

KINDRED CLUBHOUSE

OCTOBER 2021

NEWSLETTER

Tips for good
mental health

WEEKLY
ACTIVITIES

PUZZLES
TO KEEP YOU BUSY

*Monthly
menu*



October

Hi Dear Members,

September was the month of lockdown and an earthquake - lets hope October is a month of heading towards normality again.

This newsletter is being delivered with a care package for every member as a way of letting you know we miss you and care about you. We hope that you enjoy the selection of goodies included with this newsletter.

We have included some puzzles and word searches this month to keep you entertained. The theme of the October Issue is Good Health, so the puzzles are adapted accordingly.

We continue to have zoom meetings three times a week. - all members are welcome to join so please let us know if you are not familiar with how zoom works and we will be happy to assist you.

There are also phone meditation sessions every Monday, Wednesday and Friday morning at 10.30am. Please text or call Caryl to book your spot on 0434084432 before 10.15am on the day if you wish to participate. She will then call you back at 10.30am.

Wishing you all health and happiness and look forward to catching up in person in the near future,

The Kindred Team



Dear members, staff and stakeholders,

It has been a challenge to be away from you but we are making the best of a difficult situation. There has been hard work undertaken to redo the brochure and to establish a guide for our branding. This is important so that people can recognise the Clubhouse when driving by or when looking at our website. I want to thank the comms team for pulling this together and I can't wait to see the final product!

We are building a practice guide which will be given to new members and new staff/volunteers stating how we can work together and support each other when needed. This will also help identify areas of training we might all need or adapt our days and activities as required.

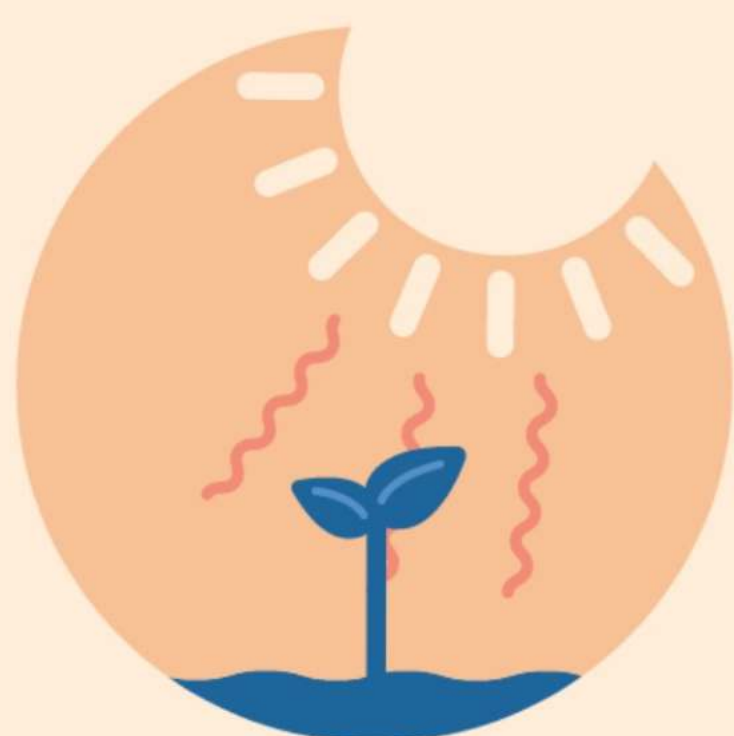
We have also started development on our strategic plan called "Every day, forever" which will state where we would like the Clubhouse to go in the future and how we might get there. This will be very important when we have conversations with Governments or people who may wish to donate to Kindred. Thank you to all who had input into the plan at the Zoom.

Before I sign off, I wanted to send a big "Best of Luck!" to Capella Capital and Lendlease on their pitch to redevelop the Frankston Hospital. Kindred is a proud partner of this bid and, if it is all successful, will be leading the establishment of a new Clubhouse model at the Community Centre on Frankston Hospital campus. We have loved being a part of the pitch and it was great that the members could provide very clear expectations and directions on what would be needed to make it the best Clubhouse yet!

