



Erwil Street
Community House Inc.

TERM 4 2026

5th October – 18th December

Office Hours Monday to Friday 9am-3pm
during school terms



Reg. A0004583 ABN 27 480 740 168



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.

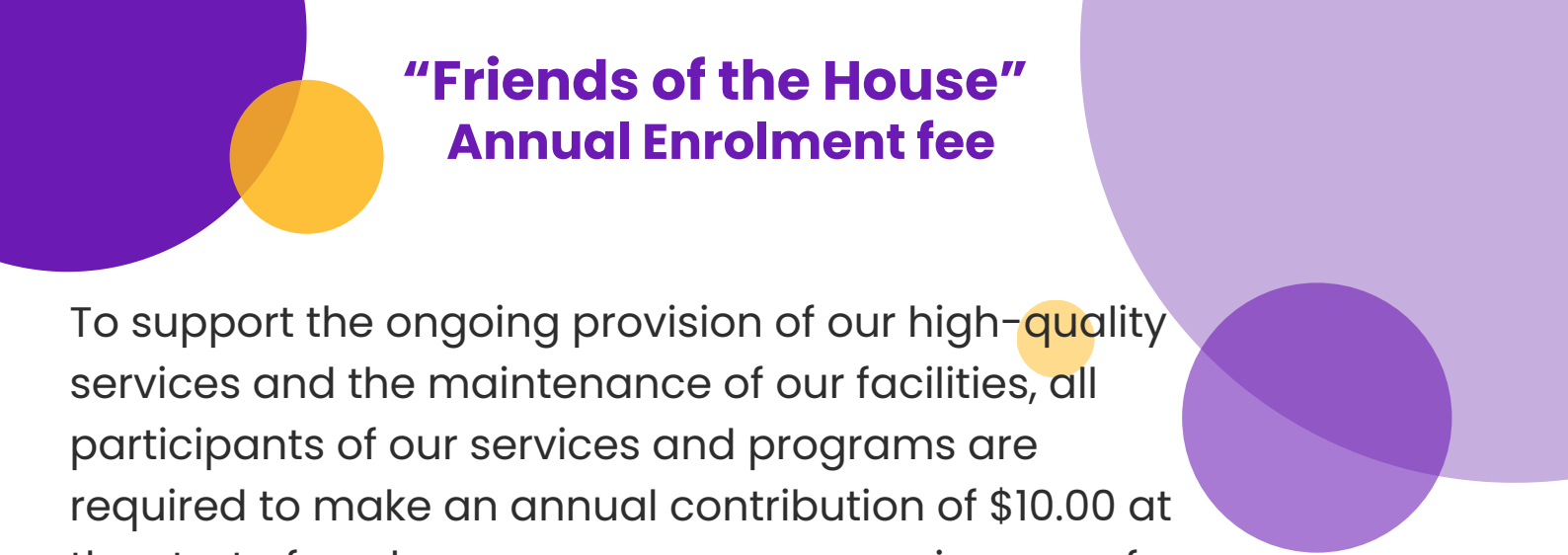
Sponsorship and Donations

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.





“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.

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.

EXPRESSION OF INTEREST PRIDE BOOKCLUB



"BETWEEN THE LINES"



We are looking for community members who are interested in forming a welcoming, low-cost book club for LGBTQ+ community and allies at Orwil Street Community House.

The group will read stories that reflect diverse lives and experiences, with particular attention to voices over 40.

The club will be a safe, relaxed space: no academic pressure, no "right" answers, just shared reading and conversation.

If this sounds like something that will interest you, please call the office on 9783 5073 to register.



STRONG VOICE - ART WORK

International Day of People
with Disability

EVENT

ENTRY FORM

Strong Voice is a celebration of the creativity, talents, and stories of people with disability. Everyone living with disability is invited to express themselves through art, share their unique voice, and be part of the International Day of People with Disability – Strong Voice Exhibition at Cube 37, Frankston Arts Centre.

