

Ali's update:

Brrrr.... and just like "THAT", it is wonderful winter season!

For us, this means watching seasonal changes in our garden, making lots of soups and hot chocolates, and the introduction of some new programs to help keep the winter blues away.

After listening to you over the last year and during May's Neighbourhood House Week Pop-Up event, we know that many of you have said that the things that are most important to you are getting involved in activities that make you feel better and to meet new people.

That's why we have sessions like art, music, yoga and dance starting, and are also planning some workshops to help people better understand services and supports that are available. Please check in to see when these are all starting - should be lots of fun.

Speaking of fun..... we were lucky enough to be able to recognise and celebrate all our volunteers during National Volunteer Week. As always, we are super proud and grateful to have such an energetic and committed bunch of locals who want to be involved. Thank you.



FNCC volunteers & staff celebrating with Mayor, Cr Bolam and Cr Butler

Word Of The Season: "Psithurism"

Pronounced "sith-err-iz-um", it describes the sound of wind rustling through leaves and branches.

The word comes from the Greek word 'psithuros', which means whispering.



Our wonderful "Winter Warmer" Lunch Service Volunteers!

COMING UP...

- | | |
|------------------|---|
| 5 June | Diabetes Education Workshops
Contact: 1800 637 700 |
| 30 August | Youth Services - Open Mic Night
Contact: 9768 1366 |

Chat to us for further information.

DAYS OF SIGNIFICANCE

- | | |
|---------------------|---------------------------|
| 5 June | WORLD ENVIRONMENT DAY |
| 9-15 June | MENS HEALTH WEEK |
| 15 June | ELDER ABUSE AWARENESS DAY |
| 20 June | WORLD REFUGEE DAY |
| 6-13 July | NAIDOC WEEK |
| 4-10 August | LONELINESS AWARENESS WEEK |
| 12 August | INTERNATIONAL YOUTH DAY |
| 19 August | WORLD HUMANITARIAN DAY |
| 25-31 August | NATIONAL SKILLS WEEK |
| 29 August | WEAR IT PURPLE DAY |

What's On at the Centre

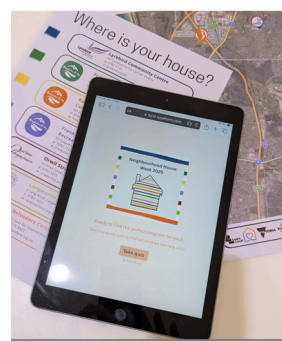
We've been spending a ton of time chatting with the community - usually manning a sausage sizzle. You may have seen us down at Bayside Shopping Centre in May during **Neighbourhood House Week**. We spent time with our fellow Frankston area Houses and Centre's promoting all that we do - but more of that on page 4 and 5.

Lunch Service is back with a bang. We've got two amazing new volunteers, Maddie and Breda, learning the ropes of hospitality. Together with Lisa, Susan and Emma, they have been preparing and serving soups, mains, desserts and barista-made drinks to about fifty people per week - Wednesdays are certainly buzzing.

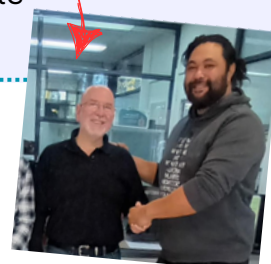
Buzzing too are our brand-new classes getting the community moving.

We've partnered with Reclink to deliver **Yoga and Movement to Music**. Yoga extraordinaire Kylie has been delivering a combinational of gentle movement, grounding techniques and relaxation. We're also now home to FocusLife's **Saturday Night Fever!** This inclusive dance party has been boogying down for the past few weeks - and is now opening up to community members.

Come and chat to us if you'd like to find out more on either of these programs.



Last, but certainly not least, we also say a big farewell to **Paolo**, who has been supporting community build skills and create job networks through Chisholm. Thanks for all the excellent work, Paolo. And we give a big Frankston North welcome to **Giorgio** who will be taking over this role every Monday.





FNCC SPOTLIGHT

Get to know the people who make this place special

This season, we're shining a spotlight on one of our long-standing and much-loved volunteers Shannen.

Shannen has been part of the Frankston North Community Centre since mid-2021, contributing her time and energy for over four years. She first joined to build her hospitality skills and has since become a valued support for our playgroup, helping with the centre and bringing her calm and positive energy to everything she does.

When asked what she enjoys most about volunteering, Shannen says it's all about "helping out kids and organising." Her passion for being busy and supporting others is clear, and it's this drive that makes her such an asset to the Centre.

Outside of her volunteer work, Shannen's talents truly shine. She loves singing, dancing, acting, and all things performance, especially when it means entertaining others. Whether she's playing the guitar or doing a bit of air drumming, Shannen's creativity knows no bounds.

We're lucky to have Shannen as part of our team, her joy, dedication, and talent help make FNCC a brighter place for everyone.



A Follow-Up from the Frontline (Front Desk)

Last time we mentioned some exciting changes coming to the front desk – and guess what? Our new sign-in system is live, and it's already helping us understand how our community uses the Centre which is super important for planning, reporting, and making sure we're meeting your needs.

So, what have we discovered so far?

🚻 Top stop? The toilet! It seems 123 of you dropped by for a quick pit stop making it our most popular reason for visiting (hey, when you gotta go).

🍰 Café visits were buzzing with 69 caffeine and snack seekers, and 47 of you came in just to hang out and socialise (we love that!).

