



TERM 1

29th January - 28th March 2024



OFFICE HOURS Monday to Friday 9.00am - 3.00pm
16 Orwil Street, Frankston, VIC 3199 Phone: 03 9783 5073
Email: info@orwilst.org.au Website: www.orwilst.org.au
Reg. A0004583 ABN 27 480 740 168

We gratefully acknowledge financial support and our partnerships with the Victoria State Government, Frankston City Council and the Suburban Revitalisation Board to deliver programs in our community.

Please check in on arrival, and remember to physical distance.
IF YOU DO NOT FEEL WELL PLEASE DO NOT ATTEND THE HOUSE.



Jobs, Skills,
Industry
and Regions



WELCOME TO ORWIL STREET

Hi, thanks for dropping in... 

FREE LIBRARY Available everyday In the house and on the street - come and take a look, take a book or leave one for someone else

All participants are asked to become a **“Friend of the House”** by paying a once-yearly contribution of \$5 the first time they attend a class or use a service at the Community House each year. This is Non refundable and helps with paying for the running costs of the house.

OSCH offers a range of low cost activities for people of all ages. We offer Information, Referrals, Support, Qualified Low Cost Counselling, Friendship, Volunteering and Student placements, Playgroups, Self-Help Groups. Venue Hire for meetings/classes, Photocopying, laminating, free Wi-Fi and computer access at reasonable rates.

We try to keep our fees and charges low and flexible. We do prefer that participants book and pay online in advance of all classes. Invoiced participants will be charged an administration fee.

We want our programs to be accessible for everyone, so please speak to the Manager Karen, if costs are a problem for you.

SPONSORSHIP AND DONATIONS

Every little bit helps and if you are able to give a little something towards the running of the house, we will gratefully accept donations. Or why not sponsor a place in a program for another member of the community who might have difficulty paying? If you would like to talk more about how you could contribute, please speak to Karen.

About our Programs and Activities

ENROLMENTS

Enrolments can be made preferably online or by phone but you must secure your booking with a payment. Fees must be paid in full before the course commences.

HOW PROGRAMS ARE RUN?

Some classes will only commence subject to minimum numbers. Times, days or costs may vary from printed details. To avoid inconvenience to you, please check the website and phone the House before attending.

CANCELLATIONS

*If a program is cancelled, your payment is refunded in full or it can be transferred to another class. **If you cancel your booking, less than 48 hours before the class we are unable to refund your payment.***

OUR FACILITATORS

Are a mix of passionate, skilled Volunteers and experienced tutors offering friendly, well-prepared classes and workshops. We also love to hear from new tutors who want to spread their wings and share their skills. New people and ideas are always welcome.

NEED TO SEE A COUNSELLOR? Our Counselling services are offered at a reduced fee by accredited and experienced counsellors. Please refer to the Counselling brochure for more details.

DO YOU HAVE AN IDEA FOR A PROGRAM? Let us know!

The house welcomes feedback about our activities, services and supports. Please feel free to talk to our Manager Karen Vanderkaay if you have any suggestions or feedback.

MONDAY

WALKING TO WELLNESS

Easy and gentle FREE Walking Group. **Starting back on the 5th February Cost: Free 9.30am - 10.30am. Bookings Essential. Facilitator: Kate**

SUPPORTED PLAYGROUP

Supported Playgroups are a safe and friendly place for you and your child to have fun while receiving parenting tips and support. Sessions are run by qualified early years professionals and are free to attend. **10am -12pm Eligibility criteria applies. Please contact Elaine at FCC on 9293 7156**

COOKING ON A BUDGET

Learn how to cook delicious, healthy meals on a budget and take a meal home with you. **Starting back on the 29th of January. Bookings essential. Cost: \$20 per week 10.30am - 12.30pm Facilitator: Erin**



MEN'S PEER MENTORING AND SUPPORT PROGRAM

Meets weekly during school terms at the house. This group will be organising some social activities for participants as well in 2024. **Monday evenings 7pm to 9pm from the 29th of January. Cost: \$5 per week. Facilitated by Pierre. For more information please call Pierre on 0423 449 551 Bookings essential online or call the office 9783 5073.**

