



Kindred Clubhouse

September



Spring is in the air

Update from Brendan

To our dear Clubhouse community,


I wanted to write to you all to bring you up to date on our activities and to highlight some of our recent successes. It has been an incredibly busy and exciting time to be at the Clubhouse with workshops, training and strategic planning all happening at the same time. We have also had some very large interactions for such a small organisation.

✿ Kindred was successful in obtaining \$25,000 from the Mornington Peninsula Shire Council to implement a project called "The Social Prescription". This project is in partnership with PIER Marketing and will develop awareness, relationships and resources to support our local GP's to make referrals to the Clubhouse to anyone with a history of mental health concerns. This project is now underway and the members are driving the strategy behind it. We are very excited to see how it all goes and we would like to say a massive THANK YOU to Mornington Peninsula Shire Council and PIER Marketing for being part of it.


✿ Kindred has supported a major mental health service reform that will have a huge impact on our region. The Adult Mental Health and Wellbeing Hub (known as The Local) will redefine the experience of people seeking support for their mental health. With local providers of clinical, non-clinical and social services all accessible in the one spot, people will now be able to get the wholistic care they require. The partnership that Kindred supported is led by Wellways and includes Mentis and Peninsula Health. We will keep you updated on how this progresses.

✿ Kindred has been accepted as a member of the Clubhouse International movement, joining over 300 Clubhouses in 50 countries in creating opportunities for people with mental health concerns to be themselves, provide and receive peer support and maintain their wellbeing.





The Clubhouse is working toward becoming a sponsor of the Work and Development Permit Scheme which will allow our members who have fines and who are eligible, to use their hours of attendance at the Clubhouse to pay off their fines. There are a few more steps to it than that, but it is something the members are really supporting.



Kindred was invited to meet with the CEO of the National Mental Health Commission on her travels around Australia to find out what was happening in the Mental Health arena. The Clubhouse model was presented as an evidence based model that was having success around the world and a model that should be considered complimentary to the existing health service system.

Although all these activities are great, the most pleasing thing about the Clubhouse is how many people are getting to do the things they love and need. For some that is getting their proper supports in place and for others its attending workshops. We care about what matters to our members and love working side by side to achieve their goals. Some of the outcomes are listed below

-  Membership has reached over 100
-  30 vocational certificates completed
-  2 employment outcomes (1 further interview)
-  4 members and 5 volunteers completed Mental Health First Aid

The Clubhouse is really just the sum of its people so before I sign off, thank you so much to all our members, our volunteers, our students and our staff who make the clubhouse such a special place in which to belong.

Brendan O'Connell
Director





Menu

Thursday 1st.	Spring Frittata
Friday 2nd	Chicken noodle soup
Saturday 3rd	Santosh's Palak Paneer

Wednesday 7th	Brendan's pasta dish
Thursday 8th	Chicken fajitas
Friday 9th	Japanese curry
Saturday 10th.	Outing to Rosebud

Wednesday 14th	Curried sausages
Thursday 15th	Cannelloni
Friday 16th	Baked potato with toppings
Saturday 17th	BBQ

Wednesday 21st	Mediterranean veg tart
Thursday 22nd	Alf's Vegetable curry/ Outing to Vic Market in city
Friday 23rd	Jace's Sticky chicken
Saturday 24th	Chicken schnitzel with salad

Wednesday 28th	Pasta bake
Thursday 29th	Alf's meatball dish
Friday 30th	Salad rolls

September Outings

Saturday 10th: A visit to a few markets and op shops in Rosebud. A picnic lunch will be provided. Limited numbers so sign up asap.

Thursday 22nd: A visit in the bus to Queen Vic Market in Melbourne city.
Buy your own lunch.





Free sausage sizzle!

Spring Market

1st October 10.30am - 1.30pm

Toys, clothes, homewares - everything by cash donation only!! Pay what you can afford. Raffle prizes!!

 Kindred Clubhouse, 29 Marine Parade, Hastings

Please bring your friends and support us on our very first market day on October 1st.

There are no fixed prices - everything is by donation so grab yourselves some amazing bargains. We now have tons of stock due to generous donations.

Mark it in your calendar!!

10.30am - 1.30pm.



