



Kindred Clubhouse

MARCH

C O F F E E
B A R



Parliament welcomes Kindred Clubhouse



Telling, and re-telling, your story can be a very difficult part of mental health support. Walking into a majestic building like the Victorian Parliament wouldn't always make you feel at ease. For us, it was a different story.

We were welcomed with smiles and enthusiasm. There were check-ins to make sure the place we were meeting felt safe and comfortable. There was great coffee and very soon after, goosebumps.

3 Kindred Clubhouse members and our Director were invited to meet with Tim Richardson MP, member for Mordialloc (in his capacity as Parliamentary Secretary for Mental and Suicide Prevention) and Paul Mercurio MP, our own local member of Parliament, to discuss all things Clubhouse and share what we believe it offers and what we bring to the organisation.

The stories that were shared, were heard. The feeling that this might be the most important story we've ever told, didn't weigh us down. We were with people who cared about our wellbeing and wanted to know more about how we put mental health in community hands. What it looks and feels like to have a community that allows you to sit with your mental health, ask and offer support to others, and regain a sense of purpose and achievement. Most of all, the message was that we no longer have to wait until things get bad. We can get up every day and come to the Clubhouse, without appointment, and implement the things we know help us keep well.

After pushing back future engagements and running half an hour over time, Tim and Paul left us with a commitment to come and see us in person, at the Clubhouse, and plan any next steps. They would connect us with people they think can help and investigate where we fit into the Victorian Mental Health reforms. They also commented that they would carry our stories with them for a long time, if not forever.

Thank you Tim and Paul from all of us here at Kindred Clubhouse. Thank you for making our story telling safe and for listening to, and learning from, what we have been through up to this day.

A collage of various food items including tortillas, soups, and salads. The background features a wooden table with several dishes: a stack of golden-brown tortillas, a bowl of tomato soup, a plate of spaghetti, a bowl of pumpkin soup, a plate of rolls and salad, a bowl of muffin pizza, a bowl of veggie soup, a bowl of chow mein, and a bowl of pumpkin soup. There are also several glasses of beer and a bottle of beer on the table.

March menu

- 1st Salad Rolls
- 2nd. Lasagna
- 3rd Veggie soup
- 4th Baked beans

- 8th Tomato soup
- 9th Salad Rolls
- 10th. Spaghetti
- 11th Bbq snags

- 15th Cannelloni
- 16th Pumpkin soup
- 17th Rolls and Salad
- 18th Muffin pizza

- 22nd Veggie soup
- 23rd Rolls and Salad
- 24th Spaghetti
- 25th Chow mein

- 29th Rolls and Salad
- 30th. Lasagna
- 31st Pumpkin soup

Our trip to Phillip Island

by Chris Birch

On Thursday 23rd about 20 of us went on the ferry to Phillip Island. The weather was nice and hot. The sea was nice and calm when we crossed on the ferry. It only took 20 minutes to cross over as we didn't stop at French Island.