Brendan O'Connell
Director

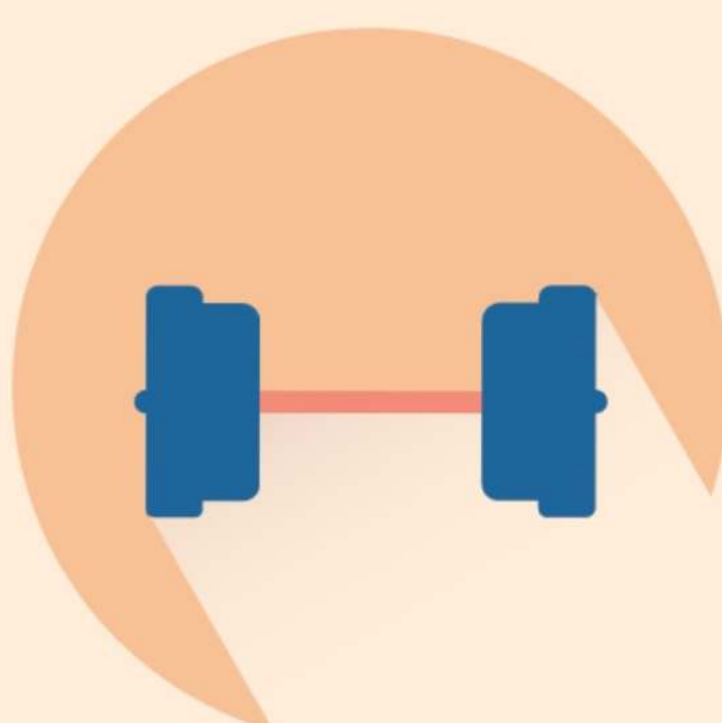
HOW TO IMPROVE YOUR MENTAL HEALTH DURING LOCKDOWN

LIGHTING



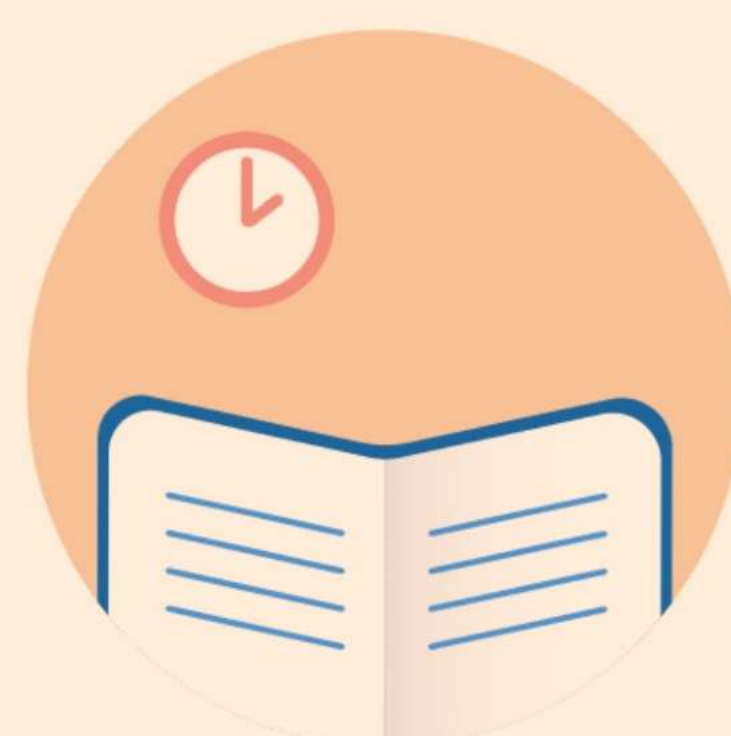
More light, earlier in the day. If you can't get it naturally, try a SAD light.

EXERCISE



Activity boosts your mood. Get up and get active (even if it's cold).

ROUTINES



Make sure to plan sleep, exercise and self-care into your routine.

RELAXATION



Whatever it is that you find relaxing, make sure you do it. Give yourself a few hours a week.

