

DECEMBER 2020



NEWSLETTER

Kindred Clubhouse



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THE YEAR THAT WAS

23rd January 2020 - Kindred Clubhouse officially opened by Neale Burgess MP

18th March 2020 – Kindred Clubhouse closed due to Victorian Govt. Covid 19 Restrictions.

20th

March 2020 – Kindred Clubhouse opens its 'virtual' clubhouse – so although our building is closed our Clubhouse community remains open. All weekly meetings and social catch ups continue via zoom. Meals preparation and food delivery begins; meditation classes; cooking classes; bingo; walk and talk exercise classes over the phone; the weekly production of Kindred Connection as well as monthly newsletters all keep the clubhouse busy and help break down the walls of isolation.

18th June 2020 - Kindred Clubhouse doors re-open!! But sadly, not for long. We all celebrate being back together and Clubhouse members are required to make bookings to attend as we are restricted in numbers that are allowed in the building.

5th July 2020 - Victoria Govt. Covid 19 restrictions close our doors again.

7th July 2020 – This time we are much more organised and quickly kick start our Virtual Clubhouse again. All the Clubhouse programs restart – with the exception of food delivery. A Positivity book is produced with all members contributing to its production. The cost of printing this book is also done at this time through online fundraising.

4th November – Kindred opens its door yet again to welcome back all its members

You can't spell challenge without change."

- unknknow



OPENING DAY: January 23rd 2020



MP, Neale Burgess shaking hands with Kindred Manager, Kim Kerr, as he presents him with our wall plaque.

Kindred Clubhouse held its official opening day on Thursday Jan 23rd, 2020.

Officiating at the opening was Ron Murray who was fabulous on his digeridoo, Mayor Sam Hearn who spoke powerfully about mental health, and our MLA for Hastings Neale Burgess who officially opened our premises.

Nearly 100 people attended the opening, filling our newly established clubhouse with a powerful vibe of positivity and optimism.



VIRTUAL CLUBHOUSE

Over COVID when we were shut down, we created a virtual Clubhouse to keep members connected.

We had different Zoom meetings everyday which included;

Tuesday Decision Meetings (where members make decisions on important Clubhouse events)

Wednesday: Social Day (trivia)

Thursday: Amazing Thoughts (discussing ideas for future Clubhouse events.)

Friday: Newsletter Meeting (creating and formatting the newsletter.)

We also had bingo, meditation (facilitated by Caryl) and virtual walk and talks.

This virtual Clubhouse experience showed us that we can rise to any challenge and work together to continue to support one another.



Zoom Meeting with Steppingstone Clubhouse



Sarah showing off her artwork in lockdown



WELCOME STEFANIE



We would like to welcome Stefanie to Kindred Clubhouse. Stefanie is now working every Wednesday and Friday which will reduce Kim's hours to Thur and Sat only. Stefanie will be playing an active role in coordinating the admin team and will be helping out with the newsletter every month.

Stefanie knows many of the members already, as she used to volunteer at Ebdale on Saturdays and at other Kindred events. We welcome Stefanie to the team and look forward to working together.



FAREWELL MICHELLE



Photo of Mary and Michelle

On Wednesday November 18th we had a lunch to farewell Michelle. Michelle has been here for the past year as a staff member in the admin unit. She was very understanding and helped a few members get accepted into NDIS (National Disability Insurance Scheme) which enhanced both their lives.

On the day, we presented Michelle with a personalised Kindred calendar and a rose bush. She also received several presents from members.

Photos were taken and everyone had a lovely time.



RECIPE

GINGERBREAD PEOPLE

INGREDIENTS

- 125g butter, softened
- 1/2 cup (110g) brown sugar
- 1/2 cup (125ml) golden syrup
- 1 Coles Brand Australian free range egg yolk
- 2 1/2 cups (375g) plain flour
- 1 tablespoon Coles Brand ground ginger
- 2 teaspoons Coles brand mixed spice
- Bought royal icing, to decorate
- Smarties or M&M's to decorate

RECIPE METHOD

Step 1: Preheat oven to 180C. Line 2 baking trays with baking paper. Use an electric mixer to beat the butter, sugar and golden syrup together in a bowl until pale and creamy. Add the egg yolk and beat to combine. Add flour, ginger and mixed spice. Stir to combine. Use your hands to knead until smooth. Cover with plastic wrap. Place in the fridge for 30 mins to chill.

