



DIAMOND REFLECTIONS

January/February 2026



2 Cleave St Port Adelaide SA 5015
 307 Commercial Road Port Adelaide SA 5015
 Mail: PO Box 291, Port Adelaide SA 5015
 Phone:(08) 8244 5525
 Email: comunit@clubhouse.org.au

Website: www.clubhouse.org.au
 Opening Times: Mon to Fri 8.30am - 4:00pm



<https://www.facebook.com/DiamondClubhouse>

From Tuesday 18 October 2022, SA Health has advised Diamond House that we no longer require people to wear masks when at Diamond House.

If you wish to wear a mask, you are welcome to and our Staff and Drivers will continue to wear one in the car when transporting Members and NDIS Clients.

Please remember to continue to sanitise/wash hands and social distance to help minimise possible COVID transmission, or any other illnesses.



Thank you

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January

Friday 2nd Jan. - World Introvert Day
 Thursday 15th. Jan. - International Hat Day
 Tuesday 20th. Jan. - Diamond House AGM
 Monday 26th. Jan. - Australia Day!
 Tuesday 27th. Jan. - Chocolate cake Day

February

Wednesday 4th. Feb. - World Cancer Day
 Saturday 14th. Feb. - St. Valentine's Day
 Tuesday 17th. Feb. - Chinese New Year!
 Friday 20th. Feb. - World Day of Social Justice

ANNUAL GENERAL MEETING

Tuesday 20th Jan.
 3-4.pm



Diamond House will be closed
 Monday 26th. Jan. for the
 Australia Day public holiday



Elfie & Evie's Christmas adventures!

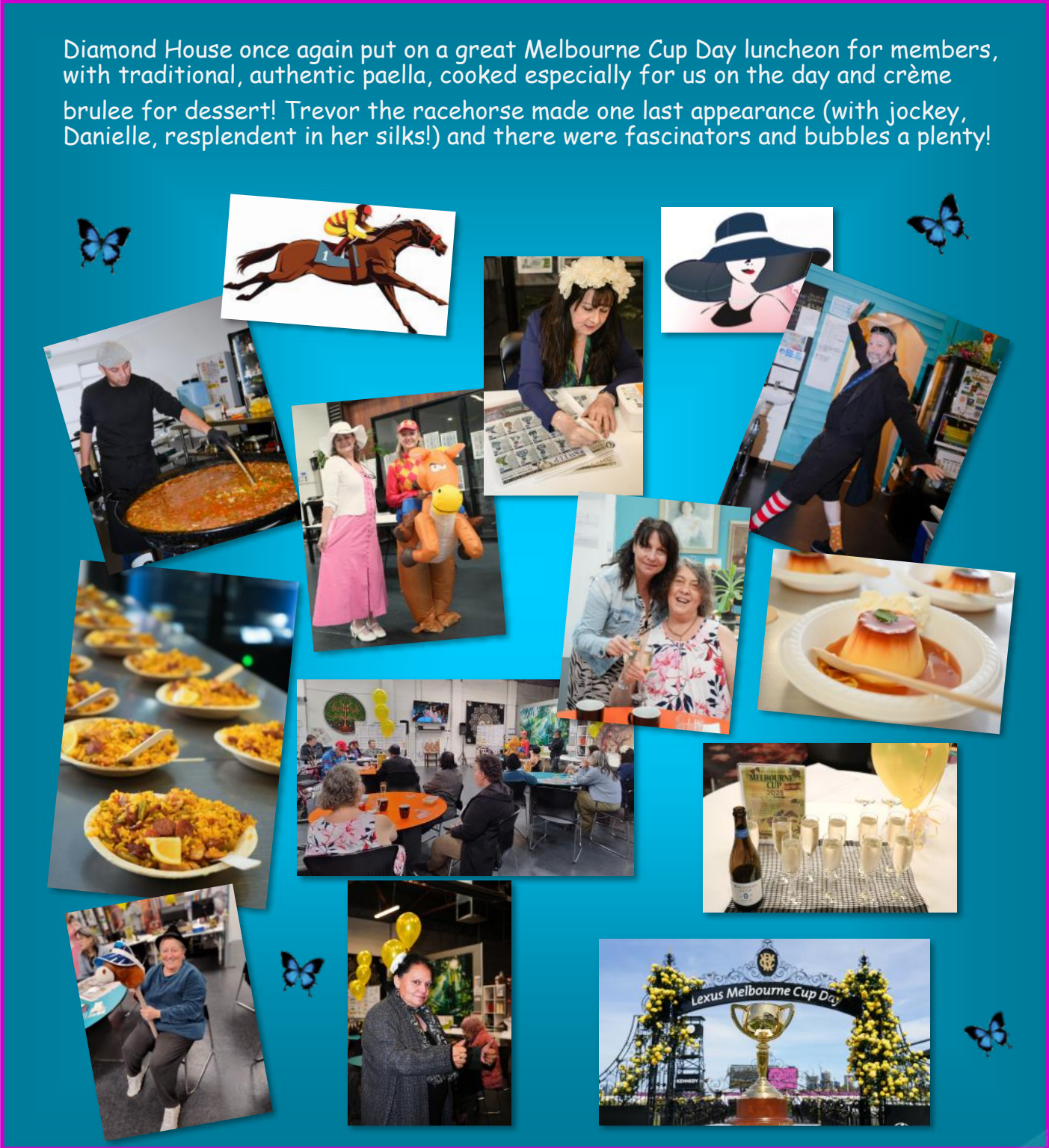
As usual, those two cheeky scamps got up to all sorts of mischief and mayhem!



