

FEBRUARY 2021



NEWSLETTER

Kindred Clubhouse



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GREG HUNT VISIT TO KINDRED

On Wednesday 20th of January, Greg Hunt and his team visited Kindred Clubhouse! There was a flurry of excitement and all the members of Kindred took great pride in preparing for Greg's visit. There was food to be cooked by the hospitality team, the admin team finalised all their tasks and cleaning was to be done so that everything was simply perfect for our special visitor. There was a member meeting in the week before to make sure everyone knew what to do and jobs were devised and allocated. Caryl lovingly prepared a mouth watering BBQ chicken dish as well as birthday cake to celebrate one of our wonderful members, Jo. Lisa made short bread and Greg was so impressed he devoured two, accompanied by a cappuccino made by Sarah and Gabriel on our brand new coffee machine that was kindly donated. Wayne had the opportunity to speak with Greg and expressed to him how Kindred had saved his life. When Wayne first came to Kindred he had no kitchen skills but Caryl and hospitality team taught him all about cooking and preparing healthy meals and now he has the skills to cook at home. Wayne told Greg how he highly values the friendly environment and the feeling of inclusivity he experiences and the support he feels from members and staff. Greg received a tour from Stefanie and Jo and was able to witness the day-to-day running of Kindred. He was very impressed and the members loved showing him around. Greg was at Kindred for over 45 minutes and expressed to Kim that he found the whole experience therapeutic. All in all, everybody had a great day and the funding we received will be life changing for our members.



Minister Greg Hunt's visit to Kindred Clubhouse



RON MURRAY

On Saturday 23rd January, we were lucky to have another visit from Ron Murray, who is a highly respected Victorian Indigenous educator, storyteller and musician. Ron dropped in with Doug to help for the day.

He last visited Kindred at our official opening when he did the "Welcome to Country" and played his didgeridoo. This time he entertained us with story telling about a little frog and he also brought along two didgeridoos which he played.

Ron told us that some of the highlights of his career (apart from coming to Kindred) were performing for the Queen, Muhammad Ali, Sir Bob Geldof and playing at the AFL Grand Final.

It was fabulous to hear Ron's didgeridoo playing reverberating around the Clubhouse and to hear his story telling.



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KINDRED CLUBHOUSE

BUNNINGS SAUSAGE SIZZLE



Sarah ready to greet customers.

On Saturday the 9th of January, the Kindred Clubhouse members ventured to Bunnings Hastings bright and early with the goal of raising some much needed funds.

The members spent the days prior preparing and organising for a successful event. Some members traipsed all over Hastings buying the sausages and the other items while others were having a teary time cutting the onions. The members arrived at 7am to prepare, so that they were ready to serve their first sausage at 8am and to ensure they were following all the Covid safe precautions. Despite a slower day than expected, the mammoth effort buy all involved resulted in a profit of \$510.30!! The funds raised will be used to subsidise lunches for the members that the dedicated members of the hospitality unit create. A huge thank you to all involved and to the community members that supported our cause. We hope to see you at another Bunnings sausage sizzle in the future!



INTERVIEW: Wayne

How long have you been at Kindred?

11 months

What interests do you have?

I love to travel and go camping, especially to the Gippsland area to go four wheel driving. I also love to go fishing.

What did you do before Kindred?

I spent a lot of time at home alone and doing indoor activities.

What made you decide to join Kindred?

My friend Jason was a member and he recommended that I come and visit. I had been looking for a place to do cooking lessons for years and thought Kindred would be the perfect place.



What is your favourite thing to go at Kindred?

Learning to cook has been a great learning experience for me. I have learnt how to cook basic meals and fancy meals. My favourite meals that is made at Kindred would be the tuna bake and the spaghetti bolognese.

What is a favourite memory you have from coming to Kindred?

My favourite memory is Caryl teaching me how to cook and fishing at Frankston with Glen, Sarah, Mary, Jason, Caryl and Jase. We didn't catch anything but we had lots of fun. I also loved going to the Cranbourne Botanical Gardens, it felt like we were in the bush just like when I used to go four wheel driving.

What would you like the future of Kindred to look like?

I would love to Kindred to be moved to a bigger place with a bigger kitchen so more people can use it and come and have a go. It would also be great to have a pool table and table tennis table so that we can all play together and have fun.



RECIPE

Veggie Fried Rice

INGREDIENTS

Ingredients

- 1 onion
- 2 spring onions
- 6 mushrooms
- ½ red capsicum
- 1 cup frozen peas
- Garlic to taste
- 2 cups cooked rice
- 2 eggs
- 2-3 tsp soy sauce
- 2-3 tsp oyster sauce
- Sesame oil to taste.



