



# Happy birthday

Joint celebration on 11th



2nd Claire
10th Philip P.
11th Dean
11th Mario
Stella 17th

#### "Personal Growth" with Stefanie



Please join Stef on Wednesday afternoons at 1.30pm for her interesting sessions on personal growth. These are the dates for April:

3rd: Exploring your strengths

10th Medication management

17th Stress Management

24th Understanding Anger

Please can you share this amongst your friends or colleagues. Its also something the kids can do during the holidays - there are tons of kids prizes.

Shapes are available at Kindred



We offer a welcoming and safe place for those with mental health concerns.

Our new fundraising project aims to spread the feeling of acceptance and care into the community.

You can support this initiative by buying one of our door signs.

Decorate your sign with the word WELCOME and whatever images/ objects best reflect your business.

Bring your signs to the clubhouse before Friday 10th May
On Saturday 18th May at 11am we will announce the winner of the best
decorated business sign, winner of the best decorated Under 12 sign, as
well as have a door raffle for approximately 50 smaller prizes.

Hang your sign on your business door to let community members know that they are welcome and wanted.

70% OF MONEY RAISED WILL GO TOWARDS MEALS FOR OUR MEMBERS AND 30% WILL BE GIVEN TO THE VICTORIAN HOMELESS FUND



29 Marine Parade, Hastings Ph:0434084432

#### PRIZES!

(And there are heaps more for under 12's To be presented by Paul Mercurio on May 18th at 11am

FIRST PRIZE: BUSINESS









Beautiful hamper compiled especially by Paul Mercurio worth over \$50

FIRST PRIZE: INDIVIDUAL

Luxury cork yoga mat by Anjali Generation worth \$110





Family day pass worth \$79



2 hour voucher worth \$100

#### This Man Can

Property maintenance
Outdoor cleaning
Hedging
Pruning
Han

E Gardening
Landscaping
Pressure washing



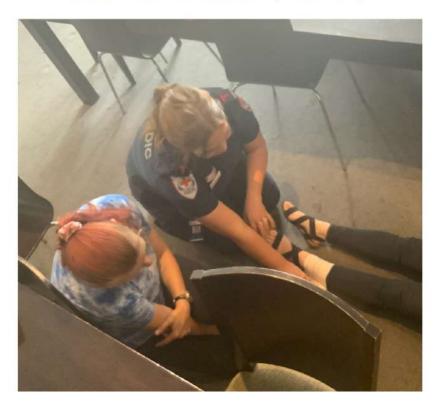
Servicing the Mornington Peninsula

**GABRIEL BLOMKAMP** 

0422 704 250 thismancanhelp@gmail.com



Please join us on Thursday 4th for an informative session with Ambulance Victoria. They will be demonstrating how to do basic CPR and how to use the defibrillator (AED)



Gracie from Ambulance Victoria demonstrating how to bind a snakebite on her last visit. Stef kindly volunteered to be the patient!

#### TRIP TO PERTH FEBRUARY 2024

By Jill

Our member Chris took flight mid February to Perth Western Australia.

Chris is a keen sportsman in all fields of sport & took the trip of a life time to

Optus Stadium for the WWE Elimination Chamber 2024.

The weather was extra hot & Chris got to meet some of his heroes & get photos of WWE belts & trophies.

Thank you Chris for your photos capturing your trip & special event.





Please note that we will be closed for Anzac Day on Thursday 25th

### Regular sessions



Meditation every morning at 10.30am



Art every Wednesday morning

### April 18th Mornington op shop outing

Join us for a bargain hunt at the local op shops. Leaving the clubhouse at 10.45



# Meals



We remind support workers that although meals for members are free, workers are asked to pay a small fee of \$3 should they want lunch. There is a gold coin donation for coffee.

### Contact Us

Brendan, Stefanie and Caryl 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.

Brendan 0487 239 784 Stefanie 0435 086 729 Caryl 0434 084 432

Opening Hours Wednesday to Friday 10am - 3pm Saturday 10am - 2pm



## 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

