



Kindred Clubhouse



DIRECTOR'S LETTER

Dear members, supporters and friends,

It has been an incredible month at the Clubhouse, highlighted by our members showcasing our service to others and achieving great things for themselves.

The last month has seen many of our local politicians visit to share lunch with our members and to talk about the impacts of mental health on our community. This has called attention to the vital role that the Clubhouse plays in the current system. Members report that their need for clinical services reduce once joining Kindred and that their incidence of hospitalisation has not only reduced but stopped altogether. Our members also expressed their growing confidence in maintaining their mental health with the support of other members at Kindred. We would like to send a thank you to Zoe McKenzie, Surbhi Snowball and Briony Hutton for all your support and wish you the best of luck in your coming elections.

Kindred has struck up great relationships with local services who will use the Clubhouse as a referral point in the future. Our members meet fortnightly with people who require short-term intensive mental health support to discuss their experiences and invite them to join us at Kindred for a coffee or lunch once they finish. The members not only let the others know that support is there, they also let them know that life can get better with some peer support. We have also been in contact with our local GP clinics to make sure they are aware of how to refer people in the community and feel confident in telling them what we do here. So far the reaction has been overwhelmingly positive.

The Walk & Talk program keeps on delivering and we have had 10 people join us from initial contact. It seems that when people arrive, they are more interested in sitting and joining all of the members for coffee! You can't blame them when they hear the conversations and laughter and smell the freshly ground beans. We don't mind how people join us, what matters to us is what matters most to them. From early indications, it seems that that is rebuilding their friendship networks and maintaining their mental health through peer support.

We have had a new group of members participate in Barista training and the coffees have never tasted better. For some of our members, the idea of getting a certificate was not something they had considered possible when they joined the Clubhouse. With the support of each other and our amazing trainer Brad from Advance College, they not only got their first certificate, they also passed with flying colours! Further sessions include resume writing, computer skills and Mental Health First Aid. Get in touch if you would like to be involved.

Working alongside our members every day are our wonderful staff and volunteers. Caryl, Stef, Santosh, Doug and Harris have been incredibly supportive of our members and have been gently nudging them to take on new challenges daily. I would like to take a second to thank them for creating such a special environment where things that once seemed impossible are now being achieved.

Many thanks to all our supporters and friends for your unwavering support and for championing us at every opportunity. A special acknowledgement of Rotary 2.0 who held their most recent meeting at the Clubhouse and have generously offered to fundraise for us at their next event. Rotary 2.0 backed Kindred at the very beginning and have been beside us ever since. We have loved their support.

Please get in contact if you would like to speak to me and I look forward to seeing you all soon.

Brendan O'Connell
Director

Happy birthday



MARCH HIGHLIGHTS!

So many wonderful things happened this month - visits to the clubhouse from our many supporters, including Zoe McKenzie and Briony Hutton, the return of our member Helen, fun trips to the Red Hill Show and the Strawberry Farm, musicians such as Stone Temple Pilot and Cheap Trick using Kindred as a base for the Hastings Festival, a group of members acing their barista course - the list seems to go on and on.

Well done to everyone for your accomplishments, and thanks to all our members and supporters for making it such a fun month!



The Red Hill Show

By Sarah

Caryl picked up some members at Frankston train station and then continued to Hastings to fetch the rest. There were 18 of us in total. As we met Jace and his wife, and Lisa and her support worker at the showgrounds. We all got admitted in, then because there was so much to do we all went our separate ways.

There was lots to see and loads to eat! I went and saw the sheep and alpacas, the woodchopping and horse jumping. Others went on rides (well, Mary and Alan did - they went on the teacup ride and Mary enjoyed it immensely!!)

There was a big slide to go on and also some skateboarding activities. My favourite part of the day was lunch - Dutch pancakes with maple syrup - yum! Others had yummy hamburgers and Greek food too.

Overall everyone had a fabulous day and went off happy on the bus. Caryl found \$10 on the ground and gave it to our most greatest volunteer Santosh. He helped everyone on the day as well and he used his own car and petrol to give extra people lifts so we were happy to give him the \$10 that was found - it was meant to be!

Thanks everyone for a great day out at the Red Hill Show!



MENU

| | |
|----------------|---------------------------------|
| Friday 1st | American Beef Goulash |
| Wednesday 6th | Cheese, ham and Tomato toasties |
| Thursday 7th | Baked gnocci in creamy sauce |
| Friday 8th | Vegetable Lasagna |
| Saturday 9th | Beef Stir Fry |
| Wednesday 13th | Pumpkin Soup |
| Thursday 14th | Fish Pie |
| Friday 15th. | Closed for Easter weekend |
| Saturday 16th | Closed for Easter weekend |
| Wednesday 20th | Tacos |
| Thursday 21st | Chicken Parma and chips |
| Friday 22nd | Tuna Bake |
| Saturday 23rd | Sausage sizzle |
| Wednesday 27th | Beef stew |
| Thursday 28th | Chicken Fricasé |
| Friday 29th | Minestrone Soup |
| Saturday 30th | Picnic at Coolart with Stef |

Activities



Art Classes

Join in the fun with our new art class every Wednesday morning at 10.30am. You don't need to be good at drawing, we will do projects that are creative and fun.

Meditation

We hold calming meditation sessions every morning. Deep relaxation improves your sense of wellbeing and calms anxiety.



Getting to know new members



How did you hear about Kindred: I heard about Kindred through my support worker Colin. He works for an organisation called Perpetual People Co.

What is your favourite hobby? I like to listen to music, my favourite genre is Metal music. My favourite bands are Metallica, Skid Row and Mega Death. I have a couple of albums from the bands that played in Hastings on Saturday night, like the albums Throwing Copper and Secret Samadi.

