



KINDRED CLUBHOUSE

APRIL '23

*Expand your horizons in the
safe company of new friends*

Join us for another fundraiser
market event on April 1st!



Menu

- 5th Macaroni cheese
- 6th Chicken and tomato rolls
- 12th Turkish bread with dips and salad
- 13th Minestrone
- 14th Spaghetti Bolognese
- 15th BBQ burgers
- 19th Curried egg mayo rolls
- 20th Vegetarian lasagna
- 21st Bean soup
- 22nd gnocchi
- 22nd Tomato soup
- 23rd Tuna bake
- 24th Cheese and ham rolls
- 25th Lasagna
- 29th Broccoli Pasta
- 30th Cheese and mushroom toasties
- 31st Vegetable soup



Our visit to Point Leo Estate

We were a small but fun group who thoroughly enjoyed our sculpture and picnic outing



Visit from Sandro Demaio

We were excited to have a Kindred visit from Dr Sandro Demaio and his colleague Natalie.

Dr Sandro Demaio is the CEO of VicHealth, a medical doctor and a public health expert and advocate. He previously held the roles of Medical Officer for non-communicable conditions and nutrition at the World Health Organization, and CEO of the EAT Foundation; the science-based, global platform for food systems transformation where he oversaw the global launch of the EAT-Lancet Commission.

Sandro is a member of the Nutrition Strategy Advisory Board, for Pictet Group in Switzerland.



Crystal World

April 6th

We return to Crystal World in Devon Meadows for a mid week outing. Bus numbers are limited so please put your name down as soon as possible. Please bring your own packed lunch as there is nowhere to buy food at Crystal World.





Kindred Clubhouse

APRIL FOOL
SURPRISE MARKET!

