



## ARTICLES IN THIS MONTH'S ISSUE:

Zoe Mckenzie MP Visit - Page 2

Tour of RPP radio station - Page 3

The Resilience Project - Page 4

Vaughn Williams Visit- Page 5

Excursion Crabourne Gardens- Page 6

Garden Update- Page 7

Walk and Talk Page 8

Bunnings DIY - Page 9

Word Search - Page 10

Birthdays and Events - Page 11

Menu - Page 12

Important Numbers - Page 13

Kindred X Mentis Asst- Page 14

Kindred Bus & Contacts . Page 15

# Zoe McKenzie Visits Kindred Clubhouse

Thank you, Zoe, for visiting Kindred Clubhouse! 🌟



It was great to have Zoe Mckenzie for a visit on the 8th of August. It was a full house for lunch with everyone having the opportunity to have a chat and say hello.

Zoe was taken on a tour of Kindred Clubhouse, and we are looking forward to an ongoing relationship moving forward





# Tour of RPP Radio Station

On Thursday Aug 28<sup>th</sup> we visited RPP 98.7 in Mornington. Steve Myers provided a tour of the studios and podcast room. We learned they started in 1984 and have 75 dedicated volunteers who contribute to the running of the station. We were impressed by how much technology and work is involved behind the scenes to broadcast each day. Thank you again to Steve and his team for having us and to Kindred member, Robbie who helped to organise the excursion





# RESILIENCE PROJECT™

*Kindred Club House is committed to the ongoing development of our members wellbeing through programs that make a difference. We want you to be the best you can be, both at work and in your home environment. As part of our 2025 wellbeing program we have embraced The Resilience Project.*

*The Resilience Project explores evidence-based approaches to building resilience, in order to develop and sustain positive mental health.*

*Their highly engaging presentation outlines The Resilience Project strategies, Gratitude, Empathy (kindness) and Mindfulness and discusses simple ways you can practice these in your daily life.*

*There will be the opportunity to practice GEM during the presentation so please bring along a pen and paper!*

*The session will be presented by Hugh van Cuylenburg, a renowned and inspiring speaker.*

*Resilience is the ability to bounce back from adversity. It is a necessary skill for coping with life's inevitable obstacles and one of the key ingredients to success.*

*Having resilience minimises the effect that negative, stressful situations can have on us. These skills allow us to face challenges, learn from them and apply these skills so we can live a healthy life.*

*We have embraced The Resilience Project so we can all learn how to be mentally and spiritually healthy.*

*To find out more about The Resilience Project and the presenter visit:  
<https://theresilienceproject.com.au/>*

*The presentation will be taking place on OCTOBER 1st at 1:15 PM. We look forward to seeing you there. If you cannot attend on the day, the presentation will be available for 30 days, so you have plenty of opportunities to watch it.*

## Our Mission

To teach **positive mental health strategies** to **inspire happiness and change lives.**

# Mindset and Environment with Vaughn Williams

Thank you, Vaughn for sharing your inspiring story and insights with us!



This month we welcomed Vaughn Williams from Victorian Brotherhood Male Suicide Awareness and Youth You Programs who delivered an incredible talk on mindset, gratitude and our environment. We appreciated Vaughn's honesty and willingness to share his story with us. It was inspiring and he provided a variety of helpful strategies we can use to work on our mindset and wellbeing.





# Excursion to Cranbourne Botanical Gardens



On **Wed Sept 24<sup>th</sup> at 10:30am** we will be visiting the beautiful Cranbourne Botanical Gardens. If you are wanting to attend please sign up on the sign up sheet on the board at Kindred.

Ensure to wear comfortable walking shoes and bring raincoat and/or umbrella.

# Garden Update

This month, celery and spring onion are in abundance. Members are welcome to take home surplus produce. With the warmer weather coming in we are enjoying spending more time out in the yard.

Special thanks to Karsten, Paul, Greg and Ronnie for mowing and tidying up the lawn.

Please remember if you enjoy gardening and have a passion for growing vegetables or would like to learn, come down on a Wednesday from 11am for an hour in our gardening group.





# Walk and Talk

August was a wonderful month for our Walk and Talk events. We enjoyed a beautiful stroll through the bush at Stoney Point, where we also walked along the jetty and spotted a Banjo shark gliding just below the surface. We also explored the bush trail at Woolley's Beach and had the pleasure of meeting some passionate locals who help maintain the tracks and BBQ sites. We're already looking forward to our next walks in the spring around Lorna's Triangle and Buckley's Reserve! **Please join us every Thursday afternoon at 1:15 pm**





## Bunning DIY with Debbie

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

The groups run the 3<sup>rd</sup> Wed of each month from 11-12pm. This month's DIY was putting together a toolbox.

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

We are looking forward to painting rocks together on 17<sup>th</sup> Sept



# Word Search

by Nick

## TOOLS

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

HAMMER

CHISEL

DRILL

RATCHET

COMPRESSOR

PLIERS

MALLET

SOCKET

JIGSAW

CHAINSAW

SCREWDRIVER

AXE

SPANNER

SQUARE

HAXSAW

WRENCH

SAW

PLANE

SANDER

PINCERS

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

## SEPTEMBER 2025

MONTHLY EVENT  
CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	01	02	03	04	05	06 Social Saturday 
07	08	09	10	11	12	13 Social Saturday 
14	15	16	17  DIY Workshop @ Hastings Bunnings	18	19	20 Social Saturday 
21	22	23	24  Cranbourne Botanical Garden @ 10:30am	25  MONTHLY BIRTHDAY CAKE CELEBRATION	26 HUNDRED CLOSED PUBLIC HOLIDAY	27 Social Saturday 
28	29	30	31	01  RESILIENCE PROJECT Resilience Project Workshop @ 1:15pm	02	03

### 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
Warraroo Bus Stop (Hastings)	9:50

## September Birthdays

Nicole - 7th

Raelene - 9th

Stephen P - 10th

Brett H - 14th

Carol P - 18th

Garry - 19th

Fiona D - 20th

Peter C - 25th

Peter S - 29th

**CAKE ON 25<sup>th</sup> 1:00PM**



# Weekly menu

**Wednesdays:  
Healthy wraps**



**Thursdays:  
Homemade Soup from  
Steamin' Mugs in Hastings**



**Fridays :  
Tray Bake**





# Important 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](https://suicidecallbackservice.org.au)

 1300 659 467

#### Lifeline

Anyone having a personal crisis

 [lifeline.org.au](https://lifeline.org.au)

 13 11 14

#### Beyond Blue

Anyone feeling anxious or depressed

 [beyondblue.org.au](https://beyondblue.org.au)

 1300 22 4636

#### Kids Helpline

Counselling for young people aged 5 to 25

 [kidshelpline.com.au](https://kidshelpline.com.au)

 1800 55 1800

#### MensLine Australia

Men with emotional or relationship concerns

 [mensline.org.au](https://mensline.org.au)

 1300 78 99 78

#### Open Arms

Veterans and families counselling

 [openarms.gov.au](https://openarms.gov.au)

 1800 011 046

#### 13YARN

Aboriginal and Torres Strait Islander people

 [13yarn.org.au](https://13yarn.org.au)

 13 92 76



© Healthdirect Australia Limited - last reviewed 2024

**healthdirect**

## 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 not currently 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).



## 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

During weekday office hours or for general enquiries, 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.

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



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.