Step 2: Roll dough out on a lightly floured surface to a 3mm-thick disc. Use a 7cm gingerbread man cutter to cut out shapes and place on the lined tray. Bake for 10-12 mins or until lightly golden.

Step 3: Make royal icing following packet directions. Place icing in a piping bag fitted with a 2mm plain nozzle. Pipe icing onto each gingerbread man and decorate with Smarties or M&M's.



Sarah showing off her gingerbread person

Source: Taste.com.au



TIMETABLE

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Closed	Closed	Closed	9am Open Bus picks up from Ebdale St, Frankston	9am Open Bus picks up from Ebdale St, Frankston	9am Open Bus picks up from Ebdale St, Frankston	10am Open
			10:00am Morning Meeting	10:00 am Morning Meeting	10.00am Morning Meeting	10.30am Bus picks up from Ebdale St, Frankston
			10:15am Decision Making Meeting	10.15am Light exercise /meditation	10.15am Light exercise /meditation	Social Saturday
			11:15am Unit Meetings Kitchen Admin Newsletter Meeting	10.30am Unit Meeting Kitchen	10.30am Unit Meeting Kitchen	Lunch 12pm
			11:30am Orientation new members	Admin	Admin	2pm Bus leaves to drop off at Frankston
			12.30pm Lunch	12.30pm Lunch	12.30pm Lunch	
			1pm Clean up	1pm Clean up	1pm Clean up	Close 3pm
			1.20pm Walk (weather permitting)	1.20pm Walk (weather permitting)	1.20pm Walk (weather permitting)	
			2pm to 3pm Admin/Kitchen	2pm Kitchen/Admin	2pm Kitchen/Admin	
				3pm Gardening/Art	2:15pm Computer Skills/Admin Unit	
			4pm Bus leaves for Frankston	4pm Bus leaves for Frankston	3pm Gardening/Ar	
			5pm Close	5pm Close	4pm Bus leaves for Frankston 5pm Close	



Kindred Clubhouse Weekly Schedule

Please note we are open as per usual during the holiday season except Christmas Day Fri Dec 25th and New Years Day Fri Jan 1st



INTERVIEW WITH OUR VOLUNTEER LISA



1. When and why did you start to volunteer at Kindred Clubhouse?

Lisa has a passion for Mental Health and enjoys supporting others in their daily struggles. Through Kim's career over the past 25 years, Lisa has been exposed to the Clubhouse Model and has witnessed its ability to transform lives. She started volunteering at Kindred Clubhouse in September 2016. She was initially on the Board of Directors with her husband Kim

however, she resigned when Kim became Manager. Lisa, alongside other volunteers, helped Kim run Kindred on Saturdays and Wednesdays when we started at Ebdale Hub in Frankston. Lisa worked at Ebdale up until we moved to Hastings. She has worked alongside Kim, to make our Clubhouse here in Hastings the reality that it is now!

2. What is your favourite thing to do at Kindred Clubhouse?

Lisa enjoys working alongside members to help them problem solve and work out anything that is on their mind. She also enjoys working both in the Admin and Hospitality units. However, like many other members, she doesn't really like to clean the toilets (laugh out loud).



INTERVIEW WITH OUR VOLUNTEER LISA CONT...



