



Kindred Clubhouse



Australasian Society of Lifestyle Medicine

“Lifestyle as medicine
has the potential
to prevent up to 80%
of chronic disease.
No other medicine
can match that.”

David Katz, MD, MPH, FACPM, FAHA



The Lifestyle Medicine Conference by Courtney S



On the 8th of September, Kindred were welcomed at the Pullman Hotel in Albert Park for the Annual Australasian Lifestyle Medicine Conference to talk all things social prescribing. Taking the stage in front of GP's health professionals and industry specialists, we spoke about the importance of social prescribing and how Kindred has allowed for our community to connect over a cup of coffee, lunch and an abundance of laughter.

Thankyou Kindred for allowing me to speak from the heart and be an ambassador for such a wonderful and united community, I am truly honoured and grateful for the opportunity.



MENU

Wed 4th Ham and cheese rolls
Thurs 5th. Risotto with Parmesan
Fri 6th Potato/onion frittata
Sat 7th BBQ

Wed 11th Baked potato & sour cream
Thur12th. Vegetable lasagne
Fri 13th. Tuna mayo rolls
Sat 14th Egg and bacon rolls

Wed 18th Tuna Bake
Thurs 19th Chicken and salad Rolls
Fri. 20th Selection from High Tea
Sat 21st. Barbecue

Wed25th Spaghetti Bolognese
Thurs 26th Rice paper rolls
Fri 27th Mac and cheese
Sat 28th Chicken burgers

October Calendar

WED	THURS	FRI	SAT
4 10.30 Arts and Crafts	5 10.30 Gavin from Jobco Employment session	6 11.00 NDIS / Housing support	7
11 10.30 Arts and Crafts 11am decision making meeting	12 12 pm Peninsula Health peer workers visit	13  Gardening with Fransisca at Kindred	14
18 10.30 Arts and Crafts 11.00am Decision making meeting	19 10.30am Gavin from Jobco Group Birthday Celebration 	20 <i>Mental Health Fundraiser High Tea</i> <i>Friday 20th October</i> <i>11.50am - 1.50pm</i> 	21
25 10.30 Arts and Crafts Aparc lunch	26	27  Gardening with Fransisca at Kindred	28



Thank you



William Adams



Rotary
Peninsula 2.0



We are so grateful to Rotary Peninsula 2.0 for sharing their fund raising initiative with us. We have compiled literally thousands of packs for William Adams and its been such a fantastic fundraiser. Not only has it raised much needed funds for our clubhouse, it has also motivated our members to work together efficiently.

Thank you Rotary 2.0!

Happy birthday



3rd Michelle
5th Darren
11th Kevin
12th Darryl
12th Wade
17th Michael G
17th Garry M
22nd Jeff G
26th Caroliene

The Archibald Prize

We had such an enjoyable outing to the Archibald Prize exhibition. Afterwards we had a pie at Banjo's and wandered around the Mornington Market



Mental Health Fundraiser High Tea

*Friday 20th October
11.30am - 1.30pm*



\$25 for non members

Memories over the years



Spring is in the air

Now that the weather is warming up, have you thought about learning to grow your own vegetables and herbs? Francisca will be offering another gardening course, initially using the garden beds in our courtyard.

If you would like to be part of this purposeful activity, please put your name down.



Cheap Eats in Hastings by Owen T.



Why cheap eats in Hastings? Given that a large percentage of the members of Kindred are on some sort of government benefit and are trying to live within its constraints, luxuries have to be considered carefully. And one indulgence can be a meal out or a takeaway.

I interviewed about twenty members from Kindred and asked them what places they liked and could afford to go to. I wanted to find out what they liked to eat and how much it was to purchase from these various shops, cafes and venues of high cuisine!

Options varied greatly.

CJ's is popular for flake and chips at only \$10 per serving.



Across the road from CJ's is the Kebab shop, where one of our members highly recommends the Hawaiian kebab, washed down with an iced coffee purchased from Coles.

The coffee and banana bread from the Beach Hut is also very popular.

Right behind Kindred we have a very special Cambodian restaurant run by Jet and Tai. They prepare fresh asian food at reasonable prices - we think you should definitely give them a try. They make a selection of delicious soups, salads, stews and dumplings.

If you have a bit more money to spend, right next door we have the wonderful Geonbae which serves Korean Barbeque - great for a special occasion.

Whatever style of food you enjoy, you are sure to find a great selection in Hastings.



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

Brendan, Stefanie and Caryl may be contacted Wednesday, Thursday and Friday during office hours. As we are a small organisation, we are not able to offer an after hours service, so please contact 000 in case of an emergency.

Brendan 0487 239 784

Stefanie 0435 086 729

Caryl 0434 084 432

Opening Hours

Wednesday to Friday 10am - 3pm

Saturday 10am - 2pm

