

# FRANKSTON NORTH COMMUNITY CENTRE

**Program  
Term 1  
2023**

## Frankston North Community Centre

26 Mahogany Ave, Frankston North, 3200

**Phone:** 03 8773 9545

**Email:** [fncc@frankston.vic.gov.au](mailto:fncc@frankston.vic.gov.au)

**Web:** [frankston.vic.gov.au/fncc](http://frankston.vic.gov.au/fncc)

 FrankstonNorthCommunityCentre

 @FrankstonNorthCommunityCentre

**Centre Hours:** Monday-Friday 9:00am-5:00pm

**After Hours:** As per hire arrangements



*Frankston City Council acknowledges and pays respect to the Bunurong People, the Traditional Custodians of these lands and waters.*

Frankston North Community Centre



Neighbourhood  
Houses Victoria™



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# About Us

Frankston North Community Centre (FNCC) is a vibrant and responsive Frankston City Council run facility that aims to support and improve our community's health and wellbeing through social connection, skill development and advocacy.

FNCC works with the local community to develop and flexibly deliver inclusive activities and programs that build upon, and strengthen, people's interests, skills and talents.

In order to best achieve this, FNCC applies a community development approach and works in partnership with a range of appropriate service providers.

The Centre also provides a range of hireable spaces, access to Council's Library Service and is a source of information about what's going on in the local area.

We encourage people to find out more about what's on offer at FNCC by dropping in to talk to our friendly staff and volunteers, and by keeping up-to-date by following us on social media.

The Victorian Government provides funds to FNCC through the Neighbourhood House Coordination and Adult Community and Further Education Programs.



***Scan QR Code to access FNCC's latest programs, newsletters and room hire forms***



***Scan QR Code to send an email to join our mailing list.***



# Volunteer

Volunteering is a vital part of FNCC and helps to make the centre a vibrant, connected place. Volunteers bring their skills, develop new ones, build confidence and make connections whilst giving back to their community. We have a range of roles available at our centre (including administration, hospitality, sport and recreational, facilitation and more).

If you are interested in volunteering, we'd love to hear from you!



## Community Cafe

### MONDAY MORNING-TEA

#### Coffee:

\$2 - \$3

9:30am-11:30am

#### Morning Tea:

Slice \$2 | Soup \$3

9:30am-11:30am

### WEDNESDAY LUNCH

#### Coffee:

\$2 - \$3

9:30am-1:00pm

#### Lunch:

Soup \$3 | Main \$5 | Dessert \$2

12:00pm-1:00pm



We aim to use the fresh produce from our community garden as much as possible.





# Learn Local Courses

## Get The Skills You Need For Study, Work and Life

Our Learn Local programs, funded by the State Government of Victoria through the *Adult Community and Further Education* (ACFE) program, are designed to get job-seekers job-ready by upskilling and building real-life experience and confidence.

### Intro to Hospitality | Term 1 | February - April

The course is designed to give participants entry level skills relating to the hospitality industry with the goal of future employment. This program runs for ten weeks and covers a range topics, taking place in our very own community kitchen and café space.

### Get Ready! | Term 1 | February - March

The course is designed to get participants ready for their next employment, education or volunteering journey by building confidence and capacity. This program runs for six weeks and helps participants identify their own strengths, skills, barriers and boundaries in a fun, caring and supporting environment.

\*Programs are full funded. Eligibility criteria applies.

