



# Kindred Clubhouse

## DECEMBER







Dear members, supporters and friends of the Clubhouse,

I can't quite believe I am writing an end of year article. This year has gone so quickly! Time flies when you're having fun and there has been plenty of fun at the Clubhouse in 2022. I would like to discuss a more serious point to begin with though, our Annual General Meeting for 2022. The AGM is a big part of staying a Not-For-Profit organisation as it allows our members, funders and the public see that Kindred Clubhouse is doing what it says its doing and spending its funding and donations as it should. Our theme selected by the members this year was "Improving Lives" and it was amazingly generous for three of our members to share their stories in our Annual Report (you can download it from our website here <https://www.kindredclubhouse.org.au/wp-content/uploads/Kindred-Clubhouse-Annual-Report-2022.pdf>). Two of these members, Jeff and Garry, also spoke publicly at the AGM about how the Clubhouse has improved their lives.

Jeff did a fantastic job of putting the story beside our hospitalisation data. He talked about how friendships, purpose and not being judged had not only kept him out of the hospital system after multiple stays, but significantly improved his mental and how he sees his life ahead in hope. This is highlighted in our data which shows roughly 70% of our members had been admitted to hospital for mental health concerns before becoming a member at the Clubhouse, but after membership that number drops significantly to around 15%.

Garry spoke openly about how engaging and re-engaging in clinical services was becoming a cycle for him but when he found the Clubhouse, he felt he had the network of support that he needed to break that cycle, even when faced with the most difficult circumstances. This again highlights that 70% of Clubhouse members use 50% less clinical supports once attending the Clubhouse environment.

I want to thank Jeff, Michele and Garry for being incredibly brave and generous to Kindred by sharing what our place means to us. It is not an easy thing to do but you held yourselves beautifully and strongly, just like we get to see when you're working alongside us. I couldn't be more proud of what you bring to our Clubhouse. I also need to mention Caryl who designed and pulled together the Annual Report. Its one we are all proud of.

I would like you all to also know that at a Governance level, Kindred is walking the talk and paying respect to the peer-run and operated Clubhouses. We welcome a second Kindred member, Nick, to the Board and look to put on a third shortly. We couple this with the recently finalised "Member Filter", which was designed by our members to make sure that no strategic decisions or goals are ever set in our Strategic Plan without first passing through our members' wants/needs, and know that we will always be true to our model.

I would like to take this opportunity to wish you all a very happy festive season. We have incredibly generous friends in this organisation who give time, money, connections and support and please know this, we need it and we love your contributions. You are the best gift we could receive.

I look forward to many, many coffees and lunches with you all next year.

Brendan  
Director – Kindred Clubhouse Inc.





## *Menu*

Thursday 1st

Vegetable Lasagne

Friday 2nd

Baked potato and salad

Saturday 3rd

Christmas Market

Wednesday 7th

Mac and Cheese

Thursday 8th

Chicken wraps

Friday 9th

Homemade baked beans

Saturday 10th

Summer quiche

Wednesday 14th

Cheese and salad rolls

Thursday 15th

Tanglewood lunch

Friday 16th

Assortment of sandwiches

Saturday 17th

Tuna, egg and green bean salad

Wednesday 21st

Chili con carne

Thursday 22nd

Fried rice

Friday 23rd

Ploughman's lunch

Saturday 24th

Roast chicken and salad

Wednesday 28th

Crispy Tacos

Thursday 29th

Broccoli pasta

Friday 30th

Spaghetti and meatballs

Saturday 31st

Homemade pizza



# DECEMBER

## SPECIAL EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>Help us prepare for the Saturday market</div> <div></div>	<div>2</div> <div></div> <div>Community scones in the park at 10.30</div>	<div>3</div> <div></div> <div>Kindred Christmas Market DECEMBER 3RD 10.30AM - 1.30PM EVERYTHING is by donation only including our sausage sizzle. UNBELIEVABLE BARGAINS! KINDRED CLUBHOUSE 29 MARINE PARADE, HASTINGS</div>
			<div>7</div>	<div>8</div> <div></div> <div>Please join for our marketing day - photos and videos of members</div>	<div>9</div> <div>10.30am Members decision making meeting</div> <div></div>	<div>10</div>
		<div>14</div> <div>JOIN US TO COOK XMAS LUNCH AT KINDRED</div> <div></div>	<div>15</div> <div></div> <div>11am CHRISTMAS LUNCH AT TANGLEWOOD</div>	<div>16</div> <div>Stef gives talk on "Setting Boundaries" 11am</div> <div></div>	<div>17</div>	
		<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div> <div>Christmas Eve games with Stef</div> <div></div>	
<div>25</div> <div></div> <div>Merry Christmas</div>		<div>28</div> <div>SETTING INTENTIONS FOR THE NEW YEAR</div> <div></div>	<div>29</div>	<div>30</div>	<div>31</div> <div>Happy New Year 2023</div> <div></div>	



# Kindred Christmas Market

We will be getting ready for our Christmas market this week on December 1st and 2nd, in preparation for the market on Saturday 3rd. If you can help us to unpack boxes, clean up, set up tables...etc we would really love and appreciate your assistance.

Our last spring market raised an amount that will make a big difference to the clubhouse, so its important to support these fund raising ventures. If you would like to help on the day, there will be lots of jobs where we need your help. Please be at Kindred by 10am on the day.  
Thank you!