CONNECTION



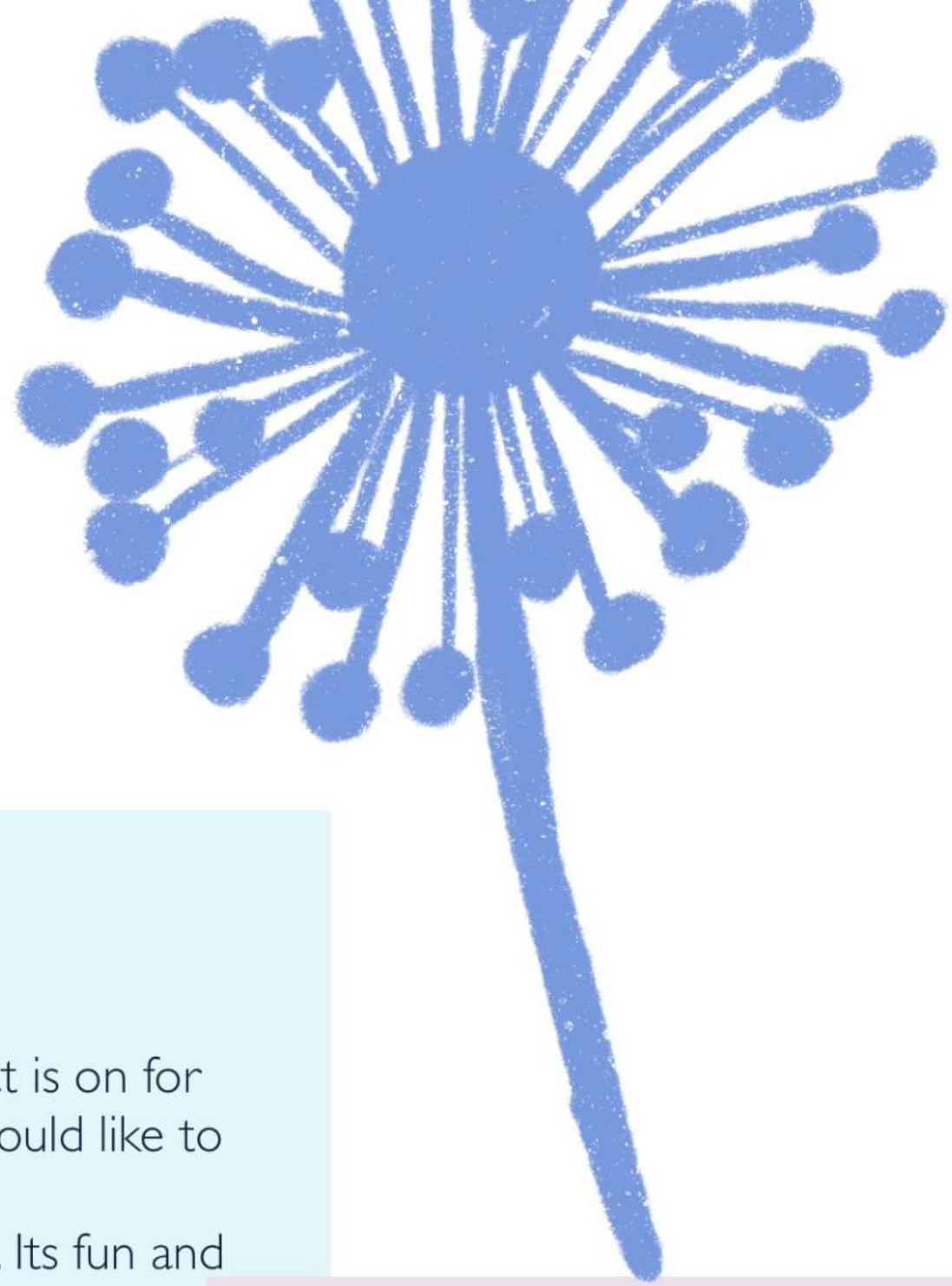
Don't lose sight of each other, even if it's only online. Find creative ways to stay connected.

LESS NEWS



Limit the amount of social media and news you consume.





WEEKDAY ACTIVITIES

WEDNESDAYS

10am Morning meeting. In this meeting we discuss what is on for the day, and members choose any roles in which they would like to participate, such as admin or cooking.

10.20am. Each day we do a bit of light exercise to music. Its fun and gets us ready for the day.

10.40am. We have a short guided meditation session, focusing on feeling deeply relaxed and calm.

10.50am The members who have chosen to cook help shop and prepare lunch for the day. Those who have chosen admin will do activities such as compiling the newsletter and writing tasks.

12.30pm. We all have lunch together.

1.20pm There is a group walk in the park across the road.

2.00pm. We have a weekly decision making meeting in which we share new ideas and jointly decide on any new projects/outings.

THURSDAYS

10am. Morning meeting

10.20am Exercise to music

10.40am Guided meditation

10.50am Cooking and admin

12.30pm Lunch

1.20pm Walk in the park

2.00pm Baking

FRIDAYS

10am. Morning meeting

10.20am Exercise to music

10.40am Guided meditatio

10.50am Cooking and adm

12.30pm Lunch

1.20pm Walk in the park

2.30pm Art group

ADMIN ACTIVITIES

Take action: Focuses on writing and reviewing policies and procedures.

