Kindred Clubhouse

A PLACE TO BELONG

MAY 2025 NEWSLETTER

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Growing Together

Kindred Clubhouse is growing and so is our impact. Over the past month we have been busy behind the scenes to expand our Kindred team. You will see some new faces as we welcome new team members, Alana, Cat, Lisa and Nomes. You will also see some old faces; Holly, Stefanie and Courtney and Liam from Mentis Assist.

With the growth of our team comes new and exciting opportunities for growth within Kindred and the programs, initiatives and partnerships we will offer into the future.

We thank you for your patience and support as we transition into this next phase of Kindred and welcome any questions you may have moving forward.

Stefanie Poole, Director

Meet Team Member Alana by Belinda

Q. What do you like most about yourself?
A. I think I'm fairly approachable. It means I get to meet and talk to some interesting people.

Q. How can you be a better friend?
A. Making sure I make time for my friends, they're all spread out around Melbourne so it can be hard to see them. I need to make sure I plan to see them, maybe meet them hallway somewhere so less travel.

Q. What is something you are proud of?
A. I am proud of my volunteering, it's encouraged me to become involved with my community. My volunteering is what led me to studying mental health and working at Kindred.

Q. Why do you think it's important to be kind?
A. Because you never know what someone is going through. A simple act of kindness or a kind word goes a long way in someone's day.

Q. Pick one fruit to combine with one vegetable to make a "fruitable". Why do you choose them? What is it called?
A. Pineapple and sweet potato. I like the creaminess and size of a sweet potato and the acidity and sweetness of a pineapple. It would be called a "pinetato".

Useful Numbers

Our Farm. Our Sanctuary.

by Adrienne.

Prior to Kindred, My Son Xavier and I have been through some pretty dark clouds together, when my son was born I lost everything. Then one day, I was blessed to be approved to live on a simple tiny unit on 3 acres that has been turned into our mini farm Sanctuary that we call home! Xavier and I moved with just the clothes on our backs and our 3 pets - A cat named Simba, a therapy dog named Cruiser and a therapy horse named Bob. 2 years later, we have now expanded our family by reintroducing my beloved cat that went missing during the dark clouds for 2 years. Yes that's right, 2 years! His name is Rocky. I now have another horse named Arky who I ride weekly, and 13 chickens all individually named and a rooster named Cupid!

Mental health can be challenging. But my farm saved me. My farm happened for a reason. Xavier and I are truly blessed to have our mini farm and hope to enjoy it for many more years to come. There is always something to do from collecting eggs, feeding the animals, breeding chickens, mowing the grass, growing veggies, cooking fresh produce, harrowing the paddocks and so much more! I am now a proud member of Kindred and blessed to share my passion. ❤️ Thank you 😊

> “Mental health can be challenging. But my farm saved me. My farm happened for a reason.”

Event Calendar

MAY 2025

MONTHLY EVENT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	01	02 NDIS with B'hood of St Laurence 11:00 am	03 Social Saturday Board Games Roy
04 Bev	05 Matthew W	06	07	08	09 Ukulele Session with Barry 11:00 am	10 Social Saturday Bocce
11 Mother's Day	12 Matt C	13	14	15 Food Handling Course 10:30 am -3:00 pm	16 IMHA Workshop 10:45 am	17 Social Saturday Bingo
18	19	20	21	22 Ambulance Vic visit Topic: CPR/Defib 11am	23	24 Social Saturday Trivia
25	26	27	28 Paul B	29 Jill	30 Barista Course 10:30am-3 pm Craig B	31 Social Saturday Art & Craft Cam B

Reminder

Please call a day ahead for bus pickup

0421093533

Stop	Time
Frankston Train Station	9:20
Ebdale St	9:30
Frankston Hosp Bus Stop	9:40
Wallaroo Bus Stop (Hastings)	9:50

May Birthdays

3rd ROY
4th BEV
5th MATTHEW W
12th MATT C
28th PAUL B
29th JILL
30th CRAIG B
31st CAM B

Garden Update

by Lisa

Last week saw the Garden Working Bee take place. A wonerful group of members, volunteers, support workers and Kindred team members all contributed to transforming the garden. Garden beds were prepared, wheelbarrows pushed, equipment sorted and stored, seedlings planted and mulch layed down. Everything then got a good hosing in. The Garden Unit Buddy Leaders of Gary, Craig and Greg offered guidance and support for everyone pitching in to know how to contribute productively. Great leadership skills on display!

