



# Kindred Clubhouse February

*Valentines Day*  
*love edition*

Members share their love  
for their pets, hobbies,  
families and friends.

Walk and Talk  
Launch  
February 11th

*Outing to Phillip Island*



# February Welcome

-Brendan O Connell

While the start of the new year has presented some difficulties, our first month of 2022 has been incredibly productive and Kindred Clubhouse is now ready to provide even more support to our community.

The members Walk and Talk program will be launched this month and we already have had people registering to seek some guidance on how they can re enter the community after mental health concerns or feeling lonely. We couldn't be more proud of the work that has gone into developing this program and the willingness of members to provide peer support to all the people who need it right now. The launch is being held at the Clubhouse on February 11th at 11am and we know all of you who can attend will be there to celebrate with us.

February will be a month where we not only launch programs, we will introduce others internally. We will be working with members to design some new activities to support independent living, finding work or volunteer placements or enjoy having a sing along. We look forward to working with our local community providers to bring in the best training and guidance possible to help us along the way.

We have enjoyed many fantastic conversations about Kindred's future over the last few weeks with some very special guests. The Mayor, Andrew Marsh, and Deputy mayor Lisa Dixon both popped in for some coffee and fresh baked goods from our members. They told us about their commitments for the Mornington Peninsula community and how we might be able to play a role in future support. They were incredibly thankful to our members for the work they have put in to the new programs and feel it is very important that they promote us and link us in with other like minded services. A very big thank you to Andrew and Lisa for all the work they do and for being so keen to support us!

We were also visited by the new labour candidate for Flinders, Surbhi Snowball, who spent two hours in the Clubhouse hearing from members and discussing her ambitions for the region. High on her list is more community support for people on the peninsula and action on climate change. Thank you Surbhi for sitting at the table with us and listening to what is important to people in the area. We hope you enjoyed the fresh biscuits and so did your children.

I would like to finish with another thank you. This time has been especially difficult for some members and staff who have been unwell due to the pandemic. Our thanks go to you for your commitment to protect each other during this time. Playing it safe is often the most disruptive thing we can do for our Clubhouse but its also the best way to stop it spreading. So, thank you from everyone you have protected by getting tested even when hard, staying away when you are not feeling well and for all the love and support you have shown others.







# *You are invited*

11 / 02 / 2022 11 A M - 1 P M

We would love you to attend the launch of the new Kindred Clubhouse program WALK AND TALK.

This new initiative brings together Kindred Clubhouse members, who have lived experience of mental health issues and isolation, with our community members who have similar concerns.

An opportunity for a cuppa and a chat with people who understand.

Join us to learn more about this program and enjoy some free refreshments.

R..S.V.P. [Info@kindredclubhouse.org.au](mailto:Info@kindredclubhouse.org.au) 0435 086 729



MORNINGTON  
PENINSULA  
Shire

29 MARINE PARADE HASTINGS



# Phillip Island

Last year we had a wonderful outing to Phillip Island and we are going again on February 19th! This is a full day out, so only reserve your spot if you can be out for the whole day.

Bus spaces from Frankston/  
Hastings are limited to drive to  
the ferry terminal in Crib Point,  
so if you need a lift to the ferry,  
reserve your space soon.

