



### Team FNCC



### Hello there and welcome to winter at FNCC!

The arrival of short, chilly, grey days means slowing down and hibernating for most. But for FNCC things are ramping up, including our staff numbers - meet Voelcker on page 2!

As well as staff, many new programs/courses have started in the last month, and there have been lots of new faces at the Centre. It still surprises us how many locals are making their way in to see us for the first time - and we are thrilled to see them coming back regularly.

Along with new cooking, computer, gardening and in-home support short courses, and new yoga, chair exercise and intergenerational programs, we've reinvigorated our training cafe to be just that - a safe training space. This means our Wed lunches are back. Add this to our Monday morning tea, Chatty Cafe Tuesday and our Navigating Work Skills students running the kiosk on Thursday mornings during their course - and our kitchen vols are pumping! It's also a great spot to sit and warm up while at the same time, supporting those busy being trained.

And lastly, - a **HUGE** thank you to all those who have responded to our consultation survey, stopped to chat with us, dropped in their forms or help spread the word. It is so important for us to hear from you. We will now pull together all your feedback and develop a three-year plan for the Centre. We will let you know the results as soon as we can, but in the meantime, we will be trialing some of the suggestions you've made during our catch-up sessions, including "Find Out Friday" music, info and dance sessions, Winter Workshops and more. We can't wait!

*Ali - FNCC Coordinator*

### WORD OF THE SEASON

**APRICITY**

*Latin*

"The warmth of the sun in Winter"



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

- 29 June** No Waste Cooking Workshop
- 01 July** Frankston Youth Service School Holiday Program: Craft and High Tea
- 13 July** Food Scraps to Soil (Composting) Workshop
- 4 - 12 July** Building Maintenance  
(FNCC will be closed from 8 - 12 July)
- 26 July** Find out Friday (Community Bus Trip)
- 20 - 21 July** Building Periodical Cleaning  
(FNCC will be closed from 20 - 21 July)
- 23 August** Find out Friday (Community Bus Trip)

### DAYS OF SIGNIFICANCE

- 5 June** WORLD ENVIRONMENT DAY
- 10 June** MENS HEALTH WEEK
- 15 June** ELDER ABUSE AWARENESS DAY
- 20 June** WORLD REFUGEE DAY
- 4 July** NAIDOC WEEK
- 5 August** LONELINESS AWARENESS WEEK
- 12 August** INTERNATIONAL YOUTH DAY
- 19 August** WORLD HUMANITARIAN DAY
- 19 August** NATIONAL SKILLS WEEK
- 30 August** WEAR IT PURPLE DAY



## CENTRE NEWS AND UPDATES

### First things first: **Welcome, Voelcker!**

Voelcker (*pronounced "Volk-a"*) is FNCC's new Community Development Officer. What does this mean? It means we now have a full team, and you get to have more fun! Yay! Voelcker has wasted no time leaping into action with all the work that helps our community thrive.

His first project was kicking off Neighbourhood House Week 2024! This year's theme was **Stronger Together** - so the week was spent celebrating our community members and their contributions to Frankston North by starting up the oven for Wednesday lunch service with our brand-new team of volunteers, and by spending some time with all of you getting feedback on how we can make the Centre the best place it can be!

We held a ripper sausage sizzle in the hall while asking visitors about their knowledge, skills, and what they'd like to learn more about. This is going to inform the future of the Centre, so keep an eye out for "Find Out Fridays"!



We're also welcoming back some old favourites, such as the Intergen program, as well as introducing some new ACFE programs - so if you're interested in learning about computers or gardening out the back - come and chat to us! We'll start chipping away at our consultation outcomes, too, and can't wait to show you how everything you've told us is going to drive our work here! Keep your eyes peeled!



**STRONGER  
Together!**

## SPOTLIGHT ON SERVICES AT FNCC

### Australian Breastfeeding Association (ABA)

As Australia's leading authority on breastfeeding, ABA supports, educates and advocates for a breastfeeding inclusive society. ABA meets fortnightly at the FNCC - just call **9791 4644** to book in.



### HIPPY Age 3 Program

HIPPY is a free home-based program that supports families to strengthen children's confidence and knowledge. HIPPY supports families create an environment at home that encourages a love for learning.

For more information, call **0491 696 327** or email [Vicki.Blond@bsl.org.au](mailto:Vicki.Blond@bsl.org.au).







# SPOTLIGHT on PEOPLE

Get to know those in the building who make this place  
so special.



Have you ever wondered why your hedgehog slice tastes so good? Why there's always a bit of extra love in your lasagna? Who is behind the delicious recipes and ideas every week?

