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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: RSVP BY DEC 1ST
ON : 0435086729**

**FREE FOR MEMBERS ONLY
\$10 FOR SUPPORT WORKERS FOR LUNCH**



November Excursion

14th of November 10:30 am

Flinders beach sausage sizzle



Excursion to flinders beach for a sausage sizzle and beach walk

If you're wanting to come, write your name on the excursions board. Please also let us know if you need a lift in the van or if you will be meeting us there.

Please meet at Kindred at 10:30am if coming in the van
Thank You

Kindred Annual General Meeting



Members feel free to join us in person.
Please RSVP by Nov 14th or join via Teams
Link to be sent via email.



IT'S BEEN A BUSY AND REWARDING MONTH IN THE KINDRED CLUBHOUSE VEGGIE GARDEN! WE'VE PLANTED SNOW PEAS, LETTUCE, SPRING ONIONS, BEETROOT, CAPSICUM, AND LEBANESE ZUCCHINIS, ALL NOURISHED WITH OUR OWN HOME-GROWN COMPOST. THE TEAM HAS BEEN HARD AT WORK TURNING OVER BEDS, WEEDING, AND SETTING UP BOXES FOR OUR POTATOES.

WE'VE ALSO BEEN KEEPING EVERYTHING WELL-WATERED AHEAD OF THE WARMER DAYS, WITH THANKS TO STELLA, GREG, JADE, AND THE CREW FOR GIVING THE GARDEN SOME EXTRA LOVE. A SPECIAL SHOUTOUT TO SHILPA, WHO JOINED US FOR HER FIRST DAY OF PLACEMENT AND JUMPED STRAIGHT INTO PLANTING AND HARVESTING BROCCOLINI.

AFTER ALL THAT EFFORT, AND A QUICK MOW TO TIDY UP THE SPACE, WE WRAPPED UP EACH SESSION WITH SMILES (AND SOMETIMES LUNCH!) UNDER THE SPRING SUNSHINE. BIG THANKS TO OUR INCREDIBLE GARDENING TEAM FOR ANOTHER MONTH OF GREEN-THUMBED GOODNESS!



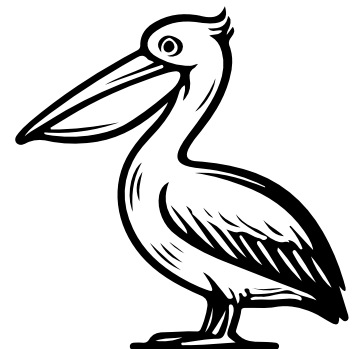
Tony Noonan Public Horse trainer talk and tour



Walk and Talk

**THIS MONTH'S WALK & TALK ADVENTURES TOOK US FROM THE BUSH TO THE BAY!
WE EXPLORED WARRINGINE PARK, SOAKING UP THE SOUNDS OF BIRDSONG AS THE
WIND DROPPED AND THE FOREST WRAPPED AROUND US. GREG, CHRIS, SHILPA, AND
KARSTEN ENJOYED SOME GREAT CHATS ALONG THE WAY, AND EVEN MANAGED TO
DODGE THE RAIN!**

**ON ANOTHER WARM DAY, WE HEADED TO STONY POINT PIER IN SEARCH OF A COOL
BREEZE. WITH THE WIND WHIPPING ACROSS WESTERN PORT BAY, WE WATCHED THE
FERRY SET SAIL FOR FRENCH ISLAND AND PHILLIP ISLAND AND CHECKED OUT THE
BOATS ALONG THE PIER. ALWAYS PLENTY OF LAUGHS, CONVERSATION, AND FRESH
AIR, THANKS EVERYONE FOR ANOTHER GREAT MONTH OF
WALK & TALK!**



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 putting together skeletons for Halloween

Members had a great time at our October DIY making their own Skeletons. 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 cards together on 19/11/25



WORD SEARCH

by Nick

COMMON PLANTS

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

MANGO
COTTON
PEPPER
ONION
TULSI

NEEM
APPLE
GINGER
MINT
GUAVA

TOMATO
RICE
CORIANDER
SPINACH
POMEGRANATE

POTATO
BANANA
ROSE
LEMON
SUNFLOWER



Quote of the Month selected by Chris
“The moment we decide to fulfill something,
anything is possible”.

Event Calendar

NOVEMBER 2025

MONTHLY EVENT
CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						01 Social Saturday 
02	03	04	05 GARDENING TEAM 11:00 AM	06 Walk and Talk 1:15	07 Meditation with Shilpa Art collective Brotherhood	08 Social Saturday 
09	10	11	12 GARDENING TEAM 11:00 AM	13 Walk and Talk 1:15	14 Flinders Beach excursion and sausage sizzle	15 Social Saturday 
16	17	18	19  DIY Workshop @ Hastings Bunnings	20  MONTHLY BIRTHDAY CAKE CELEBRATION Walk and Talk 1:15	21 AGM	22 Social Saturday 
23	24	25	26 GARDENING TEAM 11:00 AM	27 Walk and Talk 1:15	28 Art collective Decision Making Mtg 1pm	29 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
Walleroo Bus Stop (Hastings)	9:50

November Birthdays

Mark K: 7/11

Bronwyn, Debb D, Louise: 8/11

Christine D: 13/11

Jade T: 21/11

Virginia M: 24/11

Robbie M & Gary J: 29/11



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



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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.