



Kindred Clubhouse

MARCH

BETTER  
TOGETHER

How joining Kindred  
is changing lives





## MENU

Wednesday 2nd

Spaghetti carbonara

Thursday 3rd

Frittata and salad

Friday 4th

Jace's sticky chicken

Saturday 5th

Brendan's surprise

Wednesday 9th

Tacos

Thursday 10th.

Meatballs on mash

Friday 11th.

Fish in lemon sauce

Saturday 12th

Outing to Redhill Show

Wednesday 16th

Wraps with chicken

Thursday 17th

Chicken and halloumi skewers

Friday 18th

Shepards pie

Saturday 19th

Sausage sizzle

Wednesday 23rd

Pizza

Thursday 24th

BBQ and Salad

Friday 25th

Chilli Con Carne

Saturday 26th

Picnic in the park with Stef

# March outings



Red Hill Showgrounds | Arthurs Seat Rd | Red Hill

Create your own Show Experience!

Local Peninsula producers | Exhibits & Pavilions | Local Food & Drink | Chef Michael Cole  
Cider & Mead Show | Animal Encounters | Free Kids Rides & Activities | Music | Artisan Stalls

[www.redhillshow.com.au](http://www.redhillshow.com.au)  

Saturday 12th March 10am



Strawberry Farm  
Thursday 24th 10.30am



# Getting to know new members

Andy Murphy



**How did you hear about Kindred?** My mum saw an ad in the paper and thought I might be interested. I rang Stefanie, who explained what Kindred was about, what days its open, and invited me to come join in.

**What did you do most days before coming to Kindred?** Sometimes I would visit my family or a few friends. I drive, and sometimes visit my friends in Rosebud and Mount Martha. I used to do painting and drawing, but my current medication has prevented me from doing it much anymore.

**Do you have pets?** I have a funny cat called Pudding. She hates any doors being closed - all cupboards, inner doors and even the dishwasher. I have to have all the doors open otherwise she will scratch continuously at the closed door until she damages them.

**What do you hope to get out of a place like Kindred?** I hope to meet new people, find support and create new friendships.

Nina Stephens



**What made you decide to come to Kindred?** I decided to come here because there wasn't anywhere to go for people with mental health issues that wasn't therapeutic.

**What was it that you were looking for in a club?** I was looking for friendship and somewhere where I would feel comfortable around people with similar mental health issues.

**Has belonging to Kindred made a difference?** Yes, since joining I have not had to have a hospital stay. I have had at least one hospital stay each year but since belonging to Kindred I have not felt the need to admit myself.

**Did you enjoy the outing to Flinders?** Yes, the walk along the pier was nice and they sell fresh mussels and oysters there. We all had a lovely lunch in Flinders park, and later we enjoyed some delicious ice cream.



# Walk and Talk Launch

The launch of our new initiative “Walk and Talk” was a great success, with a lot of new faces brightening up the clubhouse.

We hope that this ongoing project will go from strength to strength, with members of the community popping in for a coffee, stroll in the park and chat with our regular members.



Nick and Elisa hard at work on the cappuccino machine



Our lovely Claire enjoying the snacks



Councillor and deputy mayor Lisa Dixon has always been one of our most valued supporters



Willie Pepper opened the launch with moving stories that touched us all.



A mask doesn't stop Brendan from giving an impassioned speech, showing his dedication to Kindred and its members.





Sarah welcomed the guests at reception.



Jeff, Lee and Jace enjoyed the day



Antonella Celi and Paul Mercurio joined the Kindred members for a photo shoot outside the Kindred building.





## My experience of speaking at the Walk and Talk Launch.

By Bev

When Brendan asked me to speak at the launch, my first thought was “bloody hell, what am I going to say”! He gave me some ideas that he had printed on a sheet for me, and said ‘you can use this and just cross out what you don’t want’. I looked at it at home and tried to practice it in front of the mirror. But on the day, when everyone was sitting waiting for me to speak, I thought “the hell with it, I am just going to speak from the heart and say what I think”. And that is what I did. I don’t even remember what I said, but whatever it was it was heartfelt.

From the first time I walked in the door at Kindred, I knew that this was the place where my son Colin could learn to do things and feel accepted and supported. Since that day, we both come all the time, whenever Kindred is open. I get on with everyone and feel welcome. I used to be very lonely and spent lots of time at home. Since coming to Kindred, I now have new friends and I wish it was open every single day!

