



### DAYS OF SIGNIFICANCE

<b>30 August</b>	Wear it Purple Day
<b>12 September</b>	R U OK? Day
<b>1 October</b>	International Day of Older Persons
<b>10 October</b>	World Mental Health Day
<b>TBC</b>	This Girl Can Week
<b>13-19 October</b>	National Carers Week
<b>31 October</b>	Halloween & Diwali
<b>11-17 November</b>	National Recycling Week
<b>11 November</b>	Remembrance Day
<b>16 November</b>	Social Inclusion Week
<b>19 November</b>	International Men's Day
<b>25 November</b>	16 Days of Activism
<b>5 December</b>	International Volunteer Day
<b>10 December</b>	Human Rights Day

### Some of our..... UPCOMING EVENTS

<b>12 September</b>	"Bring Your Bills" Day
<b>17 September</b>	Self-Care September
<b>25 September</b>	Footy Day Lunch and Games
<b>12 October</b>	Grow Some Food Workshop
<b>19 October</b>	Composting Workshop
<b>21 November</b>	Diabetes Victoria Education Workshop

### 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!



### WORD OF THE SEASON

**Renascent**  
[ri-nas-uhnt]

*being reborn; springing again into  
being or vigor*



## 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**



*Youthies on a Tuesday afternoon*

### 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.



Peninsula  
Community  
Legal Centre

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



# 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."



## 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!





### Do you want to continue getting our newsletter?

### Or are you wondering who/what on earth Frankston North Community Centre is?

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](mailto: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

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

**After Hours:** As per hire arrangements