🌟 We're also thrilled to report that 241 of you were return visitors – we must be doing something right! But a special shout-out to the 39 newcomers – welcome to the family!

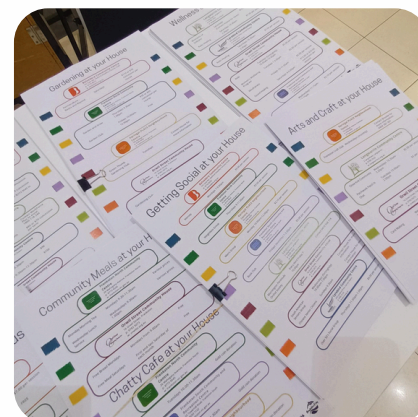
👤 ♀ 👤 ♂ Our visitors are mostly women (182), followed by men (87), and we warmly welcomed several non-binary and gender-diverse folks too.

Whether you came for coffee, connection, or just a quick loo break – we're so glad you stopped by. Keep an eye out for more updates, and thank you for being part of our vibrant community!

Neighbourhood House Week 2025



Every May, Neighbourhood House Week celebrates what we're all about -
connection and community!



We got to celebrate this year by teaming up with the Centre's in the Frankston municipality and hosting a stall at Bayside Shopping Centre. This was extra special, as we very rarely get to hang out with all the amazing staff who run Neighbourhood Houses and Community Centres.





We spent the week working together to spread the word about Neighbourhood Houses and Centre's NEAR YOU! We made a little quiz to help people figure out what program would be perfect for them in their area. We also showcased our incredible volunteers, and all the hardworking House and Centre staff around Frankston.



It was so exciting to be able to chat to people who didn't know what we were about - and we got some amazing feedback from the community on what they'd like to see in our spaces.

A big thanks to Bayside Shopping Centre and all the Neighbourhood Houses and Community Centre teams for being a part of this awesome event!

Prize Winner

Congratulations to Ramone - the lucky duck who won the \$200 Bayside Shopping Centre Gift Voucher prize after they provided us with some excellent feedback and entered the draw!

While spending it up in Bayside seems like a pretty good prize - everyone's amazing feedback is the biggest prize for us!



Frankston North Community Centre Quarterly Newsletter

WINTER EDITION



Frankston North News

Get Creative this term at Frankston North Community Centre!

Unleash your inner artist with **Fibre Art** and **Nature Art** classes – no experience needed! Looking to try something new, fun, and hands-on? Whether you're a beginner or a lifelong maker, the Frankston North Community Centre is buzzing with creative energy this term thanks to two exciting programs led by our talented tutor Angela.

Fibre Art – Tuesdays, 12.30pm to 2.30pm

Dive into the world of textiles with our **Fibre Art** sessions! Each week, Angela will guide you through a vibrant mix of sewing, threading, weaving, quilting, knitting and more. Explore how different fabrics and fibres can be transformed into stunning objects and artworks. From soft textures to bold patterns, this is a tactile experience where no two pieces are ever the same. All materials are provided – just bring your curiosity and creative spark.

Nature Art – Thursdays, 12.30pm to 2.30pm

Step into the world of natural beauty and express yourself through art inspired by the outdoors. In Nature Art, Angela will help you explore materials like air-dried clay, found objects, paper, and mosaic tiles to craft unique, earthy creations. These sessions are perfect for anyone who loves getting their hands dirty while making something beautiful. No experience required – just a willingness to play and experiment.

These welcoming and relaxed classes are a great way to meet new people, learn something new, and enjoy the simple joy of making. Drop in, pay per session, and let your imagination run wild.

Cost: Pay as you go – only \$12 per 2-hour session.

Maximum of 10 per class. Contact us to pop your name on the list!



Courtyard Makeover and Winner!

The centre is undergoing a makeover, with the courtyard at the rear of the kitchen set for a much-needed revitalisation. Our Parks Team have made a start by trimming the lilypilly hedge to improve sunlight and access, making the space more usable. This reinvigoration is being supported by our **Wild Bunch Garden Club**, who will be collaborating and assisting us during the planning stages. Watch this space!

In other garden news, the Victoria in Bloom Awards celebrate the efforts of gardening enthusiasts in public and community housing, recognising the work renters put into creating beautiful, sustainable spaces.

Congratulations to local resident and **Wild Bunch Garden Club** participant **Kylie** for receiving a highly commended award, and to her fellow participants who have supported each other to develop skills in our community gardens. Kylie said, "The Wild Bunch helped me have the confidence to enter the garden competition... My favourite day of the week is Friday when we meet. We have fun and laughter, enjoying the centre's garden together."



TRIVIA

Who are the
Traditional
Custodians of the
land Frankston
City is located
upon?

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



Biscuit Barrel Recipe

Our awesome community have been popping recipes in our 'biscuit barrel' for our Monday Morning Tea volunteers to whip up. Here's one below to make at home.

Caramel Biscuit Fingers By Pauline

Makes	Prep Time	Cook Time
4-6 serves	40 minutes	20 minutes



Ingredients

- 125 grams butter
- 2.5 cups brown sugar
- 1 egg
- 1 cup self-raising flower
- $\frac{2}{3}$ cup chopped dates
- 3.4 cup walnuts
- 1 tsp vanilla essence

Method

1. Heat oven at 160 degrees
2. Melt butter and sugar, stir until dissolves
3. Take off heat and add the egg, vanilla, flour, dates, nuts and salt
4. Put into greased tin
5. Bake for 20 minutes in a moderate oven
6. Rest until cool
7. Cut into fingers



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