Melbourne Cup Day Lunch

Tuesday 5 November 2025

Diamond House once again put on a great Melbourne Cup Day luncheon for members, with traditional, authentic paella, cooked especially for us on the day and cr me brulee for dessert! Trevor the racehorse made one last appearance (with jockey, Danielle, resplendent in her silks!) and there were fascinators and bubbles a plenty!





Oot and About!

Diamond House Social Pages



Always affable and friendly, that's our Peter!



We'll be seeing this bloke a lot more, as he is now on staff as a Duty Driver and Support Worker.

A big welcome to Chris!

Faye being silly...

...silly Faye...



Just a coupla drummers enjoying a brass band concert!



Remember to keep cool on hot days, close windows & curtains during the heat of the day. Keep hydrated, stay in the shade, cover up if you have to go out, keep a cool damp face washer for your neck & to wipe your face. A plastic spray bottle for water is good too, to spray your face etc. Don't forget the

sunscreen!!

Some medications make you more sensitive to heat, so it can be easy to get heatstroke or overly hot without realising. Check on older/more

vulnerable friends, or those who live alone.

Also consider keeping a sports drink in the fridge to have if you do overheat or are a little dehydrated.



Kym J proudly showing off his new sponsor... RAA!



The Year of the Fire Horse in 2026 promises bold transformations, dynamic energy, and significant changes across various aspects of life, encouraging courage and innovation!

The year is characterised by vibrant energy, passion and a drive for progress.

The Fire Horse, known for its boldness and dynamism, encourages individuals to take risks and pursue their goals with confidence!



Welcome to the Diamond House Community Wellness HUB!

People are welcome to join in the different activities that we are providing.
Bookings are essential so please be sure to call reception on **8244 5525** to register.

If you have any questions, please ask to speak to Deanne. Thank you

Please note: Dates and times may be subject to change depending on interest, availability and weather (hot weather policy). If you are unsure, come in to Diamond House or call us to confirm.

*Non-members/Community are those who are not registered Members of Diamond House.
* No Parking in Subway Carpark please. Parking available on Cleave St & Commercial Rd.