Happy birthday

Raelene ~ 9th

Kylie ~14th

Amelia ~ 15th



Celebrating Doug



As anyone who knows us will tell you, Kindred just wouldn't be Kindred without all the help and support from our wonderful volunteer Doug Neale.

Doug has been with us from the very beginning, always ready to lend a hand and help wherever he can. We so appreciate all his kindness and generosity.

"Doug supports Kindred in so many ways. He devotes a significant amount of his time assisting the operation of Kindred - always welcoming and friendly.

He generously supports Kindred financially and provides valuable commercial insights helping the ongoing running of Kindred.

I have always appreciated being able to contact Doug to get his thoughts on a whole range of matters" ~ Eric Lindner

"Dougie! An amazing guy who I think had no idea what he was getting into when we first started, but he has become part of what the fabric of Kindred Clubhouse is all about.

We wouldn't be where we are without him! ~ Michael Sillikens

"Doug has been an amazing supporter and ambassador of Kindred Clubhouse since the very beginning. Doug attended the community meeting that Stefanie organised way back in July 2014, which explored if there was an interest in starting a clubhouse type program in the Frankston area. After the meeting, Doug became a member of the clubhouse committee which took on the challenge of starting a clubhouse.

Later, when the committee received Frankston council funding in 2016, Doug became a regular volunteer for the Saturday program at the Ebdale Community Centre. In 2019, when Kindred received Federal funding, it was Doug who found our current clubhouse in Hastings. Doug has always seemed happiest working 'behind the scenes' and still today can often be found quietly doing the dishes in the kitchen" ~Kim Kerr

Volunteer!

We encourage opportunities to help others and are presently making connections within the Frankston Mornington Peninsula area to work with other organisations to better our community.

Here are some volunteer jobs that are needed at the moment -

RSPCA Op Shop, Mornington Tyabb Road, Mornington . They are looking for a shop assistant. Call 92242266

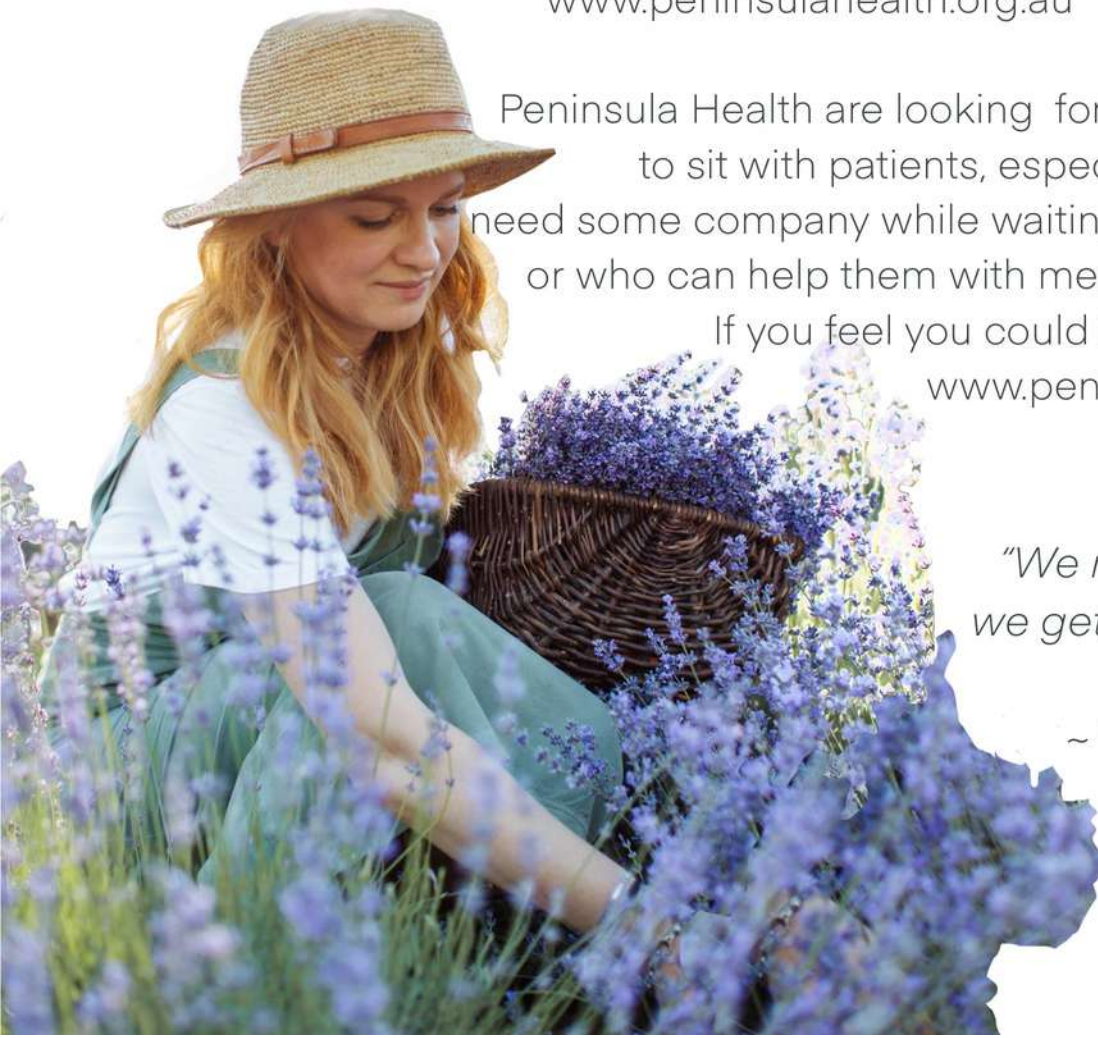
Southern Peninsula Community support are looking for someone who is able to lift at least 15 kilos and can drive a van, to work in the pantry and storeroom.
Call 5986 1285