For further information, please contact us on (03) 8773 9545 or email [fncc@frankston.vic.gov.au](mailto:fncc@frankston.vic.gov.au)

# Programs - Children & Youth



## Storytime (Frankston City Libraries)

**THURSDAY 9:30AM - 10:00AM FREE**

Contact: 03 9784 1020 (Frankston Libraries)

*Storytime is the perfect way to explore literacy and develop a love of reading together.*

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## Playgroup (FNCC)

**THURSDAY 10:00AM - 11:30AM \$3**

Contact: 03 8773 9545 (FNCC)

*Following Storytime, stay for a play, meet other parents and join in the fun with activities including craft, imaginative play and toys for babies and toddlers. Designed for children aged 0-5.*

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## Reading Tails (Frankston City Libraries)

**TUESDAY 3:45PM - 4:45PM FREE**

Contact: 03 9784 1020 (Frankston Libraries)

*Reading Tails uses the fun of Dog Assisted Education to support readers by creating a comfortable space and making reading a social experience.*

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## Parent-Child Mother Goose (Family Life)

**MONDAY 10:00AM - 11:00AM BY ENROLMENT**

Contact: Clare, Early Help Coordinator (Family Life)

**p:** 03 85995433 **e:** [earlyhelp@familylife.com.au](mailto:earlyhelp@familylife.com.au)

*An evidence-based program that uses songs and stories to strengthen attachment and interaction between parents and their children 0 - 4.*

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## HiPPY! (B.S.L)

**TUESDAY-THURSDAY 9:30AM - 12:30PM BY ENROLMENT**

Contact: 0491 696 327

*A program for parents of 3-5 year old's that helps to build skills and confidence in their role as their child's first teacher.*

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## Youth Hangout (Frankston Youth Service)

**TUESDAY 3:15PM - 4:45PM FREE**

Contact: Wendy, Senior Youth Worker, p: 0400 838 123

*Drop in for table tennis, gaming, craft, food, movies, sport or just chill and chat with youth workers.*

# Programs - Health and Recreation



## Tai Chi (U3A)

**TUESDAY 9:30AM - 10:30AM** BY ENROLMENT

CONTACT: 9770 1042

*Tai Chi is something people of any age can learn. The movements are slow & gentle, and you can work at your own level. Many older people can do Tai Chi, even those with arthritis.*



## Exercise to Music (U3A)

**MONDAY 9:30AM - 10:30AM** BY ENROLMENT

CONTACT: 9770 1042

*Movement to music including using balls, hoops and scarves. We also do cardio-weights and Tai Chi. All these are incorporated into one hour. There is then an extra 30 minutes of floor Pilates.*

*\*U3A Membership Required*



## Stretching With Balls and Bands (U3A)

**FRIDAY 9:30AM - 10:30AM** BY ENROLMENT

CONTACT: 9770 1042

*Gentle warm-up doing Yoga & Pilates incorporating the use of balls and bands. Most of the class is based on the floor doing stretching using soft chi balls & stretching bands.*

*\*U3A Membership Required*



## Zumba

**THURSDAY 5:45PM - 6:45PM**

CONTACT: 0409 571 531

*ZUMBA is a total dance workout, combining all elements of fitness.*



## Morning Kickstart (FNCC)

**TUESDAY 9:30AM - 10:15AM \$7**

Contact: 8773 9545 (FNCC)

*Kickstart your morning with this exercise class designed to get you going for the day.*



## Stretch and Balance (FNCC)

**TUESDAY 10:30AM - 11:15AM \$7**

Contact: 8773 9545 (FNCC)

*Slowly ease into your morning with this gentle stretch and balance class to increase movement.*