Tuesdays

Brain Busters Quiz

11.00am - 12.00pm



Wednesdays

Crafty Crew with Liz

10.00am - Lunch-time



Members - Free,
NDIS Clients-conditions apply,
Community - \$5 per session

Tuesdays & Fridays

Music Jam Sessions

with **The Mixed Nuts**
2.00pm - 4.00pm



Everyday! Wii together

Try your hand at virtual golf, bowling, boxing and track and field!



Tuesdays Tai Chi with John

1.15 - 2.00pm



Fridays

Art With Graham

11.00am - 12.30pm



Members - Free,
NDIS Clients-conditions apply,
Community - \$5 per session



2 Cleave St Port Adelaide SA 5015
307 Commercial Road
Port Adelaide SA 5015
Mail: PO Box 291 Port Adelaide SA 5015

T: (08) 8447 3068
E: deanne@clubhouse.org.au
W: www.clubhouse.org.au



Social Rec Information

Please note: Locations may change closer to the date, on occasion, due to unforeseen circumstances.

The venue will be advised closer to the time, if one has not already been mentioned.

There will be limited spaces so if you are definitely wanting to go, you need to put your name down at Reception (either when you come in or call 8244 5525).

Thank you

No Social Rec.
For
January

February Social Rec
Wednesday 18th.
Fasta Pasta
319 Commercial Rd.
Port Adelaide

From 6pm
\$30

“Social Sundays” with Kay

“Social Sundays” with Kay are held once a month on the first or second (depending on holidays etc) Sunday of the month. It is a Member driven event **by** Members, **for** Members. Members go for a morning tea or lunch in the local area to get out of the house, build confidence and remain social
“Social Sundays” also help members to practice and maintain independence and enjoy an outing with other Members who wish to join in.

Please sign up at reception.

Sunday 2nd. February
Semaphore Hotel
17 Semaphore Rd.
Semaphore
12.30 pm



Sunday 1st March
British Hotel
13 North Pde.
Port Adelaide
12.30pm

Wednesday “Crafty Crew” with Liz

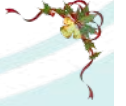
The “Crafty Crew” have a whole selection of “bibs & bobs” for sale, all crafted by Liz and her “Crafty Crew”!

There is a price list for items but one can also approach Liz for a quote on anything particular or special!

Wednesday Crafty Group Fundraiser Stall Price List	
Wednesday Crafty Group Items	General Items
Diamond Art	Toys/DVDs \$5.00
Diamond Art on Canvas Frame \$10.00	Fashion Earrings \$5.00
Small Diamond Art \$ 5.00	
Medium Diamond Art \$10.00	Decoupage
Large Diamond Art \$15.00	Tray \$8.00
Mosaics	Figure \$8.00
Small Mosaics \$ 5.00	Small Chest \$4.00
Large Mosaics \$10.00	Flat Box \$2.00
McGroth Terrariums	Trinket Box \$2.00
Small Terrariums \$ 5.00	
Large Terrariums \$10.00	Everyone in the Wednesday Crafty Group with Liz would like to thank you kindly for your support.
Crafty Group Earnings	
Small Hoops/Earrings \$ 2.00	
Large Hoops/Earrings \$ 3.00	
Small Flower Earrings \$ 3.00	
Large Flower Earrings \$ 4.00	
Trinket/Flat Coaster \$ 5.00	
Lap Banket \$10.00	
Large Banket \$20.00	
Shell & Bead Hanging Chimes \$ 5.00	
Mini Painted Porcelain Pots \$ 5.00	
Bookmarks \$ 5.00	
(Compiled by the Art Group – Thank you!)	

Liz is always happy to help you with your crafty ideas and is also able to teach you how to use a sewing machine.
All Members are welcome to join in the “Crafty Crew”.

You can come in & chat with everyone or work on some art and craft.



Christmas lunch 2025!

Once again we had an amazing time at The Alberton Hotel for our annual Member's Christmas lunch! There was the obligatory turkey and the not so obligatory noodles. Both were excellent by all accounts!

