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Thank You to our Supporters

Steamin Mugs for their generous donation of homemade soup each Thursday

Paul Green Sails for his donation of model boats, kits and sails for Nicks Boat event

Blue Gum to Brett, Trav Jannine and team for their very generous donation of branded merchandise.

Hastings Carpet Court for the beautiful rug in our front room

Frankston Rotary 2.0 for their ongoing support and facilitation of suppling the William Adams Kits for fundraising.

Max for his homegrown silverbeet

Mornington Support Centre for donations of food and bread

Knit for Charities for hand knitted beanies and scarves

Bunnings Hastings for their ongoing support and donations.



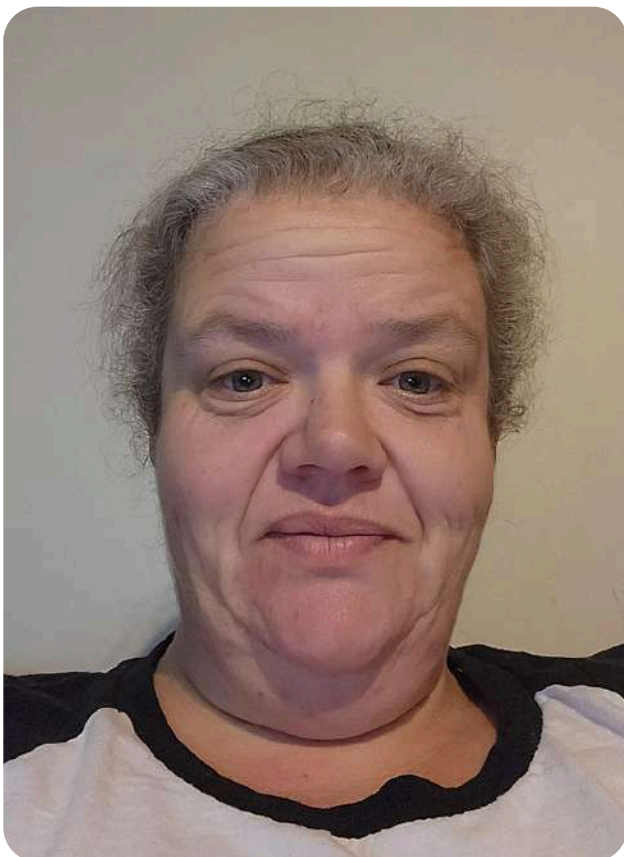
Monique's New Adventure

Interviewed by Lisa

Monique describes her mental health 10 to 15 years ago, as so poor she “didn’t want to leave the house”. Five years ago, Monique after moving to the Hastings area, began attending Kindred Clubhouse. “Everything's just turned since I've been down here. When I wasn't able to get here, Stef would check on me once a month”.

Having done a barista course some time ago, she recently refreshed those skills through the collaboration between Kindred Clubhouse and Advance College. Like most of us, Monique had her usual café she would visit regularly. Since re-doing the training, she keenly watched the barista at work. Over time, Monique, a naturally engaging individual, had several conversations with the café owner. It was suggested by the owner, as the barista was going away for 4 months of snow season, “You should come and work for me. And I thought she was just joking. Then I went in after I had done this one (the barista course at Kindred). And I'm like, are you actually serious about this? And she's, yeah. Yeah. And I'm like, oh, Okay.”

One of the many reasons Monique was excited for the opportunity was the café hires only NDIS participants. “And they've got support workers working as well. So, it's supported employment. It's so chilled and the vibe is just awesome. The guys there are so nice. We joke around with them all the time. Yeah, it's a really fun space.”



After 20 years out of the workforce, Monique is feeling buoyant at the prospect of beginning her new role. “I feel happier. I'm more positive about things. The last couple of years in general have been a big positive step for me since moving from Melbourne down here.” Monique in part credits moving to the Mornington Peninsula, Kindred Clubhouse and attending Cat’s art group with her progress.

All of us at Kindred Clubhouse congratulate Monique and wish her all the best with the latest piece in her wellbeing puzzle.

Bunning DIY with Debbie

We are very grateful to have Debbie Stargatt, Activity Organiser from Hastings Bunnings who has offered to facilitate monthly DIY sessions for Kindred members.

The groups will run the 3rd Wed of each month. This month's DIY is decorating your own door mat (Wed July 16th 11am-12pm) and August will be putting together a toolbox (Wed Aug 20th 11am-12pm)

Members had a great time at our June DIY making their own planter pot. These DIY's are a great opportunity for members to have some fun, learn new skills and get crafty!





Meet Team Member Cathleen

Interviewed by Chris



Which TV show would you choose to live in for a week?

Vikings

How do you motivated to stay motivated to reach your goals?

Friend Support

What is your best personality trait?