Pick up from Frankston 8.45am

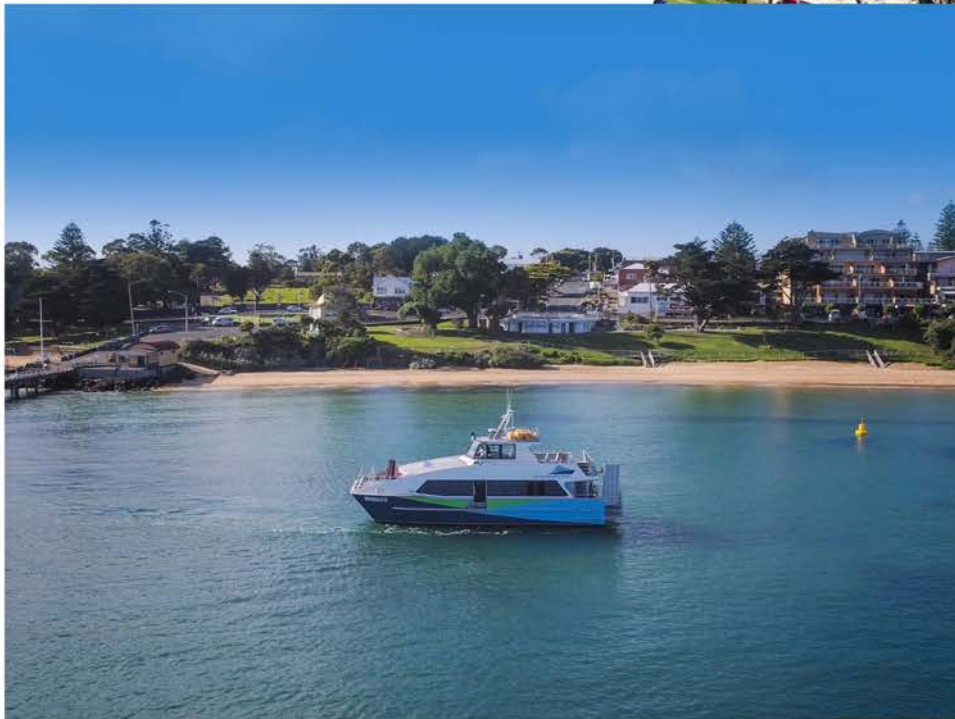
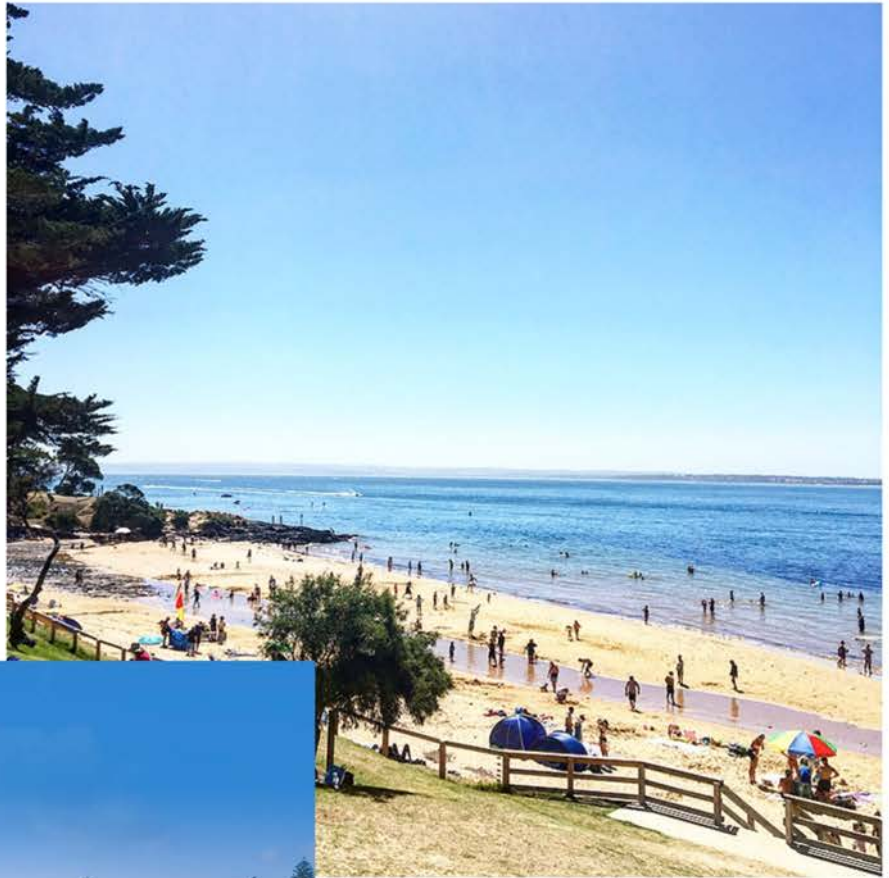
Meet at Hastings 9.15am

Leave for Crib Point to take

10am ferry.