For those less garden inclined, the Kitchen Unit led by Cat and Nomes ensured we were all well fed with Robbie and Liam mastering the BBQ.

And of course, we are HUGELY grateful to Debbie, the Community Activities Coordinator from Bunnings who generously donated seedlings, labels and compost to benefit our growing garden.

Quote of the Month selected by Chris

"It took me 17 years and 114 Days to become an overnight success"

Lionel Messi

Word Search

by Nick

GARDEN

A	J	U	A	S	D	H	J	A	Q	Z	X	X	T	K	Y	W	J	V	I
M	N	R	R	T	S	E	P	C	G	E	R	M	I	N	A	T	I	O	N
H	F	N	V	L	X	B	B	I	E	N	N	I	A	L	T	R	H	B	N
O	L	G	U	P	P	I	G	U	E	D	C	L	O	X	G	X	C	I	J
W	O	J	H	A	S	R	E	Z	I	L	I	T	R	E	F	G	L	Q	I
O	W	C	D	I	L	F	B	T	J	O	S	O	Z	F	Z	H	U	H	J
O	E	R	N	U	H	F	S	X	S	Y	D	M	U	Q	S	F	M	T	Y
G	R	E	E	N	H	O	U	S	E	D	Q	E	R	C	N	U	Y	S	W
R	S	L	A	W	P	C	S	D	S	H	N	L	B	O	N	J	E	W	N
F	M	D	G	M	H	G	V	E	Y	Q	G	E	G	I	W	D	K	A	U
P	E	C	O	J	P	T	G	Y	G	V	E	G	E	T	A	B	L	E	K
V	M	C	I	Y	P	L	N	Z	T	Z	O	F	T	R	S	H	G	H	Y
E	R	U	T	L	U	C	I	T	R	O	H	A	M	M	G	G	D	M	Y
B	W	D	A	W	Z	L	L	A	P	A	F	F	C	B	R	R	D	N	T
U	A	N	B	Y	V	F	D	A	G	L	A	I	N	N	E	R	E	P	W
S	T	F	F	D	T	T	E	L	T	S	O	P	M	O	C	Z	R	V	I
S	E	V	H	I	L	L	E	E	D	E	C	I	D	O	U	S	F	R	E
P	R	J	E	Y	G	O	S	U	N	V	A	I	V	T	D	B	P	F	P
S	N	J	N	U	R	S	E	R	Y	Q	S	W	E	E	D	C	Q	V	Z
L	L	Z	A	M	F	Q	O	V	D	D	P	A	T	I	O	Q	G	C	A

FLOWERS	MULCH	COMPOST	EVERGREEN	HORTICULTURE
PATIO	SEEDLING	VEGETABLE	FERTILIZER	GERMINATION
GREENHOUSE	NURSERY	PERENNIAL	PLANTS	SOIL
WEED	ANNUAL	BIENNIAL	DECIDOUS	PEST
BED	HOSE	COMPOST	WATER	WORMS

Kindred Contacts and Bus

Please call a day ahead for bus pickup
mobile: 0421 093 533

Bus stops
Frankston Train Station 9:20am

Ebdale Street
9:30am

Frankston Hospital Bus Stop
9:40am

Wallaroo Bus Stop Hastings
9:50am

For general inquiries please contact the Kindred mobile on 0435 086 729 during office hours Wed, Thur and Friday 10-3pm.

If outside these hours please leave a message and we will get back to you.

Please call the Kindred bus mobile on 0421 093 533 between 10-2pm if you require assistance on a Saturday.