I thought I was finding a good, safe place for my son, and instead I found a welcoming new home for us both.



## Kindred Speech at Walk and Talk Launch By Mim

When Brendan asked me to do a talk at the meeting I was like “Nup, not me”! I did not believe I could get up and make a speech in front of anyone again. Least of all to about 50 people including local councillors. I had nothing to offer, I thought, not anymore. However I do feel Kindred’s passion to help people that are ostracised by the mental health stigma and who are alone, isolated and depressed... and very misunderstood. So eventually I said Ok. If only those amazing people who pulled me out of the gutter could see me now.

Two minutes into the talk, my laptop froze...and so did I! What do I do now? I could feel my social anxiety colliding in my brain, along with an asmathic tickle in my chest. With an ambush of emotions I wanted to run and find any hole that would swallow me again. I am so out of my comfort zone. Why did I ever agree to this. Although I said the same when I was trying to conquer my fear of heights and then went bungi jumping and then abseiling head first down a 100 foot cliff. I said the same when trying to conquer a fear of water and went on a sailing trip for 10 days.

Then I looked up and saw Michele in her beautiful lilac outfit smiling that broad smile and nodding her head again and again in anticipation of my next words. I don’t know why exactly it made a difference, but it did. Thanks Michele for saving my bacon.

With bravado returning I told myself ‘just do it, Mim’ and I took a breath, stood up tall and just ad libbed. I silently prayed “ Please let my next words mean something to the people I’m addressing”. From then on it came from my heart and I can’t remember a thing I said.

At the end I truly had not expected the reaction from everyone congratulating me on a good talk. Even Councillor Antonella Celi and Councillor Paul Mercurio (what a spunk) made a beeline for me and said he related to what I said.

I really believe in Kindred and what they are aiming to do for people with the stigma of mental health, so I was really happy to speak on their behalf. I have been a member of lots of clubs and fellowships in my time and none welcomed me so unconditionally like Kindred has, and has had such faith in me. I don’t feel judged or demeaned. Brendan, Stefanie, Santosh and Caryl are definitely the right people for the job. I feel their passion to help people who are ostracised or isolated by society. There is no boss. There is no ‘us’ or ‘them’. We are treated as equals with respect and dignity and I am so proud to be a member of Kindred Clubhouse.

P.S. I am still really proud of myself.



Michele’s supportive smile





Kindred is successful because of all the amazing help we get from members, volunteers and students. Thank you all so much!

Our beautiful students Shelby, Keeley and Brigitte. Its been such a pleasure having you all taking part in our daily activities.

Jackie and Bev are always helpful, hardworking and creative in the kitchen. No challenge is too big - thank you ladies!



No one has washed and cleaned more than these two incredible men Doug ( volunteer) and Paul (one of our long term members).



# Flinders Trip

By Sarah

So we all got picked up from the Frankston train station at 8.30am, all ready to go. We then headed back to Hastings to pick up the rest of the group. All together there was Caryl, Santosh, Michele, Debbie, Mim, Bill, Paul, Jackie, Lisa, John, Mary, Allan, Nina, Bev, Colin and me!

We got coffee at Balnarring, much to everyone in the bus's delight, but we had to leave quite quickly as there were people waiting for us at Flinders Pier.

We walked along the pier - it was an amazing sunny day of 23. We were all concerned about the lovely big pier as they are looking to demolish a part of it, which would endanger a type of seahorse that only lives below that pier!

It was a wonderful walk.

Then we set of to walk the streets of Flinders. We found a little op shop, and other interesting shops. We ate fish and chips in the park. Yum, we all pigged out, but then we still went across the road and got double scoops of ice creams. They were amazing.

Thanks Caryl, for another lovely day out.





# Our lovely day at Flinders





## **The simple act of joining Kindred improves lives in so many ways.**

Every person who works or participates in the clubhouse has a lived experience of some form of mental health issue. We understand the stigma of perhaps feeling 'different', or isolated, or unable to communicate clearly. When a new person steps into Kindred, they are understood, they are home.

It can be really intimidating to decide to join somewhere new, but within 5 minutes of being there, we know you will find that your fears have gone, and that you feel supported and welcome.

Friendships and acceptance are the foundation of our clubhouse, but from that solid base you will find that you will also gain more self confidence as you learn new skills and go on interesting outings slightly further afield. You are able to participate in activities such as gentle exercise, meditation, cooking, organisational meetings, admin skills, art classes and even some short courses such as food handling and coffee making (on our special cappuccino machine).

