



**Kindred
Clubhouse**

A PLACE TO BELONG

**DECEMBER 2025
NEWSLETTER**



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NOVEMBER EXCURSION TO FLINDERS BEACH AND SAUSAGE SIZZLE





CHRISTMAS PARTY 2025

**AT KINDRED CLUBHOUSE
2036 FRANKSTON FLINDERS ROAD HASTINGS
3915**

**PHOTOS WITH SANTA ON THE DAY
A LOT OF PRIZES IN THE RAFFLE
PLUS LOTS MORE**

FRIDAY DECEMBER 19TH

11 AM TILL 2 PM

SAVE THE DATE

ON : 0435086729

FREE FOR MEMBERS ONLY

\$10 FOR SUPPORT WORKERS FOR LUNCH





WEDNESDAYS 11 AM

November's gardening sessions were full of action and good vibes, with Garry, Danielle, and Sean weeding and setting up new veggie beds while Morgan watered before teaming up with Tim and Brett to plant tomatoes, basil, zucchini, and blue pumpkins; we also dipped into our new compost bin to rejuvenate existing beds, and everything is looking incredibly healthy. We pick fresh lettuce and celery for lunch, planted new lettuce and more Grosse Lisse tomatoes, trimmed back overgrown plants, mulched, and gave everything a much needed soak after the recent winds. Huge thanks to everyone involved in our gardening team, you're the best! 



MONTHLY KITCHEN TEAM UPDATE

DAILY 11:30 AM



Walk and Talk

THURSDAYS AT 1:15 PM

November's Walk & Talk was a big one, with a full bus and plenty of sunshine as we explored Daangean (Devilbend Reserve) and wandered down to the reservoir, spotting black swans and keeping an eye out for turtles, all while chatting about the Citizen Science Crew, who care for the land and waterway. We also enjoyed a loop around Fred Smith Reserve in Hastings, crossing the mangroves boardwalk, visiting the historic Werner Compressor from the Somerville Cool Store era (1914–1918), and even getting a lively crash course in cricket from one of our enthusiastic Kindred members! To top off our Walk and talk's, we bumped into James from Avent's Gourmet Kitchen, who generously gave us a tour of his veggie garden and shared exciting news about his upcoming book. We always enjoy great conversations, good company, and plenty of discoveries. We're looking forward to seeing you at 1.30pm each Thursday in December.





THE MONTH OF NOVEMBER WAS FULL OF CREATIVITY, DECORATING AND PAINTING OUR NEW VEGETABLE PLANTER BOXES. THEY ARE GOING TO LOOK GREAT OUTSIDE IN THE GARDEN, AND IT WAS A FANTASIC TEAM EFFORT TO COMPLETE THESE.



Recovery Group with Mentis Assist

We are excited to have Visnja from Mentis Assist joining us to run an 8 week recovery group at Kindred. Themes and dates are below. Please call or text 0435 086 729 to let us know if you would like to join us. There will be a signup sheet at Kindred with the dates so please put your name down if you are interested.

**8 session program that will run every second Wed at
1:15pm at Kindred Clubhouse**

26th Nov: Recovery Journey/ why is it not destination?

10th Dec: Relaxation/Mindfulness: why are they
important?

24th Dec: Identity: What are my values, interests, and
strengths?

7th Jan: Connection & Meaning: How/When do I feel
connected? What gives me Meaning

21st Jan: Empowerment: How do I move toward a new
future? What can I do to find a better future.

4th Feb: Planning for wellness/what is wellness/ why
should I plan it.

18th Feb: Navigating services, what's new in
community/ using AI, conquering the fear

4th March: Reflection, hope and optimism, ideas for
future groups.

Bunnings DIY with Debbie

We are very grateful to have Debbie Stargatt, Activity Organiser from Hastings Bunnings, facilitating monthly DIY sessions for Kindred members.

The groups run the 3rd Wed of each month from 11-12pm. This month's DIY was painting and decorating terracotta pots.

Members had a great time at our November DIY making their own Decorated pots. These DIY's are a great opportunity for members to have some fun, learn new skills and get crafty!

We are looking forward to making something Christmassy together on 17/12/25.



Stories That Move Us Project

We are happy to announce that Kindred has been successful in obtaining a grant through the Mornington Council to run a story telling program called, “Stories That Move Us”

The project is open to any Kindred members who would like to learn to share their lived experience and stories in a safe, structured and informed way. We will be facilitating workshops to assist members to do this and there will be opportunities for those who would like, to take part in a story telling event at the end of the project.

This will also provide members opportunities for speaking events at Kindred and in the community if they wish to take their storytelling journey further.

If you are interested, please let Stefanie know on 0435 086 729 and/or sign up on the sign up sheet at Kindred

This is an exciting project and we look forward to delivering it.