**KINDRED CLUBHOUSE**  
**29 MARINE PARADE, HASTINGS**



# *Christmas at Tanglewood Estate*



*Please join us at the beautiful Tanglewood Estate for a very special Christmas celebration. We will leave Kindred at 10.30am in the bus, if anyone would like to follow us. If you are going directly to the estate, we will meet at 11am. Julie and Ron will entertain with their music from 11.30 till 12.30, after which a roast lunch will be served. We look forward to seeing you there.*





Some of our members share their reflections of the past year at Kindred.

### John

I enjoyed many friendships this year, the outings, and also the lunches. My favourite lunch was spaghetti bolognese. I have enjoyed all the outings but especially the one to Dandenong Market. I like outings because its nice to be able to be in new places with friends.

### Paul

My favourite thing is going on outings and being around everyone and socialising. My favourite outing was going to Phillip Island, though Flinders was good too. I loved going to Carlton for pizza, that was good.

I like the members and staff at Kindred and chatting to everyone. Its been a good year.

### Nick

I have enjoyed meeting new people and doing different actives with them. I like the walks to the pier and going on excursions. My favourite excursions were to Dandenong Market and the Moorabbin Air Museum.





## Lisa

I had a good year at Kindred. I liked the outing to Flinders, we ate fish and chips and then a big ice cream. We had fun playing tag in the park in front of the clubhouse. I am more social when I come to Kindred, I like chatting and laughing at the table. I like seeing my friend Gracie here. I like to help in the kitchen and I like to be part of the team.

## Bev

When I look back over the year what I have liked the most is mixing with new people and getting to know people. I love working in the kitchen, I have learnt a lot from Caryl. I have eaten food at Kindred that I have never eaten before and its been so good to try new food. Once I have learnt how to cook it, I find I can do it on my own at home. I loved the outings to Red Hill, Vic Market, the boat to Phillip Island, Flinders for fish and chips, I have lots of good memories. I can't wait to go again.

## Colin

I like meeting other people at Kindred. I help a lot in the kitchen. I have made new friends especially with the guys. I enjoy going on the outings as it gets me out and about. My favourite ones were fish and chips at Flinders and I liked taking the ferry to Phillip Island and walking around there. My favourite meals have been spaghetti bolognese and gnocchi in cream and garlic and little tomatoes.





## Jace

I have liked the outings, the people and the cooking. I love being able to help out and learn new skills. There is even a dish named after me - Jace's Sticky Chicken! I liked that Kindred helped me to get a job. I completed 3 training courses which helped me to be more employable.

## Greg

When I reflect on the year at Kindred a few of We went on a Saturday to an outing to the Tyabb Packing Co. and then we came back for lunch. There were a lot of different vendors, the weather was wonderful and so was the company.

We went to Lygon street and to the lolly shop then made our way to Brunetti's for lunch. We went in on Eastlink and the Eastern freeway and came back on the Monash. It was great day out.

## Jill

I am very, very thankful that Kindred is here. The staff and members are very welcoming. Thank you for the opportunity to give back to Kindred Clubhouse through helping to organise the Christmas Market and raffle. I am looking forward to the Kindred Christmas party.





# Congratulations Virginia!

One of the amazing support workers that brings her clients to Kindred is Lee Wilder. She recently found one of our members, Virginia, a job training dogs. Virginia is incredibly knowledgeable about dogs and cats, and absolutely loves animals, so this job is a perfect fit. After only a couple of weeks one of the dogs won third prize in a dog show.

Well done, Virginia, we are so proud of your accomplishments!





# Amelia



Congratulations, and Farewell, to one of our long-term members Amelia

Amelia has been offered a position as Wodonga Middle Years College as a teacher's aide. She will also be teaching instrumental music and collaborating with colleagues to develop an inclusion music program at the school.

Amelia has been a member of the Clubhouse for 2.5 years and joined after seeing a poster on her local Richie's noticeboard. Since then, Amelia has completed several trainings at Kindred such as; food handling and barista training. She is also a talented musician and has played cello for our staff and members. Amelia has also contributed her skills in data entry to the Clubhouse by creating an attendance database and entering our weekly membership statistics.

Amelia states, "After coming to Kindred Clubhouse, I feel like I am ready to face things again, go out and take a risk and try something new instead of hiding away. I feel much more confident now than I did before coming to Kindred."

Amelia reports she is excited to have a fresh start and jump into a new challenge.

Thank you, Amelia, for all you have contributed to Kindred Clubhouse. We will miss you but wish you all the best on your new journey!

Don't forget to stop in for a coffee when you're back for a visit.



# November Highlights



The rotary fun run in Seaford



Jill gave a fantastic class on how to draw Mandalas



Our Annual General Meeting



# Activities



## Art Classes

Join in the fun with our new art class every Wednesday morning at 10.30am. You don't need to be good at drawing, we will do projects that are creative and fun.

## Meditation

We hold calming meditation sessions every morning. Deep relaxation improves your sense of wellbeing and calms anxiety.





Kindred Clubhouse is about inclusivity - celebrating differences and abolishing stigma. Whatever your race, religion or sexual identity, we welcome you and look forward to embracing your story.





# Bus timetable

The parking lot behind Frankston station is our meeting point. We park at the top of the station stairs at 9.20am on a Wednesday, Thursday, Friday and Saturday morning. In order to ensure pick up, please contact Caryl on 0434084432 before 8am on the day.

## Opening Hours

Wednesday 10am - 3pm

Thursday 10am - 3pm

Friday 10am - 3pm

Saturday 10am - 2pm





# Phone calls to staff

Brendan, Stef and Caryl are only available for phone calls during work hours on Wednesdays, Thursdays and Fridays.

Although we are not available outside of these hours,  
please leave a message and we will get back to you as soon  
as we return to work.

In case of an emergency, please call 000  
or lifeline on 131114

