



Kindred Clubhouse NOVEMBER

JOIN US AT OUR TOPSY TURVY
OPEN DAY



Free Event

22/11 11am

OPEN DAY CELEBRATIONS

Kindred Clubhouse invites you to dress up for our

Topsy Turvy Tea Party

Join us for a fabulous day of free fun and games in our new premises.

2036 Frankston Flinders Rd, Hastings (old Salvos house)

Call 0435086729 or RSVP info@kindredclubhouse.org.au for details



*Topsy Turvy
Open Day*

Nov 22nd

November Events

Nov 1st: Brotherhood of St Laurence

Nov 14th: Nov birthday celebrations

**Nov 14th: Mental Health Wellbeing Carers
Connect**

Nov 20th: Annual General Meeting

Nov 22nd: Topsy Turvy Open Day

**Nov 24th (Sun): Seaford Wetlands Fun Run
(in Seaford)**

The secret, Alice,
is to surround
yourself with
people who make
your heart smile.

It's then,
only then,
that you'll find
Wonderland.

The Mad Hatter

Christmas at Tanglewood

December 12th



We invite all members to join us
for a memorable Christmas meal
at the beautiful Tanglewood
Estate in Dromana

Join Us



Kindred
Clubhouse

A PLACE TO BELONG

ANNUAL GENERAL MEETING

Growth & Opportunity

20 NOV, 2024 | 11:00AM

VIRTUAL VIA TEAMS

RSVP BY NOV 13TH TO: director@kindredclubhouse.org.au



Gardening

With the spring in full swing the garden has sprouted and bloomed a variety of flowers and vegetables. We recently use our delicious butter lettuce in our egg salad roles.

A big thank you to all of individuals and organisations who have donated to the garden and to all the members who have contributed to help making the garden a success.



Member Spotlight

Sarah

Sarah dedicates herself to her role with the Kindred Clubhouse board & is passionate about it's members & Kindred Clubhouse future in the community.

Having been with Kindred Clubhouse since it's inception, Sarah has watched it grow over 6 years & 3 locations. From Ebdale Street to Marine Parade to the current location at Frankston Flinders Road.


Kindred welcomes new members from all walks of life daily.

Sarah has made many friends through Kindred Clubhouse & is very grateful for their support & is super keen to be involved in the new chapter & location along with the growth of the Clubhouse.

Away from Kindred, Sarah spends her days working part time, spending time with family & friends, enjoying macrame, learning new hobbies & precious time with her cat Ruby.

Story by Jill.





SOMETIMES
I BELIEVE
in as many as six
IMPOSSIBLE
things before
BREAKFAST

Self Empowerment Sessions

Every Thur 10:45am

Nov 7th: Overcoming Negative Self Talk

Nov 14th: Building Resilience Through Challenges

Nov 21st: Setting and Achieving Personal Goals

Nov 28th: Medication Management





**SCAN
ME**

SEAFORD WETLANDS

FUN RUN 2024

2KM, 5KM AND 10KM

WWW.WETLANDSFUNRUN.COM.AU

SUNDAY 24TH NOVEMBER

TO REGISTER, OR FOR MORE INFO

WWW.WETLANDSFUNRUN.COM.AU

**HOSTED BY ROTARY PENINSULA 2.0 PROCEEDS SUPPORTING
MENTAL HEALTH PROGRAMS AS WELL AS COMMUNITY PROGRAMS**



Get involved in the Seaford Wetlands Fun Run to help support Kindred Clubhouse. A portion of funds raised will be donated to Kindred Clubhouse.



November Menu

Friday 1st. Chicken schnitzel & salad

Saturday 2nd. BBQ

Wednesday 6th. Mash Potato, snags & Gravy

Thursday 7th. Risotto

Friday 8th. Chicken schnitzel rolls with lettuce

Saturday 9th. Macaroni & Cheese

Wed 13th. Ham, tomato and cheese rolls

Thurs 14th. Spaghetti bolognese

Fri 15th. Egg & Bacon rolls

Sat 16th. BBQ

Wed 20th. Tuna Bake

Thurs 21st. Sandwiches

Fri 22nd. **Topsy Turvy Open Day**

Sat 23rd. Hotdogs

Wed 27th. Egg salad rolls

Thurs 28th. Chicken loaf & coleslaw rolls

Fri 29th. Baked potato & coleslaw

Sat 30th. BBQ



Kindred Clubhouse Member Activities

WORK ORDERED DAY

10.00am: Morning Coffee

10.10am: Morning Meeting

10.30am: Meditation

Every day from 10.45am

Hospitality:

Planning/budgeting

Shopping

Food Preparation

Cooking

Dishwashing

Operations:

Reception

Media

Computers

Outreach

Cleaning

Maintenance

WEEKLY SESSIONS

Wednesday:

10.45am: Gardening Group

1.30pm: Discussion Group - Mindfulness

Thursday:

10.45am: Self Empowerment Discussions

1.30pm: Group Walk and Talk

Friday:

10.45am: Arts and Craft Group

1.30pm: Communications/ Newsletter

Saturday

10.45am - Social Activities and Games

Monthly Activities

Members Decision Making Meeting

Excursions

Monthly Service Visits:

NDIS Support

Housing Support

Employment and Training Support

NOVEMBER BIRTHDAYS

7/11: Mark K

8/11: Louise

8/11: Bronwyn

13/11: Christine

29/11 Garry J

Birthday Celebration Cake on Wed Nov 14th

Kevin celebrating his birthday on behalf of all the October birthdays.



Have a Laugh

BY Michele Johnson

Darren rang the “Swine Flu Hotmail”
and all he got was crackling

Joseph and Mary knew what baby Jesus
weighed when he was born.....
Away in a manger

What does it mean when a chicken sees a
lettuce and a tomato?
Chicken Caesar Salad

What do baby apes sleep in?
Apricots

A horse whent into a bar and the bartender said,
Why the long face?

Did you hear about the first restaurant to open on
the moon. It had great food but no atmopshere.

Did you hear about the fire at the circus?
It was in tents.

Cody's Sports

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| S | R | F | B | A | S | E | B | A | L | L | R | I | O | R |
| I | I | M | G | W | O | A | H | O | Y | R | R | C | O | C |
| D | C | R | N | N | L | A | G | C | L | G | E | J | H | Q |
| G | K | L | I | L | C | S | E | I | R | L | Y | J | S | K |
| N | E | V | L | V | M | W | K | J | N | A | A | M | I | M |
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ARCHERY
BOWLING
DISCUS
GOLF
OLYMPICS
SKIING
SWIMMING

BADMINTON
BOXING
DIVING
HOCKEY
RUGBY
SOCCER
TENNIS

BASEBALL
CRICKET
FENCING
JAVELIN
SAILING
SOFTBALL
VOLLEYBALL



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



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



Stef and Caryl and Nathan are available to answer calls or texts during the following hours only:

Wednesday - 9am - 5pm

Thursday 9am - 5pm

Friday 9am - 5pm

Saturday 9am - 2pm

You are welcome to leave a voicemail and we will get back to you during work hours.

Stefanie - 0435 086 729

Caryl - 0434084432

Nathan - 0450245747



Thank you to all the
members who
contributed to this
newsletter edition