



DIAMOND REFLECTIONS

November/December 2024



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

Like us on Facebook!



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

Contents

Clubhouse Accreditation visit, AGM, ASU campaign	2
Melbourne Cup!	3
Open Day! Kay's Socials	4
Community Wellness HUB Timetable	5
Upcoming Social Rec Dates	6
Member's page	7
NDIS Update	8
Potato salad recipe!	9
Members' Page	10
Additional Funding & Sponsors' Page	11
How to find us	12



Welcome to Summer!



November

- Tuesday 5th November - Melbourne cup day!
- Monday 11th Nov. - Remembrance Day
- Tuesday 19th Nov. - Int. Men's Day
- Monday 25th Nov. - Int. Day for the elimination of violence against women

December

- Tuesday 3rd Dec. - Int. Day of Persons with Disabilities
- Tuesday 10th December - AGM, Human Rights Day
- Friday 20th Dec. - Diamond House Xmas party - Alberton Hotel - 11.30am - 2pm



VISIT OUR FREE FOOD MARKET
 Come along and get a variety of fresh produce, pantry staples and more!

This is a free service, available to all.

The OzHarvest Market is open
 Tuesday 10am - 2pm
 Wednesday 3pm - 7pm
 Thursday 10am - 2pm
 25-27 Manton Street, Hindmarsh SA 5007

FIND US HERE

Parking is limited, public transport encouraged. Please bring your own shopping bag.

Crafts for Christmas

Liz's Crafty Crew have made some lovely, affordable gifts for Christmas! Check out their stall in the Hub!



For three days in October, Eva Yau from Hope Clubhouse (Xi Wang Zhi Guang), Chengdu, China & Mike Tibbles, member at Pathways Clubhouse, Richmond, Canada engaged with the members at Diamond House during their visit.

Their visit was productive and enriching for everyone involved! They both were impressed with how we operate and appreciated the warm welcoming attitude from staff and members.

Gathering opinions directly from the members is an essential part of the accreditation process. Their insights and feedback will contribute to a comprehensive understanding of how well the Clubhouse implements the International Standards for Clubhouse Programs.™

As a parting gift, they both got some standard Aussie fare (*Tim Tams, Fru-Chocs, Darrel Lea chockies and Vegemite*) and some **Port Power** footy paraphernalia!

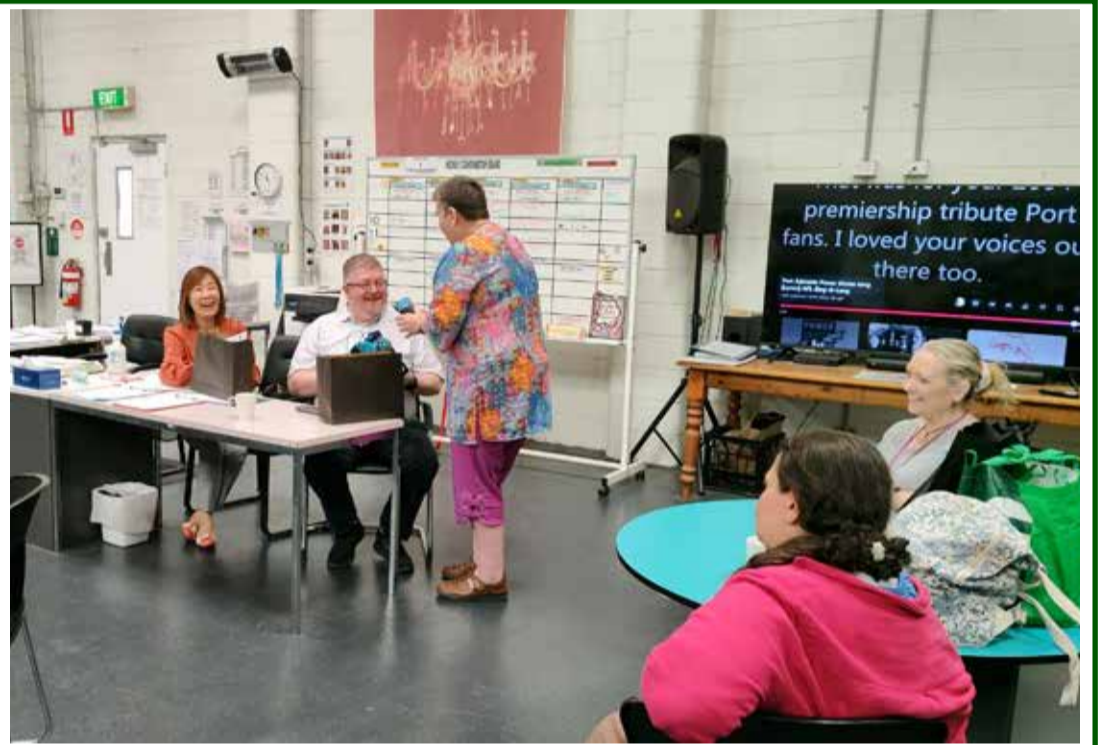
Poor **Crows** supporter, Kay, had to hand them their gifts.


