



DIAMOND REFLECTIONS

September/October 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

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September



- Sunday 7th September. - **Father's Day**
- Thursday 11th September. - **R U Ok? Day**
- Sunday 21st September - **International Day of Peace**
- Saturday 26th September. - **AFL Grand Final**



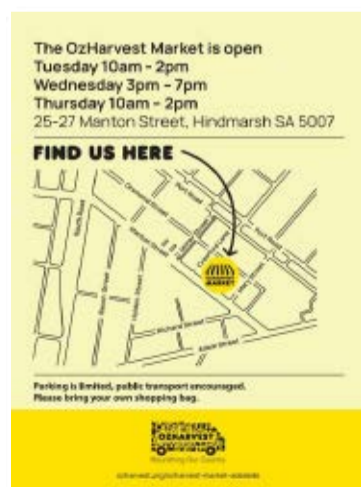
October

- Thursday 2nd October - **International Day of Non-Violence**
- Monday 6th October - **Labour Day (Clubhouse closed)**
- Friday 10th October - **World Mental Health Day**
- Friday 31st October - **Halloween (Music Bingo Fundraiser - see back 7 for details!)**



Special Dates!

- Monday 1st September - **NDIS Appreciation Day**
- Thursday 11th September. - **R U OK? Day**
- Member Appreciation Day!**
- Sunday 5th October. - **Daylight Savings begins**
- Friday 10th October. - **Mental Health Day/Open Day**



WE WILL BE CLOSED FOR THE PUBLIC HOLIDAY

Please note!
 Diamond House Clubhouse will be closed for the Labour day public holiday.
Monday 6th. October!



New Faces!



Name:
Mujahid Arwin (Arwin)

Job title/Role:
NDIS Plan Manager/Support Co-Ordinator

Pets: a cat named "Misu"

Fav. Food: charcoal chicken

Fav. Food to cook: omelette

Best holiday: Morocco



Name:
Vicki Wilson

Job Title/Role:
Administration Assistant

Pets: Maltese/Shitzu named "Roxy"

Fav. Food: Thai

Fav. Food to cook: Pasta

Best holiday: Thailand 2 years ago



In August, member Mario did the "Walk a Mile" charity walk for the Hutt Street Centre, raising well needed funds for the centre to provide essential services to Adelaide's homeless community.

Mario raised nearly \$300 and for his efforts received a beanie, scarf and hoodie to help continue raising awareness.

On behalf of all of us at Diamond House we say...
Well done Mario!

Port Adelaide Caring for women from ocean to outback

BreastScreen SA's Mobile Screening Unit is visiting from mid-September to early October 2025

We're inviting women aged over 40, especially 50 to 74 years, to come along for their free breast screen

- It's FREE and quick - it takes just 15 minutes
- You can make a booking with a friend, family member or group
- It's the best way of detecting breast cancer early (before symptoms start to show), giving you a greater chance of successful treatment

Book online at www.breastscreen.sa.gov.au or call 13 20 50

You'll find us at Port Adelaide Plaza in the Church Street car park (opposite Lonestar Ribhouse and Coles)

Book now! Scan QR code to book your screen 13 20 50

We said "goodbye" to student Jee



Jee thanked us for our support and for the knowledge and experience she gained whilst on placement with us. We wished her well with her future endeavours and for the upcoming birth of her baby girl.

**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>

Footy Tips Winners!



After a topsy-turvy year, where picking a consistent team proved near on impossible, we finally ended the season with three winners.

Congratulations to...

- 1st. Rhys
- 2nd. Anna
- 3rd. Ann



Glow & Flow Women's Group

For three Wednesdays in August, Danielle took some female members around the corner to our wellbeing cousins, YourSpace, to indulge in some pampering and self care.

Each week focused on a different area, face one week, hands the next, but unfortunately, feet got cancelled.

A big thank you to Helen Smith from YourSpace for organizing and for Danielle for the transport and co-ordination from our end.



(hopefully the lambs are silent...)





Kay's Socials!

