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# Serving Up Skills and Confidence

## Kindred's partnership with Advance College

by Stefanie

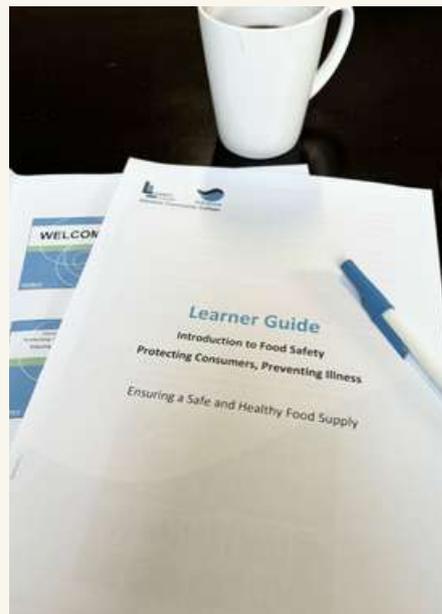
Kindred is proud to partner with Advance College in Hastings, to deliver an engaging and practical Hospitality Course, designed to support members on their journey to meaningful employment and personal growth.

The courses provide members with hands-on experience in essential hospitality skills — including food handling, barista basics, coffee art and customer service. Delivered in a supportive and inclusive environment, the course is tailored to help each participant build confidence and develop new capabilities.

Through the partnership with Advance College, members benefit from experienced trainers, practical learning, and recognised qualifications that open up real pathways to further study or employment in cafés and restaurants.

Graduates of the course also have the opportunity to practice their skills at Kindred making coffees, cooking in the kitchen and gaining real-world experience in a familiar and supportive setting.

This initiative is another step in Kindred's ongoing mission to provide opportunities for growth, connection, and recovery through community and purpose.



# Getting to Know Andrew

Interviewed by Belinda

## What's your favourite AFL team and why?

I barrack for Carlton, my dad grew up there, and I've supported them since I was a kid. It's just always been part of who I am.

## What do you like most about yourself?

My favourite thing is that I'm a happy person, especially when I'm doing something I enjoy, like working on puzzles.

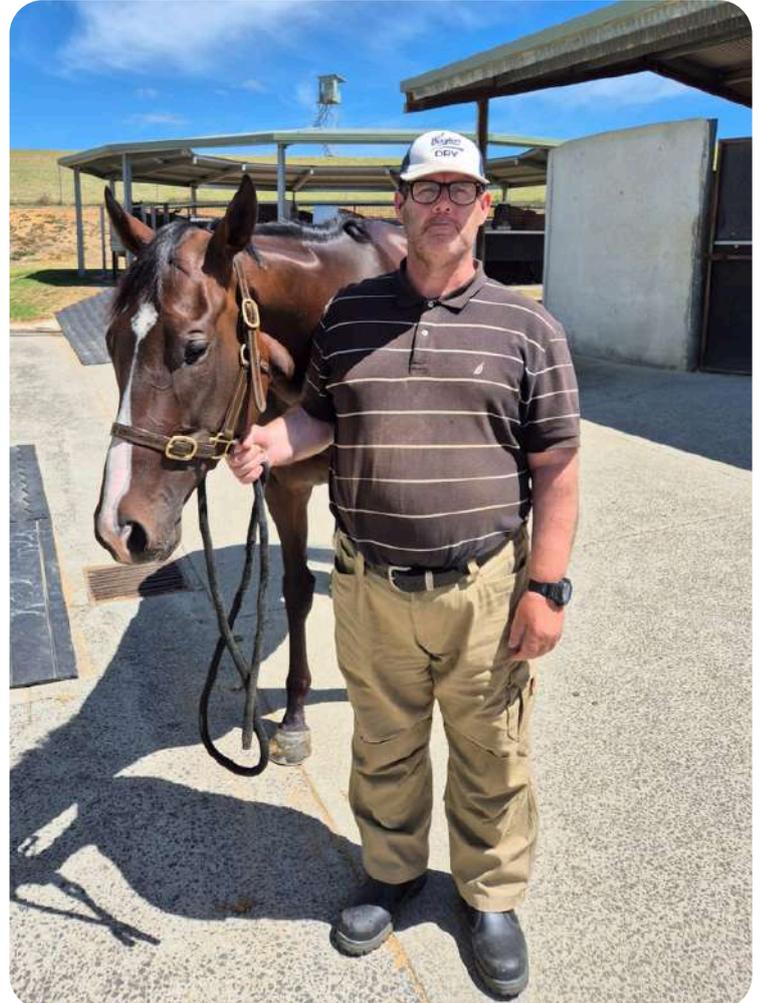
## Why do you think it's important to be kind?