**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>





AGM
Annual General Meeting

Notification of the Clubhouse SA Inc. Annual General Meeting (AGM) on
Tuesday 10th
December 2024, 3pm - 4pm at
2 Cleave st. Port Adelaide.
All members and supporters
of Diamond House are welcome to attend.
Light refreshments provided.



Just for a larf!

The talking parrot. A man goes to a pet shop and buys a talking parrot. He takes the parrot home and tries to teach the parrot how to say a few things, but, instead, the parrot just swears at him. After a few hours of this, the man finally gets fed up and throws the parrot into the freezer to teach it a lesson. He hears the parrot squawking and kicking for a few minutes, but then all goes quiet. The man opens the freezer up, the parrot calmly steps out onto the man's outstretched arm and says, "I believe I may have offended you with my rude language and actions. I'll endeavor to correct my behaviour". The man is astounded! As he's about to ask the parrot what has caused this sudden change in attitude, the parrot continues, "May I ask what the turkey did?"





Melbourne Cup Day Lunch! Tuesday 5 November 2024!



There were fascinators and bookies and horse costumes!
There were Sweepstakes and Raffles and *Live music from The Mixed Nuts!*
A fun *“Day at the races”* was had by members, staff,
students and volunteers!



Lunch Menu

Entrée ~ Bacon, cheddar & zucchini quiche

Main ~ Chicken Breast in a creamy sauce with potato and salad

Dessert ~ Biscoff cheesecake

Deanne, Steve and Kathy, once again, provided an awesome, 3 course meal!



Diamond House Christmas Party Friday 20 December 2024!

Alberton Hotel. 124 Port Rd. Alberton

\$32. (optional Kris Kringle +\$10)

2 course meal (main & dessert). Please select your main option and write in the sign-in sheet at reception

R.S.V.P. by Friday 13th December

11.30am-2pm





What's Been Happening?

Diamond House Open Day!

Friday 11th October

Diamond House's Open Day was another huge success this year!

Deanne, Steve, Michael and the ever loyal **volunteers** fed us all with yummy, gourmet hot dogs and salads!



DJ Tristan returned to give us an afternoon of dance-floor bangers!

Liz and her Crafty Crew displayed some awesome work and

The Mixed Nuts entertained with some acoustic renditions of old classics!



Saturday Brunch Club with Kay

3rd Saturday of the Month

@ **Funk Café**, Port Adelaide Plaza 10.30am



Social Sundays with Kay

1st Sunday of the month



This Footy pun went down a treat!

Hey! That's a double—pun!

Sunday 6 October 2024
Port Adelaide Football Club

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, due to availability and weather (hot weather policy). If you are unsure, call us to confirm.

