



Well hello Autumn!

We were so busy rounding out 2023 with key events like the "Check In & Tune Up" Open Day, and the end of year High Tea celebration that we didn't produce a summer newsletter - and we think you were all too busy having fun with us to even notice!

Over the quiet summer period we spent some time reflecting on everything we learnt in 2023 and began planning for a fantastic 2024. We also said farewell to long time staff member Dani who decided the time was right to take up a new challenge. We all miss her and her passion but are really looking forward to being able to introduce you to a new face once recruitment is finalised. I am sure you'll give whoever the lucky person is a big FN welcome.



Until then, Jamie, Keely and I are working on a plan to get out and about between March and May to chat to those in FN that haven't yet spoken to us or visited. We want to let them know what you've already told us is important to you and see if they agree. We want to find out if there is anything missing so that we can make sure what we offer here is spot on. Very exciting. Watch our socials or pop in to find out how you can be involved.

In the meantime, this newsletter has information about great new programs and activities - including our Local Women's Week activities - enjoy browsing and please spread the word to others you think would benefit.

Ali - FNCC Coordinator

DAYS OF SIGNIFICANCE

| | |
|----------|---------------------------|
| 3 March | CLEAN UP AUSTRALIA DAY |
| 8 March | INTERNATIONAL WOMEN'S DAY |
| 11 March | LABOUR DAY* |
| 18 March | CULTURAL DIVERSITY WEEK |
| 21 March | HARMONY DAY |
| 29 March | GOOD FRIDAY* |
| 31 March | NEIGHBOUR DAY |
| 31 March | TRANSGENDER DAY |
| 1 April | EASTER MONDAY* |
| 2 April | AUTISM AWARENESS DAY |
| 7 April | WORLD HEALTH DAY |
| 25 April | ANZAC DAY* |
| 13 May | NEIGHBOURHOOD HOUSE WEEK |
| 17 May | IDAHOBIT |
| 20 May | VOLUNTEER WEEK |
| 26 May | SORRY DAY |
| 27 May | RECONCILIATION WEEK |

Some of our ... UPCOMING EVENTS

3 - 8 March *local* INTERNATIONAL WOMEN'S DAY *Week*



- WOODWORKING WORKSHOP
- ART SESSIONS
- BARELY BOXING EXERCISE
- AUTHOR TALK (and dress ups)
- SOUND HEALING

15 March BUSINESS MENTORING SESSIONS

21 March HARMONY DAY

31 March to 31 May FNCC COMMUNITY CONSULTATION - see page 5 for details.

3 May GROW SOME FOOD sustainable gardening workshop

WORD OF THE SEASON

kaizen - ("Kay-zen")
Japanese for "change
for the better"



CENTRE NEWS AND UPDATES

WEDNESDAY LUNCH

Wednesday lunch service is back at the end of March!

While lunches were on pause over the break, we thought about how best to provide delicious and low-cost meals while also supporting community members to get the employment skills they need.

While lunch will stay the same - the chefs will be a little different. Our amazing lead volunteers will be mentoring trainees every Wednesday to get their hospitality skills up to scratch and help them on their employment journey!

Keep your eye out for the opening date, and then join us on Wednesdays from 12.00pm for a delicious three-course meal (with our brand-new oven!) - and watch as our new trainees become kitchen and barista extraordinaires.



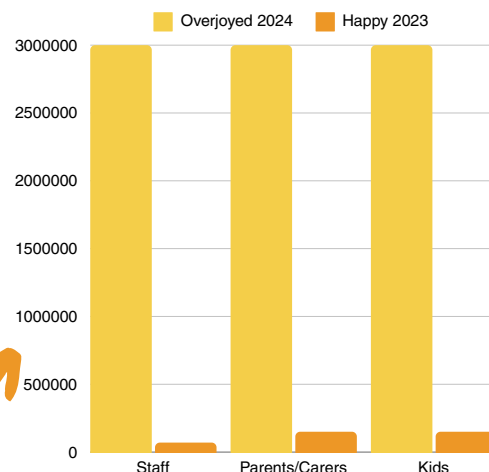
HAPPY FAMILIES

**PLAYGROUND UPGRADE IS A HIT -
and we have undeniable proof!**



Our playground continues to shine as the garden becomes established after surviving the summer heat and floods!