Intake: Reviews all new membership enquiries.

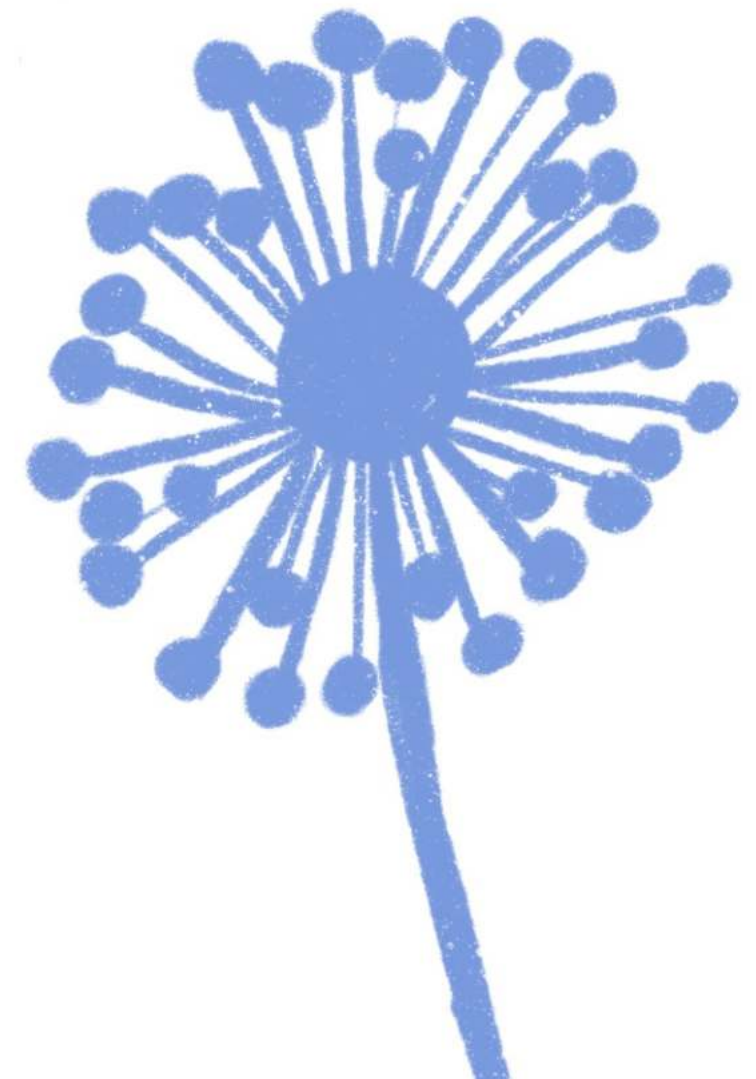
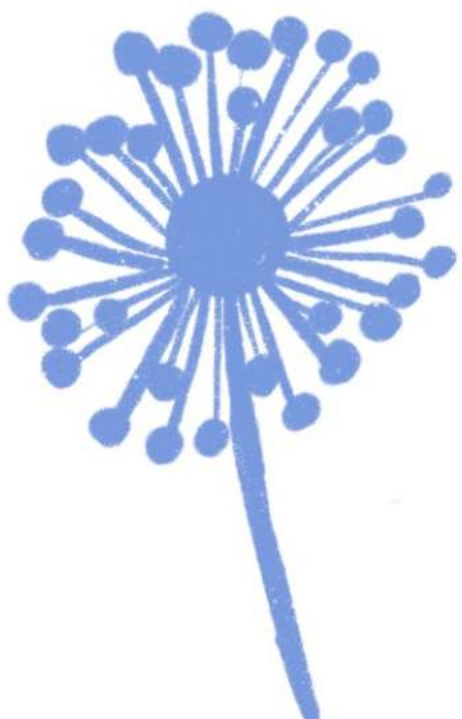
Decision making meeting: A weekly meeting for staff and members to discuss new ideas and resolve any issues.

Brainstorming meeting: A creative meeting to brainstorm new ideas and strategies for the clubhouse

Newsletter: Get involved and help prepare the monthly newsletter with designs and articles.

Saturdays are social days. We organise outings at least once a month. Please check with a staff member before arriving at Kindred if you are unsure if its an Outing day.