## Meet Lisa!

Lisa joined us in 2022 to volunteer in the community kitchen. "I grew up in Frankston North, and that's why I chose to come back and volunteer. I love it here."

Since joining us, Lisa has grown from kitchen volunteer to lead mentor, when we noticed how naturally she supported her fellow volunteers in the kitchen.

"It's done me so much good being here, it's such a happy place. All the volunteers I have worked with have bought me so much joy, it's just beautiful".

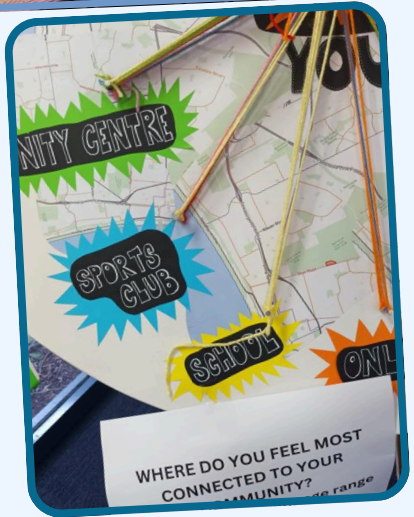
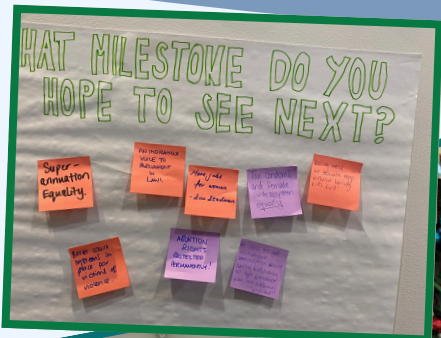
Lisa spends Mondays and Wednesdays at the Centre, cooking amazing food and working hard to support our lunch volunteers learn new skills to help get started on their employment journey.



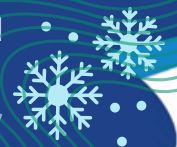


FRANKSTON NORTH  
COMMUNITY CENTRE

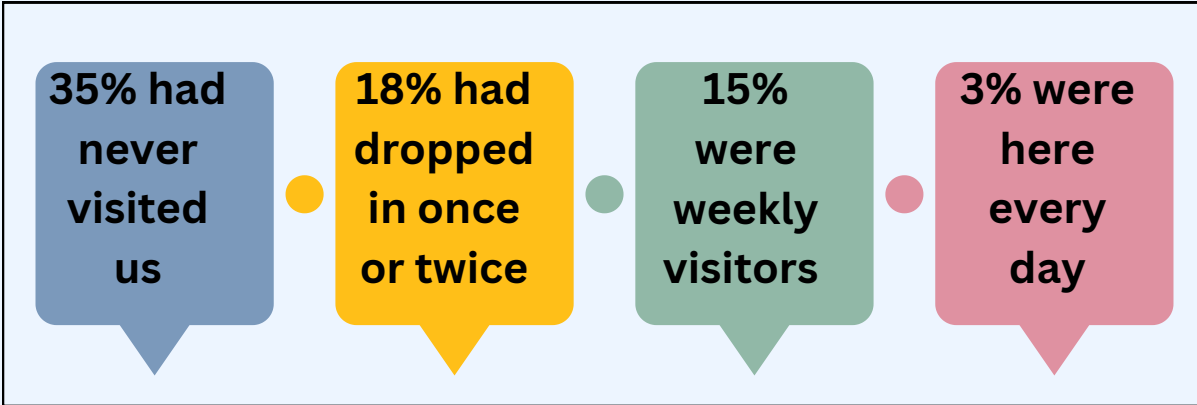
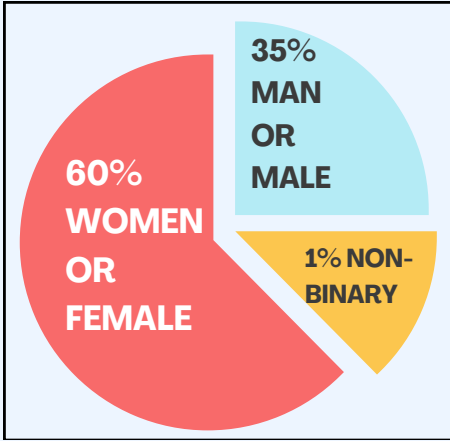
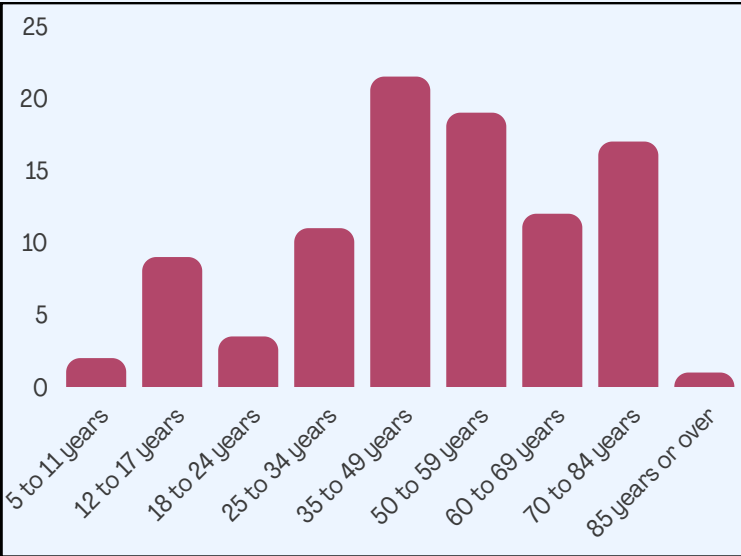
CHECKING  
IN (with you) &  
TUNING UP  
(what we do)