Monday	Tuesday	Wednesday
<b>Agestrong*</b> <i>Peninsula Health</i> 9:30am - 10:30am	<b>Job Coaching</b> <i>At Work Australia</i> ^By Appointment Only	<b>Legal Aid</b> <i>Peninsula Community Legal</i> ^By Appointment Only
<b>Exercise to Music*</b> <i>U3A</i> 9:30am - 10:30am	<b>Intro to Hospitality*</b> <i>Learn Local</i> 9:30am - 2:30pm	<b>Multicultural Support*</b> <i>Micare</i> 9:15am - 12:45pm
<b>Seniors Cards &amp; Games</b> <i>FNCC</i> 10:00am - 2:00pm	<b>Hippy! Age 4 &amp; 5 Parents*</b> <i>Brotherhood of St Laurence</i> 9:30am - 12:30pm	<b>Mahogany Bowls</b> <i>FNCC</i> 9:30am - 12:00pm
<b>Get Ready!*</b> <i>Learn Local</i> 10:00am - 2:00pm	<b>Tai Chi*</b> <i>U3A</i> 9:30am - 10:30am	<b>Agestrong*</b> <i>Peninsula Health</i> 9:30am - 10:30am
<b>Parent Child Mother Goose*</b> <i>Family Life</i> 10:00am - 11:00am	<b>Morning Kickstart*</b> <i>FNCC</i> 9:30am - 10:15am	<b>Hippy! Age 3 Training*</b> <i>Brotherhood of St Laurence</i> 9:30am - 12:30pm
<b>Agestrong*</b> <i>Peninsula Health</i> 10:45am - 11:45am	<b>Stretch and Balance*</b> <i>FNCC</i> 10:30am - 11:15am	<b>Creative Craft</b> <i>FNCC</i> 10:00am - 12:30pm
<b>Digital Essentials</b> <i>Belvedere Centre @ FNCC</i> 1:00pm - 3:30pm	<b>Gardening Group</b> <i>FNCC</i> 10:00am - 4:00pm	<b>Support Meeting</b> <i>Aus Breastfeeding Association</i> 10:00am - 12:00pm
<b>NA (Steps and Principles)</b> <i>Narcotics Anonymous</i> 7:00am - 8:00am	<b>Youth Hangouts</b> <i>Frankston Youth Service</i> 3:15pm - 4:45pm	<b>Agestrong*</b> <i>Peninsula Health</i> 10:45am - 11:45am
<b>AA (Pines Big Book)</b> <i>Alcoholics Anonymous</i> 7:00pm - 8:30pm	<b>Reading Tails*</b> <i>Frankston Libraries</i> 3:45pm - 4:45pm	<b>NA (Pines Lunchie)</b> <i>Narcotics Anonymous</i> 12:30pm - 2:00pm
<b>Morning Tea</b> <i>FNCC Community Café</i> 9:30am - 11:30am	<b>NA (Open Share)</b> <i>Narcotics Anonymous</i> 6:30pm - 8:30pm	<b>Friendly Card Group</b> <i>FNCC</i> 7:30pm - 10:30pm
		<b>Lunch</b> <i>FNCC Community Café</i> 9:30am - 1:00pm

**Thursday****Job Coaching***At Work Australia*

^By Appointment Only

**Wellness Group***FNCC*

9:00am - 11:00am

**Hippy! Age 4 & 5 Training\****Brotherhood of St Laurence*

9:30am - 12:30pm

**Storytime***Frankston Libraries*

9:30am - 10:00am

**Intro to Hospitality\****Learn Local*

9:30am - 2:30pm

**Playgroup***FNCC*

10:00am - 11:30am

**Gardening Group***FNCC*

10:00am - 4:00pm

**Zumba***Hosted by Jamie*

5:45pm - 6:45pm

**AA (Pines Thursday)***Alcoholics Anonymous*

7:30pm - 10:00pm

**Friday****Stretching with Bands\****U3A*

9:30am - 10:30am

**NA (New Nook)***Narcotics Anonymous*

7:30pm - 10:30pm

**Saturday****Get Out!\****Art's Access*10:00am - 4:00pm *Fortnightly***NA (Sth East Recovery)***Narcotics Anonymous*10:00am - 2:00pm *Monthly***AA (Women's Big Book)***Alcoholics Anonymous*

7:00pm - 8:30pm

**Sunday****Sunday Service***Apostolic Faith Church*

9:30am - 1:00pm

**Prayer Group***(Aus Chollo Community)*

2:00pm - 9:00pm

**Homework Club***(Aus Chollo Community)*

6:00pm - 7:00pm

\*Enrolment or Registration Required

# Programs - Health and Recreation (con't)



Peninsula  
Health

## Age Strong (Peninsula Health)

**MONDAY & WEDNESDAY** BY ENROLMENT

**9:30AM-10:30AM & 10:45AM-11:45AM**

CONTACT: 03 5976 9071

*Classes increase strength, flexibility and balance for mature age people. \*Peninsula Health Referral Essential*