The Mixed Nuts kicked off proceedings with some carols and Aussie-style jingles and member Nathan played Santa as always, helping Kim hand out pressies.





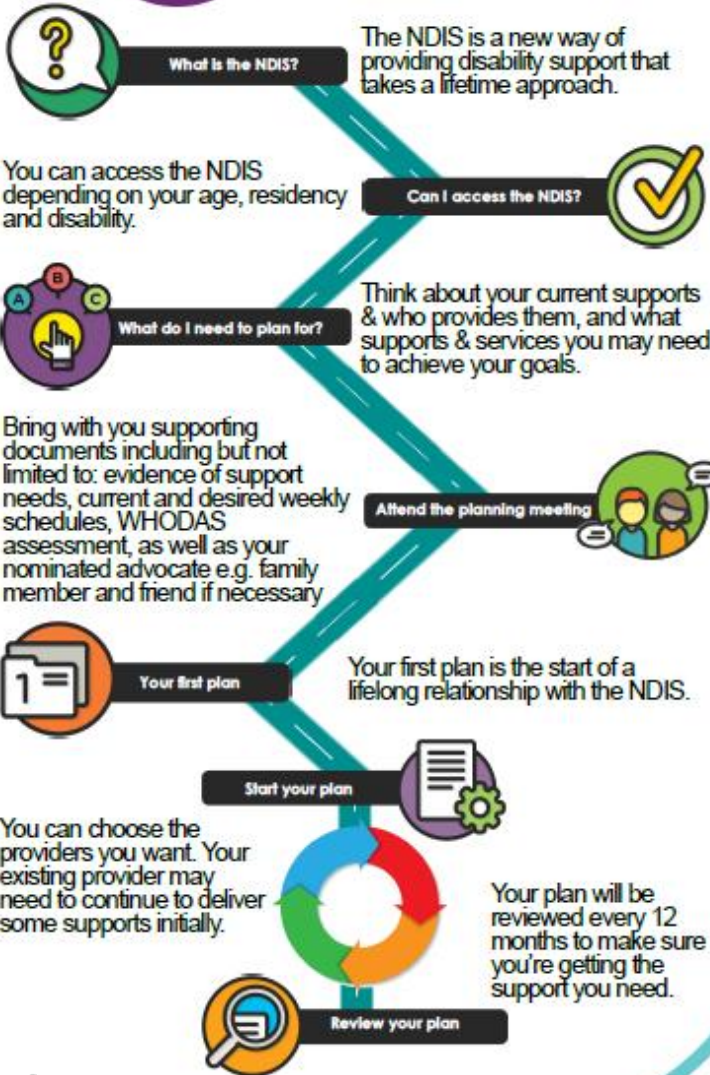
DIAMOND HOUSE SUPPORT SERVICES

CLUBHOUSE SA Inc

Provider ID: 4-3LLQ-1767



NDIS PATHWAY



What you can choose:

- ◆ **Group/Centre Activities**
Participating in group based community, social and recreational activities.
- ◆ **Community Participation**
Participating actively in community, social, local council and community centre activities
- ◆ **Household Tasks**
Meal preparation & delivery, house, garden, maintenance & cleaning
- ◆ **Development - Life Skills**
Daily living & life skills e.g. using public transport, communication & personal development
- ◆ **Travel/Transport Assistance**
Providing transport to appointments & social & recreational activities
- ◆ **Daily Tasks**
Developing personal skills to live more independently
- ◆ **Assist-Life Stage, Transition**
Including support connections, coordination of supports, assistance with accommodation and tenancy obligations, life transition planning including mentoring, peer support and individual skill development, and assistance with decision making, daily planning, budgeting
- ◆ **Plan Management**
- ◆ **Therapeutic Support**
- ◆ **Support Coordination**
- ◆ **Innovative Community Participation**
- ◆ **Specialised Supported Employment**
- ◆ **Assist-Access/Maintain Employment**

For more information:

(08) 8244 5525 (08) 8241 0787

0452 471 022

2 Cleave St, Port Adelaide

ndis@dhsupportservices.org.au

www.clubhouse.org.au



Scan me



© National Disability Insurance Scheme Launch Transition Agency 2013

If you wish to find out more about the NDIS and how to apply, please contact Kim at Diamond House on 8244 5525 or kim@clubhouse.org.au.



