

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

Web: 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™

 **VICTORIA**
State
Government

 Frankston City

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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

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.



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.



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.



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

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



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.



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

Thursday	Friday	Saturday
Job Coaching <i>At Work Australia</i> ^By Appointment Only	Stretching with Bands* <i>U3A</i> 9:30am - 10:30am	Get Out!* <i>Art's Access</i> 10:00am - 4:00pm <i>Fortnightly</i>
Wellness Group <i>FNCC</i> 9:00am - 11:00am	NA (New Nook) <i>Narcotics Anonymous</i> 7:30pm - 10:30pm	NA (Sth East Recovery) <i>Narcotics Anonymous</i> 10:00am - 2:00pm <i>Monthly</i>
Hippy! Age 4 & 5 Training* <i>Brotherhood of St Laurence</i> 9:30am - 12:30pm		AA (Women's Big Book) <i>Alcoholics Anonymous</i> 7:00pm - 8:30pm
Storytime <i>Frankston Libraries</i> 9:30am - 10:00am		
Intro to Hospitality* <i>Learn Local</i> 9:30am - 2:30pm		
Playgroup <i>FNCC</i> 10:00am - 11:30am		
Gardening Group <i>FNCC</i> 10:00am - 4:00pm		
Zumba <i>Hosted by Jamie</i> 5:45pm - 6:45pm		
AA (Pines Thursday) <i>Alcoholics Anonymous</i> 7:30pm - 10:00pm		
		Sunday
		Sunday Service <i>Apostolic Faith Church</i> 9:30am - 1:00pm
		Prayer Group <i>(Aus Chollo Community)</i> 2:00pm - 9:00pm
		Homework Club <i>(Aus Chollo Community)</i> 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.



ARTS ACCESS VICT

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

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

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 WiFi.

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



Lyrebird Community Centre

203 Lyrebird Drive, Carrum Downs

p: 9782 0133

w: lyrebird.org.au



Langwarrin Community Centre

2 Lang Road, Langwarrin

p: 9789 7653

w: langwarrincc.org.au



Orwil Street Community House

16 Orwil Street, Frankston

p: 9783 5073

w: orwilst.org.au



Nairn Marr Djambana Gathering Place

32 Nursery Avenue, Frankston

p: 9783 1521

w: 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



Frankston South Community and Recreation Centre

55 Towerhill Road, Frankston South

p: 9293 7122

w: frankston.vic.gov.au



Karingal Hub

103 Ashleigh Avenue, Frankston

p: 8786 6650

w: 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



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

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