

IUNE

OUTINGS TO THE MOORABBIN AIR MUSEUM AND MINI GOLF

Welcome Wintery Weather

NEW COURSES/NEW OPPORTUNITIES

MENU

Wednesday 1st Thursday 2nd Friday 3rd Saturday 4th Hamburgers
Chicken Parma
Pumpkin soup with garlic bread
Cheesy gnocci and meatball bake

Wednesday 8th Thursday 9th Friday 10th Saturday 11th Macaroni cheese Apricot chicken Zucchini cannelloni Outing to Air Museum

Wednesday 15th Thursday 16th. Friday 17th Saturday 18th Fish finger tacos
Jace's sticky chicken
Pasta with cherry tomatoes and pesto
Santosh's spiced chickpea dish

Wednesday 22nd Thursday 23rd Friday 24th Saturday 25th Tuna bake Mexican meal with Adriana Spiced carrot and lentil soup Outing to mini golf

Wednesday 29th Thursday 30th

Curried sausages 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 postition. 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





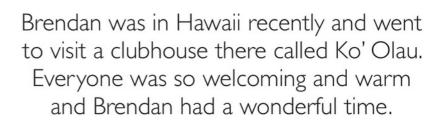
Welcoming winter months

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 envigorating 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 seems 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 programes you have been wanting to watch. Make plenty of nutricious 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!





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.

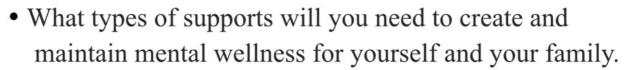
Who should create a Mental Wellness Plan?

- 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 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.

Saturday 18th 10.30 Laughing 'yoga' with Santosh

Thursday 23rd 10.30am Mexican cooking with Adriana.

Wednesday 29th 10.30am Art class with Red Dog



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 O487239784

Stefanie 0435086729 Caryl 0434084432

Lifeline 131114

Friendline 1800424287

Emergency 000

Suicide line 1300651251

Nurse-on-call 1300606024

Peninsula Health 97847777