Veggie Fried Rice

METHOD

1. Dice vegetables and stir fry in pan.
2. Add two eggs to pan and stir with fork to combine until almost cooked.
3. Add rice into pan and stir until heated through.
4. Serve while hot and drizzle with sesame oil.

Hot tip – cook your rice the day before and store it in the fridge so the rice doesn't stick together.

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



MONASH STUDENTS

Introducing Sonia and Megan

Sonia and Megan will be on Placement with us at Kindred until the middle of March. They are both currently studying for a Masters of Occupational Therapy. In a previous life, Sonia worked at Latrobe University for the Department of Inclusive Resources Development supporting students with a disability. Sonia is a big believer in changing careers and chasing your dreams. Sonia has a dream to win a big Tattslotto jackpot and then be able to give all the money away to good causes.



Megan worked as an emergency nurse with Monash health for 7 years before leaving to have children. After having children, nursing didn't fit so well with Megan's life philosophy and Megan has taken on doing a Masters in OT to pursue a role working in Allied Health.

Both Sonia and Megan were not quite sure what to expect when they first arrived at Kindred Clubhouse. Neither of them have been involved in an organisation like Kindred before. Prior to coming to Kindred they knew that it was a mental health program and wondered if Kindred might be similar to a clinical mental health service. After spending some time at the clubhouse, they both really like the philosophy of the program and how it aligns well with being an Occupational Therapist.

They really like the sense of community that exists within the clubhouse and that it has a real family feel about it and is non-judgemental.

They are hoping to get a better understanding about mental health during their time with us at Kindred and to learn directly from people who have a lived experience.



FEBRUARY 2021

Cranbourne Botanical Gardens



On Saturday 6th February, some lucky members of Kindred Clubhouse ventured to the Cranbourne Botanical Gardens.

Some members found their own way there while others were picked up in the Kindred bus and arrived at the gardens at 11am. Wayne, Jason, Sarah, Michelle, Robert, Mary, Helen, Paul, Caryl, Kim and Lisa had a wonderful time exploring all that the gardens had to offer. Many of the members thoroughly enjoyed the rockpool waterways and the Australian gardens. Wayne, in particular, loved the Bushland as it reminded him of when he goes camping. The members enjoyed a picnic in the park with rolls made by Helen, Caryl and Lisa.

The members very much enjoyed their day exploring the gardens and hope to visit again soon.



UPCOMING EXCURSIONS & EVENTS



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

The next Kindred Clubhouse Excursion will be to
Moonlit Sanctuary

When: Saturday 6th March 2021

Where: Moonlit Sanctuary Wildlife Conservation Park
550 Tyabb-Tooradin Rd, Pearcedale

Cost: \$23

RSVP and payment by: Wednesday 3rd March



TIMETABLE

Sun	Mon	Tue	Wed	Thurs	Frid	Sat
Closed	Closed	Closed	<p>9am Open Bus picks up from Ebdale St, Frankston</p> <p>10.00 am Morning Meeting</p> <p>10.15am Unit Meeting</p> <p>11am Orientation new members</p> <p>12.30pm Lunch</p> <p>1pm Clean up</p> <p>1.15pm Walk (weather permitting)</p> <p>2pm to 3pm Newsletter working group</p> <p>4pm Bus leaves for Frankston</p> <p>5pm Close</p>	<p>9am Open Bus picks up from Ebdale St, Frankston</p> <p>10.00am Morning Meeting</p> <p>10.15am Unit Meeting</p> <p>10.30am Basic Computer Skills – Admin Unit</p> <p>12.30pm Lunch</p> <p>1pm Clean up</p> <p>1.15pm Walk (weather permitting)</p> <p>2pm Decision making meeting</p> <p>4pm Bus leaves for Frankston</p> <p>5pm Close</p>	<p>9am Open Bus picks up from Ebdale St, Frankston</p> <p>10.00am Morning Meeting</p> <p>10.15am Unit Meeting</p> <p>Work in Units</p> <p>12.30pm Lunch</p> <p>1pm Clean up</p> <p>1.15pm Walk (weather permitting)</p> <p>2pm Projects</p> <p>4pm Bus leaves for Frankston</p> <p>5pm Close</p>	<p>10am Open</p> <p>10.30am Bus picks up from Ebdale St, Frankston</p> <p>Social Saturday</p> <p>Lunch 12pm</p> <p>2pm Bus leaves to drop off at Frankston</p> <p>Close 3pm</p>





BIRTHDAYS



Wayne, Feb 2nd



Helen, Feb 11th



Nick, Feb 10th

A big happy birthday to our February babies; Wayne, Nick and Helen



THANK YOU



CONTACTS

Caryl: 0434 084 432 (Wed-Sat)
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Kindred Logo

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Happy New Year from all of us at Kindred Clubhouse