How to Apply

- ✍ Entries must address IDoPwD Strong Voice Theme
- ✍ Complete the Exhibition Entry Form
- ✍ The art must be submitted and delivered at Cube 37, Frankston, on Mon 16th Nov
- ✍ Exhibition Day Wed 25th Nov 2026
- ✍ Register to attend the event



If you require any assistance, please contact Orwil Street Community House
Phone: 03 9783-5073 Email: info@orwilst.org.au

Monday

FREE BREAD ON MONDAYS FROM 9AM DURING SCHOOL TERMS supported by the Breakkie Club
Please bring your own bag.



WALK & TALK FREE Walking Group will be back for Term 4. Join us for a brisk walk followed by a cuppa and chat in the lounge room.

Cost: Free 9.30am – 10.30am. Bookings Essential.
Lead walker: Jill



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 5th Oct.

MANY THANKS TO CEYLON GIRLS CAFÉ FOR SPONSORSHIP OF THIS PROGRAM.

Cost: \$11 per week for 10 weeks (\$110 for the term to be paid in advance). 10am – 12pm Bookings Essential. Facilitator: Karen.



SEATED EXERCISE on a Monday Afternoon. Suitable for people with mobility issues wanting to improve strength, balance, coordination and overall flexibility.

1 – 2pm. Cost: \$8.00 per session. Bookings Essential. Facilitator: Monica.



www.orwilst.org.au

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 6th Oct. Sessions are for 20 minutes each between 10.45am – 12.45pm. Numbers will be provided on a first come, first served basis from 9am.

Registration is preferred, but times and places cannot be pre booked. We will prioritise people from time to time. Thank you for understanding. Cost: \$6.00. 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**



www.orwilst.org.au



You are cordially invited to the

ANNUAL GENERAL MEETING 2026

**WEDNESDAY 11TH OF NOVEMBER
TIME: 12.30 PM**

Followed by afternoon tea

Orwil Street Community House
16 Orwil Street, Frankston

RSVP by Friday, 2nd Nov
9783 5073 or info@orwilst.org.au

We look forward to having you with us

Wednesday



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.

Two sessions in Term 4 - 14th Oct. 1.00pm - 3.00pm Cost: \$25.00. 18th Nov. Christmas Special 12.30pm - 3.30pm Cost \$35.00. 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



SOUTH AMERICAN SENIORS GROUP

Meets monthly on the 1st and the 3rd Wednesday of the month.

10am -1pm. For more information contact the house.



www.orwilst.org.au

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.



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 8th Oct. 10.30-11.30am. Limited places available. Bookings Essential. Cost: \$60 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 8th Oct. 3pm - 4pm. Cost: \$80 for the full term (10 weeks) to be paid in advance. Bookings Essential. Facilitator Jinli



CHRISTMAS LUNCH AND END OF YEAR CELEBRATION

Join us at the house for a thank you celebration for all our volunteers and community members

17th Dec. from 12.30pm

Cost: \$5 for community members

Volunteers FREE!

RSVP by the 11th Dec.



www.orwilst.org.au



Friday

The Bunnings Warehouse logo, featuring the word "BUNNINGS" in white on a red background and "warehouse" in white on a dark red background.

Orwil St. Community House

FUNDRAISER

BBQ

SAVE THE DATE

Friday
25TH SEP 26

From
8:30 AM



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



www.orwilst.org.au

Friday



Langwarrin Community Centre
2 Lang Road Langwarrin Vic 3910
9789 7653 E: reception@langwarrincc.org.au
ABN: 93 342 036 070 Incorporation Registration A0027420F

COMPUTER AND DIGITAL ESSENTIALS FOR WORK AND EVERY DAY LIFE

Whether you are looking to upskill on Microsoft office, improve your use of smart phone or email, learn about staying safe online and using apps and software - this low cost course could fit the bill!