A bit of fun!



BEACH

WORD SEARCH

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

- | | | | |
|-----------|-----------|------------|----------|
| BEACH | FISH | SHORTS | TAN |
| BOAT | LIFEGUARD | SUNGLASSES | TOWEL |
| BUCKET | SAND | SUNSCREEN | UMBRELLA |
| CRAB | SEAGULL | SWIMMING | WATER |
| DECKCHAIR | SEASHELL | SWIMSUIT | WAVES |

Chevron Lemon | www.chevronlemon.com | For personal use only

- | | |
|------------|---|
| Beach | Swimming |
| Boat | Swimsuit |
| Bucket | Tan |
| Crab | Towel |
| Deckchair | Umbrella |
| Fish | Water |
| Lifeguard | Waves |
| Sand | |
| Seagull | |
| Seashell |  |
| Shorts | |
| Sunglasses | |
| Sunscreen | |

**SKILLED
RESPECTED
EQUAL**

**RESPECT OUR SKILLS.
WE KNOW OUR WORTH.**

If you agree that they deserve better,
please support our
Diamond House Staff by signing the petition.

[Copy this link into your browser to sign](https://www.skilledrespectedequal.com.au/respectourskills)

<https://www.skilledrespectedequal.com.au/respectourskills>

Petar & Steve's Dad jokes

Petar: My boss told me to dress for the job I want, not the job I have. So I came in the next day dressed as Batman.

Steve: I gave my handyman a list of jobs to do, but he only did jobs numbered 1,3 & 5. Turns out he only does odd jobs.

Petar: I was raised as an only child. Drove my sister nuts!

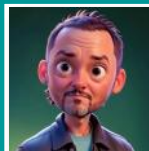
Steve: My wife always complains that I have no sense of direction. So I packed up my stuff and right.

Petar: One doesn't need a parachute to go sky diving, only to go sky diving again!

Steve: I threw a boomerang months ago. Now I live in constant fear.

Petar: There was a break-in at the local wig factory. Police are still combing the area.

Steve: I once submitted ten of my puns to a joke competition and I really thought with that many, one would surely win. Unfortunately, no pun in ten did.



"Gus thoughts" (as stolen from the interwebby thing!).

A group of squid should be called a "squad".

Generally speaking, when you feel stupid, it's because you're expanding your knowledge and getting smarter!

He who has a "why" to live can bear almost any "how". Understand more so that you can fear less.

You've never been in an empty room before.

If your shirt isn't tucked into your pants, are your pants tucked into your shirt?



Further Information



WANT TO FIND OUT WHAT IT MEANS TO BECOME A MEMBER AT DIAMOND HOUSE?

Membership at Diamond House is open to anyone between the ages of 18 - 65 with a history of mental illness, who is not a threat to the Clubhouse community and who sees a benefit to themselves in belonging. No referral is required. Support workers, key workers, mental health practitioners, family & friends of people with a mental illness are welcome to come in.

