

APRIL

Happy
Easter



Kindred Clubhouse

GARDENING

It's time to start planning our Autumn/
winter garden. Please contact Garry or
Craig if you would like to get involved in
choosing which plants to put in.
Let them know your favourite vegetable
and make sure its on the menu!





Dear Kindred Clubhouse Family,

It's hard to find the right words to say goodbye after five years with you all. The truth is, there are no right words—only the deep gratitude, love, and respect I carry in my heart for each and every one of you.

When I first walked through these doors, I had no idea how much this place and the people in it would come to mean to me. What we have built together—this space of acceptance, courage, and hope—is something truly special. I have seen resilience in action, watched friendships grow, and witnessed the incredible power of people lifting each other up. And in that, I have been lifted too.

You have all given me more than I can ever put into words. Your kindness, your honesty, your strength in the face of life's challenges—you have inspired me every single day. I have laughed with you, learned from you, and felt a sense of belonging that I will carry with me always.

Leaving is not easy, and if I could, I would wrap up all the love I feel and leave it behind as a gift. But I know that this community is strong, and that each of you will continue to support one another, just as you always have. I take comfort in knowing that the spirit of Kindred Clubhouse—the warmth, the care, the resilience—will never fade.

Please know that you will always have a place in my heart. I will miss you more than I can say, but I also leave with immense gratitude for having been part of something so beautiful.

Thank you for everything. For your trust, your friendship, your stories, and for allowing me to walk alongside you for these years. It has been a privilege, and I will never forget it.

With all my love,

Caryl

A decorative border of pink and red leaves and berries surrounds the text.

Be Thankful

**Be
Kind**

Be Positive

Be Compassionate

**Be
Humble**

**Be
Strong**

Be Loving



Thank You Caryl

For the past five years, we have been lucky enough to have Caryl as a dedicated, passionate and compassionate employee at Kindred Clubhouse.

Anyone that's had the pleasure of meeting Caryl can not help but feel nurtured, understood and valued in her presence.

As Kindred's very first employee, Caryl has demonstrated her commitment, loyalty and reliability throughout the years and has always gone the extra mile. This has not gone unnoticed and we are extremely grateful for all you have done to support Kindred and contribute to our success.

We know this is not goodbye just "bye for now" Our door is always open and we look forward to seeing you back for a cuppa and a chat.

You will be greatly missed and we thank you for all you've done during your time at Kindred. We wish you lots of happiness and best wishes for your next chapter.

Best Wishes,

Your Kindred Community



Thank
you

Thanks to the Deakin Team



A big thank you to the Deakin research team, Andrew, Tari, James and Aydin for coming to Kindred last week to conduct a theory of change workshop.

The workshop provided us with valuable insight and a greater understanding of the impact Kindred has on the members who attend and the greater community.

We look forward to the next workshop and appreciate your support, knowledge and expertise. Thank you to all the members who shared and participated.

Today, Kindred Clubhouse was pleased to welcome Ben Smith, who visited to learn more about the Clubhouse model and engage with members in a relaxed environment. During the visit, he took time to chat with members about their experiences, the importance of mental health support, and the value of inclusive community spaces. The conversation highlighted key issues facing the local community, with members sharing personal stories and insights. The visit showed a genuine interest in the well-being of individuals living with mental health challenges.

Ben Smith
Independent for Flinders





April Birthdays

Claire- 2nd
Howie- 8th
Phillip- 10th
Mario- 11th
Dean - 11th
Shiena - 16th
Stella- 17th
Emily- 29th

March Birthday Celebrations
Thur April 24th 1:00pm



April Events

Fri April 4th 11am: Brotherhood of St Laurence

Wed April 9th 11am: Ukulele Session with Barry

Thur April 10th @12pm: Ambulance Vic Discussion
Topic Choking Emergencies

Fri April 11th: Frankston Locals Visit 10:30am

Thur April 17th Easter Egg Hunt At Kindred 1pm

Fri April 18th Good Friday: CLOSED

Thur April 24th: Garden Working Bee (all members
welcome) 10:30am-2:30pm

Fri April 25th ANZAC Day: CLOSED

Easter Egg Hunt

Thursday 17th April

Join us at 11am for a fun Easter Egg hunt in the garden





Ukulele Session with Barry

Wed April 9th 11:00am

Come sing, strum or simply listen as we enjoy some ukulele music with our volunteer Barry.

No previous ukulele experience necessary. Just bring yourself, an open mind and a smile.



Kindred Garden Working Bee

(We Need Your Help!)

Thursday April 24th

Come any time between 10.30am and 2:00pm

We need help to

- Weed and dig in garden beds
- Trim plants
- Sort out tool - potting area
- Tidy Garden sign area
- Rebuild Scarecrow
- Number garden beds
- Paint Garden beds

***Craig ,Garry, Greg and Avril
will be there to guide you on the day***



Please let us know if you can help.

April Menu

Wednesday 2nd - Rolls
Thursday 3rd - Pasta Dish
Friday 4th - Friday Free Choice
Saturday 5th - BBQ

Wednesday 9th- Rolls
Thursday 10th - Pasta Dish
Friday 11th - Friday Free Choice
Saturday 12th- Pizza

Wednesday 16th - Rolls
Thursday 17th - Pasta Dish
Friday 18th - CLOSED (Good Friday)
Saturday 19th - BBQ

Wednesday 23rd- Rolls
Thursday 24th - Pasta Dish
Friday 25th - CLOSED (ANZAC Day)
Saturday 26th - BBQ

POSTIVE QUOTES TO REMEMBER

(Thanks to Chris)

DON'T BE PUSHED BY YOUR PROBLEMS.
BE LED BY YOUR DREAMS.

Ralph Waldo Emerson

LET US MAKE OUR FUTURE NOW,
AND LET US MAKE OUR DREAMS TOMORROWS REALITY
Malala Yousafzai

IT'S ALWAYS DARKEST JUST BEFORE THE DAWN

I WILL NOT FOLLOW WHERE THE PATH MAY LEAD, BUT I
WILL GO WHERE THERE IS NO PATH, AND I WILL LEAVE
A TRAIL

Muriel Strode

IF I CAN HELP ONE PERSON, AND THAT ONE PERSON CAN HELP
ANOTHER PERSON, THEN IT BECOMES A CHANGE

Kakenya Ntaiya

YOUR THREE GREATEST TREASURES ARE
SIMPLLLICITY, PATIENCE AND COMPASSION

Lao Tzu

THINGS TO DO WITH TIME

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

THURSDAY
 MONTH
 SUNSET
 JULY
 CALENDAR
 FRIDAY
 YEAR
 NOVEMBER
 SECOND

WEEK
 APRIL
 WINTER
 BEFORE
 MONDAY
 DIARY
 SEPTEMBER
 PAST
 CHRISTMAS

AUGUST
 MOONLIGHT
 FORTNIGHT
 SUNDAY
 SUMMER
 FEBRUARY
 EASTER
 MARCH
 DECADE

FIRST
 HOUR
 WEDNESDAY
 DATE
 OCTOBER
 SPRING
 JANUARY
 CENTURY
 AUTUMN

TUESDAY
 SATURDAY
 PRESENT
 MAY
 LATER
 JUNE
 AFTER
 DECEMBER
 MINUTE



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





We are only contactable Wednesday to Saturday on 0435 086 729 during office hours. We are unable to answer evening or weekend calls.

BUS SERVICE

We run a bus service between Frankston station and Hastings at the following times

Wednesday to Friday 9.20, returning by 3.30

Saturday 9.20, returning by 2.30

Pick up point is the bus shelter in the parking lot at the back of the station, opposite Chisholm.