Peninsula Health needs volunteer drivers to drive people in the community to and from their appointments. To apply for this job please go to
www.peninsulahealth.org.au

Peninsula Health are looking for volunteer companions to sit with patients, especially the elderly, who need some company while waiting for their appointments or who can help them with meals or read them a book.

If you feel you could help, please apply at
www.peninsulahealth.org.au

"We make a living by what we get, but we make a life by what we give"
~ Winston Churchill



Outings in August



We enjoyed visits to the Tyabb packaging house on Saturday 13th and to the city for lunch on Friday 26th. Join us for our next fun outing!



Hello

to our new occupational therapy Masters student, Monique, who is doing a research paper on the clubhouse model. We look forward to getting to know you and hope you enjoy your time with us.



And goodbye.....

to our beautiful student Jess.
We have all loved getting to know you
and hope that you will keep
in touch. Thanks for all your help and we
wish you the very best in all you do.





Workshops

Thursday 1st, 15th and 29th Employment guidance
with Campbell Page

Wednesday 7th Gardening in our courtyard

Thursday 29th Strategic Planning with Brendan,
Sarah & Kim

Friday 23rd Matchstick building with Jeff

Saturday 24th Laughing yoga with Santosh

Welcome

4 of our newest members



Louise

Blane



Andrew

Raelene





Brad's baristas

August saw even more people being trained by the very skilful and special Brad from Advance Training. We now have over 20 people that are well trained in coffee making skills.

Thank you Brad! You make all the training you do so special!

In Memoriam



We were saddened to hear of the passing of one of our members, Andrew. He was a real gentleman, always polite, friendly and kind. He will be sorely missed by all.

Rest In Peace



Bus timetable

The parking lot behind Frankston station is our meeting point. We park at the top of the station stairs at 9.20am on a Wednesday, Thursday, Friday and Saturday morning. In order to ensure pick up, please contact Caryl on 0434084432 before 8am on the day.

Opening Hours

Wednesday 10am - 3pm

Thursday 10am - 3pm

Friday 10am - 3pm

Saturday 10am - 2pm



A close-up photograph of several large, double roses in shades of pink and light orange. The roses are arranged vertically along the left side of the frame, with green leaves and small, dark green, spiky seed pods interspersed among them. The background is a soft, out-of-focus light grey.

Important numbers

During work hours we are contactable on
the following numbers

Stefanie 0435 086 729

Caryl 0434 084 432

Brendan 0487 239 784

After hours please call 000
or lifeline on 13 11 14