Tuesdays

Weekender Quiz

(Previously done on Saturdays at the Brunch Club)

11.00am - 12.00pm



Wednesdays

"Crafty Crew" with Liz

10.00am - Lunch-time

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

Wednesdays & Fridays

Music Jam Sessions with The Mixed Nuts!

2.00pm - 4.00pm



Thursdays General Meeting

11.00am - 12.30pm
Every fortnight from
11 January 2024

GENERAL MEETING CHANGED FROM WEEKLY TUESDAYS TO THURSDAY FORTNIGHTLY

Everyday! Wii Together

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



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
PO Box 291 Port Adelaide 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.

November Social Rec Wednesday 27th November 2024

Birkenhead Tavern
3/7 Riverview St.
Port Adelaide

From 6pm
\$30



December Social Rec Diamond House Christmas party! Friday 20th December 2024

Alberton Hotel
124 Port rd.
Alberton

\$32 (two course meal)
\$10 (optional Kris Kringle)

11.30am - 2pm



Sunday Social 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 & enjoy an outing with any Members who wish to join in. It also helps to practice independence.

Please sign up at reception.

Please note: Members do need to work out where the venue is & organise their own way there and back.

Sunday 3 November 2024
Seven 22
722 Port Rd. Beverly
12.30pm



Sunday 1 December 2024
Sailmaster Tavern
Arcadia crt. North Haven
12.30pm

Wednesday "Crafty Crew"

Wishlist for the Crafty Crew

Terracotta pots or shoe boxes in good, clean condition

Leather working tools to donate or lend to the DH Wed "Crafty Crew"

Balls of wool for members learning to crochet and knit

Items can be dropped off at DH or call reception to leave a msg for the wed group and Liz.

Any help would be much appreciated, 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 The Crafty Crew. You can come in & chat with everyone or work on some art and craft.

Thank you to everyone who has been getting involved in the group.





Members' Page

Feb has given us some friendly reminders surrounding the importance of regular health checks!

"Seeing your Doctor for regular health checks is a smart decision, even if you feel fit and healthy.

Preventative care helps catch potential health issues early, which can make treatment easier and more

effective. For those living with mental health conditions, it's common to visit a doctor only when things feel overwhelming, but regular check ups can help prevent small issues from becoming major setbacks.

People often delay or avoid these appointments for a variety of reasons - sometimes they forget, feel anxious about discovering a health issue, or even believe they don't deserve the care.

These feelings are normal, and there's no need for shame. What matters most is taking the brave step to care for yourself. Regular health checks are a form of self-respect and can bring peace of mind, knowing you're actively managing your well-being".

