

# KINDREDCLUBHOUSE



## Spring Edition

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## A letter from our Director, Brendan O'Connell

Dear members, staff and stakeholders,

It has been a couple of months since I started my role as Director, and I wanted to write to say thank you. Never before in my working life have I had a role like this one. When I walk through the doors each day, or onto zoom as the case may be at the moment, I know who to ask questions to and who to make decisions with. All of you. We run the organisation together, as equals. This is incredibly powerful for me and the staff as we don't have to make assumptions or run surveys to find out what is needed, we sit at the table with you and you let us know before we ask. This is the way Kindred Clubhouse operates and I love it.

In this time we have worked on some pretty impressive submissions, meetings and proposals. We won't know the answer to all those for a while, but the hard work you have put into these things should be celebrated. I want you to know that you are making a positive impact on the Clubhouse and I admire the focus on creating more opportunities for people to get support in recovering from and mental health concerns. You are always looking to help others whether that is through writing letters, organising radio interviews, visiting other services or by simply dropping brochures in letterboxes. Every little bit helps and I am sure the rest of the community would agree.

My focus over the next few months will be trying to secure the funding we need to operate at our best. I will need you more than ever in this challenge and I look forward to seeing you all again at the next possible opportunity. Thank you for welcoming me and making me feel at home at our Kindred Clubhouse.

# Spring is in the air




**September** means that Spring is here again, and that longer, sunny days are just around the corner. Soon colourful flowers will be in full bloom, and our mood will lift and we

will feel happier and more hopeful. What is it about spring that brings us such good feelings? Peter Walschburger, a professor of psychology in Berlin, says that humans are programmed to rest when it's dark, and be active and in high spirits when it's light. In winter we sleep longer and live a more confined existence, so when spring arrives with longer days and scents of nature and birdsong, we feel more cheerful.

The 'happiness hormone' serotonin increases with sunlight and our mood improves.

Even in these difficult times of numerous lockdowns, we will all feel a lot better when we can go for walks in good weather and enjoy the freshness of spring. That is certainly something to look forward to!

If you have a bit of space in your garden or balcony, this is the best time to grow some flowers or vegetables. Even just growing a few herbs that you can add to your meals will give you a great sense of accomplishment.



Due to lockdown, we are of course unable to do any of these activities at the moment.

But we want you to know we miss each and every one of you, and can't wait until we are all back together again to share special times. We hope to see you very soon!

## WEEKDAY ACTIVITIES

### WEDNESDAYS

10am Morning meeting. In this meeting we discuss what is on for the day, and members choose any roles in which they would like to participate, such as admin or cooking.

10.20am. Each day we do a bit of light exercise to music. Its fun and gets us ready for the day.

10.40am. We have a short guided meditation session, focusing on feeling deeply relaxed and calm.

10.50am The members who have chosen to cook help shop and prepare lunch for the day. Those who have chosen admin will do activities such as compiling the newsletter and writing tasks.

12.30pm. We all have lunch together

1.20pm There is a group walk in the park across the road.

2.00pm. We have a weekly decision making meeting in which we share new ideas and jointly decide on any new projects/outings.

### THURSDAYS

10am. Morning meeting

10.20am Exercise to music

10.40am Guided meditation

10.50am Cooking and admin

12.30pm Lunch

1.20pm Walk in the park

2.00pm Baking

### FRIDAYS

10am. Morning meeting

10.20am Exercise to music

10.40am Guided meditation

10.50am Cooking and adm

12.30pm Lunch

1.20pm Walk in the park

2.30pm Art group

### ADMIN ACTIVITIES

**Take action:** Focuses on writing and reviewing policies and procedures.

**Intake:** Reviews all new membership enquiries.

**Decision making meeting:** A weekly meeting for staff and members to discuss new ideas and resolve any issues.

**Brainstorming meeting:** A creative meeting to brainstorm new ideas and strategies for the clubhouse

**Newsletter:** Get involved and help prepare the monthly newsletter with designs and articles.

Saturdays are social days. We organise outings at least once a month. Please check with a staff member before arriving at Kindred if you are unsure if its an Outing day. We are open 10am - 2.30pm on Saturdays.

# September Menu

Wednesday 1st	Zucchini pasta with spring sauce
Thursday 2nd	Salad Nicoise
Friday 3rd	Fish in lemon butter
Saturday 4th	Sausage sizzle

Wednesday 8th	Meat Lasagne
Thursday 9th	Cheese and spinach omelette
Friday 10th	Beef Stroganoff
Saturday 11th	Chicken BBQ

Wednesday 15th	Spring Vegetable Frittata
Thursday 16th	Fish and Chips
Friday 17th	Sweet potato and lentil bake
Saturday 18th.	Sticky chicken

Wednesday 22nd	Spaghetti Bolognaise
Thursday 23rd	Roast chicken and potato wedges
Friday 24th	Gnocchi
Saturday 25th.	Pizza

Wednesday 29th.	Thai curry
Thursday 30th.	Macaroni cheese



Spring is a time of hope, renewal and new life. Our member Robert Lucas, wrote a beautiful poem to remind us of the importance of being resilient and hopeful in these trying times.

