

Kindred Clubhouse

JANUARY 2022

SPREAD YOUR WINGS AND

FLY!

MAKE THIS YOUR BEST
YEAR YET.

How to be positive about the future

**MAKING HEALTHY, ACHIEVABLE
RESOLUTIONS FOR THE NEW YEAR**



DIRECTOR'S UPDATE

As a new year begins, the Clubhouse kicks into its next gear as we look to complete all the things on which we have decided to focus - training, exploring employment opportunities, finding out about local services and the number one thing - helping others in the community.

2022 will see Kindred launch the Walk and Talk program thanks to the Mornington Peninsula Shire Council. We are incredibly excited to make ourselves available to anyone in the community who would like some free peer support from people who have lived with mental health concerns, been through the same lockdowns, and have taken the step to re-join the community. Keep an eye out for our launch event in late Jan or early Feb.

After the success of our first accredited training program, Kindred will also continue to offer its members, volunteers and staff the opportunity to upskill. This has been helped by a grant from the Federal Government Department of Health who are supporting us by paying for training. Our recently donated laptops from Esso Australia will also be put to immediate use.

We will also be doing more excursions and social activities thanks to an incredibly generous private donation that will allow the members to try things that they have always wanted to try. The donor wants to stay out of the limelight but the Clubhouse members thank you sincerely as this money will be overseen and utilised by them only. This is a fantastic skill development opportunity as well as covering the costs of food, drinks and excursions.

On behalf of the members, Board and staff, I would like to wish all our supporters, friends, carers and families a very safe and happy festive season and New Year.

Brendan O'Connell



MENU

WEDNESDAY 5TH CHICKEN AND SALAD WRAPS
THURSDAY 6TH BROCCOLI AND SPINACH QUICHE
FRIDAY 7TH SPAGHETTI BOLOGNESE
SATURDAY 8TH PICNIC AT DEVILSBEND RESERVE

WEDNESDAY 12TH BAKED TOMATO & HERB GNOCCI
THURSDAY 13TH BAKED CREAMY CHICKEN CASSEROLE
FRIDAY 14TH FISH IN LEMON BUTTER AND CHIPS
SATURDAY 15TH CURRIED SAUSAGES

WEDNESDAY 19TH GREEK MOUSAKA
THURSDAY 20TH PASTA SALAD
FRIDAY 21ST ROAST CHICKEN AND SALAD
SATURDAY 22ND PIZZA

WEDNESDAY 26TH AUSTRALIA DAY
THURSDAY 27TH SAUSAGE SIZZLE
FRIDAY 28TH CHICKEN PARMA AND CHIPS
SATURDAY 29TH HOMEMADE HAMBURGERS

HEALESVILLE SANCTUARY



Kindred took a trip to the Healesville Sanctuary before the Christmas/ New Year break. It was a hot day and many animals were taking advantage of the shade. It is a truly beautiful place to wander around and the lunch was good too. Favourite animals included the koalas, echidnas, platypus and snakes. It was the birds that stole the show though. Firstly in the aviary where the parrots flew low overhead and enjoyed cool fruit close to us, and then in the bird show where the owls, falcons and the star of the show the wedge tailed eagle showed off their talents. The trip was largely coordinated by Wayne who took on the important role of finding out the details and costs, as well as the schedule for the day. He also took the two smaller photos above.

A big thank you to Healesville Sanctuary for the fantastic day!

THE FUN WE HAD AT McCLELLAND SCULPTURE PARK



FESTIVE CELEBRATIONS

We had a wonderful Christmas lunch together on Dec 22nd. We thoroughly enjoyed the music of Julie and Ron especially when Jace joined in and showed us his musical talents. Michelle Johnson sang a fantastic rendition of Memory, accompanied by Greg on guitar.



OUTING SATURDAY JANUARY 8TH



JOIN US FOR A PICNIC AND WALK AT THE
BEAUTIFUL DEVILS BEND RESERVE

OUTING FRIDAY 21ST JANUARY

WE WILL VISIT THE EXHIBITION AT THE
MORNINGTON PENINSULA REGIONAL ART GALLERY.
FOLLOWED BY MORNING TEA





NEW YEAR RESOLUTIONS WORTH KEEPING

- 1) Reach out to others. We have all gone through a scary time of social isolation. It's time to extend the hand of friendship to others. When you come to Kindred, see if you notice any new faces, and go introduce yourself to them. Everyone appreciates a friendly face in a new environment, so be the person that makes a difference to someone's day.
- 2) Live in the present. Make every effort not to waste minutes, hours or days worrying about situations you cannot change.
- 3) Make 2022 the year you learn a new skill. You will get a great sense of achievement.
- 4) Decide to make this year a year of health and wellbeing. It's time to kick bad habits and be the healthiest you can be. Talk to any of the staff members if you need help with your new health objectives - we will support you all the way!
- 5) Be kind. Covid lockdowns have made some people impatient, angry and frustrated. Its easy to respond in the same way. Lets all try to be as kind as we can - the world needs it!
- 5) Give one compliment to someone every day. You will light up someone's day and help improve their self image.
- 6) Share with us a place you have never been before, or an experience you have never had. We will do our best to make it happen!

HOW TO BE POSITIVE IN 2022

We hear the words 'be grateful' so much, that they can begin to lose meaning. But learning to focus every day on what you DO have, rather than what you don't, is the most important step you can make towards having a positive and content life. If you focus on what is missing, you will never have enough.

Help others. The beautiful thing about Kindred is that we want to help others as much as we want to help ourselves. If we nurture a sense of being a helpful community, this will help positivity and wellbeing to flourish.

Live in the moment. We spend so much of our lives regretting things we have done in the past, or worrying about what may happen in the future. If we put all our thoughts and energy in the present moment our lives will inevitably become much more positive and joyful.

Talk kindly to yourself. Have you noticed how we would never talk to our friends the way we talk to ourselves? We can be so very hard on ourselves, and our self talk can be toxic. Make sure that your thoughts about yourself are forgiving, gentle and accepting.

Embrace change. The very nature of life is that it is full of change. Rather than being afraid of change, see it as an opportunity for new experiences and challenges. Approach new experience with enthusiasm.



Special birthday wishes



Our beautiful Stefanie turned 40 on December 29th. We hope that her year ahead is filled with all the joy, happiness and fulfilment that she so deserves. Thanks for all the kindness and patience you always have with coworkers and members, Stef. We wish you all the best!

JANUARY BIRTHDAY WISHES



THANK YOU!

We would like to give our sincere thanks to Lundbeck who donated the money for our new brochure. Pictured below is our member Sarah (cover girl of the new brochure) and Kira from Lundbeck.



 Kindred Clubhouse

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 3.00pm

Saturday 9.20am

Return 2.00pm



Opening hours

Wednesday 10am - 3pm

Thursday 10am - 3pm

Friday 10am - 3pm

Saturday 10am - 2pm



Contact Us

We can be contacted
Wednesday to Friday (9am - 5pm)

Saturday (9am - 3pm)

Caryl 0434 084 432

Stefanie 0435 779 336

Brendan 0487 239 784

As we are a small team we are not available after hours. Please contact one of the services below in case of an emergency.

Emergency Assistance 000

Friends Line 9663 2740

Nurse on call 1300 60 60 24

Lifeline 13 11 14