We are open 10am - 2.30pm on Saturdays.



October Menu

Friday 1st Creamy Chicken Casserole
Saturday 2nd Home made hamburgers

Wednesday 6th Mixed vegetable quiche
Thursday 7th Cheese and spinach omelette
Friday 8th Beef Casserole
Saturday 9th Tuna pasta

Wednesday 13th Spring Vegetable Frittata
Thursday 14th Fish Bake
Friday 15th Sweet potato and lentil pie
Saturday 16th. Sticky chicken

Wednesday 20th Spaghetti Bolognaise
Thursday 21st Roast chicken and potato wedges
Friday 22nd Meat and vegetable pie
Saturday 23rd. Pizza

Wednesday 27th Pumpkin and pine nut Gnocci
Thursday 28th Macaroni cheese
Friday 29th. Salad nicoise
Saturday 30th Chicken Parma

All about Kindred Clubhouse!

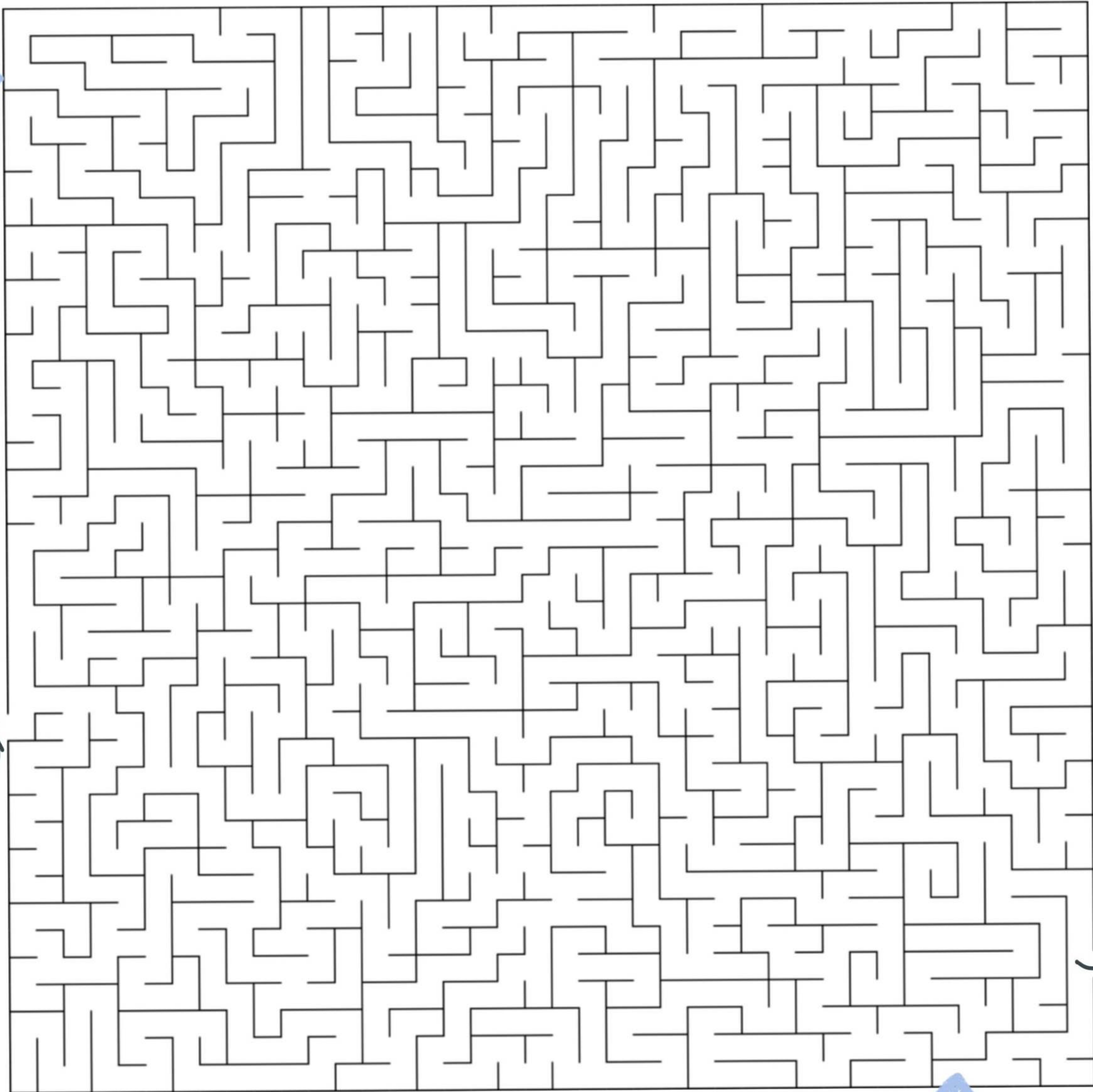
A C C E P T A N C E G B G C B K Y E B V G M L
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 E L M F J S C E C G O E V R P P U W Z Y N N O
 U O Z T U P O I R C S T I G R Z H V R H T R K
 X F W J Y I S O S S I F C W Q Z A R V S A I O
 P J X P H P G M U E T N E C U V S A G U D I I
 P M A R I N E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



