

JANUARY 2021



# NEWSLETTER

## Kindred Clubhouse



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# DECLARING OUR INTENTIONS FOR 2021

Caravanning  
Happiness  
Peace  
Focus Freedom  
Consistency  
Health  
Family Love  
Self-acceptance

*Kindred Clubhouse members and staff share some of their intentions for 2021*



# KINDRED CHRISTMAS PARTY

On Wednesday 23rd December we had our Kindred Clubhouse Christmas Party. After a challenging year when there were limited time that we could all get together, the Victorian Covid-19 restrictions were eased just in time for us to be allowed to have an end of year celebration together. We had 33 people attend on the day which (apart from our Official Opening and the Positivity Book launch) was the most people we together at once in the clubhouse all (Covid) year. It was a beautiful day weather-wise which meant that we could have the front glass doors open. We managed to play a few Christmas party games which was fun – congratulations to both Paul and Matt who ended up winning the prizes.





# KINDRED CHRISTMAS PARTY



*Rodney, our Kindred Santa*

A BIG Thank-You to all those in the Hospitality Unit who helped organise a 'traditional' Christmas meal of roast Chicken, honey glazed ham and roast vegetables followed by pavlova and plum pudding for dessert. It was really delicious. No Christmas party would be complete without a visit from Santa.

It was great to have the Jolly man drop in to give out lolly bags to all those who had been good this year.



# KINDRED GRATITUDE TREE



The Kindred gratitude tree was a project that started within the art group prior to COVID. The tree was created as a daily reminder of what we are all grateful for.

Each leaf has a positivity point written on it from members, staff and the community.

If you are ever at the Clubhouse for an event or a visit please feel free to pin a leaf on the tree telling us what you're grateful for.



# POSITIVITY BOOK LAUNCH



The launch of our positivity book was a great success in every way. The weather was perfect, the mood was vibrant and everyone was so enthusiastic about the success of the book. Officiating at the launch was Lisa Burgess, the electorate manager for federal liberal MP Greg Hunt. She said "This book will have a lasting impact on people. It makes us appreciate what is positive in our lives."





# FISHING EXCURSION



*Clubhouse members gone fishing*

On Thursday December 17th members from Kindred Clubhouse went on a fishing excursion with Glenn from Frankston Community Connect. The fishing took place at the Frankston Pier and was followed by a BBQ lunch. Although we weren't successful in catching any fish, it was great day with good company and good friends. We look forward to fishing again with Glenn and his crew who were very good people who would help us cast out and put the bait on when needed.



# MEMBER INTERVIEW WITH JO



## 1. What do you enjoy about coming to Clubhouse?

The company and feeling of being needed and wanted. I enjoy being able to contribute in certain areas of the Clubhouse's daily activities. The practical and emotional support from management has also been something I have appreciated.

*Jo helping out in the admin unit at the Clubhouse*

## 2. How did you hear about Kindred and what is your impression since coming?

I saw the Clubhouse on a Facebook page and thought, I wonder what it like as it sounded interesting. At first, I wasn't sure it would be something for me but I wanted to give it a go. I came down with my support worker but you were closed so I took a brochure. We tried again when you were open and I've been here ever since.





# MEMBER INTERVIEW WITH JO CONT..



***Jo with Goofy the horse***

### **3. What are some of your hobbies or interests?**

I love horses, equine therapy, sports (all sorts), reading (general reader), going for walks and spending time with my cat (Hazel)

### **4. Where is your favourite place?**

My favourite place is at Racing Hearts Equine Therapy. It brings back really fond memories and is my safe space. I have finished the second block of six lessons and have worked with a horse called Goofy. He is gentle, respectful, and playful.



# RECIPE

## Chilli con carne

### INGREDIENTS

2 teaspoons olive oil

125g rindless bacon, roughly chopped 750g

Coles 5 Star Extra Lean Beef Mince

2 medium brown onions, finely chopped

2 medium red capsicums, chopped

3 garlic cloves, crushed

1 long red chilli, chopped

2 tablespoons Mexican chilli powder

800g can chopped tomatoes

400g can red kidney beans, drained, rinsed

toppings, to serve (see note)



*Delicious Chilli con carne*

### METHOD

Step 1: Heat oil in a large saucepan over medium heat.

Add bacon. Cook for 5 to 6 minutes or until crisp.

Add mince. Cook, stirring with a wooden spoon to break up mince, for 15 minutes or until browned.

Step 2: Add onions, capsicums, garlic and chopped chilli. Cook for 5 to 6 minutes or until vegetables are soft. Add chilli powder. Cook, stirring, for 1 minute or until fragrant.

