



# Kindred Clubhouse

## JANUARY

# 2024



2024

**HAPPY NEW YEAR TO MEMBERS,  
FRIENDS AND SUPPORTERS**



The year past has seen the Clubhouse growing in membership and cementing a unique offering to our community. The Clubhouse is very close to 200 members – a number that seems to be consistent with many of our overseas counterparts that have been operating for a significantly longer time and have larger populations. This highlights the need for a safe space where mental health recovery oriented peer-support is foremost but is delivered in the most unique ways. I think often about how one member recounted to me that they were couch-bound and feeling isolated at home. It was having significant impact on their wellbeing. Later that day, members from the Clubhouse called during routine Outreach and told them that they would make their favourite meal for them if they returned the following day. They couldn't believe that their fellow members missed them and that they remembered their favourite meal. Needless to say, they were back in the next day and have been feeling much better. Its stories like these that are essential to the Clubhouse and something no other organisation can replicate. Social connection is vital in being well.

As we head into another year of growth and personal development, lets all take a moment to see if we can commit to building social connection within our networks. If you read this and you have been thinking of coming down to see us, do it. We'd love to see you. If you would like to connect with us in other ways, let us know. The members of the Clubhouse are experts in connection and between them have delivered over 20,000 hours of peer-support in the last 12 months. On a new day of the new year, I celebrate that most.

Thank you as always to our staff, volunteers, students, partners organisations and supporters – this couldn't happen without you and we will need you all as much as ever this year.

Brendan O'Connell  
Director  
Kindred Clubhouse Inc.

# January Menu

3rd Brendan's surprise pasta

4th Zucchini slice

5th Chicken Rolls

6th Fried Rice

10th Egg mayo rolls

11th Roast drumsticks and chips

12th Chili con carne

13th Baked Potato and salad

17th Noodles with veggies

18th chicken and salad tacos

19th Rice paper rolls

20th BBQ

24th 4th Anniversary Celebration

25th Vegetarian Lasagna

26th Mixed salad sandwiches

27th Frittata

31st Chicken Kebabs

LOVE is the  
best ingredient.



## Michele's story about how important her church is to her in her life

If not for Father God and my church, I don't know where I would be. My church is very accepting of someone who has a mental illness. The head pastor, Pastor Lysa has admitted that she used to have panic attacks and brought someone to our Beautiful Minds group who was suffering badly from panic attacks. In our group you can say you have schizophrenia like I do and instead of everyone freaking out and running away terrified, someone says 'So do I' or "I have anxiety and depression'.

Last week we had 3 people who decided to be a Christian..One person had come out of hospital after a failed suicide attempt and now wanted to be a Christian. Everyone clapped and I felt it was wonderful that he felt comfortable enough to open up to us.

We also have Harbour Care where we give out free meals to anyone who needs it. There is a recovery group on Monday nights for anyone who is addicted to drugs, alcohol..etc. It is run by Pastor Vic who is now old enough to retire but he carries on helping people.

If any Kindred members are interested in finding out more about my church, you are welcome to come and chat to me.



Once a member, always a member.  
How lovely it was to receive a visit from  
our dear friend Paul who moved to a  
different town a year ago.



# CHRISTMAS LUNCH











# Kindred Friendships by Sarah

I have made many friendships over the years that I have been with Kindred Clubhouse. It is nice to have friends that you can share things with, go on outings together or just be there for each other. Friends give you confidence and are always there when needed. I encourage people to form meaningful relationships with others at Kindred Clubhouse so they can feel more confident, and also so they can to enjoy and share their lives with others.



# 12th January

Outing to Flinders for fish and chips.



Please put your name on the bus list on the notice board if you are interested. You may bring your own sandwiches if you don't want fish and chips.

# Thursday 18th

## Visit to Sages Cottage in Baxter



# Happy Birthday



Tiga - 2nd  
Ross - 7th  
Jo - 19th  
Cam - 25th  
Kristine - 30th

# January 24th

## 4 years in Hastings!

Please join us at 11am for tea and snacks to celebrate this special occasion.



# Calling Kindred Staff after hours

As we are a team of only 3 with a large membership, we do not offer an after hours service. If its an emergency please call 000. If you send a text it might take a few days to get back to you as we don't use our work phones on weekends and evenings. Thank you for your understanding



# Bus Timetable

The parking lot behind Frankston station is our meeting point. We park at the top of the station stairs at 9.20am on a Wednesday, Thursday, Friday and Saturday morning. In order to ensure pick up, please contact Caryl on 0434084432 before 8am on the day.

## Opening Hours

Wednesday 10am - 3pm

Thursday 10am - 3pm

Friday 10am - 3pm

Saturday 10am - 2pm

