

*Kindred Clubhouse



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 infront 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.



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
110.30 Arts and Crafts 11am decision making meeting	12 12 pm Peninsula Health peer workers visit	73 Gardening with Fransisca at Kindred	14
18 10.30 Arts and Crafts 11.00am Decision making meeting	19 10.30amGavin from Jobco Group Birthday Celebration	20 Mental Health Fundraiser High Tea Friday 20th October 11.30um - 1.30pm	21
25 10.30 Arts and Crafts Aparc lunch	26	27 Gardening with Fransisca at Kindred	28
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Thank you



William Adams





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





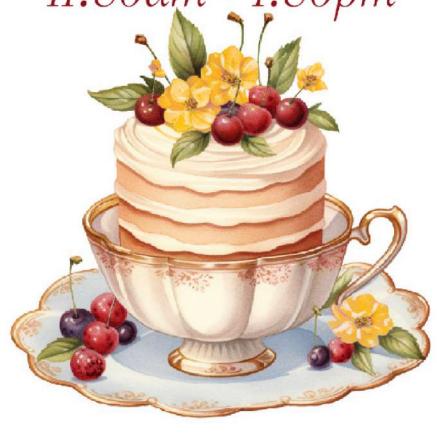






Mental Health Fundraiser High Tea

Friday 20th October 11.30am - 1.30pm



\$25 for non members



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.

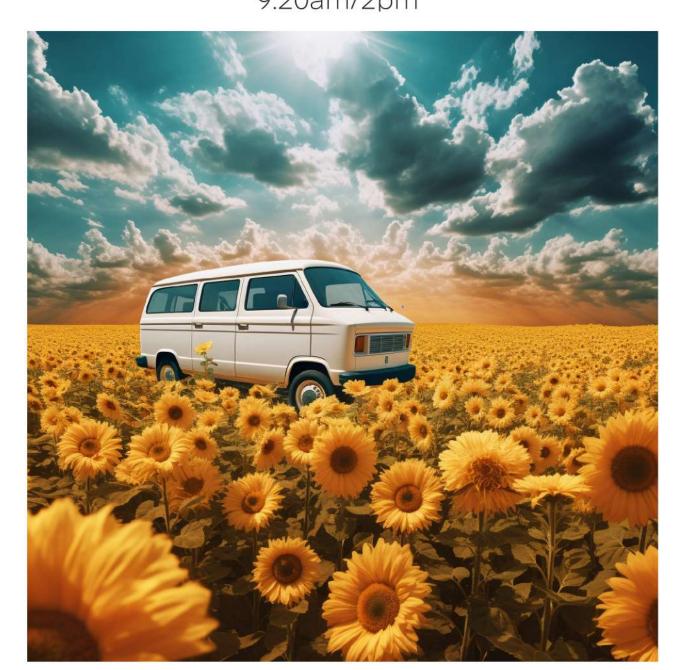
Whatever style of food you enjoy, you are sure to find a great selection in Hastings.



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