TUESDAY

MEDITATION Enjoy an hour just for you! Relax and heal through a "peaceful, visually guided meditation". **Starting back on the 30th of Jan 9.30am - 10.30am. Cost: \$5.00 per session. Bookings Essential**
Facilitator: Karl Two Eagles

REIKI

Reiki is a Japanese word meaning Universal Life Energy. A state of deep relaxation combined with a general feeling of well-being is usually the most noticeable effect of the treatment. **Starting back on the 13th of Feb. 10.45am - 12.45pm. Numbers will be provided on a first come, first served basis from 10.30am. Registration is preferred, but times and places cannot be pre booked. We will prioritise people from time to time. Thank you for understanding. Cost: \$5.00. Bookings Essential**
Facilitated by experienced Volunteers

WOMEN'S WELLBEING PROGRAM

A weekly wellbeing workshop for women. Facilitator Jo will use meditative movement and Trauma Sensitive Yoga to support women experiencing anxiety, depression and social isolation. We are pleased to be partnering with Belvedere Community Centre to deliver this program in 2024. **Starting back on the 30th of Jan. 1.00pm - 3.00pm. Cost: \$5.00 per session. Bookings Essential**
Facilitator: Jo

ALANON FAMILY MEETINGS

Hope and Help for families and friends of Alcoholics. **Meets every Tuesday throughout the year 1pm - 3pm. For more information call 1300 252 666.**

SEWING WITH LOVE

With guidance to discover how you want to express yourself through what you wear and surround yourself with, you'll learn how to create that vision using design, sewing & fitting as the tools. **BYO sewing machine & materials. For ages 14 to adults. Tuesday nights 6 - 8pm, choose from weekly or fortnightly classes. 4 per class. 30th Jan - 26th March 2024, Term fees: 9 x weekly classes \$540 or 5 x fortnightly classes \$300. Booking only confirmed upon payment. Facilitator: Betsy-Sue. Bookings & payments to Betsy-Sue directly phone 0413 044 631**

WEDNESDAY

RAPPELKISTE FRANKSTON German speaking pre-school playgroup that focuses on children aged 1 year and above. We are part of DerDieDas Inc. and our aim is to help the children to keep their German language, background and traditions alive. We sing, play and do arts and craft. Parent/Carer must be present. **Wednesdays 10am - 12pm Cost: \$20.00 for the first child and \$5.00 for siblings (1 year and above). Free trial for new parents. Please email for further information** derdiedasmelbourne@gmail.com

CARD MAKING

Learn how to make cards for special occasions and in the process meet some new people in a friendly and fun environment. Take home some wonderful cards that you have designed and made yourself with Val's support and guidance. **Meets every second Wednesday of the Month. Starting back on the 14th of Feb. 1.00pm - 3.00pm Cost: \$23.00. All materials are supplied. Bookings Essential. Facilitator: Val**

MANDALA WORKSHOPS

Mandala of New Beginnings 21st of February 2024 1pm - 3pm

Mandala of Easter Celebrations 20th March 2024 1pm - 3pm

Mandalas have been used for contemplation and meditation by various cultures over time. **Bookings Essential online or call the office. Cost: \$5 Facilitator: Susan**

NEW - SCHOOL HOLIDAY PLAYGROUP Join Melanie each week during Term breaks on a Wednesday morning from 10am for a special BIG play experience with your child. Using arts, craft and the playground next door, meet other parents and have some fun! **Who should attend? Mums, Dads (of all ages), Grandparents and their children of all ages are welcome. Contact the office for more information. First Sessions 3rd & 10th of April 2024. Cost: \$5**

DERDIEDAS SCHULPRO (SCHOOL PROGRAM) Designed for primary school aged children who understand German or speak it already. Children are taught in small groups of similar German language level. **Wednesday 4:30pm - 6pm Cost: \$35 per child per session plus costs for books. Please email for further information** schulpro.derdiedas@gmail.com

THURSDAY

PATHWAYS FOR CARERS FRANKSTON Offering carers of people with disability, mental illness or elderly people a chance to attend free walking events in Victoria together. **Free morning tea and guest speaker following each monthly walk! First Thursday of the month starting back on the 1st of Feb. Meet on the boardwalk behind Frankston Life saving club for a stroll along the foreshore.**

GARDEN TO PLATE COOKING GROUP

Join Erin at the house to share skills, look after the Orwil Street Gardens and grow some fruit and veggies to cook with! Learn about what to plant when and how to grow a variety of food plants to use in your cooking. **Starting back on the 1st of Feb. 10am - 12pm Cost: \$20 per week. Bookings Essential Facilitator: Erin.**

SOUTH AMERICAN SENIORS GROUP

Meets Monthly on the first Thursday of the month from the 1st of Feb. 10am - 1pm. For more information contact the house.

