Frankston North Community Centre Quarterly Newsletter



DAYS OF SIGNIFICANCE

30 August Wear it Purple Day

12 September R U OK? Day

1 October International Day of Older Persons

10 October World Mental Health Day

TBC This Girl Can Week

13-19 October National Carers Week

31 October Halloween & Diwali

11-17 November National Recycling Week

11 November Remembrance Day

16 November Social Inclusion Week

19 November International Men's Day

25 November 16 Days of Activism

5 December International Volunteer Day

10 December Human Rights Day

Ali's update:

We absolutely love when things start to warm up and the sun comes out more often - because so do our community!

We've been busy during winter spruicing up the Centre, trialing new programs, reviewing our procedures, having lots of conversations with you and finishing off our formal consultation process.

You may also have noticed quite a few new faces popping in to the Centre regularly and becoming part of team FNCC: Sonia is our fabulous new Thursday Playgroup facilitator, Erin, Kedda, Rachael, Melissa and Christine are our Learn Local course facilitators and is Eric our new Monday afternoon yoga guru. Their new classes and courses have started to blossom, and we are loving the happy vibes and chatter throughout the day as we welcome lots of new people to the Centre. Check out our updated program for more information or pop down any time between 9am and 5pm on business days to see for yourself.

One of the main priorities we've heard from residents young and not-so-young over the last 9 months was that people are looking for fun, easy, safe and local ways to meet other people. Something else that was often mentioned is the importance of music and dancing in making people feel better when they are 'out of sorts'. SO...... we have been looking at ways we could host low-key, regular music sessions in the Jack Verity Main Hall. If this sounds like something that might fit in with your Friday arvo plans - please watch this space! Or better still, follow us on Instagram,

Facebook or send us your email so we can keep you updated!

Hopefully that thought has put a

spring in your step!

Some of our..... UPCOMING EVENTS

12 September "Bring Your Bills" Day

17 September Self-Care September

25 September Footy Day Lunch and Games

12 October Grow Some Food Workshop

19 October Composting Workshop

21 November Diabetes Victoria Education Workshop

WORD OF THE SEASON

Renascent [ri-nas-uhnt]

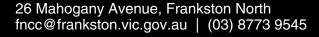
being reborn; springing again into being or vigor











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CENTRE NEWS AND UPDATES

We are thrilled to announce the launch of the FNCC Friday Garden Club which meets between 10am and 12pm weekly! Some of our Club crew have been working on some ideas for some great kick starter projects, but we are always open to others. Why not join them as they come together to nurture the rear courtyard area (between the kitchen and playground) and bring life back to this cherished space. New members are most welcome as we embark on this renascent journey to reinvigorate our outdoor spaces and build up some shared tips and tricks about gardening. Spring is a perfect time to start, and all equipment is supplied.

A few months ago, we were lucky enough to reclaim some raised garden beds which had previously been used in pop-up dining parklets during Covid. Thanks to Council and the Pines Men's Shed, we were able to grab a few for the courtyard area for the Garden Club to use. We are now working with Repurpose It - a recycling company that processes green waste into compost - to get them filled and ready for summer crops.

As well as our gardening efforts, FNCC has undergone a rejuvenating mini renovation. The Centre has been freshly painted a bright white, creating a clean and inviting atmosphere. Minor repairs were also carried out on roller blinds and scuffed and dented walls have been restored to their former glory. Additionally, we've reorganised the furniture to establish a more open, airy, and light-filled communal space, café tables have been upgraded and there are new chairs throughout the building.

As we look forward to these exciting developments, let's also mark some significant days on our calendars:

12 September: National Suicide Prevention Month, with R U OK? Day.

27 September: Public Holiday - Centre closed. October: Breast Cancer Awareness Month.

1 November: Movember start date. 5 November: Melbourne Cup Day

We can't wait to see the community come together in this season of growth and renewal.

SPOTLIGHT ON SERVICES AT FNCC

Youth Hangout

Join Team North at the Youth Hangout every Tuesday afternoon for a free BBQ, basketball, table tennis, boxing, craft and more!

It is a great place to catch up with friends and make new ones, plus there is loads of info and friendly youth workers to support you in any way.



Annexe at FNCC 3.15-4.45pm **Tuesdays**

Peninsula Community Legal Centre (PCLC)

Peninsula Community Legal Centre (PCLC) are here every second Wednesday! You can visit Daniel at the Centre for free legal advice on issues such as family law, family violence, fines, tenancy and rooming house advocacy.



Every 2nd Wednesday Call 9783 3600 to book for an appointment.



Youthies on a Tuesday afternoon









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FNCC SPOTLIGHT

Get to know the people who make this place special



Melissa is a vibrant volunteer who has been with the Frankston North Community Centre (FNCC) for the past three months.

She assists with barista training and facilitates an Adult, Community, and Further Education (ACFE) short upskilling course for individuals looking to enter, or re-enter, the workforce.

When asked why she volunteers, Melissa shared, "I volunteer because I enjoy being involved in the community and giving back. It also allows me to expand and develop my skillset in the community development space."

Her favourite part of volunteering? "It's extremely rewarding to see the people I'm working with develop their skills and confidence. I also love working and connecting with all the amazing people."







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Learning at FNCC - it's fun!



One of the most rewarding things we get to be a part of at FNCC is watching people grow and learn. People do it in our Learn Local short courses, people do it while volunteering with us, and people do it in our social / recreational programs. In fact, people are doing it all over the place!

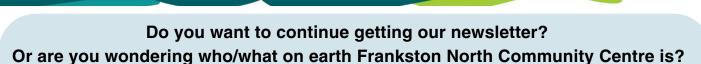
Whether you are starting out, refreshing your skills, or a little unsure and just want to try things out first, the Centre is a safe and fun place to start, and here are some pictures to prove it!







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We'd love for you to subscribe so we can make sure you get our quarterly newsletters - as well as information on anything going on at the Centre you'd like to know about!

If you'd like to **subscribe**, email us at fncc@frankston.vic.gov.au with the below details. **Don't have an email?** No worries - fill out the form below, rip out the page, come and visit and we'll do the rest for you.

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FrankstonNorthCommunityCentre

@FrankstonNorthCommunityCentre

Staffed Hours: Monday-Friday 9:00am-5:00pm

After Hours: As per hire arrangements





