



Kindred Clubhouse

AUGUST



Congratulations Stefanie!



We are excited to announce that our very own Founder and Manager Stefanie is a finalist in the National AusMumpreneur Awards in three categories!

- * Women changing the World (National Category)
- *Not for Profit and Charity Organisation (National Award)
- *Making a Difference Award Not For Profit (People's choice)

We asked Stefanie how she felt about being a finalist. "I am truly honoured to accept this recognition and highlight the incredible work we do at Kindred. Thank you to our Kindred members and to my amazing colleagues Brendan, Caryl and Santosh, my family and all the volunteers, including the Board of Directors who have been with us from the beginning and everyone who has believed in our vision and mission and supported us on this journey."

"My motivation for starting Kindred grew out of my frustration watching mental health programs shut down, which left my clients with limited community support and a high risk of re-hospitalisation. To see Kindred grow from an idea to a volunteer service and now to a fully functioning Clubhouse with 80 members has been a dream come true. It is wonderful to know Kindred is helping our members reduce hospital admissions, create friendships, connection, purpose and maintain and improve their mental health"

We wish Stef the very best of luck - no one deserves it more than she does.. Please look out for details on facebook next week, and in your inbox, on how to support Stef with your vote.



Menu

Wednesday 3rd Baked potato with cheese
Thursday 4th Fettuccine carbonara
Friday 5th Bagels with cream cheese and ham
Saturday 6th Stef's Quiche

Wednesday 10th Chicken and salad wraps
Thursday 11th Chickpea curry and rice
Friday 12th Macaroni cheese
Saturday 13th Outing to Tyabb/chicken rolls

Wednesday 17th Pea and Ham soup
Thursday 18th Beef casserole
Friday 19th Lemon fish and chips
Saturday 20th Pilaf

Wednesday 24th Farmers Omlette
Thursday 25th Lasagne
Friday 26th City outing/Chicken Parma
Saturday 27th BBQ

OUR DANDENONG MARKET OUTING IN JULY

At the beginning of the month, we enjoyed an interesting and tasty outing together to the Dandenong Market. Those jam doughnuts are delicious!



Market Day

Fun fundraiser!



On October 1st we will be hosting our very first market day at the Clubhouse. If you have any clothes or household items in great condition that you don't need anymore, please keep us in mind - we would really appreciate your donations!

We have place to store things, so please drop off at Kindred anytime between now and late September.

We enjoyed a scenic group walk to Crib Point along the fabulous Warringine Park boardwalk. 3.6 kilometres of nature, peace and quiet with beautiful bird life along the way. We ended our hike with a tasty barbecue at Jack's Beach Reserve.







Stretching and Tag in the park



Christmas in July

A fun day was had by all at our Christmas in July lunch on the 23rd. Celebrating this festivity with our Kindred family was so special.

The highlight of the day was a beautiful rendition of "Oh Holy Night" sung by Briony Hutton. Her pure, clear voice ensured there wasn't a dry eye in the room.

What a great day with such special people!





Happy
Birthday

*To two wonderful friends, John (8th) and
Mary(25th), happy birthday to you both*



CELEBRATING OUR SUCCESSES - testimonials from our members

Bev ~ "Joining Kindred has enabled me to meet new people and enjoy their company. If it wasn't for Kindred I'd be sitting at home bored sh*tless!"
I have learnt more cooking skills with Caryl and make new recipes. I like helping her with the menus each month. I have enjoyed doing fun art projects that are now on the wall."

Nick ~ "I enjoy the new people that I am always meeting at Kindred.
I enjoy helping with cooking."

Michelle ~ "So far I have done the barista course, the computer course, and the Mental Health 1st Aid Course. Already the mental health course has been of great use to me in my personal life. One of my favourite things is to be able to go on outings with Kindred Clubhouse. This has helped my depression so much as its given me something to look forward to, when I had been feeling there was nothing exciting or positive in my life. I always feel accepted and I like being able to help other people too."

Blane~ "For someone who knows no one in town, I now have someone to talk to and get advice. The people at Kindred are like the family I don't have down here. Its given me a great sense of belonging and its stopped me from relapsing into my addictions a couple of times."

Jace ~ "Without kindred I wouldn't have had the confidence, skills or training that I needed to get a job. I did the RSA course and now have a job in a bar. Caryl, Stef and Brendan all help me so much to get through personal challenges and I always feel supported by them. No other clubs on the peninsula ever gave me the time of day, but the people at Kindred always make me feel so special and cared for. They accept me for who I am."

Janette ~ "my favourite thing about Kindred is the friendships I have made. I have learnt cooking skills. Belonging here makes me feel more confident and special. I am vision impaired but that doesn't make a difference to anyone - I am never judged."

Sarah ~ "Kindred's support gave me the confidence to return to work, first as a volunteer at an op shop, and then as a tele marketer with a Real Estate Company. I never thought I would be able to return to work in this capacity. The whole of Kindred, staff and members are all supportive and proud of me."

Greg~ "I did the barista and food handling courses which gave me new skills. I love having something to look forward to and for having a special place to go."

Amelia - "Coming to Kindred has given me much more confidence in everything. Participating in the workshops and chatting to others has made me come out of my shell and stopped me hiding away from life. I enjoyed doing the Barista Training and Food Handling courses."

Nina, Jace and Jeff completing their RSA certificate with Brad.



Learning kitchen skills

CAN YOU HELP?