Caring

Which wild animal would you like to tame and keep as a pet?

Dragon

Can you share a tip which helps you to feel most calm?

Guided Meditation

What is one thing you would like to learn in the future?

Yoga teacher training

If you could combine a fruit and vegetable to make a 'fruit-table' what would you pick?

Strawberry Spinich

If you could speak another language what would you choose?

Auslan/Sign Language

Useful Numbers

 **24/7 Mental Health Services**

 **Is it an emergency?** If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service
Anyone thinking about suicide
 suicidecallbackservice.org.au
 1300 659 467

Lifeline
Anyone having a personal crisis
 lifeline.org.au
 13 11 14

Beyond Blue
Anyone feeling anxious or depressed
 beyondblue.org.au
 1300 22 4636

Kids Helpline
Counselling for young people aged 5 to 25
 kidshelpline.com.au
 1800 55 1800

MensLine Australia
Men with emotional or relationship concerns
 mensline.org.au
 1300 78 99 78

Open Arms
Veterans and families counselling
 openarms.gov.au
 1800 011 046

13YARN
Aboriginal and Torres Strait Islander people
 13yarn.org.au
 13 92 76



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Word Search

by Nick

COLOURS

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

BLUE
WHITE
GREY
GOLD
AQUA

RED
PINK
BROWN
SILVER
VIOLET

BLACK
YELLOW
PURPLE
BRONZE
AZURE

GREEN
ORANGE
MAROON
TURQUOISE
CYAN

Quote of the Month selected by Chris

You have to believe in yourself when no one else does-that makes you the winner right there.

Event Calendar

JULY 2025

MONTHLY EVENT
CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat											
29	30	01  Mark	02	03  WORKING BEE	04 NDIS with B'hood of St Laurence 11:00 am Decorate chopping boards w/ Sarah 11:15 am	05 Social Saturday 	<h2>Reminder</h2> <p>Please call a day ahead for bus pickup 0421093533</p> <table><thead><tr><th>Stop</th><th>Time</th></tr></thead><tbody><tr><td>Frankston Train Station</td><td>9:20</td></tr><tr><td>Ebdale St</td><td>9:30</td></tr><tr><td>Frankston Hosp Bus Stop</td><td>9:40</td></tr><tr><td>Wallaroo Bus Stop (Hastings)</td><td>9:50</td></tr></tbody></table>	Stop	Time	Frankston Train Station	9:20	Ebdale St	9:30	Frankston Hosp Bus Stop	9:40	Wallaroo Bus Stop (Hastings)	9:50
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06	07	08	09	10  Ambulance Vic Chain of Survival 11am	11 Collaborative Art Activity 11:15 am RSA Course 10:30 am -3:00 pm	12 Social Saturday 											
13  Sarah	14	15  Lynne & Troy O	16  DIY Workshop @ Hastings Bunnings	17	18 Collaborative Art Activity 11:15 am	19 Social Saturday 											
20  David, Trish & Sadie	21  Christine	22	23	24	25 Collaborative Art Activity 11:15 am	26 Social Saturday 											
27	28	29	30  Stephen T Decision Making Mtg 11am	31  XMAS in July	01	02											

July Birthdays

1st Mark

13th Sarah N

15th Lynne, Troy O

20th David, Sadie, Trish

21st Christine

30th Stephen T



Kindred X Mentis Assist

If you need additional support outside the Clubhouse program, Kindred can help! The Commonwealth Psychosocial Support Program (CPS) is a fantastic partnership with Mentis Assist that gives people experiencing severe mental health concerns access to a care coordinator and support facilitator while also having access to Kindred Clubhouse and its programs.

To be eligible you must;

Be aged 16 or older

Experiencing severe mental health issues

Be in need of community based mental health support

Not eligible, or receiving NDIS support

If you or someone you know is interested, please contact Kindred Clubhouse to find out more.

The CPS program is powered by funding from South Eastern Melbourne Primary Health Network (SEMPHN).

Thank You

A big thank you to members who have helped complete our fundraising project this past month (William Adams Kits provided through Frankston Rotary 2.0). Particularly, Craig, Garry, Sarah, Irena, Greg, Ross, Chris, Michele, Nick, Belinda and Tiga.

Without the dedication of members to complete the kits we would not get them done. We are always looking for assistance when the kits arrive so please let us know if you are able to help. All money raised goes directly to supporting Kindred.



Kindred Contacts and Bus

Bookings for Bus Pick Up **MUST** be received by 8:30am on the day at the latest.

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.



Kindred Clubhouse acknowledges that we work on the Ancestral land of the Bunurong/Boon Wurrung people of the Kulin Nations. We pay our respects to Elders past and present, and recognise their continuing connection to the land, water, and community.