# Programs - Social and Art



## Apostolic Faith Church

**SUNDAY 9:00AM - 1:00PM**

Contact: Frank 0438 024 385

*Conservative in nature, following a tradition of Wesleyan holiness practiced by those whom the Holy Spirit descended on at Azusa. We uphold the fundamental teachings of New Testament faith.*



## Australian Chollo Community in Victoria

**SUNDAY 2:00PM - 9:00PM (PRAYER GROUP)**

**SUNDAY 6:00PM - 7:00PM (HOMEWORK CLUB)**

Contact: Bany 0419 794 987

*Australian Chollo Community-run prayer group and homework club.*



## MiCare

**WEDNESDAY 9:30AM - 12:30PM** BY ENROLMENT

CONTACT: 9728 7431

*Our warm and welcoming multicultural social support group will encourage participants to feel empowered and connected to the community.*



## Australian Breastfeeding Association

**WEDNESDAY (FORTNIGHTLY) 10:00AM - 12:00PM** BY ENROLMENT

CONTACT: 1800 686 268

*Meeting to support families to meet their breastfeeding goals, make local connections and support their parenting journey*



# Programs - Social and Art



## Mahogany Indoor Bowls (FNCC)

**WEDNESDAY 9:30AM - 12:00PM \$3**

CONTACT: 03 8773 9545 (FNCC)

*Social gathering where indoor carpet bowls are played in mixed teams.*



## Wellness Group (FNCC)

**THURSDAY 9:00AM - 11:00AM \$3**

CONTACT: 03 8773 9545 (FNCC)

*Social support group that promotes good nutrition and healthy lifestyles.*



## Creative Craft Group (FNCC)

**WEDNESDAY 9:30AM - 12:30PM \$3**

Contact: 03 8773 9545 (FNCC)

*From jewellery making to tapestry and everything in between; This is a social, self-driven BYO craft group.*

*\*Craft must be easily transportable.*



## Seniors Games (FNCC)

**MONDAY 10:00AM - 2:00PM \$3**

CONTACT: 03 8773 9545 (FNCC)

*Intermediate games group for seniors that interact over cards, Bingo, Scrabble and rummikub.*



## Friendly Card Group

**WEDNESDAY 7:30PM - 10:30PM**

CONTACT: 0438 540 108

*Card group that gather together play the game 500 and enjoy social activity.*



## Get Out! (Art's Access Victoria)

**SATURDAY (FORTNIGHTLY) 10:00AM - 4:00PM BY ENROLMENT**

CONTACT: 03 8640 6030

*Inclusive art studio for Deaf and Disabled artists to develop existing and new skills, supported by trained artists and support workers.*

# Services at FNCC

## - Legal



### Legal Aid (PCLC)

**WEDNESDAY 9:00AM-2:30PM** BY APPOINTMENT

CONTACT: 9783 3600

*PCLC is an independent, not-for-profit organisation that has been providing free legal services since 1977. We pride ourselves on providing high quality services that are accessible and responsive to the needs of our community. \*By Appointment.*

## - Employment



### At Work Australia

**TUESDAY & THURSDAY** BY APPOINTMENT

CONTACT: 1300 192 642

*At Work helps with people living with disability and employers to get the right people into the right jobs.*

## - Support Groups



### Alcoholics Anonymous

**MONDAY: 7:30PM - 9:00PM** (Pines Big Book)

**THURSDAY: 8:00PM - 9:30PM** (Pines Thursday)

**SATURDAY: 6:00PM - 7:30PM** (Pines Women's Big Book)

Contact: 1300 222 222 Website: [aa.org.au](http://aa.org.au)

