



# Kindred Clubhouse

# OCTOBER





Dear members, supporters and friends,

It has been another fantastic month at the Clubhouse and now that the weather is starting to turn (mostly), I feel it is the perfect time to give thanks to some of our new partners and supporters. We can't do everything on our own and these organisations and people have helped our members achieve new levels of success.

Advance Community College:

Advance Community College has provided flexible training options on the Mornington Peninsula since 1980. They have opened those training programs to our members and have awarded over 30 certificates in Hospitality and Administration. While we celebrate the certificates as the incredible achievements they are, it is the confidence and pride that the members have gained that is truly inspiring.

Campbell Page – Employment Services:

Campbell Page is a not-for-profit organisation delivering a range of employment, community and commercial services. They have been doing sessions weekly with our members to build their confidence, self-esteem and resumes to apply for work. They are also supporting pre-employment application and interview processes and post-employment catch ups and debriefs. To witness our members preparing for a return to the workforce has been amazing. For many, the idea of work had seemed too great a step but with the help of Campbell Page, they are now on their path and know they have something incredibly valuable to offer the workforce.

Brotherhood of St Laurence – NDIS applications and support:

BSL has partnered with the National Disability Insurance Agency (NDIA) to deliver Local Area Coordination (LAC) to the Bayside Peninsula area. BSL has visited the Clubhouse and offered group and 1:1 support to people looking to access the NDIS. For many of our members, the application process can be daunting, and feel quite negative, but BSL have been very positive and supportive.

## Western Port Community Support:

Western Port Community Support is a not for profit community based organisation providing a wide range of services to families and individuals residing in the Western Port region.

Kindred has formed a warm relationship with Western Port Community Support and our members now have access to:

1. Bulk billed psychologist
2. Financial advice
3. Housing Support
4. Family Support
5. Crisis/Emergency Support

Monash Uni Occupational Therapy, Chisholm and BRACE Mental Health studies and Swinburn University Evaluation Unit:

The Clubhouse has gained so much from our students. Whether it be through new ideas, projects, practice or from the students just being themselves and spending time with our members. We are very lucky to have these fantastic relationships that give real-world experience and insights into recovery to the future workforce

As we enter October, focus will continue on our strategic planning, projects to increase awareness of Kindred and preparation for our AGM. Clubhouse members and Board are in the process of developing our strategic plan which will set out our future goals and how we plan to achieve them together. The Clubhouse members and PIER Marketing will continue to develop our Social Prescription marketing program to increase awareness of the Clubhouse within General Practice. This project is funded by the Mornington Peninsula Council and our new content will be out soon on social media and the website. It is also time to give a heads up on our AGM theme for this year to be held in November. Our members have selected "Improving Lives" and will now begin documenting how the Clubhouse has had a positive impact on their lives. An official AGM invite will be sent 30 days before the event, so keep an eye out.

A special mention to our staff, Stefanie and Caryl. Not only are they fabulous people, they are also achieving great things whether that be National awards or fantastic member experiences like our market, they always give everything they can to the Clubhouse and we thank them for it.

A big thank you also to our fabulous members, students and volunteers for another great month at Kindred!

**Brendan O' Connell**

# Menu

Wednesday 5th	Tacos
Thursday 6th	Jace's chicken
Friday 7th	Baked potato and salad
Saturday 8th	Spaghetti Bolognese
Wednesday 12th	Brendan's pasta dish
Thursday 13th	Assorted wraps
Friday 14th	Vegetable quiche
Saturday 15th	BBQ
Wednesday 19th	Hamburgers
Thursday 20th	Meat Cannelloni
Friday 21st	Curried egg salad rolls
Saturday 22nd	Outing to car museum
Wednesday 26th	Tuna bake
Thursday 27th	Queen Vic Market Outing
Friday 28th	Chicken Parma
Saturday 29th	Chicken schnitzel, avo and rocket wrap



# Join us

This month's newsletter is being sent out slightly earlier than usual so that we can remind all our supporters to please join us on Saturday for our very first Spring Market day! We are sure that the members are all going to have a great time on Saturday, being in charge of the stalls and barbecue. We can't wait to see you there!



FREE sausage sizzle!

## Spring Market

Saturday 1st October  
10.30am - 1.30pm

Toys, clothes, homewares - ONLY PAY WHAT YOU CAN AFFORD!  
Raffle prizes!!