Kindred Clubhouse is run and maintained by staff and members. Helping out together gives us a sense of pride and purpose. We are growing quickly and so need your help if you are available. Below is a list of jobs that are needed - have a look and see if you are able to help with any of the following



- Shopping
- Helping to prepare lunch
- Setting the table
- Serving lunch
- Clearing the plates after lunch
- Washing the dishes
- Drying the dishes
- Putting away the dishes and cups
- Tidying the kitchen
- Mopping the floors
- Shutting down the dishwasher
- Washing the dirty dish clothes in machine
- Making cappuccino for members
- Vacuum at end of day
- Clean the bathrooms
- Empty the bins
- Sweep the patio and yard
- Wipe down the tables



As you can see there is lots to do, so we would really appreciate your help!

August Saturday 13th

Outing to Tyabb Packaging house and surrounding antique shops. Short visit, then back to Kindred for lunch.



August Friday 26th

Outing on the train to Melbourne to enjoy lunch in the city. Bring your own MYKI and pay for own light lunch.

August Workshops



Thursday 11th 10am - 3pm
Barista Training with Brad



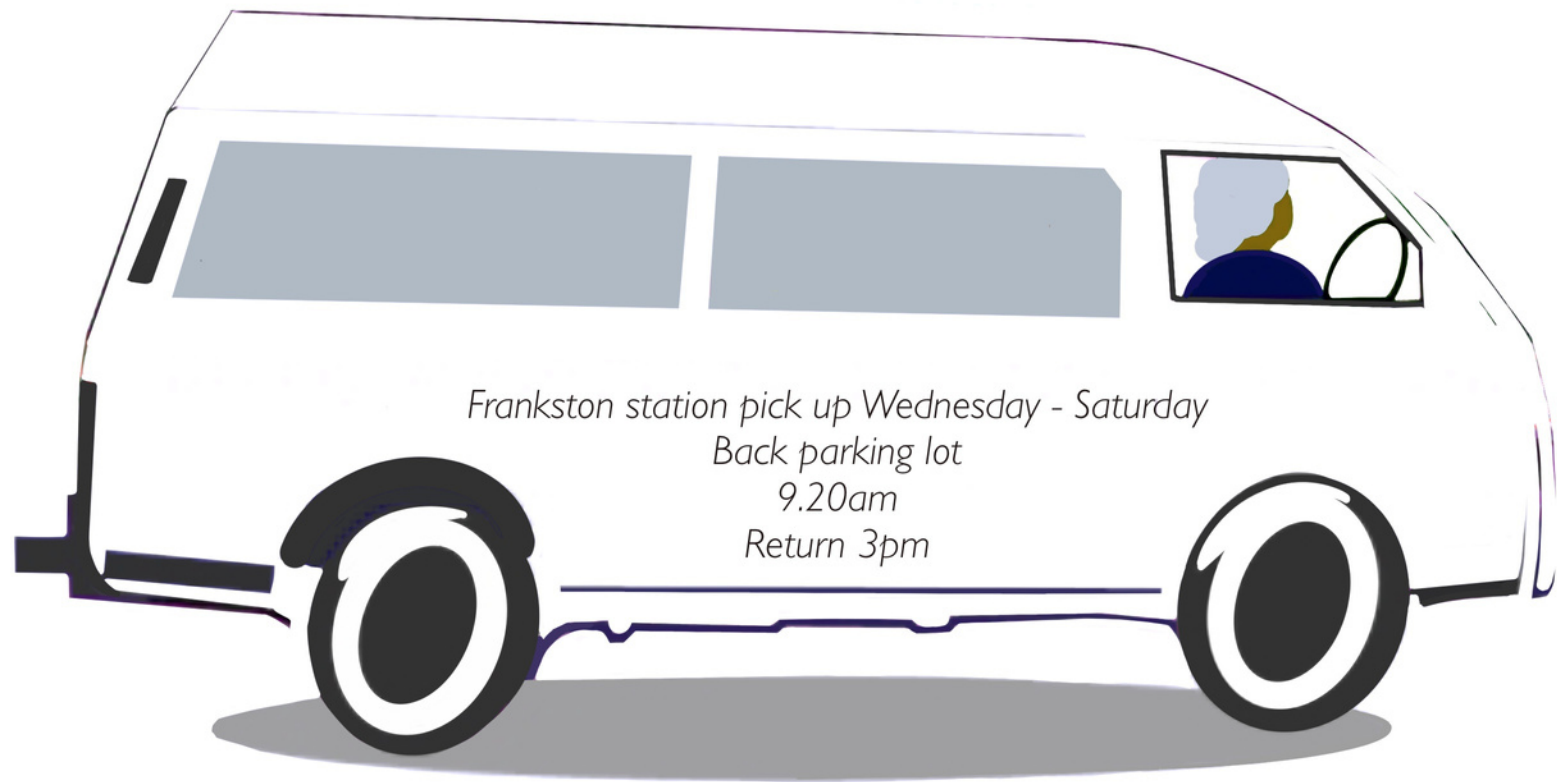
Wednesday 17th
Singing workshop with Briony

We are incredibly lucky to have Briony Hutton, who sang so beautifully at our Christmas in July lunch, give a singing workshop to our members. No prior singing experience necessary, so come along and enjoy the fun!



Financial Planning workshop
with Western Port Community
Support
Date to be confirmed.

TRANSPORT



Please phone Caryl on 0434084432 before 8.30am if you would like to be collected from the station that day.

KINDRED OPENING HOURS

WEDNESDAY 10AM - 3PM

THURSDAY 10AM - 3PM

FRIDAY 10AM - 3PM

SATURDAY 10AM - 2PM

During Kindred working hours, Brendan, Stefanie and Caryl may be contacted on the following numbers.

Brendan 0487239784

Stefanie 0435086729

Caryl 0434084432

If you need urgent after hour assistance, please call one of the numbers below, where a professional will offer you care and support.

Emergency Services 000

Lifeline 131114