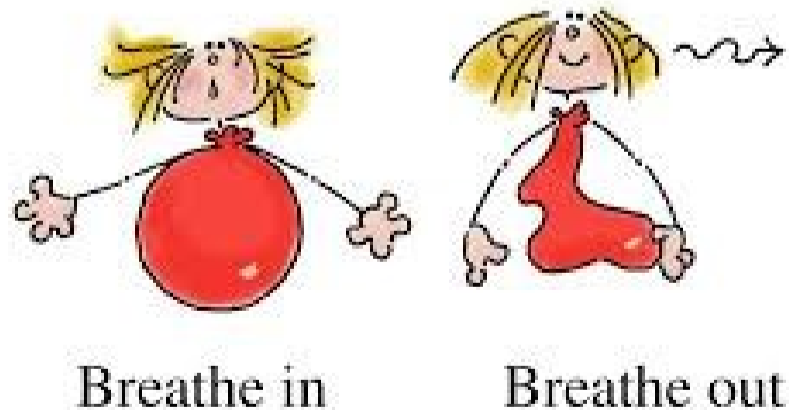
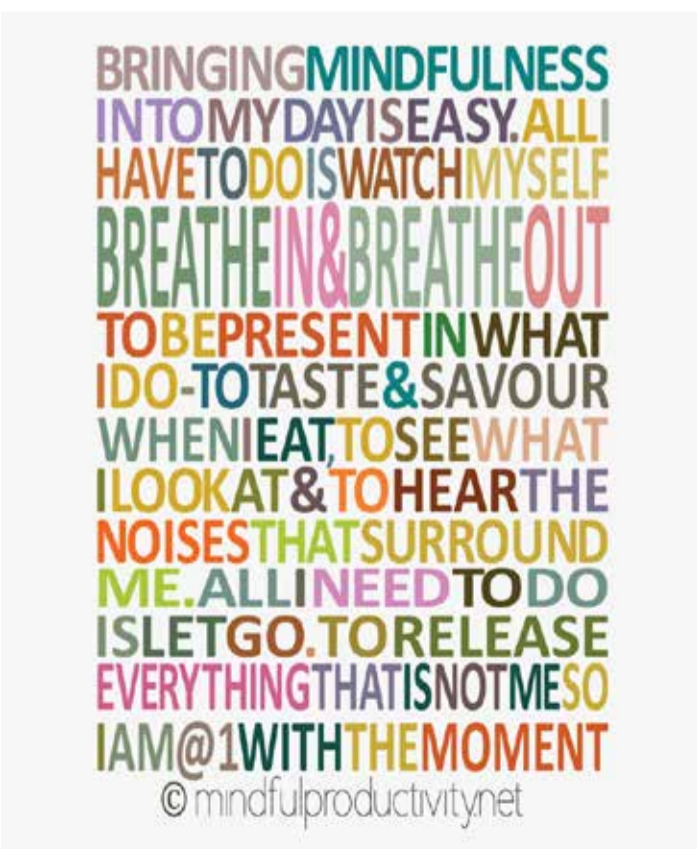
Some typical tests include...

- **Blood glucose:** for healthy people, blood sugar testing is typically recommended every three years or so. If pre-diabetes is diagnosed, repeat testing is recommended more often, at least yearly.
- **Skin:** even if you feel your skin is healthy, we recommend going to see a GP for a skin check for melanomas, at least once a year.
- **Blood pressure:** (hypertension) is a major risk factor for heart attack, heart failure, stroke and kidney disease. People aged 18—39, with optimal blood pressure and no heart disease risk factors, should have a blood pressure test at least once every 2-5 years. People aged 40 and older, or younger with an increased risk of high blood pressure, should have a blood pressure test every year. High blood pressure usually does not have any symptoms, so it is important to see your doctor to have it checked. There are many ways you can manage your blood pressure, like following a heart healthy eating pattern and being physically active. Depending on your other risk factors your GP may also suggest you take blood pressure medication.
- **Bowel screening:** The National bowel Screening Program involves testing for bowel cancer in people 50-74 years who do not have any obvious symptoms of the disease. This is a test posted to your home every two years. If you are eligible for screening, but have lost your kit, or it has been damaged in the post, you can organise a replacement from the Cancer Screening register.

Feb has also listed seven mental health activities that will support good mental health.

- **Focus time:** includes spending time closely focusing on tasks in a goal-oriented way and taking on challenges.
- **Play time:** includes spending time allowing ourselves to be spontaneous or creative and playfully enjoying novel experiences.
- **Connection time:** includes spending time connecting with other people, ideally in person, or taking time to appreciate our connection to the natural world around us.
- **Physical time:** includes spending time moving our bodies, aerobically if possible (dancing, walking, yoga etc.).
- **Time in:** includes spending time quietly reflecting internally, and focusing on sensations, images, feelings and thoughts.
- **Down time:** includes spending time being non-focused, without any specific goal, and letting our minds wander, or simply just relaxing.
- **Sleep time:** includes spending time giving the brain the rest it needs to consolidate learning and recover from the experiences of the day.

Dan Siegel



DIAMOND HOUSE SUPPORT SERVICES
 CLUBHOUSE SA Inc
 Provider ID: 4-3LLQ-1767

NDIS PATHWAY

What is the NDIS?
 The NDIS is a new way of providing disability support that takes a lifetime approach.