KINDRED CLUBHOUSE, 29 MARINE PARADE, HASTINGS

# Happy Birthday

A scenic landscape featuring a calm blue body of water in the foreground, surrounded by tall, dry grasses. In the background, there is a line of green trees under a clear blue sky. A white bird is captured in flight over the water on the right side of the image.

Michele - 3rd

Darren - 5th

Wade - 12th

Garry - 17th

Jeff - 22nd

Robert - 27th

# Mindfulness

What does it really mean and how can it help your life?

When we practice being mindful, we aim to put our full attention in the present moment. Instead of fretting about the past, or worrying about the future, we focus only on the moment we are living right now. It sounds easy, but it takes lots of practice for this to become a habit. One way of learning to become more mindful is to put all your focus on your breathing. Really notice each breathe as it enters and leaves your body. Practice noticing how your body relaxes every time you breathe out.

Mindfulness can help relieve stress, lower blood pressure, reduce heart problems and improve sleep.

Practising mindfulness through meditation or by simply being aware of each moment has been proven to help alleviate stress and anxiety.

We practice meditation at Kindred each morning to help us all to relax and start the day with a positive and calm attitude.



# Our daily meditation classes

Each day after our morning meeting we have a short guided meditation session. Here is some feedback from a few of the members ~

**“HOW WOULD YOU DESCRIBE THE FEELING YOU GET WHEN YOU ARE RELAXING IN MEDITATION?”**

Amelia - “Its like you are safe, that nothing from the outside can hurt you. You are in a special place”

Nick - “I enjoy the calming thoughts in my mind”

Greg - “ the daily meditation sessions give me a feeling of being safe”

Bev - “ I find that our meditation sessions are very calming and relaxing. If I come to Kindred with worries, it makes me feel its easier to cope after meditation.

**DO YOU THINK ITS A GOOD THING TO REGULARLY PRACTICE RELAXATION/MEDITATION?**

Amelia - Yes, it helps me to have a break from everything, even if just for a little while. It helps me to get a better perspective on my life”

Nick - “Yes, it makes me able to think about what is really going on”

Greg - “Yes, it helps when you get down”

Bev” - Yes, its a good thing to practice often as it helps when you need to get rid of stress and worries.

**WHAT ARE THE POSSIBLE BENEFITS OF MEDITATION?**

Amelia “ Meditation makes you feel relaxed, knowing that you can always return to a state of calm ( even if you need a little guidance and support to do it)”

Nick - “Meditation helps to have positive thoughts come into your mind.”

Greg - “Meditation is beneficial as it gives me a relaxing calmness”

Bev - “Each time we practice meditation it gets easier to relax quickly. It makes me feel more positive”



# Thriving

Our membership has tripled in the last year, and we now have approximately 115 members! Its so wonderful to see new friendships being made on a daily basis, and self confidence and self esteem blossoming.



# Congratulations

We are excited to announce that Stefanie, our Founder and Manager, won two awards, on behalf of Kindred Clubhouse, at the 2022 National Ausmumpreneur awards in Sydney last month.

**GOLD:** People's Choice-Making a Difference (Not for Profit)  
**SILVER:** Judged category-Not for Profit and Charity Organisations

Stefanie reports "it was an amazing opportunity to meet other mums in business doing incredible things across the country." She is honoured to have won on behalf of Kindred Clubhouse and draw awareness to the important work Kindred does for its' members and the community. She would like to thank the Kindred members, her colleagues Brendan and Caryl, the Board of Directors, everyone that voted, her community, family, friends and late father who inspires the work that she does.

Stefanie reports she would like others to know that, "WE ALL have the power to drive change and build the services we believe are needed in our community. However, these achievements can not be done alone. They are the result of individuals bound by the belief that we deserve better, and have the power to create better for ourselves and our communities."

She hopes that in winning this award it can encourage others to reach for their dreams. She states, "You don't need to win an award to succeed, you just need to believe in your vision and follow it through. There are people that need what only you have to give! So, go out there and share it!"

Congratulations Kindred Clubhouse!



# Santosh

Santosh is our regular Saturday member of staff and we would like to recognise all that he does for Kindred and its members.

He is always so willing to assist, never loses his cool and is available to help with anything and everything. In the pic on the right he is giving one of his fabulous Laughter Yoga sessions, and the pic below shows him with our member Alan on a recent outing to Rosebud Market. Thank you Santosh for all you do!