*Sunday 6th July.
Red Rock Noodle Bar*



Social Sunday

*Sunday 3rd August.
Tavern Seven 22*

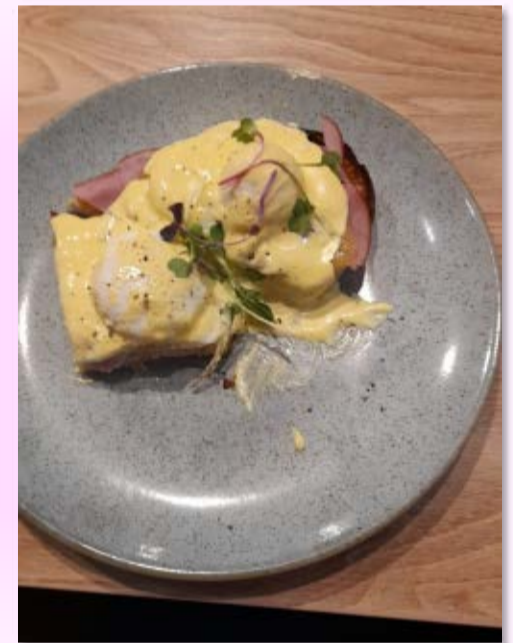


Lavish Sundays

Sunday 20th July



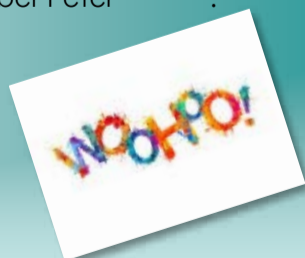
Sunday 17th August



Student Edward proved to be a man of many talents! Guitar, singing, cooking and martial arts, amongst many more!



Playing guitar with member Peter



Making his famous soup.





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

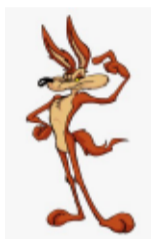
Please note: Dates and times may be subject to change, due to availability and weather (hot weather policy). If you are unsure, call us to confirm.



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!*

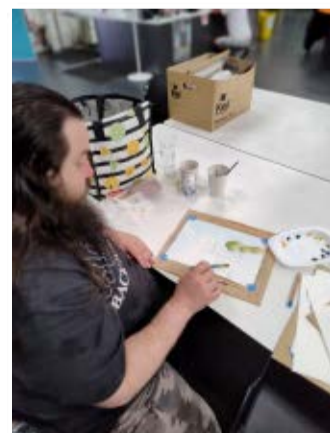


Fridays

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” & “Lavish 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.

“Lavish Sundays” are Sunday brunches held at the **Lavish Café** in the Port Mall on every **third** Sunday of the month at 10.30.am.

Both events are driven by members **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. Both are open to anyone who wishes to join in.

“Social Sundays”

Sunday 14th. September

Woodville Hotel

878 Port road,

Woodville South

12.30pm

~

Sunday 5th October

Port Adelaide Football Club

9 Queen street

Alberton

12.30pm



Please sign up at reception.

Lavish Sundays

Sunday 21st September

(cancelled)

~

Sunday 19th October



September Social Rec

Wednesday 17th September
2025

Red Rock Noodle Bar

33 Semaphore road
Semaphore

6.00.pm
\$30.00

October Social Rec

Wednesday 15th October
2025

Seaton Hotel

253 Tapleys Hill road
Seaton

6.00.pm
\$30.00

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	
Tivols/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.



Members' Page

Clubhouse SA Inc – Diamond House presents

Spooktacular Music Bingo Fundraiser

MUSIC BINGO

Friday, October 31st, 2025

Diamond House Community Wellbeing HUB
2 Cleave St. Port Adelaide

Street parking available PLEASE DO NOT PARK IN SUBWAY CARPARK

Time: Door's creak open at 6:15 PM | Bingo kicks off at 7:00 PM
BYO FOOD & DRINKS | COCKTAILS & MOCKTAILS AVAILABLE

Come in Halloween costume or come as you are
just don't miss the most *fang-tastic* night of the year!

Tickets: \$27.00 each

What's Happening:

- Music Bingo with spooky hits & classic jams
- Raffle Tickets & thrilling prizes
- Live & Silent Auctions full of magical treasures
- Small cheese platter for each table

BEST DRESSED

EFTPOS AVAILABLE


All proceeds support Diamond House programs – help us make a difference while having a hauntingly good time!

Grab your crew and book a full table of 8, or jump into the fun at a community table and meet new legends!

Tickets at Eventbrite : <https://www.eventbrite.com/o/clubhouse-sa-inc-diamond-house-31195308213>


Enquiries phone Deanne or Kim on 82445525





DIAMOND HOUSE SUPPORT SERVICES

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

© National Disability Insurance Scheme Launch Transition Agency 2013

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

Recipes!