- Acceptance
- Admin
- Cappuccino
- Cooking
- Cooperation
- Exercise
- Friendship
- Hastings
- Laughter
- Marine
- Meditation
- Meetings
- Outings
- Pelican Park
- Skills
- Support
- Understanding
- Wellness



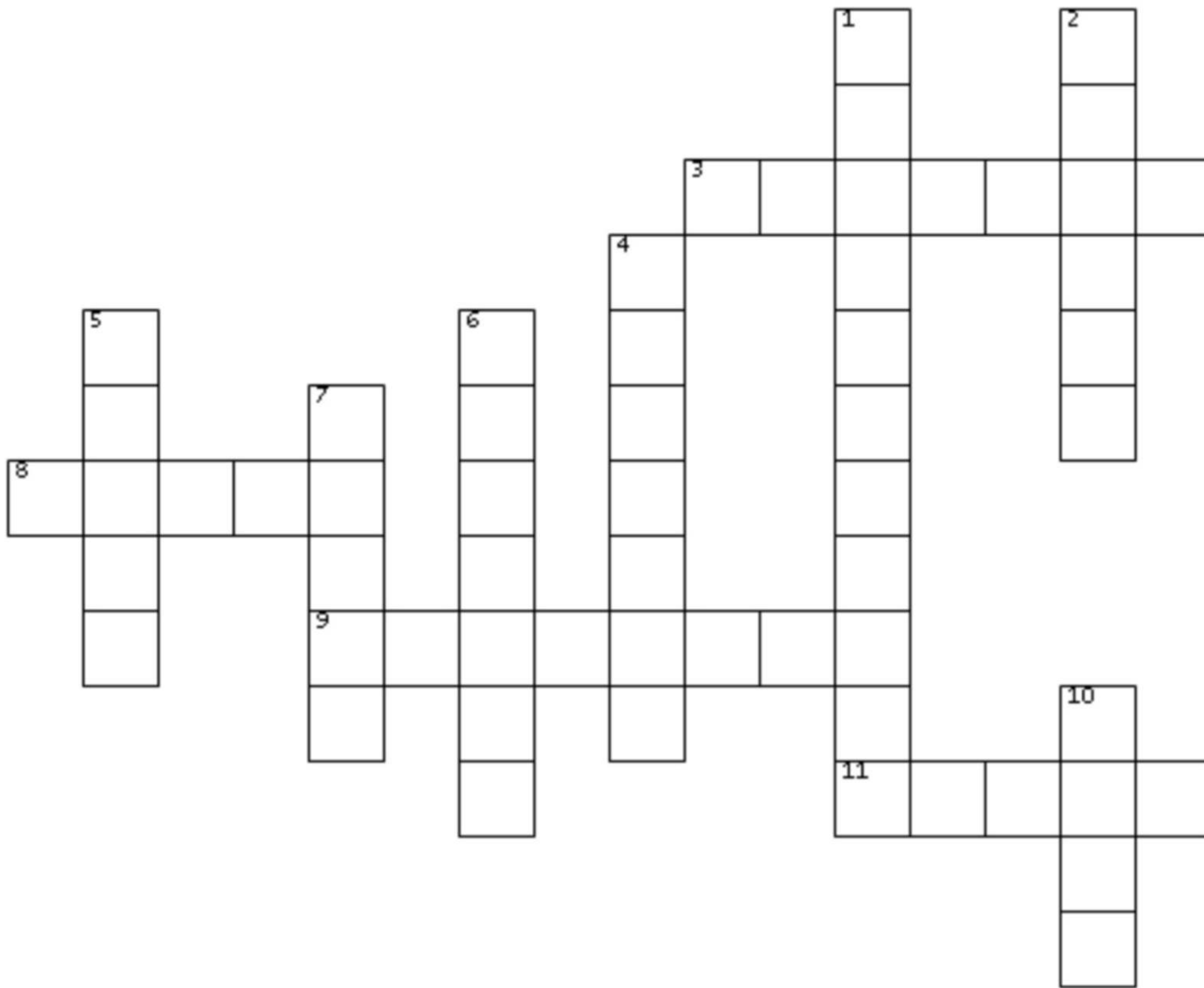
Can you find your way from Kindred's front door to the back door? Be sure not to cross any lines.