We know that last year's long-awaited upgrade has been a hit - because we asked! The response from one of our champs was that "it's 3 million-bazzillion times better than before" ... and it seems like the grown-ups all agree. You are welcome to pop down and see why!



SPOTLIGHT ON SERVICES AT FNCC

Legal Advice

[Peninsula Community Legal Centre \(PCLC\)](#) are back every 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. Book yourself in by calling 9783 3600.



Supported Playgroup Sessions

Did you know Council-run and funded Supported Playgroup sessions are [now happening here](#)? Emma leads the playgroup every Monday from 9.30am - 11:30am and you and your little one can have fun in a safe and friendly place while receiving some parenting tips and support! Call 9293 7156 for more info or to register.



SPOTLIGHT on PEOPLE

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

Meet marvellous Michelle

If you attend our Chatty Cafe on Tuesday mornings - you may recognise Michelle. But did you know she is one of our amazing volunteers helping the Centre bring people together in Frankston North?

Michelle joined us in 2023 to lead the program with games, questions and fun conversation over a free hot drink (chai latte extra hot is her drink of choice).

“I always try to make it as welcoming as I can so people want to come back,” Michelle said of her role, “and my favourite part is all the interesting people I’ve met over the last year”.





you've told us what you think - so what's next?

You may have been wondering why we spent so much time toward the end of 2023 asking you so many questions about the Centre! Well - as a part of Frankston City Council we make sure we're always asking the community for feedback and making sure we're engaged with you - the brains of the operation!

We've learnt a lot about our everyday visitor's views of personal wellbeing, health goals and what would make the Centre the best place to be. So, our next step is to go outside the building and ask the wider community if they agree.

From March to May you'll be seeing us on the streets to make sure we haven't missed anything as a part of our ultimate goal to make the Centre an inviting, safe and engaging place for **all**.

We'll be chatting in person and online - so if you missed out, or are wanting to give us more feedback, keep an eye out to see what we're up to!

FRANKSTON NORTH NEWS

Mahogany Avenue is getting an upgrade!

The design briefs are underway...not long now!
Mahogany Avenue is a big priority in Frankston Council's Local Shopping Strip Action Plan. That means more lighting, more greenery, and more active transport! Keep an eye out for the exciting changes around the strip!

The Eric Bell Reserve Pavillion is also reaching completion! Council has been working since 2022 to redevelop the space - making room for more opportunities for women and girls, more community spaces, and some beautiful landscaping!

Less than a month until we see the Pines Pool go into winter hibernation!

You may have seen our local pool be celebrated for being the cheapest public pool in Melbourne. With its social spaces, non-stop activities and big water slide - we also want to celebrate the Pines Pool for being such an integral part of the Frankston North community. If you're still feeling the heat - [pop down to the pool](#) until March 31st for \$5.00 or less!



TRIVIA

The Hall at FNCC is named after which Frankstonite?

- a) Elisabeth Murdoch
- b) Frank Stone
- c) Jack Verity
- d) Robert Harvey

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

NEW COURSES IN 2024

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?

Garden and Grow

Using our community garden as a classroom, fine tune your numeracy through learning about planning, planting, harvesting seasonal food, budgeting and recipes.

Terms 2, 3 and 4
Thurs 10.00am-1.00pm
\$35 for 10 weeks - \$20 concession

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!**

Terms 2, 3 and 4
Tues and Thurs 9.30am - 1.30pm
\$35 for 4 weeks - \$25 concession

Cook and Create

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.

