



**TERM 3 - 2026**

**13th July - 18th September**



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

**We gratefully acknowledge financial support and our partnerships with the Victoria State Government and Frankston City Council 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



**“Friends of the House”**  
**Annual Enrolment fee**

To support the ongoing provision of our high-quality services and the maintenance of our facilities, all participants of our services and programs are required to make an annual contribution of **\$10.00** at the start of each year, or upon commencing use of our services and programs. This fee is charged each year and must be paid whether attending one class or many.

**Payment is non-refundable.**  
**Thank you for your support.**

# WELCOME TO ORWIL STREET

Thank you for choosing to visit Orwil Street Community House.

**Orwil Street Community 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.

## **FREE LIBRARY**

**Available everyday in the lounge room or in our Street Library on the front fence - come and take a look, take a book or leave one for someone else.**

# About our Programs and Activities

## **PAYMENT IN ADVANCE IS REQUIRED FOR ALL 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 or class 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 provide all your details when you book in 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. For more information please check out our website or refer to the Counselling brochure.

## **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

**FREE BREAD ON MONDAYS FROM 9AM DURING SCHOOL TERMS SUPPORTED BY THE BREAKKIE CLUB**

**PLEASE BRING YOUR OWN BAG**

**WALK AND TALK** Our FREE Walking Group will be back for Term 3. Join Les for a brisk walk followed by a cuppa and chat in the lounge room. Join us from **the 20th of July. Cost: Free 9.30am - 10.30am. Bookings Essential. Lead walker: Les**

**SUPPORTED PLAYGROUP** 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. **Eligibility criteria applies. For more information please contact Kate at FCC on 0447 091 189.**

**COOKING ON A BUDGET** Learn how to cook delicious, meals on a budget and take a meal home with you. **Starting 13th July.**

**Cost: \$10 per week for 9 weeks (\$90 for the term to be paid in advance). 10am - 12pm Bookings Essential. Facilitator: Karen. MANY THANKS TO CEYLON GIRLS CAFÉ FOR SPONSORSHIP OF THIS PROGRAM.**



**SEATED EXERCISE** on a Monday Afternoon. Suitable for people with mobility issues wanting to improve strength, balance, coordination and overall flexibility. **Starting 13th July. 1 - 2pm. Cost: \$7.00 per session. Bookings Essential. Facilitator: Monica.**

# TUESDAY

**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 fortnightly from the 14th July. Sessions are for 20 minutes each between 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**



**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.**

**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. **Tuesday 4:30pm - 6pm during school terms. Cost: \$35 per child per session plus costs for books. Please email for more information [schulpro.derdiedas@gmail.com](mailto:schulpro.derdiedas@gmail.com)**

# WEDNESDAY

**NEED SUPPORT WITH YOUR DIGITAL DEVICE QUESTIONS?** Make an appointment with Ann to help you improve your skills using your devices. **Call the office to make an appointment. Cost \$5 per session. Bookings Essential. Facilitator: Ann**

## **FRANKSTON FAMILY CARER SUPPORT GROUP**

This is not a new group, but Orwil Street Community House is now supporting this group 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 first Wednesday of the month 10am - 12pm Cost: Gold Coin Donation. Bookings Essential. Facilitator: Andrew**

**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 made. **Monthly on the second Wednesday of each month during school terms. Starting back on the 12th August. 1.00pm - 3.00pm Cost: \$23.00. All materials are supplied. Bookings Essential. Facilitator: Val**

**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 during school terms. Cost: \$35 per child per session plus costs for books. Please email for further information - [schulpro.derdiedas@gmail.com](mailto:schulpro.derdiedas@gmail.com)**

## **SOUTH AMERICAN SENIORS GROUP**

Meets monthly on the 1st and the 3rd Wednesday of the month 10am -1pm. For more information contact the house.

