



Kindred Clubhouse

JULY



Menu

Sat 1st American chop suey

Wed 5th Broccoli Pasta

Thurs 6th Egg rolls

Fri 7th Laksa Noodle Soup

Sat 8th Chicken curry and rice

Wed 12th Irish Stew & mash

Thurs 13th Cauliflower soup

Fri 14th Egg and Bacon rolls

Sat 15th Pasta Primavera

Wed 19th Devilled Sausages

Thurs 20th Creamy chicken lemon soup

Fri 21st Veg lasagne

Sat 22nd Zoodles and sauce

Wed 26th Jo and Jill's Shepards pie

Thurs 27th Hot dogs

Fri 28th  Christmas in July

Sat 29th Pizza



A visit from Mary O'Hagan

By Sarah Nyikos



On Friday 23rd we had the pleasure of meeting Mary O'Hagan. Mary told us her life story and how her mental health had restricted her life for approximately 9 years of her life, from the age of 18.

She experienced bad services, psych wards and psychologists and psychiatrists that didn't help her at all. She was in a very dark place. But she overcame her mental illness through belief in herself and went on to work as the New Zealand Mental Health Commissioner.. She has also worked as an advisor to the United Nations and World Health Organisation.

She leads a team of peer workers and advocates for better services. Mary had us all listening intently to her story and struggles. We asked her questions which she was happy to answer and she also stayed for lunch with Jo and Lexi from the Victorian Department of Health.

Everyone was in awe of her accomplishments and she even signed our book that she had written called "Madness Made Me"

We took photos at the end of a great day.
Thank you Mary O'Hagan, it was a thrill to meet you.

Kindred Gardening Club with Francisca



Every Friday from July 7th, Francisca will guide our newly formed gardening group. Most classes will be held at the Crib Point Community Gardens, but in case of bad weather, she will have lots of fun activities that can be run at the clubhouse. She will teach basics such as propagation, how to use tools, planning a garden and facts about wildlife.

You are welcome to join one or all sessions. Whether you are an experienced gardener or just a beginner, you will enjoy this fun and stimulating group, and have fun being in the outdoors.

Please be at Kindred by 10.30 if you wish to have a seat on the bus to Crib Point.

Christmas in July



We would love you to join us on Friday 28th for a Christmas in July celebration. It will be held at the Hastings Bowling Club, across the road from the clubhouse. If you would like to help with preparations for the day, please have a chat to Sarah or Jill.



Kindred Friendships

One of the best things about Kindred is seeing how new friendships are forged and strengthened every single day. You may arrive feeling lonely, but in no time at all you will be surrounded by new friends who care.









Koala tree planting



We had a great day planting new trees on a beautiful Tuerong property with the Mornington Peninsula Koala Conservation Project. We hope to be able to be of assistance again in the future.

July Calendar

Wednesday	Thursday	Friday	Saturday
			1 10am - 2pm Stefanie and Santosh Social Saturday
5 10.45 Arts and Craft 	6	7 11am Gardening with Francisca 	8 10am - 2pm Caryl and Santosh Social Saturday
12 10.30am CPR/AED training	13  Group birthday cake celebration	14 11am Gardening with Fransisca 	15 10am - 2pm Brendan and Santosh Social Saturday
19 10.45 Arts and Craft 	20	21 11am Gardening with Fransisca 	22 Scavenger Hunt 
26 10.45 Arts and Craft 	27	28 11am Gardening with Fransica 	29 10am - 2pm Stefanie and Santosh Social Saturday

EVERY MORNING
 10.10am Morning meeting
 10.20am Meditation (not Saturdays)

Happy Birthday!



1st Mark S
5th Nina
9th Janette
11th Lisa
13th Sarah
15th Lynne H
15th Troy O
17th Paul C
19th Richard H
20th David G
29th Colin
30th Stephen T

WE WILL HAVE A JOINT BIRTHDAY CELEBRATION

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

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

