



DIAMOND REFLECTIONS

November/December 2025



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

The kitchen is the hub of the Clubhouse!	2
Halloween Spooktacular fundraiser!	3
“Oot & Aboot” Social page!	4
Community Wellness HUB Timetable	5
Upcoming Social Rec Dates	6
Thank you sponsors!	7
NDIS pathway	8
Bangers & Mash recipe	9
Useful links, Dad jokes, Gus thoughts,	10
Daily meditation & 3 minute workout	11
How to find us	12

November

- Tuesday 5th November - Melbourne Cup Day
- Monday 10th November - World Science Day
- Tuesday 11th November - Armistice/Remembrance Day
- Thursday 13th November - World Kindness Day

December

- Wednesday 10th December - International Human Rights Day
- Friday 19th December - Christmas Party @ Alberton Hotel!
- Wednesday 24th December - Christmas Eve (half day. 8.30-2pm)
- Thursday 25th December - Christmas Day!!
- Wednesday 31st December - NYE!!

Special Dates!

Friday 19th December
Diamond House Christmas Party!
at The Alberton Hotel

Please register at Front Desk and select your menu choice.

Please RSVP by 12th December



Please note!

Diamond House Clubhouse will be closed for the Christmas break from 24th December until Monday 5th. January 2026!

They say that ***"Good food and a warm kitchen make a house a home"*** and at Diamond House, our kitchen is no different!

In our kitchen, we laugh, we cook, we share and we live. Some say that our kitchen is the warmest part of the Clubhouse (*and not just because of the stove!*)

Kathy, Steve, Deanne and our wonderful volunteers, prepare daily meals for our members that provide not only good nutrition, but represent great value for money. They warm not only our hungry bellies, but our hearts as well.



**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](#)

Halloween Spooky Fundraiser Spectacular!

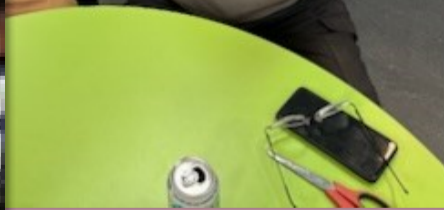
Ghastly ghouls, wicked witches, ghosts and goblins and Satan as MC! Diamond House's annual Fundraiser was a huge success once again, with mocktails, great food, prizes for best dressed and for the winners of Musical Bingo!





Oot and Aboot!

Diamond House Social Pages



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

Weekday Quiz

11.00am - 12.00pm



Tuesdays

Tai Chi with John

1.15 - 2.00pm



Wednesdays

“Crafty Crew” with Liz

10.00am - Lunch-time

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

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 & 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.

“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 and Members go for a morning tea or lunch in the local area. **Social Sundays** are driven by members (mainly Kay) for members, that help get members out of the house, enjoy an outing, build confidence and remain social. They also help to practice and maintain independence. Social Sundays are open to anyone who wishes to join in.

“Lavish Sundays” will be discontinued in 2026

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

“Social Sundays”

Sunday 2nd November

The Birkenhead Tavern

878 Port road,
Woodville South

12.30pm

~

Sunday 7th December

Sailmaster Tavern

9 Queen street
Albertyn

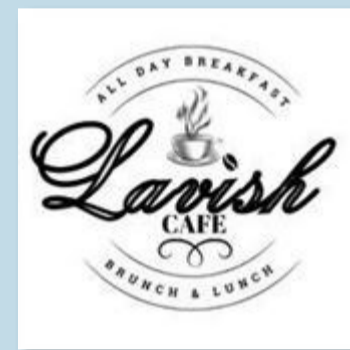


Lavish Sundays

Sunday 16th November

~

Sunday 21st December



November Social Rec

Wednesday 19th November
2025

The Lighthouse Wharf
Hotel

33 Semaphore road
Semaphore

6.00pm

December Social Rec

None due to the annual
Christmas Party at
The Albertyn Hotel

Annual General Meeting

Tuesday, 9th. December @ 3pm

All welcome!