Please call 8244 5525 to arrange a time to come in and have a tour and chat.
Thank you

Please bring in your unwanted, **CLEAN** shopping bags for everyone to be able to use...*(don't forget to BYO bags if you can).*

Also, if you eat eggs, could you please save any clean *(no egg bits)* empty egg cartons and bring them in for the kitchen

 Thank you

Mental Health Crisis Phone services

Emergency: 000
Mental health Triage Service (ACIS SA) : 13 14 65

LETSS: 1800 013 755 (Lived Experience Telephone Support Service) 5.00pm - 11.30pm
Health Direct 'Your 24 hour health advice line: 1800 022 222
Lifeline: 13 11 14
Kids Helpline: 1800 551 800
Suicide Call Back Service: 1300 659 467
Online Chat Service available
www.suicidecallbackservice.org.au

SANE Helpline: 1800 187 263 (Free call)
Crisis Care (4pm-9am): 13 16 11
Mensline Australia: 1300 78 9978
Domestic Violence Helpline (24 hours): 1800 800 098
Domestic Violence Crisis Service: Toll Free in SA: 1800 800 098
Yarrow Place Rape and Sexual Assault Service: 8226 8787 (24 hours) 1800 817 421 (toll free)
Rural & Remote Mental Health Service of SA: 13 14 65
Alcohol and Drug Information Service (24 hours): 1300 131 340
Friendline: Free call 1800 424 287 10am – 8pm, 7 days a week
Visit the link below for more helplines:
www.healthdirect.gov.au/mental-health-helplines

Urgent Mental Health Care Centre
215 Grenfell St
Adelaide
ph: 8448 9100

A free service, open 24/7 for people experiencing a mental health crisis. An alternative to hospital in a time of crisis.

Have something you'd like to share in The Diamond Reflections Newsletter?

Send in your article to
PO Box 291,
Port Adelaide SA 5015,
email us at SteveS@clubhouse.org.au
or share with us on our Facebook page.



Wishlist for "The Crafty Crew".

- **Terracotta pots or shoe boxes** in good, clean condition.
- **Leather working tools** to donate or lend .
- **Balls of wool.**

Items can be dropped off at Diamond House reception



Thank you!



TO OUR SPONSORS



ADELAIDE CROWS FOUNDATION

MICHAEL NETTLE



ALYSSIUMS ON PIRIE



West Lakes



DANIELLE—ASU

Prestige, Trophy & Badge Engraving



Semaphore



PORT ADELAIDE AUTO PARTS



SecondBite



TRISTAN FLORENCE



HOW TO FIND US



Diamond House is situated at **2 Cleave St Port Adelaide SA 5015.**

The Clubhouse is located behind Subway with the entrance down the side of the building. Port Adelaide Railway Station is only 250 metres away. Bus Stop 37 Commercial Road - North East Side is right out the front of our NDIS office. All buses from the city to the Port will also lead to Diamond House.



2 Cleave St Port Adelaide behind Subway

We are now fundraising for the refurbishment of the Diamond House Community Wellness HUB!

If you wish to donate or would like more information, please contact the Director, Kim Smith.

Phone: 08 8244 5525 | Email: kim@clubhouse.org.au

Mail: PO Box 291, Port Adelaide SA 5015



DIAMOND HOUSE IS FUNDED BY SA HEALTH - DEPARTMENT FOR HEALTH AND WELLBEING AND OTHER GRANTS, WHICH COVERS OPERATIONAL COSTS.

WE ARE ALWAYS VERY GRATEFUL FOR ANY DONATIONS (OVER \$2, TAX DEDUCTABLE), WHICH HELP PURCHASE NEW EQUIPMENT AND PROVIDE RESOURCES FOR PROGRAM DEVELOPMENT AT DIAMOND HOUSE.

IF YOU CAN DONATE, PLEASE FILL OUT THIS FORM AND RETURN TO THE ADDRESS ABOVE.

DATE: ____ / ____ / ____

NAME: _____

CONTACT NUMBER: _____

POSTAL ADDRESS: _____

DONATION AMOUNT: (\$) _____

PAYMENT METHOD: Cheque Money Order Cash

SIGNATURE: _____

FOR DIRECT DEBIT DONATIONS:

BENDIGO BANK

ACCOUNT NAME: CLUBHOUSE SA INC BOARD ACCOUNT

ACCOUNT NO: 148367501 BSB: 633-108

