



Kindred Clubhouse

FEBRUARY 2023



Menu

Wednesday 1st Cheese and tomato toasties
Thursday 2nd Jace's chicken
Friday 3rd Greek salad filled pita pockets
Saturday 4th Homemade pizza

Wednesday 8th Quinoa summer bowl
Thursday 9th Ploughmans and home made relish
Friday 10th Grilled chicken strips and avo in wraps
Saturday 11th Outing and Santosh curry

Wednesday 15th Tacos
Thursday 16th Homemade baked beans
Friday 17th Spinach and broccoli quiche
Saturday 18th Rolls and salad

Wednesday 22nd Broccoli pasta
Thursday 23rd Sweetcorn and zucchini fritters
Friday 24th Baked potato and salad
Saturday 25th Snags on the Bbq



Cranbourne Gardens



A group of our members enjoyed a great girls day out at the beautiful Cranbourne Botanical Gardens.

Thank you!



We would like to send special thanks to Craig who organised an enormous amount of craft supplies for Kindred. Thanks too, to his son Scott and to Trent Dean who kindly donated these supplies. We will certainly put them to great use and we look forward to seeing the amazing future projects that the members will create.

Support Workers



Adriana, Lee, Jason, Ross

These special people do so much for the members they support. As well as supporting their clients, they always offer to help out with clubhouse activities if needed. Thank you for all you do, we really appreciate you.

Thanks also to Fran, John, Jackie, Natalie and the others carers who were not there for the pic.

We need you!

We would welcome more participation from members in the kitchen. Feeding our growing numbers each day takes a lot of time, and having a small staff, we would so love for more members to help us prepare and cook food, and clean up.



Outreach

Our outreach program will now extend to include zoom meetings for those who are unable to attend Kindred in person. If you would like to chat to staff and members via phone or zoom, please let Stef know on 0435 086 729 and she will send you a link. These meetings will be held on Wednesday's at 1.30 pm.



Open house

Every 11am on a Friday morning we have an open hour for anyone wanting to pop in to see what Kindred is all about. Join us for a casual chat and enjoy a cappuccino with one of our staff or members. Lunch is always free and you are more than welcome to stay for a bite to eat. We hope to meet you soon.



Celebrating 3 years since Kindred opened in Hastings



Kim unloads the first of the furniture



Mary and Paul cook outside



Nick and Paul making a meal



Our official opening with Neil Burgess



First Hastings Bunnings bbq



First students - Abbey and Ashleigh



First outing(Courtney playing cricket)



First gardening project (scarecrow)



First book/Greg Hunt

More memories over the years



Fishing in Frankston



McClelland Sculpture Park



Fish and chips in Flinders



Strawberry Farm



Flinders Pier



Lygon St outing
 We enjoyed a good meal at Brunetti's and had fun looking in all the shops.






Brendans one year anniversary


CONGRATULATIONS STEFANIE!!

Our very own founder and manager Stefanie is a finalist in the National AusMumpreneur Awards in 3 categories.

Well done Stef, and thanks for all you have done for mental health in Victoria - you are an amazing inspiration to all.



The image shows a woman in a floral top and blue jeans standing next to a large pink award sign. The sign reads: 'I'M A 2022 AUSMUMPRENEUR AWARDS FINALIST'. Below this, there is a circular logo for '2022 aus mumpreneur AWARDS FINALIST' and the hashtag '#AUSMUM22' with the website 'ausmumpreneur.com'.



Two circular award logos are shown at the bottom. The left one says '2022 aus mumpreneur AWARDS FINALIST NOT FOR PROFIT AND CHARITY ORGANIZATION'. The right one says '2022 aus mumpreneur AWARDS FINALIST WOMEN WILL CHANGE THE WORLD AWARD'.

Stef wins two awards!

3 Christmas Celebrations



Some of our valued supporters



FEBRUARY CALENDAR

WEDNESDAY, THURSDAY, FRIDAY
 10am - morning meeting
 10.30am - meditation
 12.30pm - lunch



Wednesday	Thursday	Friday	Saturday
1. 10.45 Arts/crafts 	2. 10.45 Learn how to pickle with Maciej 	3.	4 Cricket with Chris in the park
8. 10.40 decision making meeting  11.15 Arts/crafts 	9.	10.	11 Outing to Flinders. Clubhouse will still be open 
15. 10.45 Arts/Crafts  12.30 - 3.00 "Professional boundaries and de-escalation in the workplace."	16. 11.00 Medication management with Stef 	17.	18.
22. 10.45 Arts/Crafts 	23. Outing to Phillip Island 	24.	25 Laughing group with Santosh 



Saturday 11th Flinders

Join us on a bus trip to Flinders for a yummy ice cream at the chocolate factory. Bus numbers are limited so please put your name down if you need a seat or if you will meet us there in your own transport.

Kindred will remain open for those who do not wish to go on the outing.



Thursday 23rd Feb

Back by popular demand is everyone's all time favourite outing - taking the ferry to Phillip Island. There are no limitations on numbers for the ferry, but we can only take 11 on the bus to our meeting point, so please indicate as soon as possible if you will need the bus or if you can use your own transport to Crib Point.

Seniors travel **free** on the ferry, pension/concession card holders is \$17.50 return.



Happy birthday!

Jason L 3rd

Ronnie 4th

Nick 10th

Helen 11th

Greg 14th

Craig 19th



Contact Us

Brendan, Stefanie and Caryl may be contacted Wednesday, Thursday and Friday during office hours. As we are a small organisation, we are not able to offer an after hours service, so please contact 000 in case of an emergency.

Brendan 0487 239 784

Stefanie 0435 086 729

Caryl 0434 084 432

Opening Hours

Wednesday to Friday 10am - 3pm

Saturday 10am - 2pm



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