Light refreshments provided

RSVP: 8244 5525 by

Friday 5th December

Wednesday Crafty Group Fundraiser Stall Price List	
Wednesday Crafty Group Items	General Items
Diamond Art	Toys/DVDs \$5.00
Diamond Art on Canvas Frame \$12.00	Fashion Earrings \$5.00
Small Diamond Art \$ 5.00	
Medium Diamond Art \$10.00	Decoupage
Large Diamond Art \$15.00	Tray \$8.00
	Figure \$8.00
Mosaics	Small Chest \$4.00
Small Mosaics \$ 5.00	Flat Box \$2.00
Large Mosaics \$10.00	Tree Trinket Box \$2.00
McGrath Terrariums	
Small Terrariums \$ 5.00	
Large Terrariums \$10.00	
Crafty Group Earrings	
Small Hoops/Earrings \$ 2.00	
Large Hoops/Earrings \$ 3.00	
Small Flower Earrings \$ 3.00	
Large Flower Earrings \$ 4.00	
Trivets/Pot Coaster \$ 5.00	
Lap Blanket \$10.00	
Large Blanket \$20.00	
Shell & Bead Hanging Chimes \$ 5.00	
Mini Painted Pot Plant Pots \$ 5.00	
Bookmarks \$ 5.00	
(Donated by the Art Group - Thank you)	

Everyone in the **Wednesday Crafty Group with Liz** would like to thank you kindly for your support.

Wednesday “Crafty Crew” with Liz

The Crafty Crew have a whole selection of “bibs & bobs” for sale, all created 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!

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.



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

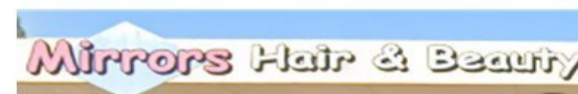


MICHAEL NETTLE




DANIELLE—ASU

Prestige, Trophy & Badge Engraving




TRISTAN FLORENCE




**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.


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

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

Recipes!



Sausage and fennel "Bangers and Mash"

It's Summer and bangers are a staple on the barbie all around the country. If, however, you're after a subtle take on the classic "Bangers & Mash", then try this simple recipe!

Ingredients.

- 2 Tbsp extra virgin olive oil
- 8 thick pork sausages
- 1 brown onion, sliced
- 1 medium bulb fennel, sliced, fronds reserved
- 3 cloves garlic, sliced
- 1/2 cup dry white wine
- 2 cups chicken stock
- 1 Tbsp chicken gravy powder
- Green beans, to serve



Creamy potato mash

- 1.5kg brushed potatoes, peeled, roughly chopped
- 75g unsalted butter, chopped
- 3/4 cup thickened cream
- salt and black pepper, to season

1. For Creamy potato mash, put potatoes in a large saucepan and cover with cold water. Bring to a boil on high heat. Boil for 15-20 minutes or until potatoes are tender. Drain well. Return the same pan on low with butter and cream until warmed. Add potatoes and mash.
2. Meanwhile, heat half of the oil in a large frying pan on medium. Cook sausages, turning, for 5 minutes or until browned all over. Transfer to a plate.
3. Heat remaining oil in same pan on medium. Cook onion and fennel, stirring occasionally, for 15 minutes or until fennel is tender. Add garlic. Cook for 30 seconds or until fragrant. Add wine. Simmer for 1-2 minutes until reduced by half. Stir in stock.
4. Return sausages to pan. Increase heat to high and bring to a simmer. Reduce heat to medium, simmer, turning sausages occasionally, for 5-8 minutes or until sausages are cooked through and sauce has reduced slightly. Stir in gravy powder. Cook for 2-3 minutes or until it thickens slightly.
5. Serve sausages and sauce with mash and green beans. Sprinkle sausages with reserved fennel fronds.

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,
or
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):

Petar & Steve's Dad Jokes

Petar: I recently got a new pen that can write underwater. It can write other words as well!

Steve: Where do rainbows go when they've been bad? To prism, so they have time to reflect on what they've done.

Petar: My barber said he can't cut my hair any longer. He can only cut it shorter.

Steve: Dogs can't operate MRI machines. But catscan!

Petar: I went to a silent auction. I won a dog whistle and two mimes!

Steve: Why did Beethoven get rid of his chickens? Cos all they ever said was... "Bach! Bach! Bach!"

Petar: Why are mountains so funny? Cos they're hill areas.

Steve: How much do rainbows weigh? Not much, they're actually pretty light.



Gus Thoughts... (as stolen from the interwebby thingy).

Are those that sneeze a lot the most blessed?

Every single decision you've made in your life has led you to where you are now.

A pessimist is one who makes difficulties out of his opportunities; an optimist is one who makes opportunities out of his difficulties.

The older you get the more you realise that kindness is synonymous with happiness.

If humans could fly, we'd probably consider it exercise and never do it.

The asteroid that ended the dinosaurs was technically the highest ratio of killing birds to one stone in Earth's history.

You are genuinely happy if you don't know why.

Whatever you do, always give 100%...unless you're donating blood!

You only live once, but if you do it right, once is enough!

Somewhere in the world, there's a tree that sprouted the same day you were born and has been growing along with you.



