



Kindred Clubhouse

JUNE

OUTINGS TO THE
MOORABBIN AIR
MUSEUM AND MINI GOLF

We
Welcome
Wintery
Weather

NEW COURSES/NEW OPPORTUNITIES



MENU

Wednesday 1st

Hamburgers

Thursday 2nd

Chicken Parma

Friday 3rd

Pumpkin soup with garlic bread

Saturday 4th

Cheesy gnocci and meatball bake

Wednesday 8th

Macaroni cheese

Thursday 9th

Apricot chicken

Friday 10th

Zucchini cannelloni

Saturday 11th

Outing to Air Museum

Wednesday 15th

Fish finger tacos

Thursday 16th.

Jace's sticky chicken

Friday 17th

Pasta with cherry tomatoes and pesto

Saturday 18th

Santosh's spiced chickpea dish

Wednesday 22nd

Tuna bake

Thursday 23rd

Mexican meal with Adriana

Friday 24th

Spiced carrot and lentil soup

Saturday 25th

Outing to mini golf

Wednesday 29th

Curried sausages

Thursday 30th

Beef and mushroom pie

JUNE OUTINGS



MOORABBIN AIR MUSEUM WITH STEF 11TH



HOLEY MOLEY MINI GOLF WITH BRENDAN 25TH

Congratulations Sarah!



We are so proud of our member Sarah for all she has accomplished in the past few years. She put herself back into the workplace by volunteering at the RSPCA op shop in Frankston. Her success there motivated her to apply for a job in call centre operations. Her application was successful and she is moving from strength to strength in her new sales position. Well done on all the positive changes you have made in your life, Sarah, we are proud of you!

Thank you to Hailey from Remedy First Aid Training for conducting an amazing mental health first aid course to a group of our members. You made the sessions interesting and educational and everyone certainly learned a lot. Congratulations to all our participants - you did so well!





One of our newest members: Wade.

How did you hear about Kindred? A friend who was going to a venue I attend and who is also a member of clubhouse, told me about it.

What is your favourite hobby? I love walking in the forest or in mountainous areas.

What do you enjoy about coming to the clubhouse? I enjoy relating to people and the mind meditation that I receive. It's very inviting and easy to fit in.

What is your life motto? Many have made friends with me. Some may leave me but I will never leave them.



Congratulations Lisa!

Lisa was recognised as a Meals on Wheels volunteer for the Shire council for National Volunteer week. She was one of the few volunteers that worked throughout the pandemic. At the start of the pandemic there were 186 volunteers and only 36 including Lisa, worked all the way through. If anyone else would like to volunteer, please go to the shire website at <https://www.mornpen.vic.gov.au/Community-Services/Volunteering>

WISHING
ANDREW
DEBBIE AND
JACE

Happy birthday





Welcoming winter months

Welcoming the colder months with open arms and a smile is easier than you think! Although the temperature has fallen and the trees have dropped their leaves, there is still so much beauty around us. Rugging up and taking a brisk walk at this time of year is just as invigorating and beautiful as any other time of the year. Keeping warm means that your body needs extra circulation, inside and out. Spice up your food with turmeric, garlic, ginger or licorice. Make sure you dress warmly, especially when you go outside. Avoid alcohol. Although it may seem as if alcohol makes you warmer, it actually decreases core body temperature.

Now is a good time to catch up on books you have been meaning to read or tv programmes you have been wanting to watch. Make plenty of nutritious vegetable soups and keep them in your freezer. There is nothing like a good hot soup on a cold winters evening.

Winter means more free time, so perhaps give one of the new courses at Kindred a try. Its a great time to learn a new skill!



Brendan was in Hawaii recently and went to visit a clubhouse there called Ko' Olau. Everyone was so welcoming and warm and Brendan had a wonderful time.



Thanks to our two wonderful students Vanessa and Amanda for all you have done for Kindred over the past two months. We will miss you!



Congratulations to the students who completed the Mental Health First Aid Course. Thanks to the lovely Hailey of Recovery First Aid who ran the course.



Our new mural has begun. Watch this space for a great new art project.



We all send Janette lots of love and good wishes after the removal of her wisdom teeth last week. Feel better soon, Janette!

How to create a Mental Wellness Plan

By Stefanie Poole

We ALL have mental health and research shows the importance of cultivating positive mental health for ourselves and our families. So, what is something we do to create and maintain our mental wellness? One practical step we can take is to develop a mental wellness plan.

What is a Mental Wellness Plan?

A Mental Wellness Plan will help you identify how, who, and what you will need to maintain mental wellness. It's a proactive approach to maintaining your mental health and wellness and is a guide for helping you prepare for any mental health issues before they arise. Your Mental Wellness Plan can be shared with family, friends, and health care providers; allowing them to better support you.

Who should create a Mental Wellness Plan?

- Anyone wanting to gain more knowledge, awareness, and strategies for maintaining mental wellness.
- Anyone who has experienced mental health issues or are currently struggling mentally and emotionally.
- Anyone who would like a deeper understanding of their mental and emotional health.

What to consider in your Mental Wellness Plan;

- Explore your unique definition of mental wellness.
- How you plan to stay mentally and emotionally healthy.
- What resources are available to support your mental health and how to access them.

- What types of supports will you need to create and maintain mental wellness for yourself and your family.
- What has worked, and not worked, for you in the past with regard to mental health support.
- What you look and feel like when you're at your best mentally and emotionally.
- What you look and feel like when you're not at your best mentally and emotionally.
- Strategies you can use to stay mentally healthy.
- A mental health safety plan if you have experienced a mental health crisis.
- Your mental health rights and how you can voice them.

How to create your Mental Wellness Plan?

- The first step is to commit to your mental wellness and clarify your meaning of mental health and wellness.
- Explore your answers to the above prompts which will help you begin to create your plan.
- If you have a supportive family member, friend, or health care professional, you can ask them to help you and share your needs and desires with them. Collaboration and communication with your providers and supports is key.

If you'd like support to create your individualised Mental Wellness Plan, Stefanie will be running a Mental Wellness Planning Workshop on Fri June 17th at 10:30am at Kindred. Sign up at the Clubhouse or contact Stefanie on 0435 086 729 to book your spot!

**Useful numbers if you need immediate support*

Lifeline 24hrs: 13 11 14

Beyond Blue 24 hrs: 1300 224 636

Suicide Call Back Service 24hrs: 1300 659 467

Emergency: 000

Workshops

Thursday 9th 10.30am
Matchstick model making
with Jeff.

Thursday 16th 9am - 3pm
RSA (responsible serving of
alcohol)

Friday 17th 10.30am
Mental Wellness Planning
with Stef.

Wednesday 29th 10.30am
Art class with Red Dog

Saturday 18th 10.30
Laughing 'yoga' with
Santosh

Thursday 23rd 10.30am
Mexican cooking with
Adriana.

Daily meditation 10.15am

Wednesday's 10.30
Art with Caryl

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



Phone numbers

Brendan
0487239784

Stefanie
0435086729

Caryl
0434084432

Lifeline
131114

Friendline
1800424287

Emergency
000

Suicide line
1300651251

Nurse-on-call
1300606024

Peninsula Health
97847777