Do you have pets? Yes I have two cats. One is mine and one belongs to my mum who I live with. My cat is Phoebe and my mum's cat is Garth. They get on really well together.

What other activities do you do? I do physio twice a week, I do a computer course on a Friday at My Life in Frankston and I go out a fair bit with my support worker Colin. I really enjoy coffee and enjoy trying different cafes. My favourite cafe is in Edithvale called The Crowded Hour.



Kindred Clubhouse is about inclusivity - celebrating differences and abolishing stigma. Whatever your race, religion or sexual identity, we welcome you and look forward to embracing your story.



REMINDERS

LUNCH: Please ring Caryl on 0434084432 before 11am if you will be joining us for lunch. This helps us to cater for the correct amount of people.

BUS TRANSPORT: Please call Caryl on 0434084432 if you need a bus pick up from Frankston station at 9.20am



April outings



Our outing to Phillip Island on the 2nd filled up quickly, and we have a group of 17 ready to take the Ferry and enjoy a fun day on the island.



On Saturday 30th, Stef will be taking members for a picnic in the grounds of the Coolart Homestead in Somers. This is a beautiful place to relax and have a walk in the gorgeous gardens.

Upcoming courses

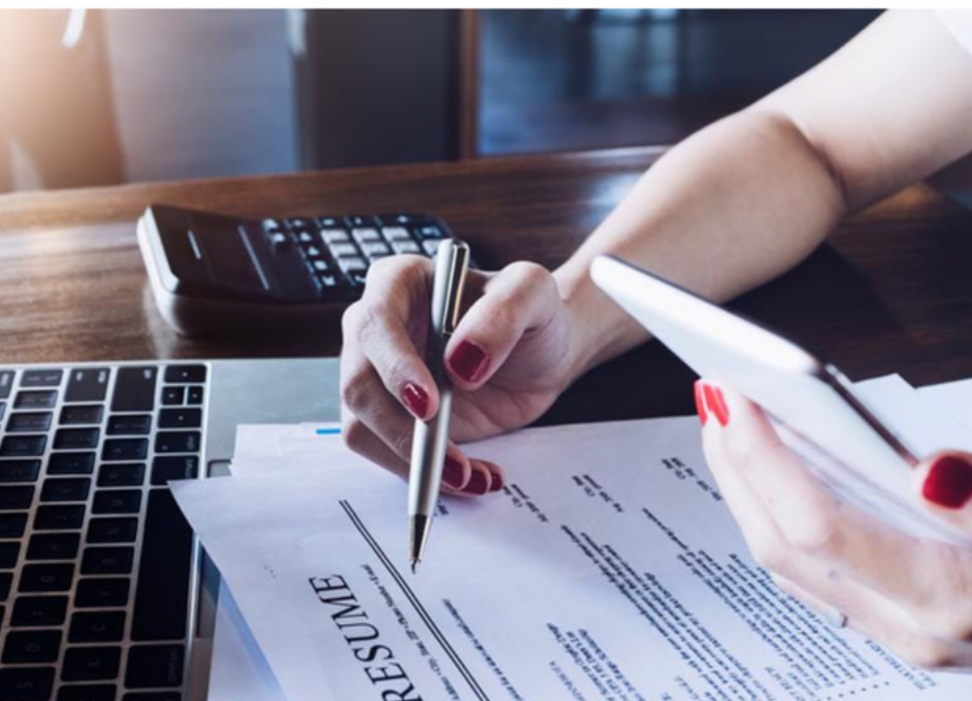
Please register your interest as soon as possible if you would like to participate in any of the courses below.

April 7th: Resume Writing: Make yourself more employable by ensuring your resume is clear and up to date.

May 2nd,3rd, 9th, 10th, 16th: Computer Skills: A 5 day course teaching various basic aspects of computer skills.
This course will be held at the Hastings Community Hub.

Barista coffee making course. This is being held again as the last session was very popular. If anyone is interested please let us know and the date will be confirmed when we have enough participants.

19th and 26th May Mental health first aid: This course is now full, but please express your interest if you would like to do it at a future date.





My night Under the Southern Stars

By Tiga

On the 12th March, a whole lot of bands played across the road from Kindred Clubhouse at a concert called Under the Southern Stars. Some of the bands were Rose Tattoo, Bush, Cheap Trick, and Stone Temple Pilots.

The management of the bands had asked Kindred Clubhouse if they could rent our space for the different band members to relax in before and during the concert.

We said it would be fine as long as they didn't drink and smoke inside our clubhouse.

They agreed and so we decided to rent it to them.

They also gave us 10 free tickets which was great.

I was given one of the tickets and so were a few other members. I picked up our member John in Frankston and we drove together. I had seen him before but I had never really met him, but we got on very well and had a great time at the concert. We both liked all the bands - the very front was very crowded near the stage. John and I stayed mainly in the middle where it wasn't too crowded.

We bought some food - burgers and chips.

The show ended around 10pm and then I drove John back to Frankston.

One of the best parts of the evening was that I made a new friend.


It was a great evening and the bands didn't trash our place and didn't drink or do drugs and they handed it back in excellent condition.



Contact Us

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Opening Hours

Wednesday 10am - 3pm
Thursday 10am - 3pm
Friday 10am - 3pm
Saturday 10am - 2pm

Please call Caryl on 0434084432 if you would like to book a bus pick up from Frankston station at 9.20am Wednesday to Saturday.



Phone numbers

Caryl
0434084432

Brendan
0487239784

Stefanie
0435086729

Lifeline
131114

Friendline
1800424287

Emergency
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Suicide line
1300651251

Nurse-on-call
1300606024

Peninsula Health
97847777