# THURSDAY

**PATHWAYS FOR CARERS FRANKSTON** Offering carers of people with disability, mental illness or elderly people a chance to connect with other carers. **Free morning tea and guest speaker following each monthly walk! First Thursday of each month from the 2nd of June. Meet on the boardwalk behind Frankston Life saving club at 9.30am for a stroll along the foreshore. Call or email the house for more info and to book in.**

**NEW FRENCH TUITION for Beginners** For those interested in learning to communicate in the language, experience the culture and challenge their intellect. An hour with Lise, a native speaker, with years of teaching experience. **Starting on the 23rd July 10.30-11.30am. Limited places available. Bookings Essential. Cost: \$50 for the term.**

## **TAI CHI ON A WEEKDAY**

Join Jinli and Ming for a weekday Beginners class on a Thursday afternoon. Jinli is an award winning Tai Chi instructor and member of the Chinese Seniors Group. **Starting back on the 16th of July. 3pm - 4pm. Cost: \$70 for the full term (10 weeks) to be paid in advance. Bookings Essential. Facilitator Jinli**

**POSTPONED FOR WINTER - THE DANCE CLASS FOR WOMEN 50 + WILL TAKE A BREAK OVER WINTER**

Keep an eye on the website for updates.

# FRIDAY

**PRACTICING MINDFULNESS** Learn mindfulness techniques to regain life balance and stability. Explore what uplifts and motivates us and what stands in the way. There will be time for meditation, conversations, silence and sharing. **Starting back 17th July. 10am - 11am. Cost: \$5.00 per class. Bookings Essential. Minimum number of bookings required. Facilitator: Shekhar has over 30 years exp.**

**WOMEN'S SHED Workshops** Get together with other women and learn to use various electric and hand tools in a fun and supportive environment. **Workshops in Term 3 will be starting in August.** Keep an eye out on our website for upcoming events. **Workshop times 10 am - 12 pm each week. All workshops are advertised online. Please call the office for more information. 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. **Back from the 17th July. 12.15pm - 1pm. Cost: \$7.00 per session. Bookings Essential. Facilitator: Monica.**

**NEW The Amity Circle MENTAL HEALTH SUPPORT GROUP** Join us for a welcoming and supportive group designed to promote mental wellbeing, social connection, and personal growth. A safe space to connect with others, share experiences and learn practical wellbeing strategies to build resilience. **Starting 24th July 1.30-2.30pm Cost: FREE. Bookings Essential. Facilitators: Jasmine & Dax**

**SOCIALISE WITH PRIDE** Monthly get togethers for social connection, with members of the LGBTQIA+ community and Allies. See flyer for info, go to the website to book. **Cost: Varies. Bookings Essential. Facilitators: Karen, Glenn & Rachel**



# LEADERSHIP & INCLUSION TRAINING FOR BUDDING LEADERS

**FREE**

Starts 4<sup>th</sup> of August, 2026  
(12 weeks - no school hols)  
Tuesdays 9.30am - 11.45am  
Belvedere Community Centre  
151 East Road, Seaford

This course helps people with disabilities become strong community leaders. Your teacher will support you to learn skills like running meetings and planning events. You will build the confidence to start your own inclusive group.

**BUILD SKILLS IN:**  
Event Planning  
Running organised meetings  
Communication & time management

To book - [reception@belvedere.org.au](mailto:reception@belvedere.org.au)  
Call - 03 9776 8922

# STRONG VOICE

IDPwD - EXHIBITION 2026

YOUR VOICE \* YOUR STORY  
\* YOUR ART \*

**Are you a person with disability who enjoys being creative?**

Strong Voice is a celebration of the creativity, talents, and stories of people with disability. Join our FREE art workshops to express yourself, connect with others, build confidence, and create artwork for the IDPwD Strong Voice Exhibition at Cube 37, Frankston Arts Centre.