Venue: Orwil Street Community House

16 Orwil Street Frankston Vic 3199

Friday (weekly) 9:30am to 12:30pm - 9 sessions

Commencing 16th October 2026

Cost: \$80.00 or \$70.00 concession (ACFE funded)

\$10.00 Annual Administration Fee

BYO USB

BOOKING ESSENTIAL



9789 7653



www.orwilst.org.au

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 9th Oct. 10am - 11am. Cost: \$6.00 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 4 will be starting on the 9th Oct. 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.

12.15pm - 1pm. Cost: \$8.00 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.

1.30-2.30pm Cost: FREE. Facilitators: Jasmine & Dax. Bookings Essential: 1800 426 489



Connect - A Care Finder service. A Free intensive support and navigation service helping at-risk older adults access services.

Koni from EACH is available for appointments at the house every second Friday. **Call Koni to make an appointment 0467 610 398**

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, Rachel & Donna



www.orwilst.org.au

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 4 on the 31st Oct. Dine in or Takeaway Meals from 12 –1pm. Cost: FREE. Everyone is welcome!



TAI CHI WEEKLY

Two DIFFERENT Classes 10th Oct – 12th Dec. (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: \$80 for the full Term to be paid in advance. Bookings Essential.

Experienced Class 10am. Cost: \$80 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 26th Sept.. 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



www.orwilst.org.au

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: \$40. 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 loperate 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 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)

This 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

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

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.

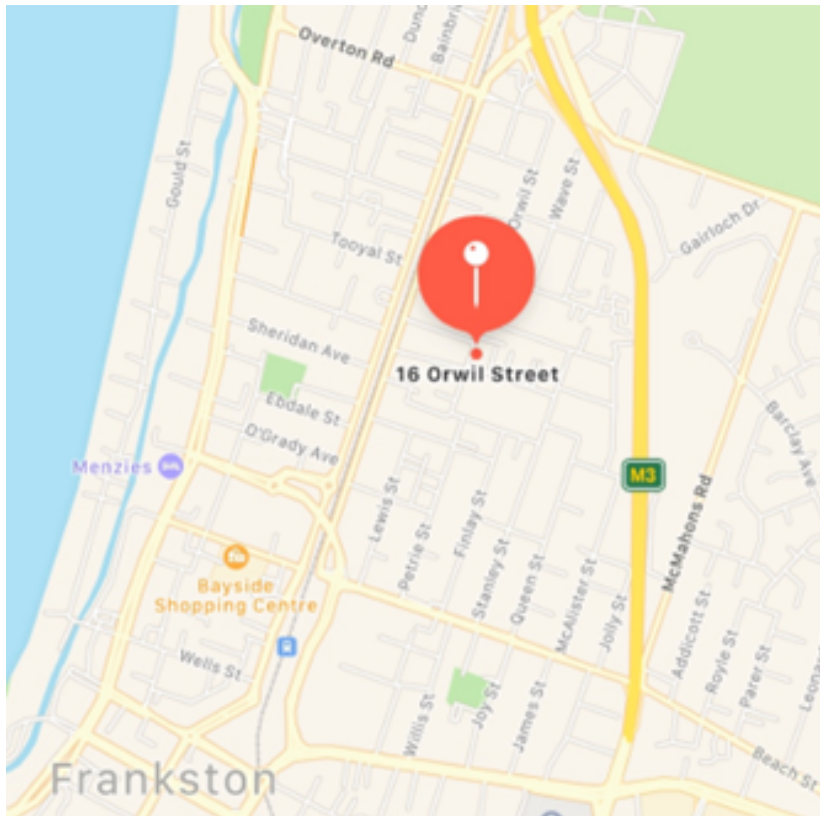
First and last Saturday of each month (excluding term breaks). Dine in or Takeaway Meals from 12 -1pm. Cost: FREE. Everyone welcome!

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**

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