EASTER AND MOTHER'S DAY GIFTS

SATURDAY APRIL 1ST

10.30am - 1.30pm



**SAUSAGE
SIZZLE**

Tea/coffee/scones

**EASTER AND MOTHER'S DAY
RAFFLE**

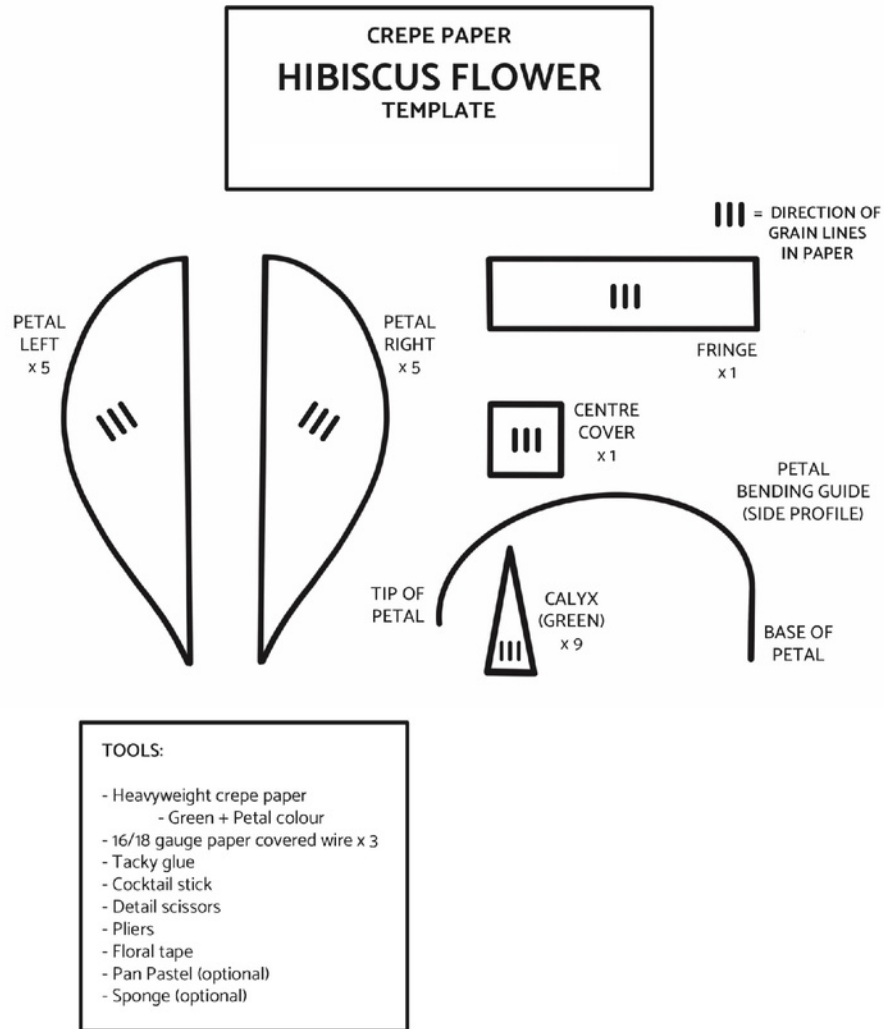
29 MARINE PARADE, HASTINGS

April Art Project (part 1)

Wednesday 5th

Crepe Paper Hibiscus flower

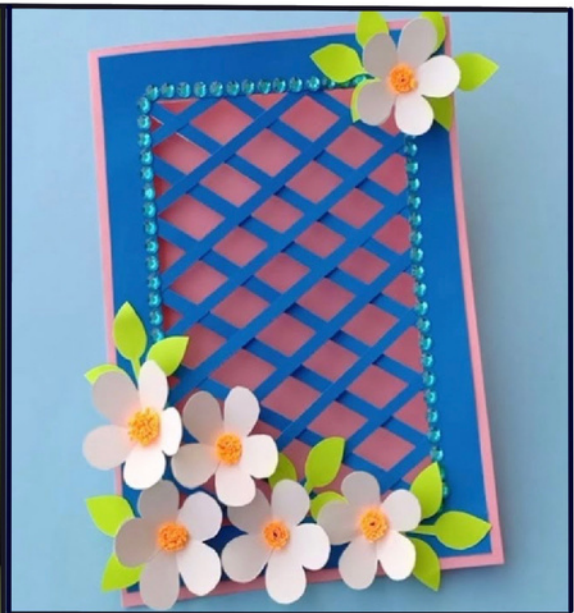
We will each make one
of these beautiful
hibiscus flowers below
from special Italian
heavy crepe paper



April Art (part 2)

Wednesday 12th

Card making workshop: we often need cards with different greetings to send to our members. In this workshop we create beautiful cards to keep in stock to use as needed.



April Art Project (part 3&4)

We will make colourful paper mache bowls over 2 weeks.
If possible, bring your own bowl that you will use as a mould.

Wednesday April 19th 10.30am - 12.30pm

Use the presoaked and shredded newspaper to mix with flour and glue to make a paper clay. Press into your bowl

Wednesday 26th 10.30am - 12.30pm

Your bowl will have dried and will now be ready for painting.



Happy Birthday

Claire - 2nd

Phil 10th

Mario - 11th

Dean 11th

Stella 17th

Dushan 28th

Emily 29th





Please
note
that
Kindred
will be closed
on Easter
Friday (7th)
and
Saturday
(8th)

Mary O' Hagan

We are honoured to welcome Mary O'Hagan to clubhouse and hope you will join us on April 14th at 11.00am

Mary was:

- an initiator of the service user movement in New Zealand
- the first chair of the World Network of Users and Survivors of Psychiatry
 - an advisor to the United Nations and World Health Organization
 - a Mental Health Commissioner for New Zealand

Mary is:

- an international speaker, consultant and writer
- an international thought leader on service user perspectives
- used for her unique expertise in recovery, wellbeing and discrimination
- working in the Netherlands, Britain, Canada, Australia and New Zealand



Thank you!

We certainly will miss our beautiful occupational therapy students Kiara and Nev. Thank you so much for all you have done for members and staff. We wish you all the very best in your future endeavours.