Kindred front door. Enter here

Exit out the back door

Wellbeing Crossword



ACROSS

3. A place you belong and where you are always welcome
8. A high body temperature
9. What we should do for at least half an hour a day to be healthy
11. We should not eat too much of this treat as it can lead to diabetes and puts on weight

DOWN

1. What term do we use for the act of putting all your attention in the present moment, whatever you are doing?
2. If we are tense or anxious, we should focus on this to calm ourselves.
4. Before performing any exercise we should do this to warm up our muscles
5. We need to this for eight hours in every 24 hour period
6. This helps to build muscle
7. What colour food should we include in our diet every day?
10. What we wear to stop spreading Covid and other viruses to other people



Maintaining good mental and physical health is so important for our wellbeing. Here are some important tips from our own health book, to support you in your journey to great health.

Start your day well

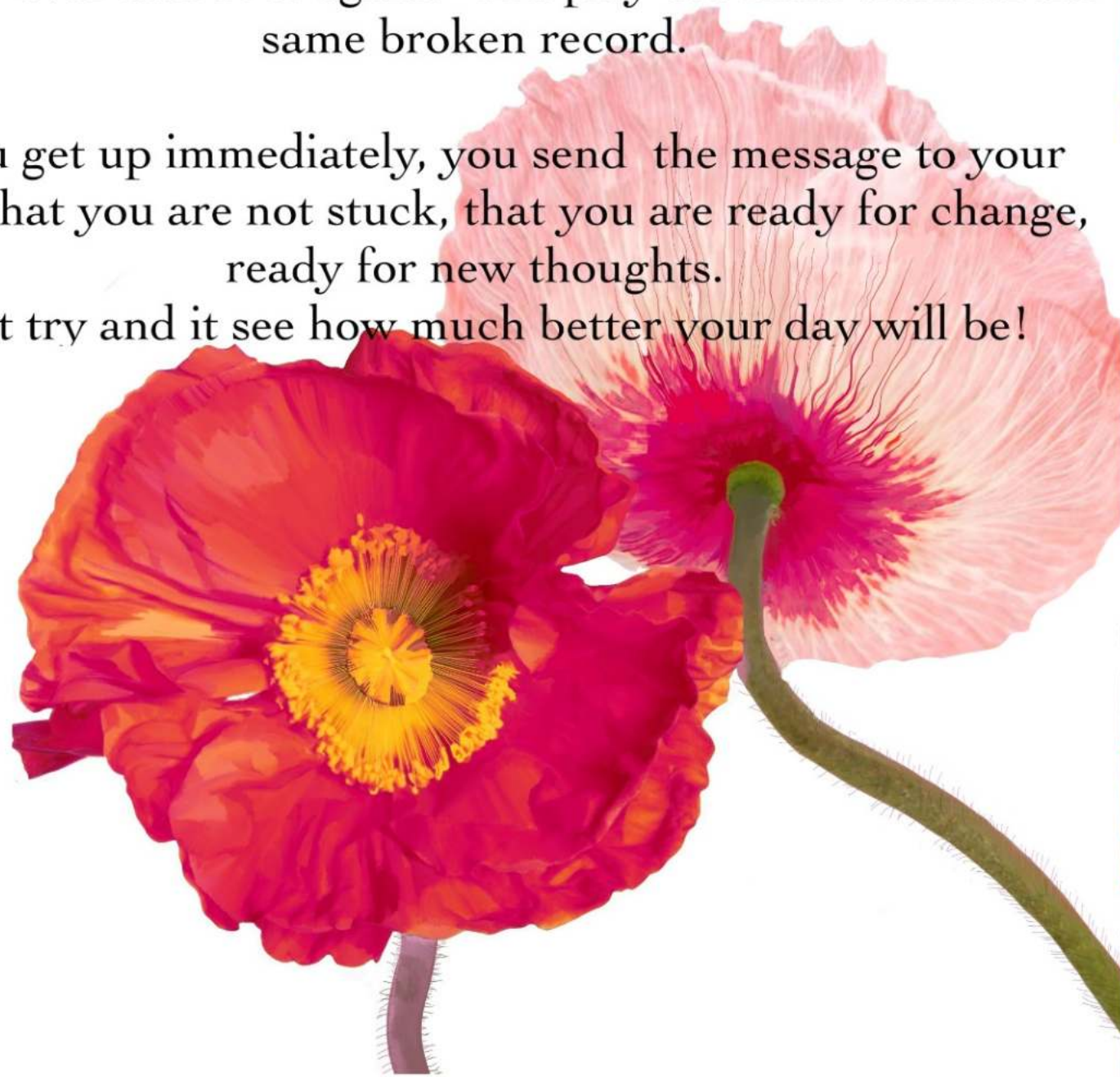
If you suffer from depression or anxiety, get out of bed as soon as you wake up.