STEPS TO WHOLENESS (Currently has a waiting list)

A support group to relieve anxiety and depression, offering support, understanding and caring within a safe and non-judgmental environment. **Starting back on the 1st of Feb. 1.00pm - 3.00pm. Cost: \$5.00 a session. Not taking any new members currently. Facilitator: Sandra Wilson holds a BA in Humanities and Social Sciences, Diplomas in Counselling and Family Intake Support.**

YOGA for All Wendy Van Dort an experienced yoga teacher will tailor postures to suit each person's needs. This class is suitable for all adults and everyone is welcome! **Starting back on the 1st of Feb. 4pm - 5pm. Bookings Essential Minimum number of bookings required for this program to run. Cost: \$15 per week. Facilitator: Wendy**

FRIDAY

MINDFULNESS

We will look at how we can use mindfulness to regain life balance and stability. Together we will explore what uplifts and motivates us and what stands in the way. There will be time for meditation, conversations, silence and sharing. **Starting back on the 2nd of Feb. 9.30am - 10.30am. Cost: \$5.00 per class. Bookings Essential. Minimum number of bookings required for this program to run. Facilitator: Shekhar has over 30 years exp.**

WOMEN'S SHED Workshops

Get together with other women and learn to use tools in a fun and supportive environment. **2nd & 9th of Feb.** Make a Photo Frame; **16th & 23rd of Feb.** Make a Peg Board; **1st & 8th of March** Make a Veggie Box and stay for lunch to celebrate International Women's Day on the 8th of March; **15th & 22nd of March** Learn to make a Letter Box. **Starting from the 2nd of Feb. 10am - 12pm. Cost: \$20.00 per workshop (2 sessions materials included) Bookings Essential Facilitator: John**

SEATED EXERCISE

This chair exercise program is suitable for people with mobility issues wanting to improve strength, balance, coordination and overall flexibility. Minimum numbers required to run this program. **Back from the 2nd of Feb. 12pm - 12.45pm. Cost: \$7.00 per session. Bookings Essential Facilitator: Monica.**

ZUMBA CLASS

Zumba is a fitness program that involves cardio and Latin-inspired dance movements. **Back from the 2nd of Feb. 1pm - 1.45pm. Cost: \$10.00 per session. Bookings Essential. Minimum number of bookings required for this program to run. Facilitator: Monica.**

TRANSFORMATIONAL DANCE Our true nature is one of peace and harmony; and through dance/movement we can obtain a true connection to ourselves. **Sandra Wilson is a Counsellor, Dance Therapist and Group Facilitator Dates : 23rd Feb; 26th April; 21st June; 23rd August; 25th Oct; 20th Dec. 5pm to 6.30pm Cost : \$10.00 per session. Bookings Essential online or call the office.**

SATURDAY

FREE MEAL SATURDAYS

Join the Project Fresh Start Team for a Delicious Community Lunch the first and last Saturday of each month. **Starting back on the 3rd of February. Dine in or Takeaway Meals from 12 -1pm. Cost: FREE**

NEW QIGONG AND TAI CHI WEEKLY

We are excited to welcome Jinli and have her teach Qigong and Tai Chi each Saturday at the house. Jinli is an award winning Tai Chi instructor and member of the Chinese Seniors Group. **Starting on the 3rd of Feb. Qigong at 9am and Tai Chi at 10am. Cost: \$7 per session. Bookings Essential as places are limited.**

SOUND HEALING Every 3 weeks

Let Mariette guide you through a sound journey. Sound Healing may improve physical, spiritual and emotional wellbeing. Sound Healing is a practice that uses sound vibrations accompanied by spoken word guided meditation. **Starting back on the 3rd of Feb. at 4pm. Please see website for all dates and to book online. BYO Yoga Mat if you have one. Chairs will be provided. Cost: \$15 or \$10 concession. Bookings Essential Facilitator: Mariette**

SUNDAY

CHINESE SENIOR CITIZENS OF FRANKSTON AND MORNINGTON PENINSULA

Meeting every Sunday from 9.30am for social connection mahjong, tai chi and all sorts of other wonderful activities. Membership fee applies. Call the office for more information.