Because kindness makes people feel good and when others are happy, it makes me happy too.

## What makes you feel most calm?

Being around horses. Grooming and brushing their coats really helps me feel relaxed and peaceful.

“Being around horses really helps me feel relaxed and peaceful.”



# Garden Update

The garden is growing at Kindred. From tiny seedlings to thriving plants, every leaf is a reminder of what we can nurture when we work together. Whether you've planted, watered, weeded or just enjoyed the view, you're a part of this beautiful growth.

Drop by and see what's blooming. Gardening group runs every Wednesday from 11:15 am but you are free to get your hands dirty with us any time. Everyone is welcome.



Quote of the  
Month selected by  
Chris

Who is your  
Number 1  
cheerleader?



## NICKS SINK OR SWIM EVENT

FRIDAY 20th June

10.30 - Showcase by Nick photos of his achievements  
what we could work towards in the future.  
Workshop Painting and decorating boats

12.30 - lunch

1.00 - Launch at kindred in a craft made channel  
of flowing water

## Members Stories in cartoon clips

Everyone invited to take part

Got a Story? Like drawing ? Let the staff know ❤️

## Garry's Garden Morning Adventures



# Meet Team Member Nomes by Sadie



**What made you smile today?**

Coming to Kindred

**What is your favorite colour?**

Dusty pink

**What are you most proud of?**

My children

**Why is it important to be accepting of peoples differences?**

Because we are all unique

**What makes you feel most calm**

Myself

## Useful 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)**

<b>Suicide Call Back Service</b> Anyone thinking about suicide suicidecallbackservice.org.au 1300 659 467	<b>Lifeline</b> Anyone having a personal crisis lifeline.org.au 13 11 14
<b>Beyond Blue</b> Anyone feeling anxious or depressed beyondblue.org.au 1300 22 4636	<b>Kids Helpline</b> Counselling for young people aged 5 to 25 kidshelpline.com.au 1800 55 1800
<b>MensLine Australia</b> Men with emotional or relationship concerns mensline.org.au 1300 78 99 78	<b>Open Arms</b> Veterans and families counselling openarms.gov.au 1800 011 046
<b>13YARN</b> Aboriginal and Torres Strait Islander people 13yarn.org.au 13 92 76	 healthdirect

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# Word Search

by Nick

## SHAPES

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

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HEXAGON	PENTAGON	RECTANGLE	TRAPEZOID	CIRCLE
OCTAGON	SQUARE	OVAL	STAR	CONE
PARALLELOGRAM	POLYGON	DECAGON	PRISM	HEPTAGON
NONAGON	PYRAMID	TRIANGLE	DIAMOND	SPHERE

Quote of the Month selected by Chris

How can you make time for the 1 person in your life who is always there - YOU?

# Event Calendar

JUNE 2025

MONTHLY EVENT  
CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat											
01  Debbie, Karen P & Johnnie	02	03	04	05	06  NDIS with B'hood of St Laurence 11:00 am	07  Social Saturday	<p><b>Reminder</b> Please call a day ahead for bus pickup 0421093533</p> <table border="1"> <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>	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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08	09  Kings Birthday	10	11  Andrew S	12	13  Stan RSA Course 10:30 am - 3:00 pm	14  Social Saturday											
15	16  Courtney	17	18  DIY Workshop @ Hastings Bunnings	19	20	21  Social Saturday											
22  Jace & Matthew P	23	24	25  Karen A	26  Coffee Art Course 10:30 am - 3:00 pm	27	28  Social Saturday											
29  Elisa	30	01	02	03	04	05											

## June Birthdays

1<sup>st</sup> Debbie H, Karen P & Johnnie

11<sup>th</sup> Andrew S

13<sup>th</sup> Stan

16<sup>th</sup> Courtney

22<sup>nd</sup> Jace & Matthew P

25<sup>th</sup> Karen A

29<sup>th</sup> Elisa



## Kindred Contacts and Bus

Please call a day ahead for bus pickup  
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

For general inquiries 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.

Please call the Kindred bus mobile on  
0421 093 533 between 10-2pm if you require assistance  
on a Saturday.



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.