SHARE
YOUR
STORY

THANK YOU

Thank you to the Mornington Peninsula Shire, Cr. Michael Stephens and Mayor Anthony Marsh for your ongoing support of Kindred Clubhouse.

We are very grateful to join the other amazing ten organisations as a recipient of the Mayoral Cruise fundraiser this past month.

These funds assist Kindred to support members, programs and ensure we are able to continue the important work we do. Thank you!



A big thank you to Bendigo Bank Hastings for your support in sponsoring Kindred Clubhouse and to Craig, a Kindred member and Board member, for sharing so openly a bit of his story at the Bendigo Bank Hastings AGM.

WORD SEARCH

by Nick

CARS

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

HOLDEN

FORD

BMW

AUDI

HYUNDAI

MAZDA

SUBARU

TOYOTA

CHRYSLER

HONDA

JAGUAR

MERCEDES

NISSAN

PORSCHE

VOLKSWAGEN

FERRARI

CITROEN

DODGE

CHEVROLET

BENTLEY

**KINDRED
CLUBHOUSE IS
CLOSED
25TH DEC,
26TH DEC,
1ST JANUARY**



Event Calendar

DECEMBER 2025

MONTHLY EVENT
CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	01	02	03 GARDENING TEAM 11:00 AM	04 Walk and Talk 1:15	05 Art collective Brotherhood	06 Social Saturday	Reminder Please call a day ahead for bus pickup 0421093533
07	08	09	10 WORKING BEE	11 MONTHLY BIRTHDAY CAKE CELEBRATION Walk and Talk 1:15	12 Art collective	13 Social Saturday	Stop Time Frankston Train Station 9:20
14 HAPPY HANUKKAH	15	16	17 GARDENING TEAM 11:00 AM DIY Bunnings	18 Walk and Talk 1:15	19 Xmas Lunch	20 Social Saturday	Ebdale St 9:30
21	22	23	24 CHRISTMAS EVE	25 CLOSED	26 KWANZAA CLOSED	27 Social Saturday	Frankston Hosp Bus Stop 9:40
28	29	30	31 GARDENING TEAM 11:00 AM	1 2026 CLOSED			Wallaroo Bus Stop (Hastings) 9:50

December Birthdays



- 1/12 Suzy
- 3/12 Jason L
- 4/12 Kylie P.
- 5/12 Shaun
- 6/12 Kylie H
- 10/12 Andrew B
- 11/12 Chris
- 11/12 Glen
- 15/12 Monique
- 24/12 John C
- 25/12 Jason
- 26/12 Mim

Important Numbers



24/7 Mental Health Services



Is it an emergency?

If you or someone you know is at immediate risk of harm, call triple zero (000)

Suicide Call Back Service

Anyone thinking about suicide



suicidecallbackservice.org.au



1300 659 467

Lifeline

Anyone having a personal crisis



lifeline.org.au



13 11 14

Beyond Blue

Anyone feeling anxious or depressed



beyondblue.org.au



1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25



kidshelpline.com.au



1800 55 1800

MensLine Australia

Men with emotional or relationship concerns



mensline.org.au



1300 78 99 78

Open Arms

Veterans and families counselling



openarms.gov.au



1800 011 046

13YARN

Aboriginal and Torres Strait Islander people



13yarn.org.au



13 92 76



Kindred X Mentis Assist

If you need additional support outside the Clubhouse program, Kindred can help! The Commonwealth Psychosocial Support Program (CPS) is a fantastic partnership with Mentis Assist that gives people experiencing severe mental health concerns access to a care coordinator and support facilitator while also having access to Kindred Clubhouse and it's programs.

To be eligible you must;

- Be aged 16 or older
- Experiencing severe mental health issues
- Be in need of community based mental health support
- Not eligible, or not currently receiving NDIS support

If you or someone you know is interested, please contact Kindred Clubhouse to find out more.

The CPS program is powered by funding from South Eastern Melbourne Primary Health Network (SEMPHN).

Kindred Contacts and Bus

Bookings for Bus Pick Up **MUST** be received by 8:30am on the day at the latest.

Mobile: 0421 093 533

Bus stops
Frankston Train Station 9:20am

Ebdale Street
9:30am

Frankston Hospital Bus Stop
9:40am

Wallaroo Bus Stop Hastings
9:50am

During weekday office hours or for general enquiries, please contact the Kindred mobile on 0435 086 729 during office hours Wed, Thur and Friday 10-3pm.

If outside these hours please leave a message and we will get back to you.

If you require assistance on a Saturday, please call the Kindred bus mobile on 0421 093 533 between 10-2pm.



Kindred Clubhouse acknowledges that we work on the Ancestral land of the Bunurong/Boon Wurrung people of the Kulin Nations. We pay our respects to Elders past and present, and recognise their continuing connection to the land, water, and community.