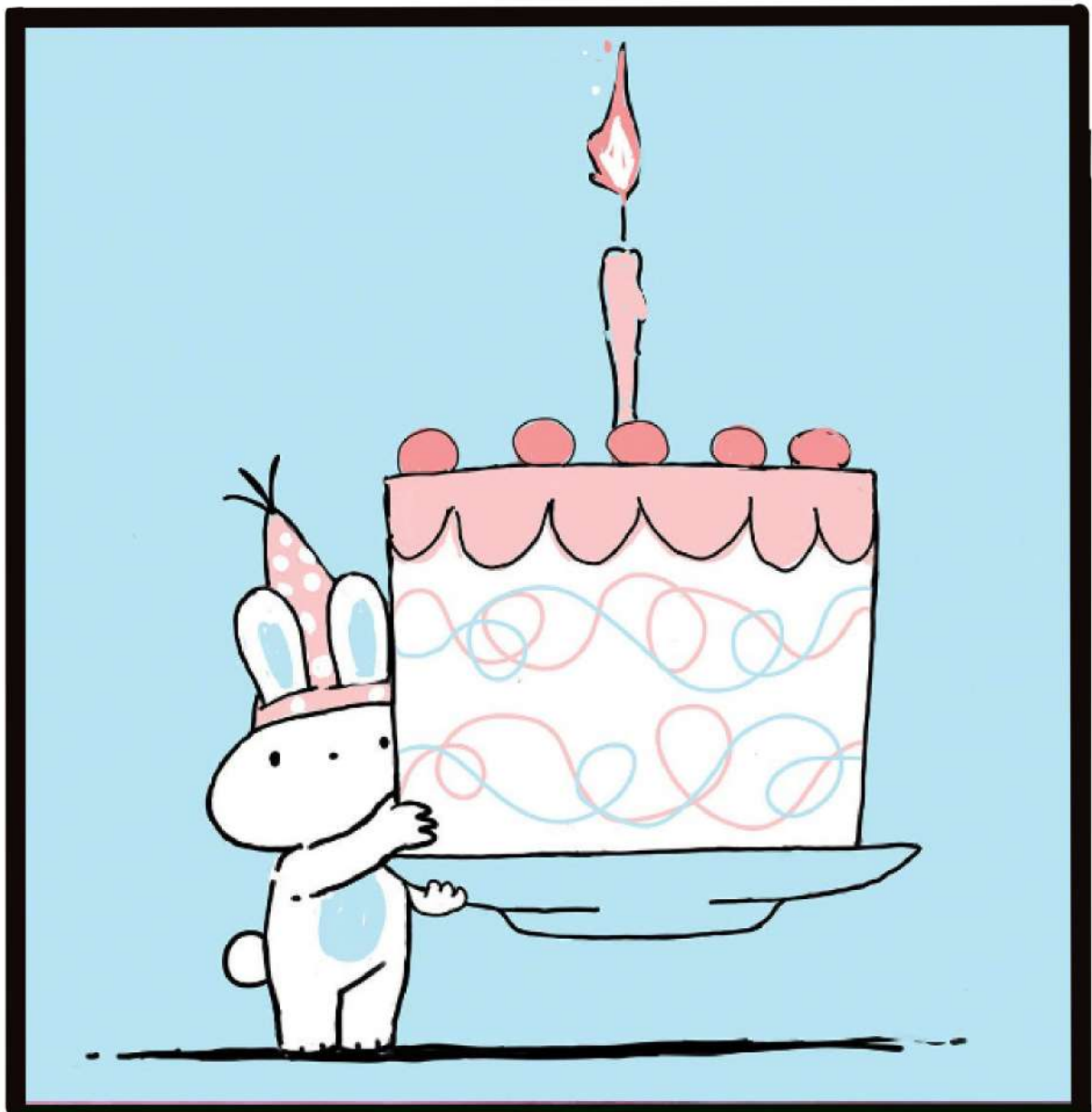
We had a little group meeting on the pier when we arrived to make a meeting spot for lunch in case some people didn't want to walk with the group. We went up Main St to have a look around, some people bought ice coffees and food. We had a look at the op shops and some people bought things. We all bought our own lunch and then met under the trees next to the beach to eat it. Some people bought sushi and some bought fish and chips. There were lots of seagulls who wanted to steal our food!

At 3.20pm we took the ferry back after a great day out!



Happy birthday!

Michele (Chook) 15th



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.



Laughter in the Park

We already know Santosh makes the best curry, but he is also wonderful at getting us laughing in his yoga laughter workshops



Outing to Point Leo Estate

Wednesday 15th March.

Join us to spend the morning at the beautiful Point Leo Sculpture Park followed by a picnic at the nearby beach. Entrance to park - \$5



We miss you in the kitchen

Our kitchen has got a bit quiet in the last few months.

Member participation is essential for food prep, cooking and cleaning. Please join us and learn some new kitchen skills. You don't need to be a chef, we need help with chopping, peeling, stirring, cleaning, serving. There is something for everyone - we would love to see you in there!





Kindred Clubhouse

APRIL FOOL

SURPRISE MARKET!

Saturday 1st April, 10.30 - 1.30

If you have anything to donate to our upcoming market please call Caryl on 0434084432 or bring to Kindred Clubhouse.

We hope you will join us for some shopping and a snag on the day.



29 Marine Parade, Hastings

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

