



TERM 3 - 2025

21st July - 19th September



People of Post
Grant Recipient
2025



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 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





If you need support, please contact:

Emergency 000

Life Line (24hrs) 13 11 14

Frankston Community Support 9783 7284

Peninsula Mental Health Triage 1300 792 977

Headspace 1800 650 890

Wellways 1300 111 500

Beyond Blue 1800 224 636

Qlife (LGBTIQA+ support) 1800 1845 527

Direct line (alcohol & drug counselling) 1800 888 236

“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 and on the street - 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
BAGS



WALKING TO WELLNESS Easy and gentle FREE Walking Group.
Starting back on the 28th of July. Cost: Free 9.30am - 10.30am.
Bookings Essential. Facilitator: Kate

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. **10am - 12pm Eligibility criteria applies. Please contact Elaine at FCC on 9293 7156**

COOKING ON A BUDGET Learn how to cook delicious, meals on a budget and take a meal home with you. **Starting back on the 21st of July. Cost: \$20 per week for 9 weeks (\$180 for the term). 10am - 12pm Bookings Essential. Payment in advance required. Facilitator: Karen**

NEW SEATED EXERCISE on a Monday Afternoon. By request we are offering this chair exercise program twice a week. Suitable for people with mobility issues wanting to improve strength, balance, coordination and overall flexibility. **Minimum numbers required to run this program. Starting 21st of July 1pm - 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 on the 29th of July. Fortnightly 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



**Reiki Volunteers
needed on a
Tuesday to share
your beautiful
energy**

**Join our
healing
community as
a Reiki
volunteer!**

Help others find balance and peace
through Reiki sessions.

If you are interested in becoming a Reiki
Volunteer give us a call on 9783-5073 or
email: info@orwilst.org.au

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 further information schulpro.derdiedas@gmail.com**

WEDNESDAY

Get Support with BASIC COMPUTER SKILLS Ann will help you improve your skills using your devices. From opening an email account, sending and receiving emails, attaching files - all the basic skills that you need to complete a job application or join a club. The basic aspects of using a computer are covered, so you can start to explore the many ways computers can help connect you with the modern world. Bring your Smart phones, tablets and laptops if you have them, all will be covered. **Starting Wednesday 6th of August. 1- 3pm. Cost \$5 per week. Places are limited. Bookings Essential. Facilitator: Ann**

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. The next session will be on the 13th of August. 1.00pm - 3.00pm Cost: \$23.00. All materials are supplied. Bookings Essential. Facilitator: Val**

SPECIAL EVENT - July 30th FAMILY FINANCE FORUM - Join us for this information forum for families. Hear directly from organisations about what financial supports are available for families. Presenters include Services Australia, Team Sport 4 All, Good Shepherd, Savers Plus and Frankston City Council Grants.
WHEN: 30th July 10-11.30am, Cost: FREE. Bookings Essential. Proudly developed in partnership with Family Life.

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**

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. 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.**

EXPRESSION OF INTEREST

SAFE CIRCLE MOTHER'S GROUP (TERM 4)

Are you a new mum or expecting soon? Looking to connect with other mums in your local area?

We're excited to launch a Safe Circle Mothers Group at Orwil Street Community House, made possible with the support of Australia Post. This 6-week program is designed to support new and expecting mothers in a relaxed, welcoming environment.

Led by Rachel, an experienced group facilitator and mum herself, the group will explore topics such as:

- Self-care and emotional well-being
- Building support networks and friendships
- What local services and programs are available for you and your family
- Sharing the highs and challenges of motherhood

Whether it's your first baby or your fourth, this group is a space to take a breath, connect with others, and feel supported in your parenting journey.

- **Thursday mornings, starting in Term 4**
- **Orwil Street Community House**
- **Babies and children up to 4 years old are welcome**
- **Free to join – bookings essential**

To register your interest, please call our office on (03) 9783 5073.

We'll get in touch with more details closer to the start date.
Let's build a village — together.



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Community YOGA Class Wendy Van Dort, an experienced yoga teacher, teaches a gentle hatha style yoga class and will tailor postures to suit each person's needs. This class is suitable for all adults and everyone is welcome! **STARTS 7th of August - 4th of Sept. 5.30pm - 6.30pm. Bookings Essential Minimum number of bookings required for this program to run. Cost: \$70 for the 5 weeks. Facilitator: Wendy**

FRIDAY

MINDFULNESS Use mindfulness 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 25th of 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 tools in a fun and supportive environment. The following workshops will run in Term 3:

25th of July - Finish a Project Cost: \$5

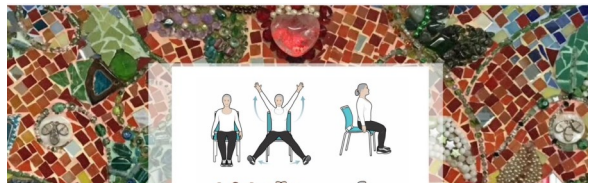
1st & 8th of August - Fruit Picker. Cost: \$30