3. What is your favourite memory so far at Kindred Clubhouse?

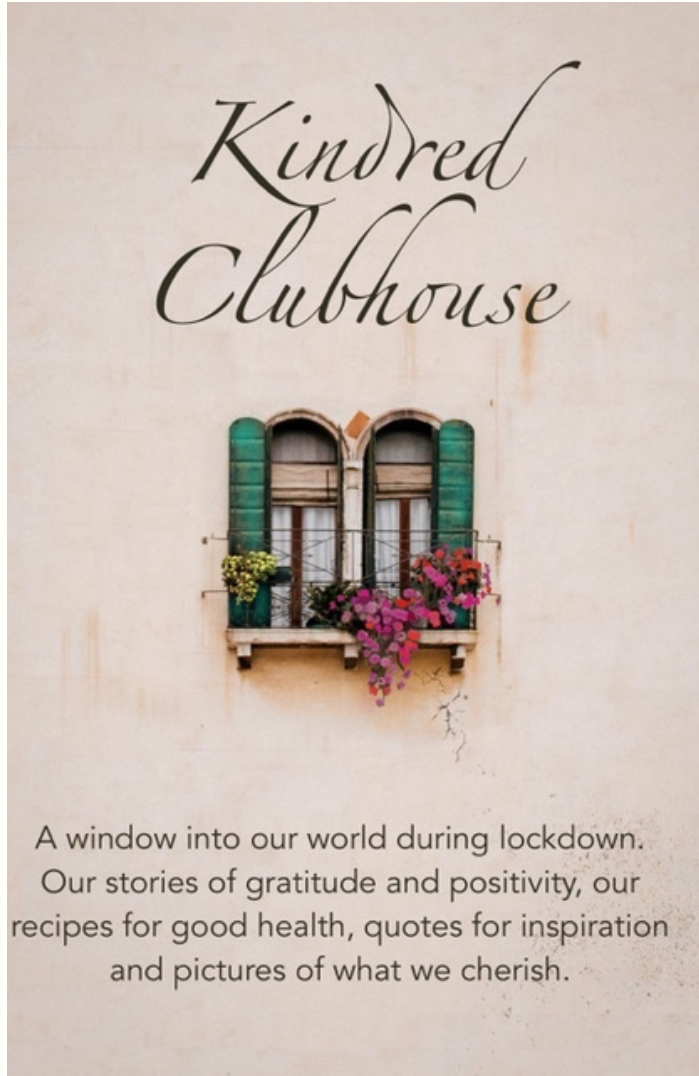
Lisa's favourite memory to date is when Kindred Clubhouse received federal funding allowing us to expand our program. Lisa has watched Kindred Clubhouse come alive as members have started to take ownership of it.

4. What would you like Kindred Clubhouses future to look like?

"I would like to watch Kindred grow until ultimately, it becomes financially secure and we own our own premises somewhere!" Lisa would also eventually like to see an employment and housing unit up and running in the near future.



POSITIVITY BOOK LAUNCH



We will be holding a Book Launch at Kindred Clubhouse (29 Marine Parade, Hastings) on Friday December 11th at 12:30pm.

The launch is to celebrate and promote our Positivity Book which we created during the COVID lockdown.

The book is a compilation of stories, quotes, recipes and poems spreading positivity and inspiration.

All members participated in the making of this book and are very proud of their work.

The book is for sale for \$20 with proceeds going towards meal preparation for the Kindred hospitality unit.

We would like to thank everyone who has already purchased a book. We appreciate your support. If you would like to purchase a copy for yourself or a loved one please contact us on (03) 5904 6125.

We hope you can join us on Dec 11th for the launch of this exciting project.



DECEMBER 2020

BIRTHDAYS



Kim K: Dec 3rd



Jason L: Dec 3rd



Stefanie P: Dec 29th

A big happy birthday to our December babies; Kim K, Jason L, and Stefanie P.



THANK YOU



To All Our Contributors

Sarah N
Stefanie
Wayne

Front Cover

Lisa

Writers

Sarah N
Stefanie

Interviews

Sarah N

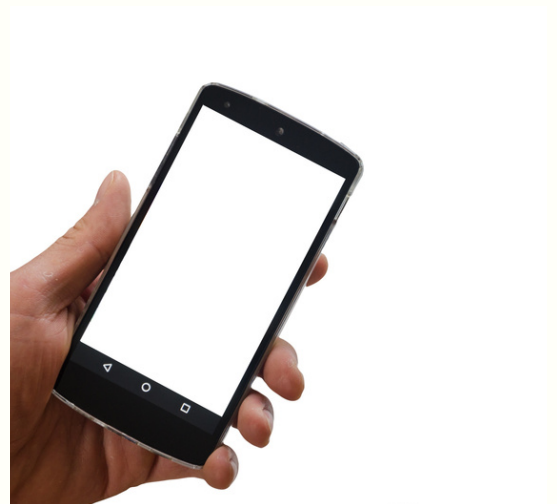
Photographers

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CONTACTS

Caryl: 0434 084 432 (Wed-Sat)
Kim: 0413 483 310 (Thur & Sat)
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Or phone the Clubhouse
on: (03) 5904 6125



Wishing you and your family a happy and safe holiday season