Can I access the NDIS?
 You can access the NDIS depending on your age, residency and disability.

What do I need to plan for?
 Think about your current supports & who provides them, and what supports & services you may need to achieve your goals.

Attend the planning meeting
 Bring with you supporting documents including but not limited to: evidence of support needs, current and desired weekly schedules, WHODAS assessment, as well as your nominated advocate e.g. family member and friend if necessary.

Your first plan
 Your first plan is the start of a lifelong relationship with the NDIS.

Start your plan
 You can choose the providers you want. Your existing provider may need to continue to deliver some supports initially.

Review your plan
 Your plan will be reviewed every 12 months to make sure you're getting the support you need.

REGISTRED CHARITY
 CLUBHOUSE INTERNATIONAL ACCREDITED



CLUBHOUSE SA Inc

DIAMOND HOUSE SUPPORT SERVICES

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
 📍 307 Commercial Rd Port Adelaide 118 Commercial Rd 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 Tan and/or Kim at Diamond House on 8244 5525 or tan@clubhouse.org.au.



Recipes!

Classic Potato Salad

*No matter what you're doing for Christmas lunch, this classic Australian salad will fit right in!
This recipe offers a blend of creamy, tangy and savoury flavours!*

Dressing.

1/2 cup mayonnaise, 1x tablespoon lemon juice, 2x teaspoons red wine vinegar,
1x tablespoon Dijon mustard, 2x teaspoons caster sugar.

Potato salad

700g baby potatoes, 5x eggs, 1x tablespoon olive oil, 200g bacon rashers, rind removed, chopped, 1x sm. red onion, finely chopped, 1x bunch chives, chopped, 1/4 cup roughly chopped dill, cracked pepper and sea salt flakes.

Method.

Make dressing by whisking all ingredients in a bowl. Cover and refrigerate.

Wash potatoes and place in a microwave safe bowl (do not dry, keep water clinging to them). Cover with wet paper towel or microwave safe plastic wrap.

Microwave on high for 7-8 minutes or until tender when pierced with a knife. Place in cold water to cool. Drain. Cut into small pieces .

Simmer the eggs for 5 minutes for medium boiled eggs, 8 minutes if you want them firmer. Use a slotted spoon to remove the egg from the water. Transfer to a bowl Filled with ice to cool. Peel and cut into slices. Set aside.

Heat oil in a large frying pan over a medium heat. Add bacon. Cook, stirring for about 5 minutes or until golden. Remove from the pan and drain on paper towel.

Reserve a tablespoon of each the chives and dill for garnish. Combine potatoes, bacon, onion, remaining chives, remaining dill and half of the egg slices. Pour 3/4 of the dressing over salad and stir gently until combined. Arrange remaining egg slices in salad, Drizzle with remaining dressing.

Serve sprinkled with reserved chives and dill.

Season with cracked pepper.





Members' Page

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.



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.

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):

Christmas find-a-word

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

CANDY	PEACE	TREE
CANE	POLE	WREATH
CAROLING	PRESENTS	
CHRISTMAS	REINDEER	
DECEMBER	SANTA CLAUS	
HOLLY	SLEIGH	
LIGHTS	SNOWMAN	
MERRY	STAR	
MISTLETOE	STOCKING	
NORTH	SUGARPLUM	



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 eggy bits) empty egg cartons and bring them in for the kitchen.

Thank you!



Just a friendly reminder that Diamond House will be closed for the Christmas break from Monday 23rd December until the 1st of January 2025. The Clubhouse will re-open on

Thursday 2nd January, 2025.

Stay safe and have a wonderful Christmas!



Additional Funding, Donors & Sponsors Page with much thanks and appreciation...

Thank you!
TO OUR SPONSORS



SA Health



Art Exhibition June 2024 Sponsors & Donors

Richard Klass

Michael Nettle



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 a chat.

Thank you !



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