# Tell your story

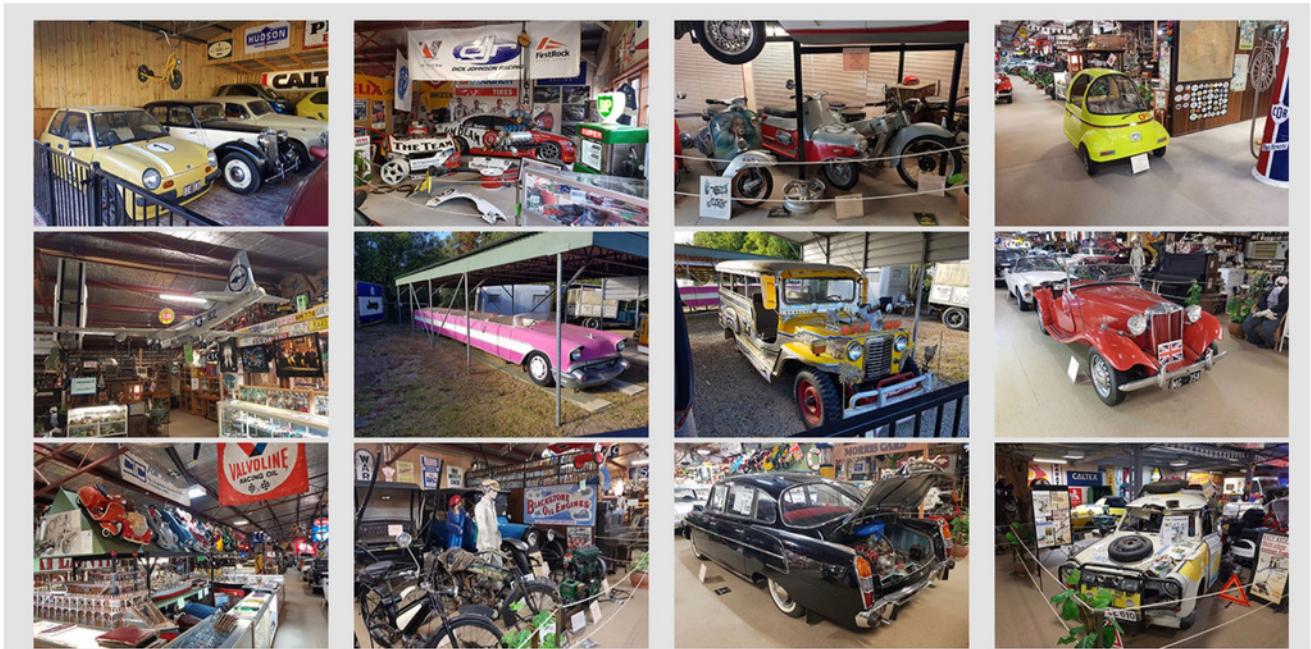
We need to hear from members about their experience at Kindred for our Annual Report. We would love to hear your story, so if you are able to share, please let one of us know and we will help you to tell your story and help you to write it out.



# Outings

Saturday 22nd

Brendan will be taking a group to visit Charlie's Car Museum near Arthurs Seat. There is a \$12 entrance fee which should be paid beforehand to reserve your space on the bus. Tea and coffee is available to purchase in the cafe.



Thursday 27th

We will go in our bus to the city to the Queen Vic Market. Numbers will be limited to 11 so please put down your name as soon as possible.

Lunch will be available to purchase at the market

# Workshops

Friday 7th Jeff's matchstick building at 11am

Saturday 15th Barista training 10am to 1pm

Campbell Page Employment assistance every fortnight.

Financial planning - date to be confirmed.



# Marketing campaign

October 13th

Our marketing company PIER MARKETING is coming to see us to make a video for our social prescription program. We are using the full grant that was given by Mornington Peninsula Shire to focus on local doctors getting to know all about us.

One of the things we will be doing is making a video and taking photos of the members and staff.

If anyone is interested to be one of our members who will be on video that day, we can help you prepare what you would like to say on camera, but the words will be your own.

We so hope to see you at Kindred on Thursday 13th, as it would be great to have as many people as possible on video.



# Important numbers

During work hours we are  
contactable on the following  
numbers

Stefanie 0435 086 729

Caryl 0434 084 432

Brendan 0487 239 784

After hours please call 000  
or lifeline on 13 11 14



# Bus timetable

The parking lot behind Frankston station is our meeting point. We park at the top of the station stairs at 9.20am on a Wednesday, Thursday, Friday and Saturday morning. In order to ensure pick up, please contact Caryl on 0434084432 before 8am on the day.

# Opening Hours

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

