

MAY Kindred clubhouse

JOIN OUR FUN
SATURDAY OUTINGS

Human Connection -
overcoming loneliness
and sadness



EXCITING NEWS FOR ALL
KINDRED MEMBERS!

A day of celebration and recognition - Brendan O'Connell

Kindred members welcomed some special guests on Friday 22 April for a very important announcement. The Honourable Greg Hunt, Liberal Candidate for Flinders Zoe McKenzie and Liberal Candidate for Hastings Briony Hutton visited the Clubhouse to announce two years of funding to see our program continue until the end of June in 2024.

Just as exciting as the announcement of funding, Greg also made the point that the model the Kindred members have created in Hastings had informed the development of 70 new mental health programs across the country. What an incredible recognition of Kindred and its members!

As Greg is retiring from politics, the members, staff, students and volunteers wanted to do something to thank him for all his service. A one-off beautiful piece of art was created and presented to Greg – a gesture we hope shows how much it means to us to have had him advocate for us throughout our existence.

The members would also like to send a special thank you to Zoe and Briony who have frequented the Clubhouse these last few months and shared food and honest conversations about what is important for the Hastings community and people with mental health concerns.



MENU

Wednesday 4th	Baked potato with bacon/cheese
Thursday 5th	Minestrone
Friday 6th	Spaghetti bolognaise
Saturday 7th	Outing to city
Wednesday 11th	Macaroni cheese
Thursday 12th	Meatballs in tomato, and mash
Friday 13th	Lentil and sweet potato pie
Saturday 14th	Vegetable soup and garlic bread
Wednesday 18th	Roast chicken and vegetables
Thursday 19th	Broccoli quiche
Friday 20th	Curry and Rice (mild)
Saturday 21st	Outing to movies
Wednesday 25th	Chicken casserole
Thursday 26th	Beef hotpot
Friday 27th	Minestrone Soup
Saturday 28th.	Spinach and Ricotta ravioli

LAST MONTH'S HIGHLIGHTS

Our member Amelia and student Imogen gave us a beautiful treat by playing some lovely classical music for us on violin and cello.



Lisa's cooking skills are coming on amazingly



Our lovely new students Rick and Imogen.

The art group is producing some fabulous things.



Saturdays are growing more popular each week.



Kindred Clubhouse is about inclusivity - celebrating differences and abolishing stigma. Whatever your race, religion or sexual identity, we welcome you and look forward to embracing your story.



Phillip Island Outing by Sarah

Caryl picked us up on the bus in Frankston, and then continued back to get the others from Hastings. All up there was a total of 18 of us.

We all took the ferry to Phillip Island, the sea was quite choppy which made it fun. We had a coffee near the harbour, walked around the town, had fish and chips on the beachfront and had a lovely walk along the promenade. All in all it was a lovely day out and we all had a great time!



Saturday May 7th

This outing will leave from FRANKSTON STATION, there will be no transport from Hastings on this particular outing. We will meet at the station at 9.30 am and take a train to the city. We will take a stroll up Swanston Street to the Science Museum where we will visit the exhibition on mental health called Mental: Head Inside.

We will head back to Frankston around 1.30pm.

Please remember to bring your own MYKI card for the train.

Let Caryl know on 0434084432 if you are interested in joining.



Mental: Head Inside

FREE **ART** 

The Mental exhibition is a welcoming place to confront societal bias and stereotypes around mental health.

Mental presents over 20 experimental projects from local and international artists and research collaborators that reflect a range of different perspectives on mental health and ways of being. Part exhibition, part experiment, this is a place to explore, empathise and question what it means to be human using science, technology and creativity.

Curated in collaboration with a team of young people with input from experts and academics across the sciences and creative arts, lived experience has been platformed, acknowledged and centred as expertise in navigating a theme that matters more than ever.

Head inside and reflect on the many different ways of being, surviving and connecting in the world.

While half the members complete their Mental Health first aid course on May 19th and 26th, another group will go on outings.

Thursday May 19th

We are going to the movies! We don't know what show yet, but we will see a movie at Karingal Hub.



Thursday May 26th

We will go for a browse around the different markets in Tyabb.



Activities



Art Classes

Join in the fun with our new art class every Wednesday morning at 10.30am. We complete easy and fun projects, such as the 3d hands pic above.

Meditation

We hold calming meditation sessions every morning. Deep relaxation improves your sense of wellbeing and calms anxiety.

Walking Group

We are lucky enough to have the sailing jetty and Pelican Park on our doorstep, and enjoy daily walks when the weather allows.



WE SEND BEST WISHES TO
BEV, ANDY AND PAUL
FOR THEIR BIRTHDAYS THIS
MONTH.



Upcoming courses

May 2nd,3rd, 9th, 10th, 16th: Computer Skills: A 5 day course teaching various basic aspects of computer skills.
This course will be held at the Hastings Community Hub.

19th and 26th May Mental health first aid: This course is now full, but please express your interest if you would like to do it at a future date.

Our last barista course

We all love our facilitator Brad who makes every course such fun.



This beautiful photo was taken by our new member Steve (Red Dog). He is a talented photographer and loves to paint and draw. He will be leading some of our art projects on Wednesdays, showing us some fun techniques for vibrant art.



Human connection - learning to connect with others. By Caryl

We often hear how important it is to expand our social circle, to make more friends, to connect more deeply with others. But what if we don't know how to do that? What if we feel awkward, shy and anxious about putting ourselves in social situations? The good news is that there are steps you can learn to being more self confident with others. Before you arrive at your new group, calm yourself with slow, steady breaths. Focus on relaxing your body.

When we talk to others, we try to create what's known as rapport. Rapport is when other people perceive us to be more like them, with shared values and interests. Trust is extremely important when building rapport with a new friend. As you meet new people, keep your hands visible at all times. Studies have shown that we automatically feel mistrustful of people who keep their hands hidden or hold them behind their back. So use your hands - express yourself with your hands as well as your words. Matching the other person's speed, tone and volume also helps them to feel comfortable with you.

Mirror the actions of the person you are talking to. If they lean forward, you lean forward. This creates a subconscious sense of connection.

Try to find common ground, ask them where they are from, or where they went to school, what their favourite kind of food is - anything that will enable you to say 'me too!'

Show a genuine interest in what your companion is saying. Instead of just doing the talking, ask questions and really listen to their responses - everyone loves to be heard. Don't leave it for them to make a follow up arrangement. If you enjoyed the conversation there is a good chance they did too, so take a leap of faith and suggest another meeting. Perhaps they mentioned that they have a love of music, or movies - your suggestion could be that you go see a show together.

Most importantly, be yourself. You don't need to pretend that you are anyone other than your own beautifully original self. You are perfect, just the way you are.



REMINDERS

LUNCH: Please ring Caryl on 0434084432 before 11am if you will be joining us for lunch. This helps us to cater for the correct amount of people.

BUS TRANSPORT: Please call Caryl on 0434084432 if you need a bus pick up from Frankston station at 9.20am



Phone numbers

Brendan
0487239784

Stefanie
0435086729

Caryl
0434084432

Lifeline
131114

Friendline
1800424287

Emergency
000

Suicide line
1300651251

Nurse-on-call
1300606024

Peninsula Health
97847777

Opening Hours

Wednesday 10am - 3pm
Thursday 10am - 3pm
Friday 10am - 3pm
Saturday 10am - 2pm

Please call Caryl on 0434084432 if you would like to book a bus pick up from Frankston station at 9.20am Wednesday to Saturday.