Step 3: Add tomatoes and 1 cup cold water. Bring to the boil. Reduce heat to medium low. Simmer, partially covered, for 30 minutes or until sauce has reduced slightly.

Step 4: Add beans. Increase heat to medium. Cook for 15 minutes or until beans are heated through and sauce has thickened. Serve chilli with toppings.

Source: [Taste.com.au](https://www.taste.com.au)



# INTERVIEW WITH CARYL



## **1. What drew you to work at Kindred Clubhouse?**

Caryl likes to take on roles which are both that of a caring & nurturing nature. She moved to the Mornington Peninsula in 2019 and also has suffered from depression so she understands others and the way they feel.

## **2. What are some of your interests & hobbies?**

Caryl enjoys walking her dog everyday and also likes to swim in the sea. She enjoys both the arts and drawing as she has shown us in the making of the Kindred Clubhouse Covid Book. It was both that of creativity and inspiration.





# INTERVIEW WITH CARYL CONTINUED



### **3. If you had to describe yourself as any animal, what would you be and why?**

When I was younger I probably would have been similar to a wild horse. I was always looking for a new adventure. The older I have become, the more I have turned into a dog, happy to be home and loyal to those I love.

### **4. What do you see as the future for Kindred Clubhouse?**

Caryl hopes to see Kindred Clubhouse grow into a big farmhouse. A farmhouse which is a refuge for anyone with mental health issues, with a beautiful garden, animals, ducks on the lake. A place where members can come to work and live a sustainable life.



# UPCOMING EXCURSIONS & EVENTS



photo credit: <https://www.transitmap.net/mornington-bus-1940s/>

The next Kindred Clubhouse Excursion will be to Cranbourne Botanical Gardens on Sat Feb 6th, 2021. The cost is \$4 to be paid when you sign up. The sign up sheet is on the notice board. We look forward to visiting the Garden together.

## GREG HUNT TO VISIT KINDRED

On January 20th, we are excited welcome the federal liberal minister Greg Hunt. He has been instrumental in the establishment of Kindred, and we look forward to the continuation of our relationship with him and his manager Lisa Burgess.



# TIMETABLE

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>9am Open</b> Bus picks up from Ebdale St, Frankston  <b>10:00am</b> Morning Meeting  <b>10:15am</b> Decision Making Meeting  <b>11:15am</b> Unit Meetings <b>Kitchen</b> <b>Admin</b> Newsletter Meeting  <b>11:30am</b> Orientation new members  <b>12.30pm</b> Lunch  <b>1pm</b> Clean up  <b>1.20pm</b> Walk (weather permitting)  <b>2pm to 3pm</b> Admin/Kitchen   <b>4pm</b> Bus leaves for Frankston  <b>5pm</b> Close	<b>9am Open</b> Bus picks up from Ebdale St, Frankston  <b>10:00 am</b> Morning Meeting  <b>10.15am</b> Light exercise /meditation  <b>10.30am</b> Unit Meeting  <b>Kitchen</b>  <b>Admin</b>  <b>12.30pm</b> Lunch  <b>1pm</b> Clean up  <b>1.20pm</b> Walk (weather permitting)  <b>2pm</b> Kitchen/Admin  <b>3pm</b> Gardening/Art  <b>4pm</b> Bus leaves for Frankston  <b>5pm</b> Close	<b>9am Open</b> Bus picks up from Ebdale St, Frankston  <b>10.00am</b> Morning Meeting  <b>10.15am</b> Light exercise /meditation  <b>10.30am</b> Unit Meeting  <b>Kitchen</b>  <b>Admin</b>  <b>12.30pm</b> Lunch  <b>1pm</b> Clean up  <b>1.20pm</b> Walk (weather permitting)  <b>2pm</b> Kitchen/ Admin  <b>2:15pm</b> Computer Skills/Admin Unit  <b>3pm</b> Gardening/Ar  <b>4pm</b> Bus leaves for Frankston  <b>5pm</b> Close	<b>10am</b> Open   <b>10.30am</b> Bus picks up from Ebdale St, Frankston  Social Saturday  <b>Lunch</b> <b>12pm</b>   <b>2pm</b> Bus leaves to drop off at Frankston   <b>Close</b> <b>3pm</b>



Kindred Clubhouse Weekly Schedule





JANUARY 2021



## BIRTHDAYS



*Jo, Jan 19th*



*Caryl, Jan 29th*

**A big happy birthday to our January babies; Caryl and Jo**



**Kindred Clubhouse**

***Just don't count your years, make your years count."  
-George Meredith***

# THANK YOU



## CONTACTS

Caryl: 0434 084 432 (Wed-Sat)  
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### To All Our Contributors

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Kindred Logo

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***Happy New Year from all of us at Kindred Clubhouse***