### SOMETHING ON PAUSE.

Remember what we were and where we were  
Raised on structure and reveled in routine.  
And right now?  
We're all trying to adjust to this new world without any.

Endless lockdowns leave us  
holding our breath.  
Like flat batteries running further and further  
but somehow still here  
longing for a charge.

It may feel powerless or nearly pointless  
to look forward to this uncertain future  
Especially if your heart has already been broken  
and befallen by disappointment.

But I must ask of you to keep your head up  
With all your hopes  
And I wish for you all to realise your resilience.

That wedding, trip, holiday, birthday, concert or reunion  
Whatever you have missed  
Don't let it go.  
Because regardless of when or if it can happen,  
For now  
Its only  
Something on pause.



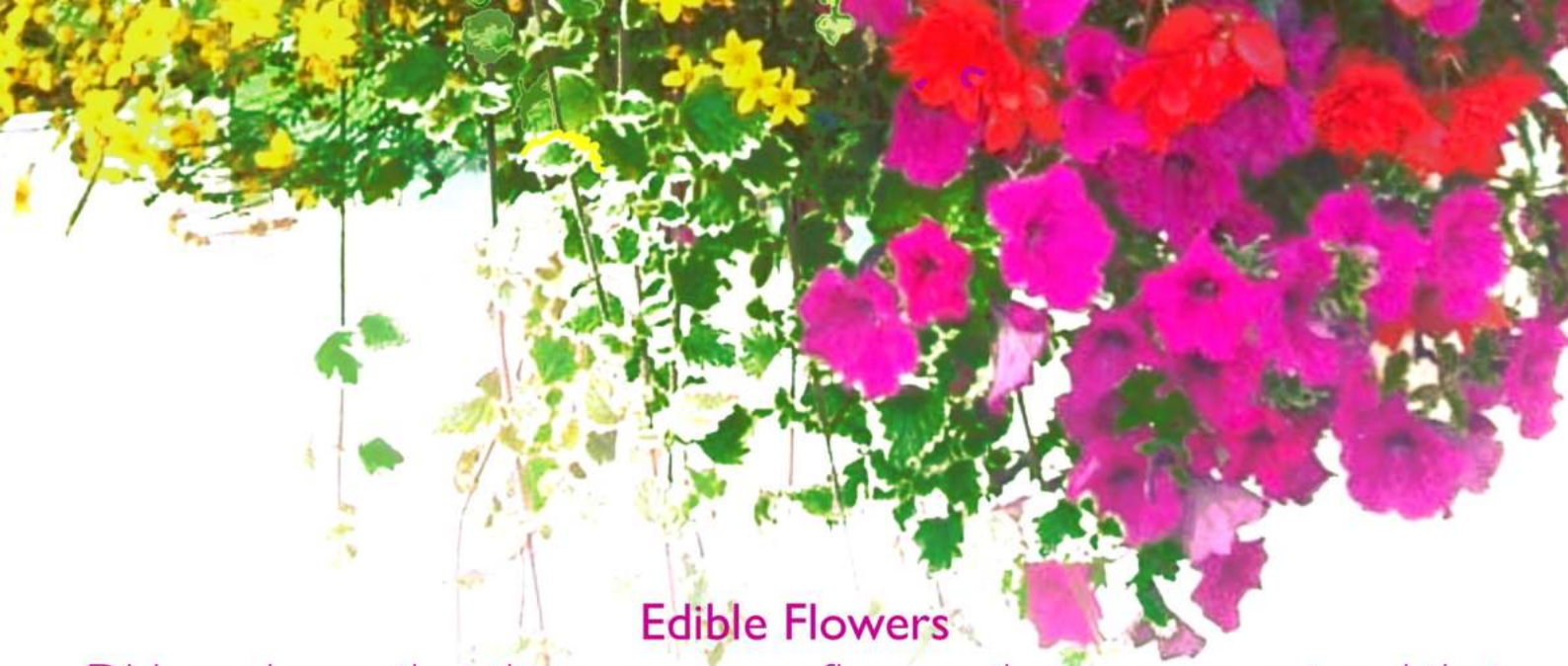
# Helping others by Stefanie

In stressful times, it's important to look out for one another and to make sure that friends and family are coping. It's not always easy to know what to say, so here are Stefanie's top tips for reaching out and helping others.

- \*Let them know that you have concerns
  - \*Find out if they are getting help
- \*Remind them that you care and are there for them
  - \*Listen
  - \*Ask questions
- \*Continue to check in and include them, even if they decline
  - \*Validate their feelings
  - \*Offer to help with daily tasks
- \*Provide education and resources as needed
- \*Suggest the help of a professional or someone they feel comfortable talking to
- \*Offer to attend an appointment as a support person

## Some conversation starters

- \*What can I help you with right now?
- \*I care about you and I'm here to listen. What would you like me to know?
- \*When you have felt like this in the past, who has helped you? I've been through something similar, sometimes it helps to talk to someone who can relate. Would you like to have a chat?
- I'm worried about your safety. Are you thinking about harming yourself or someone else?
- \*You are not alone. We all need support at times. How can I help you find support?