OTHER SERVICES

CLINICAL HYPNOSIS ENERGY HEALING

Anxiety Control, Motivation, Stop Smoking, Weight Loss, Stress Relief and more. \$100 per session.

Appointments available. Karl Two Eagles, Hypnotherapist



SHIATSU THERAPY WITH SUSAN MORSE

Shi-atsu means 'finger pressure' in Japanese. It involves gentle hand pressure and stretching. It can be gentle or vigorous, depending on your body's state of health and your needs. Shiatsu encourages the free flow of energy within the body and helps self-healing. Treatments take place on a futon (mat) on the floor and the client is fully clothed.

Susan provides a low-cost clinic at Orwil St on Tuesday, 9am -1pm. 1 hour sessions are \$25.

Call: 0474 501 549 to book.



CO-LOCATION @ ORWIL STREET

Does your service or program need a space to live, operate or outreach from?

Orwil Street Community House is committed to providing access to a range of services that meet the needs of the local community.



We'd love to chat with you about how we could work together to support you and assist the community even more!

Please give us a call to discuss the possibilities.

ROOM HIRE

Are you looking for a welcoming space to run a group or hold a meeting? Our recently renovated rooms would be perfect! Orwil Street Community House has a variety of rooms for hire, at affordable rates to suit different needs. We have a fully equipped computer training room that can accommodate up to 8 students. We also have a smart TV in meeting room 1 and a Projector for use at an extra cost.

Please give us a call to see how we might be able to help you. Pop in and have a look around!

Call Karen Vanderkaay House Manager on 9783 5073

COMMUNITY GROUPS

ALANON Family Groups

A self-help fellowship that offers a program of recovery to the relatives and friends of problem drinkers. This group meets weekly at the house on a Tuesday afternoon 1pm - 3pm. Everyone Welcome!

BRAIN INJURY FRIENDS

Brain Injury Friends (BIF) is a peer support group for adults with brain injuries. We meet on alternate Tuesdays at Orwil Street Community House and in the community on the other Tuesdays. For more information contact office@braininjurymatters.org or 03 9639 7222.

DADS IN FAMILIES FOUNDATION

To assist, encourage and equip men to understand and deal with the consequential impact of past actions, past training, past experiences, past circumstances and to take responsibility for present and future choices, behaviours and relationships. To affirm men and assist in widespread recognition of the importance of their role and contribution to personal, family and community welfare. **For more information please call Thomas Davenport 0428 311 311**

DIDS (DADS IN DISTRESS)

A safe non judgmental peer to peer support forum for dads experiencing trauma through family breakdown and separation particularly those experiencing child custody or contact issues. **Meets every Wednesday evening at 7.30pm. For more information and support call 1300 853 437**

COMMUNITY GROUPS

WHAT TO DO AFTER A DRINK/DRUG DRIVING OFFENCE?

For more info or to book for a Drink/Drug Behaviour Change Program **Contact: Paul on 0401 684 875. Participants can book online at www.accreditedprograms.com.au**

FOR THOSE WHO HAVE LOST A LOVED ONE TO SUICIDE

This is a support group providing a space to connect with others bereaved by suicide who understand and care. **Meets first Thursday of each month. 7.00pm - 9.00pm. Cost: Gold coin donation. For more information and to confirm attendance, contact: Support after Suicide on 9421 7640 "All Welcome" Supported by Jesuit Social Services. This group is in memory of Peter Chaucer and Steven Madden**

FRANKSTON BIPOLAR SUPPORT GROUP

The support group provides an opportunity for people living with bipolar to connect with others to share experiences, information and ideas in a safe and confidential setting. **Meets 4th Monday evening of the month at Orwil Street CH from 7- 8.30pm. There is no requirement to register, just come along to any meeting. No Cost Enquiries: Bipolar Life Victoria Contact the President Amanda Cops. Email: amanda.cops@mhfa.org.au, or Ph: 0403 535 332.**

FRANKSTON FAMILY CARER SUPPORT GROUP

This group is for any family member providing unpaid care to a family member with an aged related illness or someone with a disability. Gain support, friendship and information. **This group meet on the second Wednesday of the month 10.00am - 12.00pm. For further enquiries contact Lani Peach 5970 2000**