This simple act can make all the difference between a good or a bad day.

If you lie in bed, you allow all the worrying thoughts you had yesterday to take up space in your mind again. Nothing changes for the better, you simply relive negativity and anxiety over and over again. You play the same track of the same broken record.

If you get up immediately, you send the message to your brain that you are not stuck, that you are ready for change, ready for new thoughts.

Just try and it see how much better your day will be!



Why exercise is important.

Exercise is an important part of disease prevention. Raising your heart rate helps get oxygen and blood to your muscles more efficiently.

An hour and a half of vigorous exercise a week can lower your risk of cancer significantly.

If you don't like running, you can get your heart rate up by walking up hills or using the stairs instead of taking the lift.

Try raising your heart rate just three times a week for half an hour each session, and you will see how much fitter and healthier you feel.

How food affects mood.

We eat food because it is fuel for our bodies. Imagine putting Pepsi into a car instead of petrol and expecting it to run properly.

We can all easily understand that this would be a terrible idea, and yet we don't want to see it's exactly the same with our bodies.

The better the quality of the 'fuel' we put in, the better our physical and mental performance. Every single cell in our body is affected by diet, so if we eat too much sugar and empty carbohydrates (fizzy drinks, sugar, white bread, cakes...etc) it badly affects our mood, our sleep, our thoughts and our sleep.

How can we feel positive and happy if we constantly give our bodies fuel that makes us negative?

Want to feel more energetic, positive and healthy?

Eat lots of fresh vegetables, drink plenty of water, and see the difference!

Eating well for mental health

Some enzymes found in food naturally boost serotonin levels.

Sugar increases depression and anxiety. Science now shows that gut health has a large role to play in anxiety.

The food you choose to eat plays an important role in how you feel not only physically, but mentally too. Here are some guidelines to help you feel your best through watching what you eat.

Eat only moderate amounts of grain and dairy. Try to cut sugar right out of your diet. Have an adequate amount of protein each day. Make sure you eat lots and lots of vegetables every single day.

Cut down on red meat, and rather replace it with oily fish such as salmon.

If you don't have nut allergies, add some healthy nuts like cashews and almonds into your diet.

Remember to drink lots of water.

October Birthdays

We wish our lovely members a very
happy birthday!

Garry

Robert

Michelle

Jeff

Darren

Bec



Bus Collection

We collect people who live in Frankston and surrounds on our 12 seater bus.

We collect behind Frankston station at the following times:

Wednesday 9.20am

Thursday 9.20am

Friday 9.20am

Return 4.30

Saturday 10.20

Return 2.30



Kindred's opening hours

Wednesday 9am - 5pm

Thursday 9am - 5pm

Friday 9am - 5pm

Saturday 10am - 3pm



Contact Us

We can be contacted
Wednesday to Friday (8am - 6pm) and
Saturday (9am - 3pm) on the following
numbers:

Brendan: 0487 239 784

Stefanie: 0435 779 336

Caryl: 0435 086 935

As we are a small team and can't be available at all times, here are some numbers that will be of help if its an emergency.

Emergency
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Friends Line (when you feel
like a chat)
1800 424 287

Beyond Blue
1300 22 4636

Lifeline
10 11 14

SuicideLine Victoria
1300 651 251

Griefline
1300 845 745

