



# NEWSLETTER

## Kindred Clubhouse



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# HEALTH AND WELLBEING PROJECT



*Nick is pictured working on a drawing for the book*

After the success of our Positivity Book, we decided to publish a new one, this time on Health and Wellness. We are very grateful to have received a grant from the Mornington Peninsula Shire-Community Grants program, which will assist us in publishing the book. The book will include tips for all aspects of health (physical, mental and emotional).

Our members have contributed to the book with healthy recipes, motivational poetry and positive stories. We look forward to sharing the final product with you soon.



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# NEW STUDENT INTRODUCTIONS



We are excited to welcome our two new Monash OT students; Santosh Thakur Dass and Esther Manoharan from April 12th-June 11th.

We also have Teagan Rees joining us to complete her certificate IV in mental health.

We look forward to working with you all and having you on board.





# WORKING BEE

**Working together to get  
the job done at our  
monthly working bee!**

*Sarah and Kim in  
the garden.*



*Greg sweeping up the patio.*



*Janette cooking up delicious meal.*



*Kim washing up the Kindred van.*



# RECIPE

## Chocolate Easter Crackle

### Ingredients

- 200g Mars bars, chopped
- 2 tablespoons thin cream
- 2 teaspoons cocoa powder, sifted
- 3 cups Rice Bubbles
- 20 small Easter eggs, to decorate



Left to Right: Sarah, Jo and Nick making the Chocolate Crackle Nests

### Instructions

Place the Mars bars, thin cream and cocoa in a heatproof bowl over simmering water making sure bowl does not touch water. Stir until melted and smooth. Place Rice Bubbles in a large bowl, pour in Mars bar mixture and stir until well combined. Pile mixture into paper cases and decorate each with an Easter egg. Place in the fridge until firm.



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# NEW HOSPITALITY & ADMIN TIMETABLES

## HOSPITALITY UNIT

We have a brand new hospitality timetable that focuses on health and wellbeing. All are welcome to join in our activities and of course enjoy a meal created by our members.

The new activities include:

**Lift it** - focuses on strengthening the major muscle groups in upper body.

**Stretch it** - involves full body stretching to increase flexibility.

**Move it** - is a low impact dance class for fun and fitness.

**Relax it** - focuses on meditation and mindfulness for a healthy mind.

**Bake it** - once a week the team bake something special either sweet or savoury.

**Hear it** - uses singing bowls that promote deep relaxation and mindfulness.

**Colour it** - uses colouring as a form of mindfulness and creativity.

**Art projects** - this time is allocated to the various art projects that are happening at Kindred.

## ADMINISTRATION UNIT

We also have a new admin timetable focusing on project brainstorming, planning and taking action as well as newsletter creation and design, orientation and intake, meeting minutes and agenda and a how to class to learn about a new topic each week.

Our new activities include:

**Take Action:** focuses on writing and reviewing policies and procedures.

**Orientation/Intake:** Reviews all new membership inquiries

**Decision Making Meeting:** Weekly meeting for staff and members to discuss and resolve new and ongoing ideas and issues.

**Creative Brainstorming Meeting:** Weekly meeting to brainstorm new ideas and strategies to enhance the Clubhouse.

**Project Planning:** Weekly meeting to prepare and plan Kindred events and projects

**Newsletter design and creation:** Creating and developing monthly Kindred newsletters

**"How To" Class:** Weekly class to learn new skills, knowledge and information on specific topics.



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# KINDRED BOARD MEMBERS



**Michael Sillekens** our President  
Michael has worked in mental health services for more than 25 years. He is a trained psychiatric nurse. Michael has been on the Board since 2014.



**Brad McLean** is our Vice President  
Brad joined the Kindred Clubhouse Board in September 2019. Brad is the Employee Relations Counsel at BlueScope Steel Limited.



**Karen Dixon** is our Secretary. Karen joined the Kindred Clubhouse Board in 2020. Karen is an Occupational Therapist with 20 years of experience in Victorian mental health services.



**Sam Holyman** is our Treasurer  
Sam joined the Board a couple of years ago and has a particular passion for mental health advocacy and connecting all community members regardless of age and circumstance.



**Salome** joined our Board a couple of years ago. Salome works at the South Eastern Melbourne PHN as the Consumer Consultant and has been in this role for 5.5 years.



**Naaz Stojkova** joined the Board in 2020 and has had over 10 years of experience in the ACT Government and over 10 years of experience in developing countries





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# KINDRED BOARD PRIORITIES

The Kindred Board is working hard to secure the ongoing funding for Kindred Clubhouse. We would like to welcome our two newest Board members, Naaz and Karen, who joined our Board at last years Annual General Meeting held in November. The Board had a Planning Day on Sunday 14th March to identify the current priorities and to develop action plans. We really appreciate the time and effort that the Board gives us to help us secure a bright future for Kindred Clubhouse.



## **The current priorities for the Board in 2021 are to;**

- Secure ongoing funding for Kindred Clubhouse
- Achieve a Clubhouse membership target of one hundred active members by the end of 2021 and achieve an average daily attendance of fifteen members.
- Establish a Transitional Employment Placement (TEP) program at Kindred that will support members on transitional employment placements.
- Establish Transitional Employment Placements (TEP's) with local employers.
- Review Kindred Clubhouse Mission Statement and Values to ensure the use of inclusive terminology.
- Recruit a part-time or casual book keeper to manage the Clubhouse's finances.
- Recruit a new Director who will steer the Clubhouse into the next two plus years.