Who did we chat to?





Are you a garden lover?

Do you like talking about them, being in them, learning about them?

Then why not join our new **Garden Club**?

Register your interest so we can kick start our new garden club!

We know that being connected to nature can often make us feel better - so we thought we would start a weekly drop-in session for anyone interested in any aspect of gardening.

In this pilot program we'll find out from you exactly what you might be keen to do, learn, see and chat about - and then progress from there!

We will also be working with our fabulous Melbourne University students on measuring what difference gardens might make to your health.

Let us know if you'd like to be involved in this part of the program too!



#### Dates:

Friday 19th July - 16th August 2024  
10am - 1pm

#### Location

Annexe and Garden  
Frankston North Community Centre,  
26 Mahogany Avenue, Frankston  
North VIC 3199

#### Other stuff:

No cost, includes hot drinks, gloves.  
Please wear sensible & warm attire  
for those wanting to work in garden.

Contact us at Frankston North  
Community Centre to find out  
more or register!



8773 9545



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

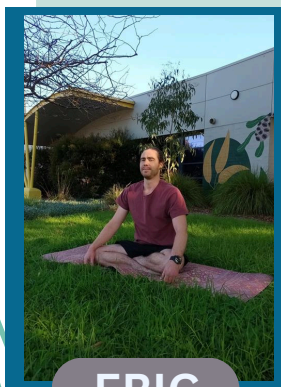
26 Mahogany Ave,  
Frankston North





## GET MOVING AT FNCC

### Gentle Yoga



ERIC

Join our exciting new yoga class run by Eric, our amazing new volunteer. Designed to be extra gentle, take your first step into the yoga world with this mindful beginner yoga session.

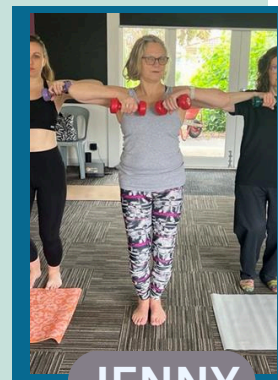
**Coming soon: register your interest at 8773 9545**



### Stretch and Balance

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

**Tuesdays  
9.30am - 10.15am  
\$7.00**



JENNY

## FRANKSTON NORTH NEWS

### Food Scraps to Soil Composting Workshop

This workshop has been postponed due to illness - but we'll have a new date soon! We still have a few spots left for this FREE composting class! Learn how to transform food scraps and garden waste into rich, fertile compost!

This will be scheduled for a **Saturday in the coming months | FREE**  
Call on 8773 9545 to register interest and we will keep you up to date!

### And on the topic of gardening...

Things are ramping up in our garden, with Learn Local courses, a new Garden Club and our Sustainability Team supporting with us with one-off workshops. They also organise compost supplies for us and our Community Garden network friends, recycled from our green waste bins by "Repurpose It". Let's get green!



### Recycle your cans!

You can get paid for your empty cans! The government is giving 10 cents for every eligible can (look for the 10c mark on the drink near the barcode). You can drop them off locally at:

- Pines Forest Post Office Frankston North  
44 Mahogany Ave, Frankston North, VIC 3200

## TRIVIA

### What job do most Frankston Northians do?

- a) Education and training
- b) Construction
- c) Health Care and Socials Services
- d) Manufacturing

**Know the answer?**  
Subscribe to our newsletter, tell us the answer - and win a free hot drink!



# ACFE TERM 3

## Did you know that we are a registered Learn Local provider?

*What does that mean for you?*

It means that you can find government endorsed short courses right here in your local community! Whether you're exploring a new career path or want to refresh your skills, our courses offer flexibility and real-world experience.

