



Kindred  
Clubhouse

A PLACE TO BELONG

# JANUARY 2026 NEWSLETTER



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# Kindred Clubhouse



*6 years in Hastings*



## KINDRED CLUBHOUSE

*was officially opened by  
Neale Burgess MP  
State Member for Hastings.  
Thursday 23rd January 2020*

***Come and join us for a BBQ on  
Friday 23<sup>rd</sup> of January at 12pm to celebrate  
our 6 year anniversary in Hastings!  
We would love for you to join us!***

***2036 Frankston - Flinders Rd, Hastings***





## WEDNESDAYS 11 AM

Kindred's garden has once again provided the perfect motivation to get our hands dirty, with another fantastic year alongside our amazing gardening team. We planted a wide range of seedlings throughout the year, and harvesting has been especially rewarding. Our produce included broccoli, a variety of lettuces, silverbeet, cabbages, rainbow chard, spring onions, beetroot, zucchini and more.

In December, we planted tomatoes, basil, zucchini, capsicum, lettuce and cucumbers, all of which are looking healthy and thriving thanks to the ongoing care and dedication of our gardening team.

To finish off the term, we put in a huge effort preparing for the Christmas lunch, with extensive weeding and mulching in the front garden.

We're incredibly proud of what's been achieved and grateful to everyone who contributed throughout the year, thanks!





# JANUARY KITCHEN TEAM PHOTOS

DAILY 11:30 AM





# Walk and Talk

**THURSDAYS AT 1:15 PM**

We had a great year of Walk and Talks, exploring a range of local spots including Buckley's Reserve, Stony Point Jetty, Hastings Jetty, Woolley's Beach, Jack's Boardwalk, Warringinee Park, and a short circuit near the Kindred Clubhouse in Hastings.

One December highlight was a sunny walk around Fred Smith Reserve in Hastings. With plenty of good conversation along the way, we crossed the mangroves boardwalk and finished up at the historic Werner Compressor, originally built for the Somerville Cool Store between 1914 and 1918.

Our Walk and Talk group is a relaxed way to get moving, have a chat, and connect with others while supporting wellbeing. We'd love to see you join us in 2026.







**THE MONTH OF DECEMBER WAS FULL OF CREATIVITY, GETTING READY FOR THE CHRISTMAS LUNCH, DECORATING AND MAKING WREATHS .**

**JANUARY WE ARE CROSSING OVER TO NATURAL ART, DECORATING FEATHERS AND BEAUTIFUL BARK FROM THE TREES.**





# 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**

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

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

24<sup>th</sup> Dec: Identity: What are my values, interests, and  
strengths?

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

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

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

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

4<sup>th</sup> March: Reflection, hope and optimism, ideas for  
future groups.

# Help Needed!

## Come Join Us to complete fundraising kits

We have another lot of fundraising kits from William Adams and Rotary 2.0. This is a great way to fundraise for Kindred with all proceeds going back into the Clubhouse.

If you are free and able to help out please come in and lend a hand. If you're new to doing kits we have several members who can show you how it's done. Thanks to all who provide their time and hard work to complete each lot of kits.





# JANUARY EXCURSION TO Pelican Park Rec Centre & Cafe

Friday Jan 16th 11:00 am



Come tour the Pelican Park Recreation Centre and learn how Kindred can get involved with their programs. Finish off at the cafe for a drink or sweet treat (members are required to bring \$ for the cafe.)



# KINDRED CHRISTMAS LUNCH

We had a great day at our Kindred Christmas lunch. Thanks to everyone who celebrated with us and to our special guests who continue to support us each year.





# 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**



# Event Calendar

 JANUARY 2026

MONTHLY EVENT  
CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			GARDENING TEAM 11:00 AM	01 Walk and Talk 1:15	02 Art collective Brotherhood	03 Social Saturday 
04	05	06	07 GARDENING TEAM 11:00 AM RECOVERY GROUP 1:00PM	08 Walk and Talk 1:15	09 Art collective	10 Social Saturday 
11	12	13	14 GARDENING TEAM 11:00 AM	15 Walk and Talk 1:15	16 Art collective Excursion Pelican Park and Society Cafe	17 Social Saturday 
18	19	20	21 GARDENING TEAM 11:00 AM RECOVERY GROUP 1:00PM	22  MONTHLY BIRTHDAY CAKE CELEBRATION Walk and Talk 1:15	23 Art collective 6 year Kindred Celebration BBQ 12pm	24 Social Saturday 
25	26	27	28 GARDENING TEAM 11:00 AM	29 Walk and Talk 1:15	30 Art collective	31 Social Saturday 

## Reminder

Please call a day ahead  
for bus pickup  
0421093533

Stop	Time
Frankston Train Station	9:20
Ebdale St	9:30
Frankston Hosp Bus Stop	9:40
Wallaroo Bus Stop (Hastings)	9:50

## January Birthdays

Tiga 2/1  
Ross 7/1  
Irena 11/1  
Jo M 19/1  
Alan W 22/1



# WORD SEARCH

by Nick

## VICTORIAN SUBURBS

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

FRANKSTON  
HASTINGS  
HEIDELBERG  
GEELONG  
CARLTON

WERRIBEE  
BENDIGO  
HORSHAM  
PAKENHAM  
SORRENTO

BRUNSWICK  
BALLARAT  
WARRNAMBOOL  
MILDURA  
CANTERBURY

BELGRAVE  
HORSHAM  
SEDDON  
SHEPPARTON  
WARRAGUL

Joke by Darrell

Q. WHY DID THE MOON GO BACK TO SCHOOL?  
A. SO HE COULD BE BRIGHTER AT NIGHT!



# 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](https://suicidecallbackservice.org.au)
- 1300 659 467

### Lifeline

Anyone having a personal crisis

- [lifeline.org.au](https://lifeline.org.au)
- 13 11 14

### Beyond Blue

Anyone feeling anxious or depressed

- [beyondblue.org.au](https://beyondblue.org.au)
- 1300 22 4636

### Kids Helpline

Counselling for young people aged 5 to 25

- [kidshelpline.com.au](https://kidshelpline.com.au)
- 1800 55 1800

### MensLine Australia

Men with emotional or relationship concerns

- [mensline.org.au](https://mensline.org.au)
- 1300 78 99 78

### Open Arms

Veterans and families counselling

- [openarms.gov.au](https://openarms.gov.au)
- 1800 011 046

### 13YARN

Aboriginal and Torres Strait Islander people

- [13yarn.org.au](https://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 its 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.