**ORWIL STREET COMMUNITY HOUSE**

16 Orwil Street, Frankston  
Sundays | 1 pm – 3 pm  
11 October – 8 November 2026

Bookings: [www.info@orwilst.org.au](http://www.info@orwilst.org.au) ☎ 9783 5073

**BELVEDERE COMMUNITY CENTRE**

151 East Road, Seaford  
Tuesdays | 1 pm – 3 pm  
6th October – 10th November 2026

Bookings: [www.reception@belvedere.org.au](http://www.reception@belvedere.org.au) ☎ 9776 8922



**Register Today!!!**



# SATURDAY

## **PROJECT FRESH START - Free community meal Saturdays**

Join the Project Fresh Start Team for a Delicious Community Lunch the first and last Saturday of each month. **First Lunch in Term 3 on the 25th July.** Dine in or Takeaway Meals from 12 -1pm. Cost: FREE. Everyone is welcome!

## **TAI CHI WEEKLY**

Two DIFFERENT Classes **18th July - 19th Sept (10 weeks)**. Join Jinli and Ming each Saturday at the house during school terms for one of two Tai Chi Classes starting 9.15am. Jinli is an award winning Tai Chi instructor and member of the Chinese Seniors Group. Places are limited so please book in quick!

**Beginners Class 9.15am. Cost: \$70 for the full Term to be paid in advance. Bookings Essential.**

**Experienced Class 10am. Cost: \$70 for the full Term to be paid in advance. Bookings Essential.**

## **NEW LIGHT FREQUENCIES & SOUND BATH**

Every 3 weeks 4pm-5pm on a Saturday. Next session **25th July.** Please see website for all dates. **Participants must book online.** BYO Yoga Mat if you have one.

Chairs will be provided. **Cost: \$23 or \$17 conc.**

**Bookings Essential via the website. Facilitator: Natasha**

# SUNDAY

**TAROT JOURNEY WORKSHOP** runs for 4 weeks for 3 hours each week. **Starting on 2nd August, then 9th, 16th and final week the 23rd** Check out the website for more info and to book. **Cost: TBC. Bookings Essential. Facilitator: Mariette**

# OTHER SERVICES

## **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 Tuesdays 9am - 1pm. 1 hour sessions are \$60 or \$40 Concession  
Call: 0474 501 549 to book.**

## **BIODYNAMIC CRANIOSACRAL THERAPY WITH SUSAN MORSE**

Susan has more than 20 years' experience in the complementary health sector and is pleased to be offering low-cost treatments at Orwil St Community House on Thursday mornings. Craniosacral Therapy is a gentle, relaxing process that uses light touch to facilitate the body's natural powers of self-healing. It can help address stress, anxiety, fatigue, trauma related issues, menopause, digestive issues and more. **Each session lasts 45 – 60 minutes. \$60 or \$40 Concession  
Please call or text Susan on 0474 501 549 to book a session.**

## **CLINICAL HYPNOSIS ENERGY HEALING**

Anxiety Control, Motivation, Stop Smoking, Weight Loss, Stress Relief, Past Life Regression and more. \$70 per session.

**Appointments available. Karl Two Eagles, Hypnotherapist**

## **TAROT READINGS WITH GENEVIEVE**

Genevieve has been reading cards for 30 years. Tarot readings are a wonderful psychotherapeutic tool for navigating our lives with more clarity and conviction. The cards mirror our issues and answer our questions. We feel seen. Readings are 60-90 minutes, at Orwil House.

**COST: \$30 or \$20 Concession. Call 0487927791**

## **HOMEOPATHIC CONSULTATIONS**

Genevieve Ahearne Adv. Dip. Hom has been a registered homeopath for 20 years. Homeopathy treats the whole person, using medicines which do no harm. Facial Analysis, as developed by Grant and Louise Bentley at Orwil House 25 years ago, will be included. **Consultations 60-90 minutes, at the House. \$60, including the medicine, and \$30 half hour follow ups. Call 0487927791 to book.**

## **CO-LOCATION @ ORWIL STREET**

Does your service or program need a space to 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. Returning on the 20th of January 2026. For more information contact [office@braininjurymatters.org](mailto: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**