Thai chicken peanut noodles

Stir fries are perfect for Spring (or anytime, lets be honest!) and this one is perfect for when you have limited time because of your busy social schedule!

Using minced chicken (or any meat) means a short prep time. This is by no means an authentic Thai recipe, but it IS quick and delicious!

The trick to this recipe is to work quickly so the sauce isn't all absorbed by the noodles, which can make them sloppy and clumpy. If this does happen, add a splash of water to thin the sauce out.

Ingredients:

1x tbsp oil	1x clove garlic, minced	200g chicken mince (or any ground meat)
1x tsp curry powder	1 1/2 tbsp red curry paste	1x tsp dark soy sauce
1 1/2 cups chicken stock	3/4 cup coconut milk	2x tbsp cider vinegar
3x tbsp peanut butter	2x instant noodles	2x big handfuls of spinach

Chopped peanuts, roughly chopped coriander or cilantro and sriracha to serve.

Instructions:

Heat oil in a medium skillet over high heat. Add garlic and cook for 20 seconds until it turns golden.

Add chicken mince and cook for 2 minutes, breaking it up as you go, until it mostly changes from pink to white.

Add 1 tbsp red curry paste, curry powder and soy sauce. Cook for 1 minute.

Clear a space in the middle of the pan, add remaining 1/2 tbsp red curry paste and stir the curry paste for 30 seconds.

Add chicken stock, bring to a simmer then reduce to medium-high. Simmer for 1 minute.

Squish the noodle cakes in, pushing chicken aside so the noodles are as submerged as much as possible.

Leave to cook for 45 seconds, then flip the noodles. Leave for another 30 seconds, then separate the noodles with 2 wooden spoons.

Push noodles aside, add coconut milk, peanut butter and vinegar, then give it a quick mix to mostly dissolve the peanut butter.

Add spinach, toss with the noodles for 30 seconds until wilted. Make sure it's still pretty saucy!

Serve in bowls, sprinkle with coriander, peanuts and sriracha (or any chili sauce).

Serves two.



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: "Singing in the shower is fun until you get shampoo in your mouth. Then it's a soap opera!"

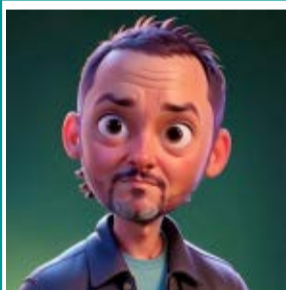
Steve: "All this time I thought it was the dryer shrinking my clothes, when it was actually the fridge!"

Petar: "I'm afraid for my calendar. Its days are numbered."

Steve: "I was walking down the beach the other day when I heard a swimmer yelling for help with a shark circling him. I laughed and thought, that shark isn't going to help him!"

Petar: "I bought a broken clock the other day. What a waste of time!"

Steve: "Justice is a dish best served cold. Otherwise, it's just water..."



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

If ghosts can walk through walls, why do they bother with doors?

A different version of you exists in the minds of

everyone who knows you.

You may have once made a decision that saved your life without knowing it.

To fall asleep, you have to pretend to be asleep.

Only thieves want to see you succeed.

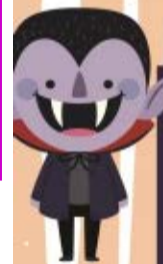
Pregnant women are body builders.

You miss 100 percent of the shots you never take.

Try not to think of all the misery, but only the beauty that remains...

I wonder if there are any time combinations on the clock that I've never seen.

HALLOWEEN



- | | | |
|--------------|-------------|--------------------|
| 1. HALLOWEEN | 9. CANDY | 17. HOCUS POCUS |
| 2. BOO | 10. WITCH | 18. TRICK OR TREAT |
| 3. SKELETON | 11. VAMPIRE | 19. FANCY DRESS |
| 4. MASK | 12. PUMPKIN | |
| 5. FUN | 13. BAT | |
| 6. WEREWOLF | 14. COSTUME | |
| 7. BLACK CAT | 15. SPOOKY | |
| 8. GHOST | 16. SPIDER | |



WORLD OF PRINTABLES



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.



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

Thank you!
TO OUR SPONSORS



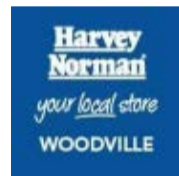
SA Health



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