# MONTHLY MENU



- April Menu**  
Thursday 1st  
Halloumi and Greek salad wrap
- Saturday 3rd  
Pizza
- Wednesday 7th  
Thai fish cakes and salad
- Thursday 8th  
Creamy red capsicum pasta
- Friday 9th  
Chicken in honey soy
- Saturday 10th  
Chow mein
- Wednesday 14th  
Beef casserole with vegetables
- Thursday 15th  
Spinach, mushroom and cheese quiche
- Friday 16th  
Minestrone soup
- Wednesday 21st  
Lamb chops in tomato gravy
- Thursday 22nd  
Stuffed giant mushrooms with Parmesan
- Friday 23rd  
Vegetarian lasagna
- Saturday 24th  
Sausage and mash
- Wednesday 28th  
Fish fillets in lemon and brown butter
- Thursday 29th  
Pea and Ham soup
- Friday 30th  
Farmers Omlette



# TIMETABLE

Sun	Mon	Tue	Wed	Thurs	Frid	Sat
<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>9am Open</b> Bus picks up from Ebdale St, Frankston  <b>10.00 am</b> Morning Meeting  <b>10.15am</b> Unit Meeting  <b>11am</b> Orientation new members  <b>12.30pm</b> Lunch  <b>1pm</b> Clean up  <b>1.15pm</b> Walk (weather permitting)  <b>2pm to 3pm</b> Newsletter working group  <b>4pm</b> Bus leaves for Frankston  <b>5pm</b> Close	<b>9am Open</b> Bus picks up from Ebdale St, Frankston  <b>10.00am</b> Morning Meeting  <b>10.15am</b> Unit Meeting  <b>10.30am</b> Basic Computer Skills – Admin Unit  <b>12.30pm</b> Lunch  <b>1pm</b> Clean up  <b>1.15pm</b> Walk (weather permitting)  <b>2pm</b> Decision making meeting  <b>4pm</b> Bus leaves for Frankston  <b>5pm</b> Close	<b>9am Open</b> Bus picks up from Ebdale St, Frankston  <b>10.00am</b> Morning Meeting  <b>10.15am</b> Unit Meeting  Work in Units  <b>12.30pm</b> Lunch  <b>1pm</b> Clean up  <b>1.15pm</b> Walk (weather permitting)  <b>2pm</b> Projects  <b>4pm</b> Bus leaves for Frankston  <b>5pm</b> Close	<b>10am</b> Open <b>10.30am</b> Bus picks up from Ebdale St, Frankston  <b>Social Saturday</b>  <b>Lunch 12pm</b>  <b>2pm</b> Bus leaves to drop off at Frankston  <b>Close 3pm</b>



# INTERVIEW: GARRY

Garry has been coming along to Kindred since we first started on Saturdays at Ebdale Community Hub in 2016. Garry remembers coming with his sister Robyn and meeting Kim and Lisa for the first time. Garry then kept coming each Saturday. At the time, Garry lived about thirty minutes away from Kindred. When the Haven residential facility opened in Ebdale Street, Garry was one of the lucky people to get an apartment. Going to Kindred was then only a two minute walk. Now Garry catches the Kindred bus to attend or sometimes he drives his own car.

At Kindred, Garry particularly likes talking to people and when asked what his favorite memory of Kindred is Garry replied, "the food." "I really enjoy the meals that are on offer at Kindred."



*Garry providing the entertainment*

Garry has helped to keep the garden alive during the summer months by regularly watering the pot plants and the front area with a watering can. Garry said he enjoys being involved at Kindred, "it is a great place to come along to," Garry said. "I try to come along each Wednesday and Saturday."

Garry has provided some of the entertainment at a number of Clubhouse functions. During Open Days, Christmas parties and some of the social events, Garry has played his guitar and sang for everyone. Garry told us he is a member of two clubs now. The RSL in Frankston and Kindred Clubhouse. "Membership is very important to me," Said Garry. "I really enjoy being a member and having a sense of belonging." "Being a member makes me feel important, I feel I am among friends at Kindred and I find most people very friendly."





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# UPCOMING EXCURSIONS & EVENTS

Please add your name to the sign up sheets on our notice board if you would like to go on either outing.



## **Emu Plains Market**

Emu Plains is a large, beautiful market near Balnarring.

When: 17 April 2021

Where: 54 Coolart Rd, Balnarring VIC 3926

Cost: \$4 for lunch or you may prefer to buy your own from one of the stalls. Let us know your preference before the day.

Please contact Caryl on 0435086935 for further information



## **Phillip Island Ferry Trip**

When: Sat 1st, May 2021

Where: Crib Point to Phillip Island Ferry

Cost: Ferry round trip:

Concession \$16

Full: \$26

Senior: FREE

Cafe lunch: please bring extra money to purchase food or drink.

Please contact Caryl on 0435086935 for further information



# BIRTHDAYS



Claire R- April 2nd



Lisa K- April 13th



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# THANK YOU



# CONTACTS

Caryl: 0434 084 432 (Wed-Sat)  
Kim: 0413 483 310 (Wed, Thur & Sat)  
Stefanie: 0435 086 729 (Thur, Fri )

Or phone the Clubhouse  
on: (03) 5904 6125

## To All Our Contributors

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