



ARTICLES IN THIS MONTH'S ISSUE:

Ministers Visit Ingrid Stitt - Page 2

Member Story - Page 3

Xmas In July - Page 4

Garden Update Update- Page 5

Bunnings DIY with Debbie- Page 6

Excursion - Page 7

Word Search - Page 8

Events/Birthdays - Page 9

Important numbers - Page 10

Commonwealth Psychosocial Program - Page 11

Contacts and Bus info - Page 12

State Minister For Mental Health Ingrid Stitt Visits Kindred Clubhouse

Thank you, Minister Stitt, for visiting Kindred Clubhouse! 🌟

We were honoured to welcome Victorian Minister for Mental Health, Ingrid Stitt MP, to Kindred Clubhouse and share the impact of our community firsthand.



Hearing from members and seeing the power of connection, purpose, and recovery in action is what makes Kindred so special. Thanks to all who shared their stories.

Thank you, Minister, for taking the time to listen to our stories and for your ongoing commitment to mental health and psychosocial support in Victoria.

We're proud to be part of a movement that uplifts people through community — and we're grateful for your support in helping us grow this important work.

A big thank you to Paul Mercurio MP for your belief in Kindred and ongoing support and advocacy in helping to make this possible. We are much appreciative.



Interview with Member Adrienne

Interviewed by Cat

What do you like most about yourself and why?

I'm an understanding and kind person. My personality seems to be my biggest strength and I love helping the people through their mental health journey.

What makes you a great friend?

I am a good listener, I like to try and help out my friends.

Share me an example of one of your proudest achievements?

Moving into my private rental with my son after an extremely toxic relationship.

Tell me one thing that made you smile recently?

My son, who is two, independently telling me he loves me.

What TV show would you choose to live in for a week?

Heart Land

How do you stay motivated to reach your goals?

Coffee. You can't function with brain fog!

Tell me why you believe kindness is important.

It can make or break someones day. Mental health is so different for everyone.

Why is it important to be accepting of peoples differences?

Everyone has their quirks. We are all unique :)

Can you share a tip which helps you to feel most calm?

Change the scenery. If you're stuck in bed, step into the kitchen, if you're stuck inside, step outside. Baby steps. Be kind to yourself, you've got this!

What is one thing you would like to learn in the future?

To drive a truck and trailer.

If you could speak another language, what would it be?

Italian.

If you could be an animal for the day, what would you be and why?

A bird. I ave always wondered what it would be like to fly. How therapeutic!



Xmas in July

A massive turn out for Kindred in July celebrations at Kindred on the 31st July.

Members were treated to a fabulous lunch and plenty of desserts including Alana's Apple Crumble, Michelle's famous trifle and of course, you can't have a Christmas without Pavlova!

Well done to the team for putting on such an amazing day full of laughter, fabulous food and connection. We even had a special visit from Santa!

As always, a massive thankyou to Steamin Mugs for their generous weekly contribution of soup. Today's flavour was Moroccan Chicken and Chickpea!



Garden Update & Upcoming Gardening Course

The garden is growing really well at Kindred! All this rain has been great, the potatoes, silverbeet and spring onions are all thriving.

The broccoli is huge which should give us two heads of healthy broccoli to add to our lunches each week for a couple of months!

Please remember if you enjoy gardening and have a passion for growing vegetables or would like to learn, come down on a Wednesday from 11am for an hour in our gardening group.



As part of our continuing partnership with Advance College we are excited to be offering a 12 week Horticulture course beginning Aug 14. There are still places available!

Please speak to Stef or Lisa if interested or email info@kindredclubhouse.org.au for more info



Do you want to learn some new skills and help out in our garden?

Starting in July, we are excited to offer a ***FREE** 12-week course on site at Kindred Clubhouse where you will learn lots of practical gardening skills as well as attend some community excursions (*Eligibility criteria apply)

This is the ideal opportunity to develop some new skills which will potentially be a step forward in gaining further employment or pursuing further study in the horticulture industry.

You will learn some practical skills and get experience in a variety of engaging topics such as composting, bush tucker, dealing with drought and drought tolerant plants as well as contributing to some garden projects on site at Kindred

If you are interested in participating, please speak with Stefanie or register your details with Advance Community College who will be running this exciting course in partnership with Kindred.