### Edible Flowers

Did you know that there are many flowers that you can eat and that look fantastic in a salad?

Here is list of edible flowers:

Borage, alyssum, nasturtium, begonia, chrysanthemum, chives, roses, chamomile, elderflower, hibiscus, lavender, lilac, marigold, apple blossom, zucchini flowers.

You could also add a few of them as an unusual topping on a pizza.

Please only eat from the list above, not all flowers are edible!

### Great idea for plants and herbs

Isn't this a wonderful and unique idea for growing herbs and small plants this spring? Even if you have minimal space at home, you can simply hang this shoe holder, filled with soil and your favourite kitchen herbs.



# Spring into Art!

Over the years, as art styles developed and changed, artists have been intrigued with the beauty of flowers and have painted them in very different ways. From the very realistic to more modern interpretations, flowers have always been a great inspiration.

Which of these is your favourite?



Bosschaert 1617



Picasso 1915



Matisse 1907



Monet 1915



Klimt 1905



Mondrian 1910

## WHAT SOME OF OUR MEMBERS ARE DOING DURING LOCKDOWN

**Amelia:** Lockdown certainly isn't stopping Amelia from being productive. She is carrying on with her studying, practicing her singing, and also continues to learn the clarinet and cello!

**Andrew:** The 1000 piece jigsaw puzzles that Andrew has been working on sound really difficult! You don't get to see the picture until the puzzle is complete. Well done, Andrew, we would love to see the finished puzzle.

**Bev:** You may already have seen Bev's gorgeous quilt work. She is such a talented seamstress and has used her time in lockdown to tackle even more sewing.

**Bill:** Bill has been working hard by painting his en suite bathroom and his kitchen. He also is kept busy by his dog, who likes to be taken on lots of walks around Hastings.

**Claire:** Some of you may have seen Claire's beautiful artwork. She carefully completes really lovely drawings of animals in wonderful colours and textures.

**Colin:** Colin is relaxing at home, enjoying watching his collection of DVD's and spending some time in the garden.

**Garry:** Garry is a talented musician who loves to play the guitar and sing. Music gives him comfort in these difficult times.

**Greg:** Greg has been keeping busy by joining in all our zoom calls and by doing lots of household chores around his home.

**Jace:** Jace plays games on his computer, does art projects, and is a wonderful father to his children. Lockdown means he can spend more time with his beautiful family.

**Janette:** The 5 little goldfish that Janette keeps in a tank give her much pleasure when she is at home. She also enjoys chatting with her carers and different friends on the telephone.



**Mary:** Mary has been keeping busy during lockdown by cooking lots of yummy meals, and chatting to all her friends on the phone. We all know Mary is a great cook!

**Michelle:** Michelle loves being outdoors and has spent lots of time doing her garden, with the help of her kind friend Greg. He is also teaching her to play guitar and she can now play "El Condor Pasa". Great work, Michelle!

**Mim:** Wally and Clyde are Mim's two gorgeous little dogs. She has been taking them for lots of walks, and they are great at keeping her company.

**Nick:** Nick has a wonderful, close family, and during lockdown they share many zoom meetings to keep in touch. When he is not talking to them on zoom, he uses zoom to connect with friends at Kindred and Wellways.

**Paul:** Paul lives with lots of animals - dogs, chickens, rabbits, lots of birds. They all need lots of care and feeding, which Paul does every day. He also enjoys taking his dogs Apollo and Roxy for long walks.

**Robert:** Our creative member Robert loves to write poetry, and has even written one especially for our newsletter this month. Thanks for the positivity, Robert... we all need to remember that this lockdown isn't forever.

**Sarah:** Sarah spends lots of time with her cute cat Cosmo, and also takes walks down to the beachfront. She watches lots of shows on TV, and also creates 'Diamond Art'.

**Wayne:** Wayne has great support workers that visit him and chat to him. Wayne also loves participating in our zoom meetings, especially when we play bingo!





**Match artwork:** Jeff has been doing art classes during lockdown, and has carried on with his amazing match artwork creations. This one is dedicated in loving memory to his sister Tracey.

**Jigsaw puzzles:** Jo has been passing the time by keeping her brain active and doing jigsaw puzzles. She is kept company by her sweet cat, Hazel.



## September birthdays

Our special birthday member this month is Amelia on the 15th. We hope that we are all together again by then and are able to celebrate at Kindred.



## 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 4.30

Saturday 10.20

Return 2.30



## Kindred's opening hours

Wednesday 9am - 5pm

Thursday 9am - 5pm

Friday 9am - 5pm

Saturday 10am - 3pm



## Contact Us

We can be contacted  
Wednesday to Friday (8am - 6pm) and  
Saturday (9am - 3pm) on the following  
numbers:

Brendan: 0487 239 784

Stefanie: 0435 086 729

Caryl: 0435 086 935



**FOR EMERGENCIES PLEASE CALL 000**