍌 Tachos

Thursday 26th. Broccoli Spaghetti 🍷

Friday 27th. Broccoli 🥦 Mashed Potato 🍟 and sausages with Gravy

Saturday 28th Aussie Day - BBQ snags & Chicken wings

# Mental Health Tips

There are many things individuals can do on a day-to-day basis that encourage the maintenance of positive mental health and wellbeing. For example, its often overlooked, yet very important that we take time out of our days or weeks to do the little things that make us happy, the things we enjoy that don't promote stress or feelings of anger or frustration.

These things may be small and simple or on a larger scale, things like waking up a little earlier to sit in your front yard with your coffee and enjoy the sunrise, leaving your phone inside and practicing being present in the moment. It may be something moderately bigger by comparison, such as taking up a new hobby or trying to learn one new skill every few days.

These simple practices of mindfulness can be monumental to maintaining positive health, and for the relatively low energy we need to input, they are very achievable. Its also important to remember to fall back on our immediate support network, being family and friends, should we need. This can help normalise talking about mental health in your circle but also strengthen the camaraderie between you and those close to you.

Emerging studies even direct attention to a link between our gut-mind axis, the connection between our gut microbiomes and mental health, and that through improving our gut health through healthy eating, we can improve our brains ability to regulate our emotions and mental wellbeing.

Positive mental health maintenance looks different for everyone, so its important not to give up trying new things if one doesn't work out!

This month's outing will be to the Mornington Market and a few pop shops in the area. We will have lunch at one of the local cafes.

If you would like to join, please put your name on the list at reception.



SEPTEMBER 18TH 10.30am

# **UPCOMING EVENTS IN SEPTEMBER**

**Thursday 5th - Ambulance Vic AED refresher  
11-1pm**

**Thursday 5th - Better Health Network 11.30am**

**Friday 6th - NDIS**

**Friday 13th - Brendan's farewell party**

**Thur 18th- Mornington Street Market**

**Friday 19th - Hastings Community Service Expo 1-4pm**

# SEPTEMBERS

## Birthdays

*John P* 6/9

*Nicole* 7/9

*Raelene O* 9/9

*Stephen P* 10/9

*Richard G* 12/9

*Brett H* 14/9

*Carol P* 18/9

*Garry H* 19/9

*Fiona* 20/9

*Peter C* 25/9

*Peter S* 29/9

# MACRAME

*CLASSES - SEPTEMBER*

FRIDAYS 10.30 - 12.30

## ART - Drawing



This is what we will be making in September.  
We will also make macrame pot holders.  
4 sessions - see Sarah for details.

# Kindred Clubhouse

## Search a Word

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LUNCH  
REFRESHING  
TIMETABLE

COMMUNITY  
HARMONIOUS  
MEDITATION  
SAFE  
TOGETHER



DO YOU WANT TO  
RECEIVE THE  
NEWSLETTER?

JOIN OUR MAILING  
LIST

SEE NICK WHITE

# 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



# 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



Thank  
you!

This is a newsletter done by members for  
members.

Congratulations to everyone who contributed.

Especially those who wrote articles: Craig,  
Jordan, Nick, Brendan, and the editor of this  
issue, Sarah.