IMPORTANT DATES IN APRIL

Saturday 1st 10.30am - Kindred market day

Wednesday 5th 11.30am Brotherhood of St
Lawrence NDIS support session

Thursday 6th 10.15am- Crystal world outing

Wednesday 12th 10.30am Decision making
meeting

Friday 14th 11.00am Mary O'Hagan
Department of Health/ lived experience branch

Wednesday 26th 9.30am Barista Training

12.00pm Visit from Tim RichardsonMP and
Paul Mercurio MP

Outreach

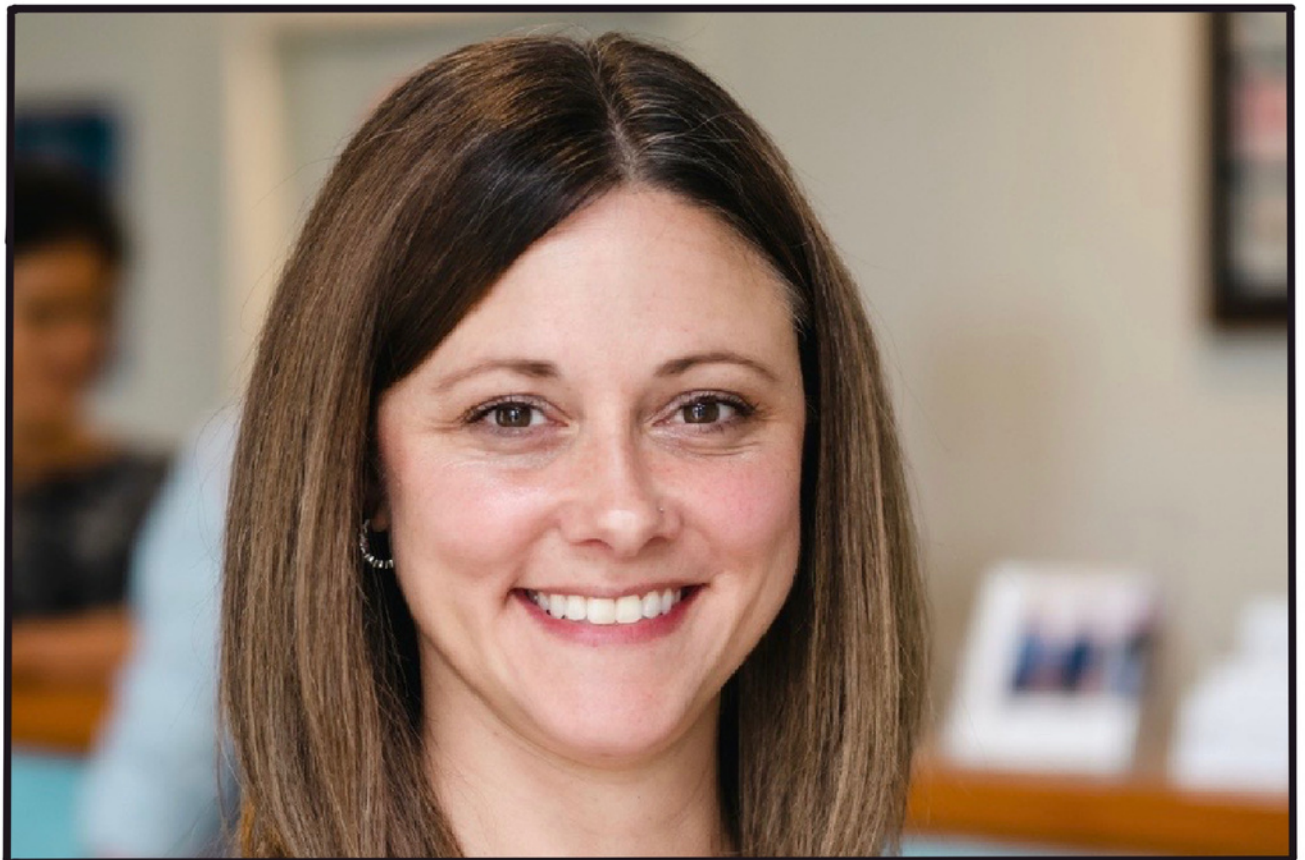
Our outreach program will now extend to include zoom meetings for those who are unable to attend Kindred in person. If you would like to chat to staff and members via phone or zoom, please let Stef know on 0435 086 729 and she will send you a link. These meetings will be held on Wednesday's at 1.30 pm.



Zoom!!

If you can't make it into Kindred but would like to keep in contact, you are welcome to join us via zoom. On Fridays we have virtual catch ups at 1.30pm.

Please let Stef know on 0435 086 729 if you would like a link emailed to you.



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

9.20am/2pm

