

Kindred Clubhouse



FEBRUARY

Fiesta!

Our 5 year birthday party was loads of fun. We all enjoyed the Mexican theme - especially the food!



Please support us on 22nd by renting a table, donating clothes, homewares...etc or visiting us for a fun day out.

 **Kindred Clubhouse**

(Supporting mental health in the community)

MARKET DAY AND SUPERHERO SHOWDOWN

February 22nd 10.30am - 3.00pm

Come along to our Creative Craft Market for a day of fun and adventure!

-  Browse unique, handcrafted treasures, artwork, preloved clothes and bric a brac.
-  Enjoy a sizzling sausage and other tasty treats

 Bring the kids dressed as their favorite superheroes – they'll love our action-packed Superhero Training and Games!
A perfect day out for the whole family!



2036 Frankston Flinders Road, Hastings (Old Salvo's property) Ph: 0435 086 729

Thursday 6th

Join us for a delicious morning tea at
Sages Cottages in Baxter.

The bus will leave Kindred at 10.45





Menu

5th - Vegetable quiche and salad

6th - Macaroni cheese

7th - Fish fingers and salad

8th - Homemade pizza

12th - Chicken Rolls

13th - Baked potato and salad

14th. Roast chicken legs and roast potatoes

15th. BBQ

19th. Spaghetti Bolognese

20th. Bacon and Egg Rolls

21st. Cheese and Tomato pita triangles

22nd Market Day

26th. Tuna Bake

27th Tacos

28th. Cheese and ham rolls





**Kindred and Mentis Assist have
partnered to offer the CPS
(Commonwealth Psychosocial
Support Program)**

CPS is a FREE program designed for those not on NDIS, CPS offers immediate help with:

- Transport to Kindred and other appointments
 - Social connections
 - Rehab support
 - Housing assistance
 - Community access
- Affordable food options
 - Centrelink guidance
 - Legal matters
- Work and study pathways

If you're interested call Kindred Clubhouse on 0435 086 729 and we can make a referral

Our member Lisa



I have been coming to Kindred for about 4 years, always on a Friday with my support worker Jacqui . I love going on outings with the group , the best have been Phillip Island, Flinders and the Strawberry Farm. I like coming to Kindred because I feel accepted and people are always happy to see me.

On the days I don't come to Kindred, I work at the RSPCA op shop in Mornington, and I volunteer at the Meals on Wheels in Hastings. Next month I am going to be starting with the in-house library service in Hastings. I will be delivering books to people who can't get to the library. I do ten pin bowling every Monday morning, and for the last 4 years my partner and I have won the league championship.

What's On

Thur Feb 6th 10:45am

Excursion to Sages Cottages

Fri Feb 7th 11am

Brotherhood of St Laurence
visit (NDIS)

Thur Feb 14th 1pm

Feb Birthday Celebration

Every Wednesday 11am

New Member Orientation

February Birthdays

Veronica 4/2

Brett G 9/2

Nick 10/2

Helen 11/2

Jack 16/2

Craig 19/2

Paul G 21/2

Search A Word

SCHOOL DAYS

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

TEACHER	CLASS	BUS	YEAR	PUPIL
LESSON	ENGLISH	PRIMARY	READER	LUNCH
EDUCATION	PREP	GRADE	MUSIC	SEMESTER
SECONDARY	MATHEMATICS	TERM	WOODWORK	SPORT
UNIFORM	CANTEEN	OFFICE	SCIENCE	CLASS
CERAMICS	HOLIDAYS	SHOES	WEEKDAY	GEOGRAPHY
STUDENT	REPORT	PROJECT	PLAYGROUND	ACTIVITY
SUBJECT	STUDY	PRINCIPAL	FRIENDS	HOMEWORK
COMPUTER	CAMP	LEARN	PENCIL	

Contact Us

Stefanie, Caryl and Nathan 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.

Stefanie 0435 086 729

Caryl 0434 084 432

Nathan 0450 245 747

Opening Hours

Wednesday to Friday 10am - 3pm

Saturday 10am - 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



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

