

December Newsletter





Topsy Turvy Open Day

A big thank you to everyone who came to our Topsy Turvy Open day! We had so much fun! Thanks to everyone who made the day a success. Special thanks to our supporters Peninsula Rotary 2.0 and Marg and Eugene Leggatt for attending and for your all your support over the years. Also, to Khi, Darcy and Will from the Salvation Army for the musical entertainment..



Kindred Clubhouse

ANNUAL REPORT 2024



Annual General Report

We are proud to celebrate this year's achievements in our Annual General Report. Please head to our website to read the full report.



Seaford Wetlands Fun Run

A big thank you to all who braved the rain for the Seaford Wetlands Fun Run it was a big success. A big thank you to Craig and Ross for all your hard work! Thanks to Sonya Kilkenny MP for your support and to Mac you are an inspiration. It was also great to see Georgia from It's Okay Not To Be Okay. Georgia and her team are doing amazing work in the community. Thanks to Francisca for running and always supporting us and to our littlest helper Rory.

Peninsula Rotary 2.0 we appreciate all your support over the years and are very grateful for all you do for Kindred and the community.



Paul's Story



I was one of the first people to join Kindred in Frankston in 2013.

So I am definitely a Kindred Veteran! I used to take the train from Crib Point to Frankston every Saturday. Then they started to open on a Wednesday too, so I went on both days. In those early days, Kim and Lisa Kerr used to be there with Stefanie. We would share cooking and have chats but there were no activities in those days. There were no outings either as we didn't have our own bus. When we moved to Hastings about 5 years ago we got a bus and began outings. We also started more activities and got heaps more members. It's better with more people as there are more people to make friends with.

Right from the start Kindred really helped me with my mental health. In the early days it gave me independence to take the train which I hadn't done for 7 years. I had been stuck in my house with depression and anxiety and it was so hard to do anything at all. I was just eating, smoking and going back to bed. Life was empty and depressing. Then Janette told me about Kindred and I decided to give it a try.

Round about the same time, my sister made an appointment for me with a psychiatrist who gave me medication which helped me feel better about starting to do stuff again. When I started Kindred it was an eye opener as it was so good to actually do stuff again and to meet people and make friends.

My sister helped me to get a job at Vinnies and I am still there 7 years later.

Life is good!

Christmas at Tanglewood

December 12th



We invite all members to join us
for a memorable Christmas meal
at the beautiful Tanglewood
Estate in Dromana

Please RSVP by Dec 5th so we can cater accordingly.

Free for Members. \$10 for support workers or carers.

Thank you to Donna & Chris McEvoy for donating their beautiful venue.

IMPORTANT EVENTS/DATES



Thur Dec 5th

MP, Paul Mercurio visit 12pm

Fri Dec 6th

Brotherhood of St Laurence: NDIS 11am

Wed Dec 18th

December Kindred birthday celebrations

Thur Dec 12th

Kindred Xmas Party @ Tanglewood Estate 11-2pm.

Please note Kindred will be closed on the following days

Christmas Wed Dec 25th

Boxing Day Thur Dec 26th

New Years Wed Day Jan 1st



December Menu

Wed 4th - Ham & Cheese rolls

Thurs 5th - Macaroni & cheese bake

Fri 6th - Hotdogs

Sat 7th - BBQ

Wed 11th - Mexican dish

Thurs 12th - Xmas at Tanglewood

Fri 13th - Schnitzel rolls

Sat 14th - BBQ

Wed 18th - Sausages with potato mash

Thurs 19th - Spaghetti Bolognese

Fri 20th - Tomato soup & French stick

Sat 21st - BBQ

Wed 25th - CLOSED

Thurs 26th - CLOSED

Fri 27th - Chicken loaf & Coleslaw rolls

Sat 28th - BBQ



A big thanks to...

The Bittern Mens Shed for finishing off our decking by making us seats to sit on.



and to Work Safety Hub for their generous donation of lockers.



December Birthdays

Suzy Dec 1st

Shaun Dec 5th

Jason L Dec 3rd

Kylie Dec 6th

Andrew Dec 10th

Cody Dec 11th

Monique Dec 15th

Jason C Dec 25th

Mim Dec 26th

Kindred December birthday celebrations Wed Dec 18th after lunch



Search a word

ANIMALS

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P C C R R A R A L S Q U I R R E L T A X
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GIRAFFE
CHICKEN
FISH
RABBIT
LION
GOOSE

CAT
PIG
FOX
TIGER
ELEPHANT
ZEBRA
PENGUIN

BIRD
HORSE
KANGAROO
CROCODILE
WOMBAT
MONKEY
TURTLE

KOALA
COW
PONY
PORCUPINE
POSSUM
EMU
SQUIRREL



24/7 Mental Health Services





Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service

Anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467

Lifeline


Anyone having a personal crisis

 lifeline.org.au

 13 11 14

Beyond Blue

Anyone feeling anxious or depressed

 beyondblue.org.au

 1300 22 4636

Kids Helpline


Counselling for young people aged 5 to 25

 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms


Veterans and families counselling


 openarms.gov.au

 1800 011 046

13YARN

Aboriginal and Torres Strait Islander people

 13yarn.org.au

 13 92 76





Transport

We offer a bus service between Frankston and Hastings in our 12 seater bus. Pick up and drop off is the bus shelter in the parking behind Frankston station at the following times.

Wednesday - Friday

9.20am/3pm

Saturday

9.20am/2pm



CONTACT US



Stef and Caryl and Nathan are available to answer calls or texts during the following hours only:

Wednesday - 9am - 5pm

Thursday 9am - 5pm

Friday 9am - 5pm

Saturday 9am - 2pm

You are welcome to leave a voicemail and we will get back to you during work hours.

Stefanie - 0435 086 729

Caryl - 0434084432

Nathan - 0450245747