We love seeing our members make lasting friendships, as they take new, more confident steps into the wider community.





# ICE CREAM!!







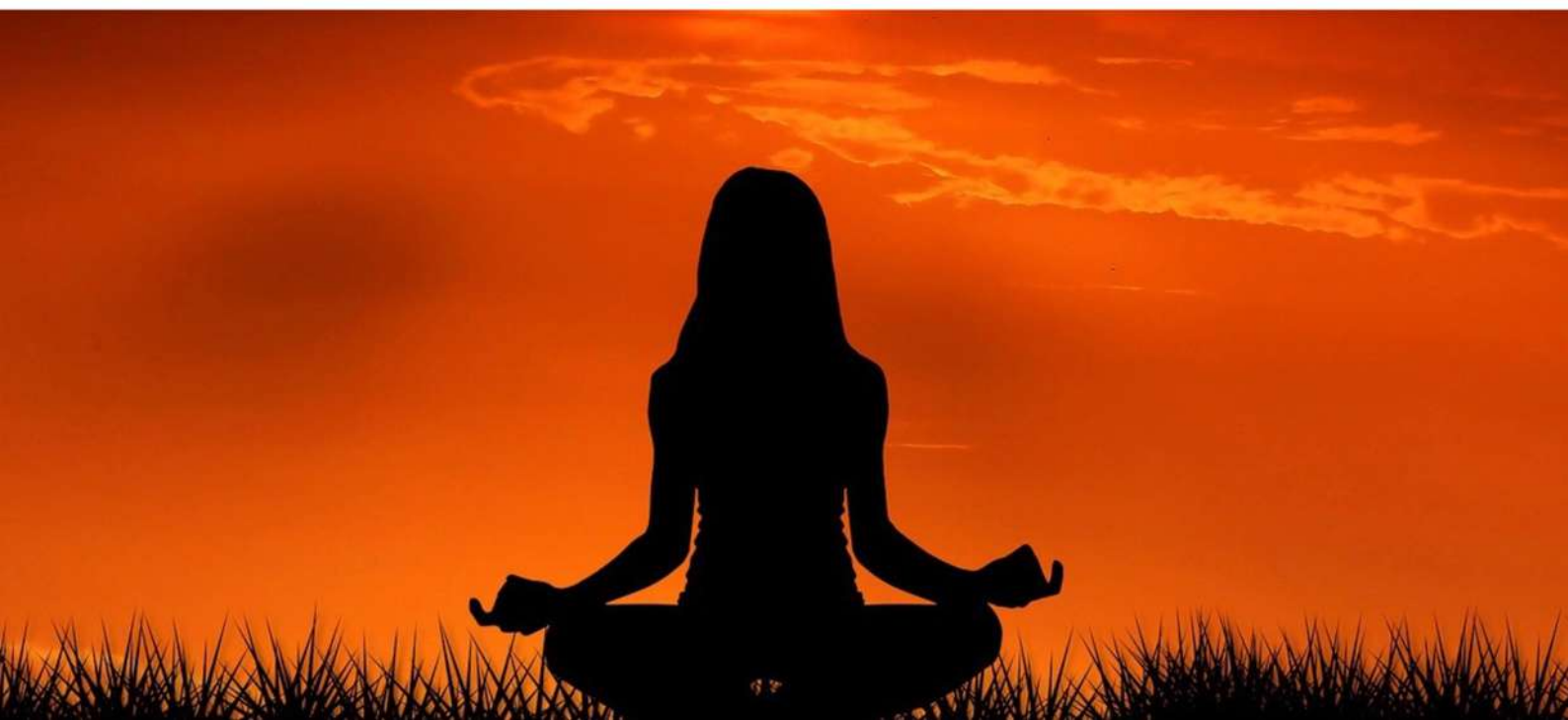
## *Art Classes*

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 CAN HELP TO IMPROVE YOUR MENTAL AND  
PHYSICAL HEALTH.





# Lunches

If you are not at Kindred by I I am but would like lunch that day, please could you give us a ring on 0434084432 so that we can cater correctly.



Every day we so appreciate our members helping with tasks around the clubhouse.

As you all know we love staff and members to work alongside each other, so we invite you to get involved and share the tasks of helping to prepare the meals and cleaning up afterwards.

There are always lots of tasks to be done, so please let us know if you would like to be part of our kitchen team, even if only on occasion - we would love your help!



## 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

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