**Why not take this first safe step into new opportunities, in a supportive small class setting while building your skills and confidence?**

We are always happy to hear from you to answer any questions and discuss eligibility.

### Navigating Work Skills

Build hospitality skills and work experience to help pave the way to employment. This course covers cooking, coffee-making and customer service with paying customers - as well as building confidence, time-management and workplace rights.

**Food Handlers Certificate provided!**

**\$35 Full Fee | \$25 Concession | 20th August - 12th September | Tuesdays & Thursdays 9.30am-1.30pm**

### Intro to In-Home Support

This short course gives you a taste of the skills and context required to be employed to support someone in their own home. Designed by professionals working within the in-demand community health sector, these modules are delivered in a small class setting and teach both theoretical and practical skills required.

**\$40 Full Fee | \$30 Concession | 9th October - 11th December | Fridays 9.30am-1.00pm**

### Cook and Create

**SELLING OUT FAST**

Make delicious meals from scratch with ingredients fresh from our community garden. With the help of an experienced facilitator, build knowledge in meal planning, healthy eating and food safety and enjoy a group meal each week.

**\$30 Full Fee | \$20 Concession | 23rd August - 20th September | Fridays 11.00am - 2.00pm**

**Note: Term 3 is fully booked. Enrolments are now open for Term 4 (8th November - 6th December)**

### Computer Skills

Whether you're updating your Microsoft Office skills or starting out. Whether you are interested in finding out what this digital "Cloud" is - who isn't?!

Why not take this first safe step in a supportive small class setting while building your skills and confidence with computers? Digital Skills: Microsoft Office or "In the Cloud".

Lots of options to take up these 15-hour digital skills courses.

**Come and chat to us for more information on times and dates!**

**\$25 Full Fee | \$15 Concession**





## ROOM HIRE

As a part of our purpose to engage, empower and strengthen the local community, we offer room hire at the Centre for programs and events that respond to community needs.

We welcome hirers that:

- provide value and benefit to the Frankston North community
- align with Frankston City Council's Community Vision, Council Plan and Health and Wellbeing Plan

Applications for hiring a space are assessed against the following priority list:

1

**FNCC program:** delivered by FNCC staff and/or FNCC facilitators.

2

**Partner program:** identified as a community need by FNCC, but delivered under an agreement with a third party.

3

**Community group hire:** Grassroots groups - incorporated organisations as per Consumer Affairs Vic definition.

4

**Commercial/funded NFP hire:** for-profit business as defined by the ATO, private use or agencies funded to deliver programs.

"Request to Hire" application forms can be found on our [website](#), or please call us to have a chat / pick up a hard copy. *Please note:* applications may take up to five (5) business days to assess.

### Hourly Rates

Room	Community Group	Commercial & Funded NFP
Jack Verity Hall	\$37	\$44
Half day (<4 hours) Flat Rate	\$70	\$113
Full day (>4 hours) Flat Rate	\$97	\$171
Annex	\$27	\$33
Annex with Kitchen	\$32	\$47
Meeting Room 1	\$32	\$38
Meeting Room 2	\$32	\$38
Computer Room	\$32	\$38
MISH Board Room	\$16	\$25
MISH Small Meeting	\$14	\$22
MISH Large Meeting	\$14	\$22
Children's Room	\$27	\$33



## Your vision for Frankston City

Alongside FNCC's "Check In & Tune Up" engagement, Council has also been asking all residents to help shape the future of Frankston City by providing feedback to create a new Council Plan and to review your "Community Vision". Consultation has now closed.

Having a sneak peek at the early results, we are pleased to say that the number of responses from Frankston North residents exceeded the participation target. Yay! It was also great to see that there were 286 people who mentioned community centres!

The representative Community Panel will now spend some time reviewing and deliberating on the survey results, and draft plans will be published for your comment next year - watch this space.

## And a couple more services



Victoria Legal Aid

### VICTORIA LEGAL AID

Here to help you get some support in criminal law, family law and civil law. Call **9784 5222** for the Frankston office.



Frankston  
City Libraries

### LIFELONG LEARNING AT THE LIBRARY

Frankston Libraries offer a dynamic and enriching experience for adults of all ages and backgrounds.

Whether you're looking to develop new skills, explore a passion, or simply broaden your horizons, our expert-led workshops are designed to inspire and empower you.

Looking for something new to learn about? Call **9784 1020** for more information.



**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.

Name	Age	Gender
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Phone Number	Email	
<input type="text"/>	<input type="text"/>	
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Preferred form of delivery (please tick)		
<input type="checkbox"/> Email	<input type="checkbox"/> Postal drop	
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