NEW YEAR'S

WORD SEARCH

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

CALENDAR	COUNTDOWN	FRIENDS	NEW
CELEBRATION	DECEMBER	HAPPY	NOISEMAKER
CHEERS	EVE	HOLIDAY	PARTY
CLOCK	FAMILY	JANUARY	RESOLUTION
CONFETTI	FIREWORKS	MIDNIGHT	YEAR



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.

Links to Wellbeing

Loving Kindness Meditation Script



Begin by getting yourself comfortable. Allow yourself to switch from your usual mode of doing to non-doing, to simply being. Connect with your body and bring your attention to your breathing.

Follow your breath as it comes in, and then out of your body, without trying to change it. Simply be aware of it, and any feelings associated with it. Give full attention to each in breath and then to each out breath.

Being total here in each moment with each breath. If distracting thoughts arise acknowledge them without becoming involved and return to the practice.

Take a moment now to consciously set an intention for this practice, some examples are: "to open my heart", "to cultivate loving-kindness", "to care for myself" (Sharpio & Carlson, 2009).

Bring to mind a person or a pet for whom you are happy to see and have deep feelings of love. Imagine or sense this person or pet, noticing the feelings you have for them arise in your body. It may be a smile that spreads across your face it may be a warmth in your body. Whatever it is, allow it to be felt.

Let go of this person or pet and continue to keep in awareness the feelings that have arisen. Bring to mind now, and see if you can offer loving kindness to yourself, by letting these words become your words:-

**May I be safe
May I be happy
May I be healthy
May I live in peace, no matter what I am given
May my heart be filled with love and kindness.**

Notice the feelings and sensations that arise and let them be. Now try offering loving kindness to someone who supports you.

Bring that person to mind and let these words become your words:

**May you be safe
May you be happy
May you be healthy
May you live in peace, no matter what you are given
May your heart be filled with love and kindness.**

Notice the feelings and sensations that arise, and see if you can just allow them, and let them be.

Now bring to mind the broader community of which you are a part of. Imagine your family, your colleagues, your neighbours: fan out your attention until you include yourself in this offering of loving-kindness as you let these words become your words:

**May we be safe
May we be happy
May we be healthy
May we live in peace, no matter what we are given
May our hearts be filled with love and kindness.**

Notice the sensations and feelings that arise within you. Sit with them for a few moments until you are ready to end the practice.


Adapted from:
Jon Kabat-Zinn (n.d), Mindfulness meditation, CD series 3, retrieved from <http://mindfulnesshamilton.ca/meditation-scripts>
Sharpio, S., & Carlson, L. (2009). Mindfulness and Self-Care for Clinicians: The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions: American Psychological Association.

3 MINUTE WORKOUT PLAN


If you spend most of your day sitting during work or study then this workout plan is for you.
It can be done virtually anywhere, all you'll need is a timer and something to lean on to keep your balance, whether it is a desk, a benchtop or a car!

Instructions: Choose an exercise and do it for 30 seconds. Then repeat or choose a different one. Mix and match exercises to complete at least 3 minutes. Try and break up your day by doing a 3 minute workout every 30 to 60 minutes.


Bonus! If you have more than 3 minutes to spare why not do a few extra exercises?




Calf Raises
Raise your heels a few inches off the ground. Hold this position, and then slowly lower your heels back down. You can do this exercise while standing at a desk—you may need to hold on for balance and support.




Half Squat
Stand with your feet planted about shoulder width apart. Squat down half way keeping your back straight. Stand back up again and repeat.




1-leg stand
Stand tall with your hips, knees and toes in line. Transfer your weight onto a single leg, lifting the other just off the ground. When stable, tip forward at the hip. Move your back leg towards the ceiling and body towards the ground. Hold for 15 seconds each leg, then switch.




Knee Lifts
While keeping your knees bent, lift one leg so your knee moves toward your chest. Raise the leg as high as possible and hold the position for a few seconds. Lower your leg slowly and in a controlled manner. Switch to the other leg. This move helps open your hips while strengthening your thighs and abs.



Glute squeezes
While sitting or standing, contract your bottom muscles and hold tight for three seconds. Then, relax and contract again. You can do this at your desk or in the car!







Leg curls
While standing, bring one foot up to your backside, and then lower. Go for 30 seconds, and switch legs.



Push-ups
Plant your hands on the edge of a desk, table, or any stationary surface around your work station, shoulder width apart. Stretch your legs out behind you, lower your chest to the desk, and push-up.

Did you know?
If you spend more than 8 hours a day sitting, you need to do approximately 60 minutes per day of moderate-intensity physical activity to offset all that sitting. Try to be less still, and break up your day by moving more.

Partners:    

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