**DERDIEDAS SCHULPRO (SCHOOL PROGRAM)** is designed for primary school aged children who understand German or speak it already. Children are taught in small groups of similar German language level. The program aims to improve children's use of the German language, teach children reading/ writing and the German grammar, connect German-speaking children in a fun environment and bring the German culture and tradition closer. **Tuesdays and Wednesdays 4:30pm - 6pm Cost: \$35 per child per session plus costs for books.**

# COMMUNITY GROUPS

## **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 the helpline on 1300 853 437 or check out the website:**

**<https://www.parentsbeyondbreakup.com>**

## **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](http://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 online 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 Ph: 0403 535 332 or**

**Email: [amanda.cops@mhfa.org.au](mailto:amanda.cops@mhfa.org.au), or 1300 643 287**

# COMMUNITY GROUPS

**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.**

**Back from the 23rd of July 2026.**

**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. Their 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.

**First and last Saturday of each month (excluding term breaks).**

**Dine in or Takeaway Meals from 12 - 1pm. Cost: FREE. Everyone welcome!**

**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](mailto:info@solutionstogether.com.au)**

## **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**





**SOCIALISE WITH**

# PRIDE

**A SOCIAL GROUP FOR LGBTQIA+ FOLK OVER 25  
UPCOMING EVENTS**

**BOOKINGS ESSENTIAL ONLINE VIA THE WEBSITE [WWW.ORWILST.ORG.AU/BOOK-ONLINE](http://WWW.ORWILST.ORG.AU/BOOK-ONLINE)**

**CALL THE ORWIL ST COMMUNITY HOUSE OFFICE ON 9783 5073  
PLEASE NOTIFY US OF ANY DIETARY REQUIREMENTS**

## **17 JULY TACOS & TRIVIA**

**TACOS & TRIVIA. SELF EXPLANATORY BUT VERY DELICIOUS. TEAM UP WITH OTHERS IN TRIVIA & ENJOY SOME TACOS WITH PRIDE!**



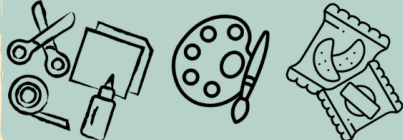
## **14 AUG KARAOKE & CANAPES**

**PREPARE YOUR VOCAL CORDS AND GET PUMPED FOR KARAOKE NIGHT AT SWP!**



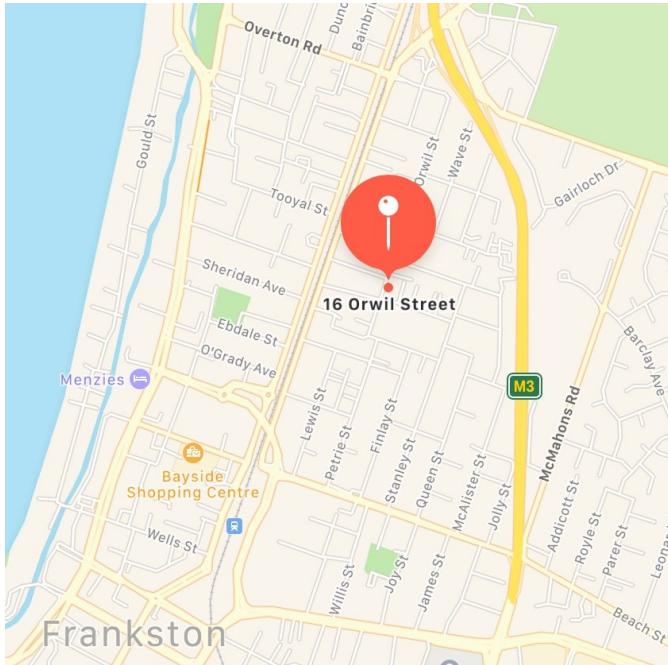
## **11 SEPT SOCIAL SUPPER**

**ANOTHER COZY SOCIAL EVENING WITH ARTS & CRAFTS AND A HEARTY SUPPER!**



**ALL EVENTS FRIDAY NIGHTS 6PM - 8PM**

# 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