Advance is on 59791398 or learn@advance.vic.edu.au

Bunning DIY with Debbie

We are very grateful to have Debbie Stargatt, Activity Organiser from Hastings Bunnings who has offered to facilitate monthly DIY sessions for Kindred members.

The groups will run the 3rd Wed of each month. This month's DIY was decorating your own door mat and August will be putting together a toolbox (Wed Aug 20th 11am-12pm)

Members had a great time at our July DIY making the doormat which now sits proudly at Kindred's front door. These DIY's are a great opportunity for members to have some fun, learn new skills and get crafty!



Excursion to RPP Radio Station in Mornington



RPP FM (3RPP) is a vibrant volunteer-run community radio station featuring music, news, talk and cultural programming that reflects and serves the Mornington Peninsula and Frankston area. It provides a vital local voice, supports community groups and offers accessible training opportunities for aspiring broadcasters.

Join is on **Thur August 28th at 11:00am** for a tour of the radio station. A big thanks to Robbie for helping to organise this event.

If you are interested in attending, please sign up on the Board at Kindred.

Word Search

by Nick

TOOLS

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

HAMMER

CHISEL

DRILL

RATCHET

COMPRESSOR

PLIERS

MALLET

SOCKET

JIGSAW

CHAINSAW

SCREWDRIVER

AXE

SPANNER

SQUARE

HAXSAW

WRENCH

SAW

PLANE

SANDER

PINCERS

Quote of the Month selected by Chris

You have to believe in yourself when no one else does-that makes you the winner right there.

Event Calendar

AUGUST 2025

MONTHLY EVENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	01	02 Social Saturday
03	04	05	06 GUEST SPEAKER: Vaughn Williams 11am Decision Making Mtg 1:15pm	07	08 Zoe McKenzie Visit 12:30pm Decision Making Mtg 1:15pm	09 Social Saturday
10	11	12	13	14 Mayor Antony Marsh visit 12:30pm	15	16 Social Saturday
17	18	19	20 DIY Workshop @ Hastings Bunnings	21	22	23 Social Saturday
24 31	25	26	27	28 EXCURSION: RPP Radio Station Tour 11:00am	29 Coffee Art 10:00am	30 Social Saturday

Reminder

Please call a day ahead
for bus pickup
0421093533

Stop	Time
Frankston Train Station	9:20
Ebdale St	9:30
Frankston Hosp Bus Stop	9:40
Wallaroo Bus Stop (Hastings)	9:50

August Birthdays


3rd Jess L
 7th Jess M
 8th Jon
 9th Brett C
 17th Eliza
 19th Steven L
 20th Raelene
 22nd Owen
 23rd Belinda
 25th Mary
 26th Erik



Important Numbers




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



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Kindred X Mentis Assist

If you need additional support outside the Clubhouse program, Kindred can help! The Commonwealth Psychosocial Support Program (CPS) is a fantastic partnership with Mentis Assist that gives people experiencing severe mental health concerns access to a care coordinator and support facilitator while also having access to Kindred Clubhouse and its programs.

To be eligible you must;

- Be aged 16 or older
- Experiencing severe mental health issues
- Be in need of community based mental health support
- Not eligible, or not currently receiving NDIS support

If you or someone you know is interested, please contact Kindred Clubhouse to find out more.

The CPS program is powered by funding from South Eastern Melbourne Primary Health Network (SEMPHN).

Kindred Contacts and Bus

Bookings for Bus Pick Up **MUST** be received by
8:30am on the day at the latest.

Mobile: 0421 093 533

Bus stops
Frankston Train Station 9:20am

Ebdale Street
9:30am

Frankston Hospital Bus Stop
9:40am

Wallaroo Bus Stop Hastings
9:50am

For general enquiries please contact the Kindred mobile on
0435 086 729 during office hours Wed, Thur and Friday
10-3pm.

If outside these hours please leave a message and we will
get back to you.

Please call the Kindred bus mobile on
0421 093 533 between 10-2pm if you require assistance
on a Saturday.



Kindred Clubhouse acknowledges that we work on the Ancestral land of the
Bunurong/Boon Wurrung people of the Kulin Nations. We pay our respects to Elders past
and present, and recognise their continuing connection to the land, water, and community.