COMMUNITY GROUPS

KADAMPA MEDITATION CENTRE AUSTRALIA FRANKSTON BRANCH

Meditation and Buddhism Weekly Classes. These classes offer simple, practical methods to improve the quality of our life and develop inner peace through meditation and Buddhist teachings. Classes include guided meditations and teachings to help us solve our daily problems and find the lasting happiness we seek. **Thursdays 7-8.30pm Cost \$15 meditateinfrankston.org**

KINSHIP CARER SUPPORT GROUP

Are you a Kinship carer who is caring for a child that is not your own on a fulltime basis? Attend our social support group to gain information, share ideas and have fun in an informal setting.

This group meets monthly during school term, on a Thursday morning 10am - 12.00pm. For further enquiries contact Sue Gale 9212 5600

PROJECT FRESH START

Project Fresh Start is a not-for-profit organisation that provides free plant-based food to the community. Our focus is on providing free, healthy fresh plant-based food and education around healthy eating and living in a way that sustains the individual, the community, the animals, and the planet. Free meal Saturdays. Join the Project Fresh Start Team for a Delicious Community Lunch the first and last Saturday of each month.

Starting back on the 3rd of February. Dine in or Takeaway Meals from 12 -1pm. Cost: FREE

COMMUNITY GROUPS

TI TREE RENTAL HOUSING CO OP

Common Equity Housing Ltd (CEHL) is a Victorian based not-for-profit company. Our business mission is to provide affordable accommodation to those members of the community who cannot do so on their own. We provide support and oversight of 100+ Common Equity Rental Housing Cooperatives (CERC) spread throughout Victoria. **For further enquiries ring 9208 0800 or free call 1800 353 669**

SOLUTIONS TOGETHER

Provide Individual and Group supervision to Support Coordinators, Care Managers and sole traders working in the NDIS space. **If you are interested in being involved or would like more information please send us a message either via Facebook or email us at info@solutionstogether.com.au**

SPECIAL OLYMPICS

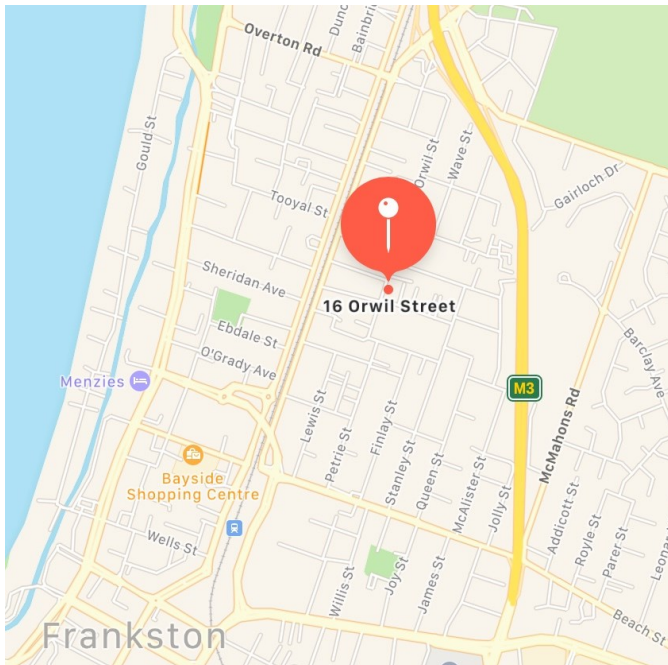
Fund raising group for athletes with disabilities.

Meets (monthly) every 3rd Tuesday evening at 7.30pm.
For further enquiries contact Tina Naughton 9789 8682

VALID

VALID – Victorian Advocacy League for Individuals with Disability Inc. is a not for profit organisation that supports people with intellectual disability and their families. **VALID Peer Action Group Meets (monthly) every 1st Thursday morning at Orwil Street CH from 10am.**
For further information contact Anne Hutchinson ann@valid.org.au

WHERE TO FIND US



Everyone is welcome.

Please drop in soon!

More information is available via our...

Facebook and Instagram

OrwilStreetCommunityHouseInc@orwilst



Neighbourhood Houses
The Heart of Our Community