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CHRISTMAS PARTY 2025

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

MORE INFORMATION TO COME SOON

**FRIDAY DECEMBER 19TH
11 AM TILL 2 PM**

SAVE THE DATE: RSVP BY DEC 1ST

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



October Excursion



9th October Thursday 10:30 am at Kindred for bus excursion to David Feek Racing in Mornington

Organised by Robbie

**Come and meet the race horses
PLEASE BRING A DRINK BOTTLE**

David & Coral Feek

Husband and Wife team

David and Coral Feek, combine to bring a first class racehorse training service. They are very accomplished horse people with a wealth of knowledge and experience in the racing industry from all over the World. They have consistently produced exceptional results during their young Australian training career so far.

The Feek Racing stable complex is perfectly situated next to the excellent training facilities at Mornington racecourse, just 40 minutes from Melbourne on the beautiful Mornington Peninsula.

Our goal is to provide owners with a professional and transparent service. We are devoted to developing each horse's potential and bring first rate lines of communication to our clients.



Wind, cold, or sunshine, nothing stops our gardening crew at Kindred Clubhouse! Over the past few weeks, we've been busy weeding, aerating compost, tidying the shed, mowing and whipper snipping, and setting up hoops and netting for new veggie beds. Along the way, we've harvested plenty of fresh produce including lettuce, rocket, celery, broccoli, spring onions, fennel, and even borage, which we've loved using in our wraps and meals. A huge thanks to our green team who pitched in to keep our garden thriving.



CRANBOURNE BOTANICAL GARDENS



A GREAT DAY OUT HAD BY ALL

Walk and Talk

Our Walk & Talk sessions have been full of sunshine, good company, and stunning local spots. At Stoney Point, we strolled through the bush and along the jetty, even spotting a Banjo shark gliding beneath us. Buckleys Reserve in Balnarring was a hidden gem, where we caught up under towering Stringybark gums and bright wattles (though no koalas this time!). At Crib Point's Woolleys Beach Reserve, the sun was shining, the birds were singing, and the waves provided the perfect soundtrack to our walk. Most recently, we explored Lorna's Bushland Reserve Triangle, chatting about its beauty and importance as a rare remnant reserve that protects biodiversity and provides vital habitat for local wildlife—even if we did wander a little off track!



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 a toolbox.

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

We are looking forward to Halloween theme together on 15th Oct



WORD SEARCH

by Nick

COUNTRIES

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











JAPAN	IRELAND	ZIMBABWE	HUNGARY	ENGLAND
FINLAND	PORTUGAL	RUSSIA	DENMARK	AUSTRALIA
CHINA	ISRAEL	PAKISTAN	INDONESIA	FRANCE
MEXICO	SPAIN	IRAN	ITALY	BRAZIL

Quote of the Month selected by Chris
“You don’t have to be anything but yourself to be
worthy”

Event Calendar

OCTOBER 2025

MONTHLY EVENT
CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat											
			01  RESILIENCE PROJECT Resilience Project Workshop @1:15pm	02 Walk and Talk 1:15	03 Brotherhood of saint Laurence 11:00 AM NDIS Art collective - Kindred Mural	04 Social Saturday 	<div><h2>Reminder</h2><p>Please call a day ahead for bus pickup 0421093533</p><table><thead><tr><th>Stop</th><th>Time</th></tr></thead><tbody><tr><td>Frankston Train Station</td><td>9:20</td></tr><tr><td>Ebdale St</td><td>9:30</td></tr><tr><td>Frankston Hosp Bus Stop</td><td>9:40</td></tr><tr><td>Wallaroo Bus Stop (Hastings)</td><td>9:50</td></tr></tbody></table></div>	Stop	Time	Frankston Train Station	9:20	Ebdale St	9:30	Frankston Hosp Bus Stop	9:40	Wallaroo Bus Stop (Hastings)	9:50
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05	06	07	08  GARDENING TEAM 11:00 AM	09 Excursion 10:30 am horses mornington Walk and Talk 1:15	10 Art collective - Kindred Mural	11 Social Saturday 											
12	13	14	15  DIY Workshop @ Hastings Bunnings	16 Walk and Talk 1:15	17 World Mental Health Day Art collective - Kindred Mural	18 Social Saturday 											
19	20	21	22  GARDENING TEAM 11:00 AM	23  MONTHLY BIRTHDAY CAKE CELEBRATION	24 Art collective - Kindred Mural	25 Social Saturday 											
26	27	28	29  GARDENING TEAM 11:00 AM	30 Walk and Talk 1:15	31 Decision Making Mtg 1pm Art collective - Kindred Mural												

October Birthdays

CAKE ON 23rd 1:00PM

Michele J 03/10
Kevin S 11/10
Jeff G 22/10
Cait 08/10
Caroliene 26/10
Darryl 12/10
Wade 12/10



Weekly menu

**Wednesdays:
Healthy wraps**



**Thursdays:
Homemade Soup from
Steamin' Mugs in
Hastings**



**Fridays & Saturdays :
Tray Bake**



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 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.