Terms 2, 3 and 4
Fridays 9.30am - 2.30pm
\$30 for 5 weeks - \$20 concession

Intro to 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.

Terms 2, 3 and 4
3.5 hours per week x 10 weeks
\$40.00 for 10 weeks - \$30 concession

Computer Courses

Do you have the basics down and are looking to further your knowledge? Or just want a refresher in some digital skills? We're offering 3 different computer courses this year - offered in 5 x weekly 2 hour sessions, or 2 x 5 hour sessions.

Microsoft Office: Word, Excel, Powerpoint and more
In the Cloud: How is digital information stored and used?
Business Basics: marketing, financial basics, and business planning all on your computer!

Contact us for more info!



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 facility use responsive 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 | Hourly Rates | |
|-------------------------------|--------------|------------|
| | Community | Commercial |
| Jack Verity Hall | \$35 | \$42 |
| Half day (>4 hours) Flat Rate | \$67 | \$108 |
| Full day (>4 hours) Flat Rate | \$93 | \$165 |
| Annex | \$26 | \$31 |
| Annex with Kitchen | \$31 | \$44 |
| Meeting Room 1 | \$31 | \$36 |
| Meeting Room 2 | \$31 | \$36 |
| Computer Room | \$31 | \$36 |
| MISH Board Room | \$15 | \$24 |
| MISH Small Meeting Room | \$13 | \$21 |
| MISH Large Meeting Room | \$13 | \$21 |
| Children's Room | \$26 | \$31 |

EXERCISE

DO YOU WANT TO GET PHYSICAL BUT.....
Nervous about starting? Don't own any lycra?
Find gyms a bit scary?

Then Jenny has you covered on **Tone-Up Tuesdays** with these fun and effective sessions for those wishing to start, and those who want to maintain their fitness. You've nothing to lose with small, capped class numbers, easy local access, and our cafe is a great spot for a well-deserved warm down session!

"Barely Boxing" - 9:30am, 45 mins

Beginners glove and step work to get your heart started for the day. Giggling encouraged!



"Stretch & Balance" - 10:30am, 45 mins

Take it down a notch with a session which aims to increase movement and flexibility. Bring your own yoga mat - or use ours.

"Still Moving" - 11:30am, 30 mins

Chair-based exercise to music, focusing on small muscle groups. Suitable for people with limited mobility as well as those who may wish to get on their feet or just love music. A stress-free way to start your fitness journey!



There is no cost for your first session - just so that you can make sure it's right for you.

SUPPORT SERVICES

JUSTICE OF THE PEACE

Need some legal documents witnessed?

Norma is our friendly Justice of the Peace who can help you with this at the Centre. Give her a call on **0417 513 699** to book a time.

COMMUNITY DENTAL SERVICE

Peninsula Health's Community Dental Program provides dental services at Seaford's Healthy Futures Hub. Appointments can be made by calling **9784 8184**.



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 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 |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Phone Number | Email | |
| <input type="text"/> | <input type="text"/> | |
| Address | | |
| <input type="text"/> | | |
| Preferred form of delivery (please tick) | | |
| <input type="checkbox"/> Email | <input type="checkbox"/> Postal drop | |
| Are you interested in receiving news on any of the following outside of our quarterly newsletter? | | |
| <input type="checkbox"/> Programs | <input type="checkbox"/> Events | <input type="checkbox"/> Information sessions |
| | | <input type="checkbox"/> Community consultations |

To **unsubscribe** email fncc@frankston.vic.gov.au, call us on 8773 9545 or let us know in person.

Frankston City Council collects personal information from subscribers to manage the distribution of e-newsletters. Council engages specialist service providers to manage subscriber data. You can unsubscribe from our mailing lists at any time. Your contact details will not be used or disclosed for other purposes except with your consent or as authorised by law. For more information, see Council's privacy policy at www.frankston.vic.gov.au.