15th & 22nd August - Heart or Star in a Box. Cost: \$30

29th August & 5th Sept. - Make a Folding Wooden Stool. Cost: \$30

12th & 19th Sept. - Shoe or Boot Stand. Cost: \$30 per person per workshop. 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. **Minimum numbers required to run this program. Back from the 25th of July 12.15pm - 1pm. Cost: \$7.00 per session. Bookings Essential. Facilitator: Monica.**



Gentle seated exercise
All levels of fitness welcome

Orwil Street
Community House Inc

FRIDAY



Orwil St. Community House

FUNDRAISER

BBQ

SAVE THE DATE

Friday
26TH SEP 25

From
8:30 AM



Bunnings Warehouse
McMahons Rd &, Gertrude St,
Frankston VIC 3199



SATURDAY

PROJECT FRESH START - FREE MEAL SATURDAYS

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

TAI CHI WEEKLY

TWO DIFFERENT CLASSES STARTING BACK 26TH OF JULY

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.

BEGINNERS CLASS 9.15AM. Cost: \$7 per session.

Bookings Essential.

Experienced Class 10am. Cost: \$7 per session.

Bookings Essential.

SOUND HEALING Every 3 weeks First Session for Term 3 will be the 9th of August 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 conc. Bookings Essential Facilitator: Mariette**

NEW Full Moon and Energy Clearing

9th of August 6-8pm Cost: \$15 or \$10 conc.

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.



NEW - AWAKENING YOUR POWER 5 week COURSE

Join Mariette and Bernadette for this magical 5 week course.

Week 1 - Understanding Energy

Week 2 - How to work with Tarot Cards and Oracles

Week 3 - Living and Working with Crystals

Week 4 - Manifestation - Creating your Reality

Week 5 - Unleashing the Healer Within - Using what you've learned.

27th of July - 24th of August 1-3pm. Cost: \$125 for the 5 weeks or \$100 Concession. Bookings Essential.

Facilitators: Mariette and Bernadette

NEW Smudge Fan Making Workshop

Celebrate Spring Equinox 21st of September 1-3pm.

Cost: \$33 or \$30 conc. 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 Tuesday, 9am -1pm. 1 hour sessions are \$60 or \$40 Concession
Call: 0474 501 549 to book.**

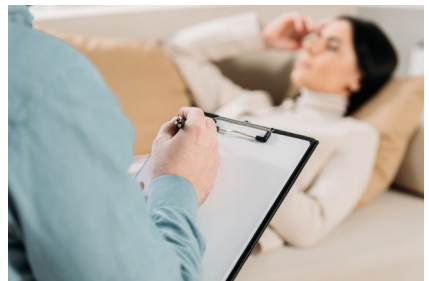
BIODYNAMIC CRANIOSACRAL THERAPY WITH SUSAN MORSE

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.**

**Biodynamic Craniosacral the same: \$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**



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@braininjuurymatters.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 1300 853 437

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 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, or 1300 643 287

COMMUNITY GROUPS

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 first Wednesday of the month 10.00am - 12.00pm.**
For further enquiries contact Lani Peach 5970 2000

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.**

Next Meeting on the 24th of April 2025

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

COMMUNITY GROUPS

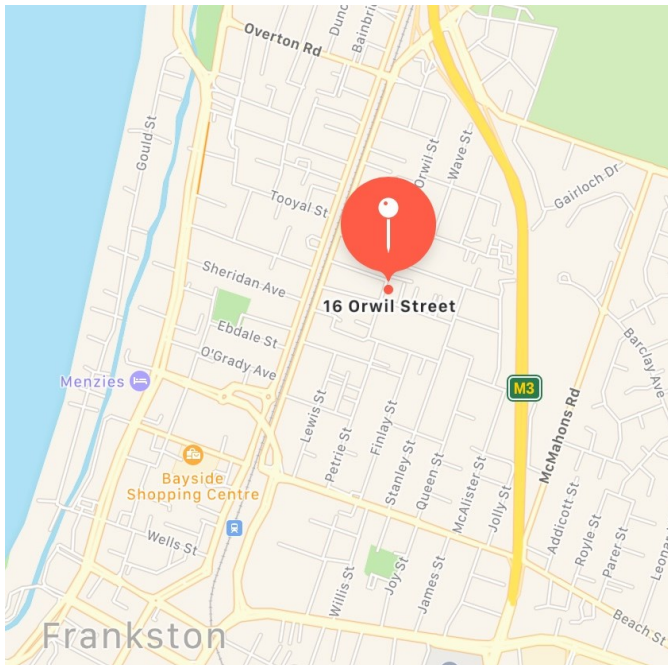
SOLUTIONS TOGETHER Provide Individual and Group supervision to Support Coordinators, Care Managers and sole traders working in the NDIS space. **If you are interested in being involved or would like more information please send us a message either via Facebook or email us at info@solutionstogether.com.au**

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**

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**

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