*A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.*



### Narcotics Anonymous

**MONDAY: 7:00PM - 8:00PM** (Steps and Principles)

**TUESDAY: 7:00PM - 8:00PM** (Open Share)

**WEDNESDAY: 12:30PM - 2:00PM** (Pines Lunchie)

**FRIDAY: 8:00PM - 9:30PM** (New Nook Meeting)

**SATURDAY (Monthly): 10:30AM - 1:30PM** (South East Recovery)

Contact: 1300 652 820 Website: [na.org.au](http://na.org.au)

*Similar to Alcoholics Anonymous, this is a simple, spiritual, not religious, program for recovering addicts to support each other to stay clean.*



# Other Information



We are excited...

Play space  
upgrade in  
Term 1

Our well-loved, but tired outdoor play area is about to undergo a much-needed upgrade thanks to funding provided by the Victorian Government and Frankston City Council.

Plans include replacement of concrete with decking, a new accessible swing, sandpit, seating areas, trike/running track and beautiful landscaping. The project will take approximately 12 weeks with works occurring in terms 1 and 2 - and we can't wait to show you the result!



Frankston  
City Libraries



FNCC is a Frankston City Libraries outreach point that allows community members to borrow and return books, access free computers and Wi-Fi.

Printing services are unavailable from FNCC, please contact Frankston City or Carrum Downs Libraries for printing requirements.



# Frankston-City Community Centres

We believe our community centres and neighbourhood houses are some of the best and recognise the important role they play in bringing residents together. There are nine community centres and neighbourhood houses across Frankston City, each offering their own unique opportunities and services.



## **Belvedere Community Centre**

336 Belvedere Road, Seaford

p: 9776 8922

w: [belvedere.org.au](http://belvedere.org.au)



## **Lyrebird Community Centre**

203 Lyrebird Drive, Carrum Downs

p: 9782 0133

w: [lyrebird.org.au](http://lyrebird.org.au)



## **Langwarrin Community Centre**

2 Lang Road, Langwarrin

p: 9789 7653

w: [langwarrincc.org.au](http://langwarrincc.org.au)



## **Orwil Street Community House**

16 Orwil Street, Frankston

p: 9783 5073

w: [orwilst.org.au](http://orwilst.org.au)



## **Nairn Marr Djambana Gathering Place**

32 Nursery Avenue, Frankston

p: 9783 1521

w: [djambana.org.au](http://djambana.org.au)



**Scan QR Code to view  
Frankston City Community Centres.**

# Frankston-City Community Centres



## **Ebdale Community Hub & Learning Centre**

20 Ebdale Street, Frankston

p: 9293 7102

w: [frankston.vic.gov.au](http://frankston.vic.gov.au)



## **Frankston South Community and Recreation Centre**

55 Towerhill Road, Frankston South

p: 9293 7122

w: [frankston.vic.gov.au](http://frankston.vic.gov.au)



## **Karingal Hub**

103 Ashleigh Avenue, Frankston

p: 8786 6650

w: [frankston.vic.gov.au](http://frankston.vic.gov.au)

## Local Support Agencies



**Community Support Frankston** services include emergency food, grocery vouchers, help with utility bills, referrals and advocacy for people who live, or work in the City of Frankston.

Monday to Wednesday & Friday: 9am-4pm, Thursday: 1pm-4pm

**35 Beach St, Frankston p: 9783 7284 w: [frankston.net](http://frankston.net)**



Local 2 Community is a local charity in Frankston North with a vision to empower each other to move forward. They do this with a generous Foodbank, extra support and great connections.

Monday to Thursday: 9.30am - 3.30pm

**52 Mahogany Avenue, Frankston North p: 0416 300 841**

# Frankston North Community Centre

Get in  
Touch

📍 26 Mahogany Ave, Frankston North, 3200

**Phone:** 03 8773 9545

**Email:** [fncc@frankston.vic.gov.au](mailto:fncc@frankston.vic.gov.au)

**Web:** [frankston.vic.gov.au/fncc](http://frankston.vic.gov.au/fncc)

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