Return on 2.45 ferry.

Return to Frankston about 4.30pm



## Feb 19th





# MENU

Wednesday 2nd	Grilled lemon fish and salad
Thursday 3rd	Pumpkin and feta pasta
Friday 4th	Sausages and salad
Saturday 5th	BBQ
Wednesday 9th	Vegetarian lasagna
Thursday 10th.	Tacos with mince and toppings
Friday 11th.	Walk and Talk launch lunch
Saturday 12th	Picnic in the park with bocci
Wednesday 16th	Spaghetti bolognese
Thursday 17th	Zucchini Alfredo
Friday 18th	Chicken Parma
Saturday 19th	Outing to Phillip Island
Wednesday 23rd	Mixed vegetable quiche
Thursday 24th	Chicken and Haloumi skewers
Friday 25th	Creamy gnocci bake
Saturday 26th	Stef's Meatloaf



♥ We love to see the friendships that flourish between members







Lots of our members love sport. Paul and Tiga both do karate, and Lisa loves horse riding.





When we think of Valentines Day we think of couples in love.

But love isn't only romantic, we express love for all kinds of things in our world - for our cherished friends, for our beloved animals, for our children, our parents...the list luckily never ends!

So on Valentines Day this year, think about all the people in your life that you care about, and perhaps pick up the phone to tell them how important they are to you!

## WHAT LOVE MEANS TO SOME OF OUR MEMBERS

Bev - I love my sons and my chihuahua very much. My dog's name is Kiwi as I am from New Zealand.

Colin- I love spending time doing weights.

Nick - I am very close to my brothers and sister and I love my nieces and nephews so much!

Tiga - I love karate and am a brown belt. I also love my family.

Nina - I love my daughter and my 2 grandchildren.

Amelia - I love my family who always support me and I love classical music.

Jeff - I love my family - my mother and siblings.

Lisa - I love my mother and father, and my brother and sister and my kitty cat Minnie and all the horses at Racing Hearts especially Katie who I ride.



*In those quiet moments when you think private thoughts, make sure you talk to yourself the way you would to someone you love.*





# Consulting your heart.

By Stefanie

Are you tapping into your heart intelligence? Do you consult your heart when making decisions? At first it may be hard to recognise whether its our mind or heart that is making our decisions but with a little practice, you can learn to recognise the difference.

Here is a simple technique you can access anytime and anywhere.

When you have a decision to make, or need to come back into your body, simply close your eyes, place your hand over your heart and breathe deeply.

By grounding yourself in this way, it signals to your body that you are safe, slows down your nervous system and drowns out the noise in your head.

Then ask yourself, what does my heart have to say about this? Where do I FEEL this decision?

Stop, listen and feel the sensations that are brought forth in your body.

Then, bring your mind to positive feeling, image or word and thank your heart for guiding you in your decision.

Give it a try today!



# FEBRUARY BIRTHDAYS





## Bus Collection

We collect people who live in Frankston and surrounds on our 12 seater bus.

We collect behind Frankston station at the following times:

Wednesday 9.20am

Thursday 9.20am

Friday 9.20am

Return 3.00pm

Saturday 9.20am

Return 2.00pm



## Opening hours

Wednesday 10am - 3pm

Thursday 10am - 3pm

Friday 10am - 3pm

Saturday 10am - 2pm





## Contact Us

We can be contacted  
Wednesday to Friday (9am - 5pm)  
Saturday(9am - 3pm)  
Caryl 0434 084 432  
Stefanie 0435 086 729  
Brendan 0487 239 784

As we are a small team we are not available after hours. Please contact one of the services below in case of an emergency.

Emergency Assistance 000  
Friends Line 9663 2740  
Nurse on call 1300 60 60 24  
Lifeline 13 11 14

