

## Meet Charlotte



We celebrated Charlotte's graduation who completed the 6-week training course *Cafe Creations*. The graduation lunch provided Charlotte with a real-life cafe setting by utilizing and showcasing the skills she gained from the course. The menu Charlotte created was crispy chicken salad, shepherd's pie and cheesecake. Charlotte would like to pursue a career in occupational therapy and plans to work in a cafe part-time while studying. Congratulations Charlotte and good luck with your studies and job seeking!

## Hospitality & Barista Training

Would you like to gain experience and skills to work in the hospitality field or know someone that wants to? FSCRC via Frankie's Cafe' are offering FREE training courses in hospitality and Barista.

Our **Hospitality Course** operates Monday to Wednesday for 6 weeks and enables learners to choose what they cook, learn basic cooking skills and meal preparation & gain experience working in a real cafe' environment. Learners will also gain their Food Handling and RSA Certificate.

Our **Barista Course** operates on Fridays for 3 weeks and learners gain skills how to make all types of coffee, use the grinder, milk frother and learn coffee art!

For more information and book your spot, please contact Graeme on 9293 7122.

**frankie's**  
**Café**

**Frankie's Cafe is open**  
**Monday - Thursday**  
**9.00am - 1.30 pm**



# Mental Health Matters EVERY day of the year!

WOULD YOU KNOW HOW TO  
SUPPORT A FRIEND, COLLEAGUE  
OR LOVED ONE WHO MAY BE  
SUFFERING POOR MENTAL HEALTH?

1 in 5 Australians experience mental health problems- yet most people aren't equipped or know how to start a conversation that could help someone in need.

Learn important skills to assist someone in need today with Frankston Councils  
FREE Mental Health First Aid courses

Book here :



More details:

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

Visit: <https://www.frankston.vic.gov.au/mentalhealthtraining>

Phone: 0459 755 630 or 9768 1629

## Walking Football

Walking Football started early Feb and we are urgently seeking more players so we can play matches!

It is fun, safe & social. Learn football while keeping active with no skills required to play. Football Victoria's Walking Football program offers a slow-moving, non-contact, small-sided version of football, specifically modified to allow all participants to enjoy the game.

- No experience required.
- Men and Women over 50
- All abilities welcome

Tuesdays 1pm - 2pm

Cost \$2.00

## Table Tennis



We are so happy to announce that **Mornington Peninsula Table Tennis Association** will be running table tennis at the Centre on Thursday afternoons commencing March 2nd from 1pm - 3pm. More sessions soon to follow. Come along to make new friends, better your eye/hand coordination and have fun. Everyone welcome! Contact either MPTTA or FSCRC for more information.



Frankston South Community and Recreation Centre

E: [fscrc@frankston.vic.gov.au](mailto:fscrc@frankston.vic.gov.au) Ph: 9293 7122

Address: 55 Towerhill Road Frankston South 3199

frankie's  
Café



# Cuppa in English

Meet our wonderful Cuppa in English participant Sara. Cuppa in English is open to anyone over the age of 18 who is looking to improve their English speaking skills in an informal setting over a cuppa. This is also a great opportunity to make new friends. Come and join us on Fridays from 9.30am - 10.30am Cost: \$3.00 Bookings essential. Contact us for more information and to register.



## Art Therapy

Would you like to feel refreshed, reduce your stress, gain a deeper self-awareness and make new friends?

Then don't miss out! Available to everyone. We are very fortunate to have Lee-Ann Kim as our volunteer who is a qualified art therapist and keen to engage the FSCRC community!

**Every second Friday commencing  
3 March 1pm - 4pm**

Cost: \$3.00 Bookings essential: 9293 7122



## Chatty Cafe

'Frankie's Cafe' is now part of the Chatty Cafe' Scheme designed to foster connections within our community. Do you like chatting? Would you like to make new friends? Then join our 'have a chat table' **every Tuesday 10am-11.30am.**

The Chatty Cafe Scheme aims to get people chatting to build and encourage social connections within the community. Having a chat and meeting new people can brighten your day!





# COOKING WITH CHEF TIM



Join us for a fun interactive cooking workshop with Chef Tim & learn how to make different cultural healthy dishes that you get to take home!

Everyone Welcome

Mondays: 5pm – 6pm

Cost \$10.00

Please call 9293 7122 to reserve your spot as limited places available.



Frankston South Community and Recreation Centre is your community centre. We want it to meet your needs and interests.

**We welcome and value your feedback.**

Talk to our friendly staff or complete a feedback form located in the cafe' area about how we can meet your needs.