



Orwil Street  
Community House Inc

## TERM 1

29th January - 4th April 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](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





**We are taking a short break during  
the Summer School Holidays**



The office will be closed from  
**Monday 16th Dec to Tue 28th Jan 2025**

**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 (LGBTIQ+ support) 1800 1845 527**

**Direct line (alcohol & drug counselling) 1800 888 236**



# A NEW YEAR

- \* Renewed Hope
- \* New Opportunities
- \* New Adventures
- \* New Ways to Give and Love.

May this be  
your best year ever!

# WELCOME TO ORWIL STREET

## **“Friends of the House” Annual contribution**

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

**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 house and on the street - come and take a look, take a book or leave one for someone else.**

# 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. For more information please 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**  
**PROUDLY SUPPORTED BY THE BREAKKIE CLUB.**

**WALKING TO WELLNESS** Easy and gentle FREE Walking Group.  
**Starting back on the 3rd of Feb. 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 3rd of Feb. Cost: \$20 per week for 8 weeks (\$160 for the term). 10am - 12pm; Bookings Essential. Facilitator: TBC**

**COOKING FOR ONE** Learn how to confidently prepare nutritious meals any time of the day without having loads of left overs, suffering meal fatigue and spending hours in the kitchen. **Starting on the 3rd of Feb. Bookings essential. Cost: \$20 per week for 8 weeks (\$160 for the term).1pm - 3pm. Facilitator: Erin**

**MEN'S SOCIAL GROUP** Men's Social Group on a Monday afternoon Once a month on the second Monday of each month. Get together with other men to play cards, watch a movie or surf the internet in a relaxed and inclusive environment. **Starting 10th of Feb. 1pm - 3pm Cost: \$5 per week. Bookings Essential. Facilitator John**

**MEDITATION JOURNEY** Join Mariette and Bernadette for an 8 week journey into the Self, Past Lives and so much more. **Starting on the 3rd of Feb. 7pm - 8pm. Cost: \$15 per week. Bookings Essential.**

# 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 11th of Feb. 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](mailto:info@orwilst.org.au)

**WOMEN'S WELLBEING PROGRAM** A weekly wellbeing workshop for women using meditative movement and Trauma Sensitive Yoga to support women experiencing anxiety, depression and social isolation. Partnering with Belvedere Community Centre to deliver this program in 2024. **Starting back on the 4th of Feb. 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.**

# WEDNESDAY

## **NEW SUPPORT GROUP - RESILIENCE RISING**

A NEW ten week support group program for people with Anxiety and Depression. Focusing on a different topic each week, this program is aimed at enhancing individual potential. **Meets on a Wednesday morning starting 29th of January 10.30am - 12pm. Cost: \$5 per week. Bookings Essential please call the office before booking. Facilitator: Rachel is a qualified counsellor.**

**BASIC COMPUTER SKILLS** Learn to use a variety of programs on your own device in this basic computer class facilitated by our volunteer Ann. **Starting Wednesday 5th of Feb. 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 first session will be on the 12th of Feb. 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 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 3rd Wednesday of the month from the 19th of Feb. 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 the month starting back on the 6th of Feb. 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.**

**LITERACY & NUMERACY FOR LIVING** A Life education program for adults with a mild intellectual disability. **Starting back on the 30th of Jan. Thursdays 9.30am - 12pm. Cost: \$110 per term. Please call Belvedere Community Centre to book 9776 8922.**

**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! **Starting back on the 30th of Jan 4pm - 5pm. Bookings Essential Minimum number of bookings required for this program to run. Cost: \$15 per week. Facilitator: Wendy**

## **DREAM CATCHER WORKSHOP**

Learn to make a beautiful Dream Catcher with Padmini in this creative class. **12pm-2.30pm 13th of Feb. All Materials and instructions included. Cost: \$15 per person. Bookings Essential. Facilitator: Padmini.**

**NEW DRUMMING GROUP** Join Karl Two Eagles for an hour of Native Drumming starting on the 6th of Feb. 7.30-8.30pm doors open at 7pm come early to receive a smudge. BYO drums and feathers. There are 5 drums available for those who do not own one. **Cost: \$15 per session. Bookings essential. Facilitator: Karl**

# 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 31st Jan 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. Starting back on the **7th of Feb. Make a chopping board over two weeks. Cost: \$30 per person. All workshops for Term 1 advertised online or call the office. 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 31st Jan 12pm - 12.45pm. Cost: \$7.00 per session. Bookings Essential. Facilitator: Monica.**

**GENTLE EXERCISE TO MUSIC** Join Monica for a fun energy raising workout to music that will lift your spirits and get you grooving. Using hand weights and various dance moves to improve your balance, coordination and overall fitness. **Minimum numbers required to run this program. Back from the 31st of Jan 1pm - 1.45pm. Cost: \$10.00 per session. Bookings Essential. Facilitator: Monica.**

## **HARMONY DAY MORNING TEA - 21ST OF MARCH**

Bring a plate of your favorite food, a treasured family recipe or something specific to your cultural background. **10am - 11.30am Bookings Essential online or call the office. Cost: FREE**

# FRIDAY

## **NEW MANDALA WORKSHOP for Harmony Day 21st of March**

Join Padmini for a creative afternoon using collage and mindfulness to make a mandala. Mandalas have been used for contemplation and meditation by various cultures over time.

**12.30-2.30pm Bookings Essential online or call the office. Cost: \$5  
Facilitator: Padmini**

## **NEW Dance class for Women 50 +**

A fun and enjoyable dance class tailored to mature women. Get moving with a range of steps to different dance styles and music. Learn a short dance sequence and finally warm down with a combination of release/conditioning/yoga exercises. A supportive class with modifications so you can work at your own ability level. Equipment is provided. **Starting 7th of Feb. 6.30-8.30pm  
Bring your favourite beverage to make a cuppa in the last part of the class.**

**Cost: \$10 per session.**

**Facilitator: Annette has many years of expertise in the dance industry and dance education.**



# SATURDAY

**JOIN ERIN IN THE GARDEN EVERY SATURDAY 9.30 -11.30AM.** to help maintain our community gardens, learn how to grow your own food and share in what the garden produces.

## **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. Starting back on the 1st of February 2025. Dine in or Takeaway Meals from 12 -1pm. Cost: FREE. Everyone welcome!**

**TAI CHI WEEKLY** Join Jinli and Ming each Saturday at the house during school terms. Jinli is an award winning Tai Chi instructor and member of the Chinese Seniors Group. **Starting back on the 1st of Feb. 10am. Cost: \$7 per session. Bookings Essential.**

## **SOUND HEALING Every 3 weeks**

**Sessions start back on the 1st of February 2025 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 PEN-INSULA** 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.

# Workshop with a Difference: Design & Build Your Dream house of play!

**Why?** To show how Frankston is unique and has a strong sense of community.

**WHEN:** Saturday 8th and Sunday 9th of March 1-3pm

Join us for a fun and creative workshop where the goal is to Design and build a house, be it small, made from recycled cardboard, a place where your imagination can run wild. The houses created will be exhibited at Cube 37 in a “my community” exhibition next year.

Led by Art Therapist Tina, this workshop is all about exploring the joy of play, creativity, and design. Building a community of small homes to showcase our diverse and innovative community. It's the perfect opportunity to build something unique and inspiring, while having fun in the process!

Come along, be free, get creative, and let your inner architect shine! Workshop is for all ages and abilities. Cost: \$5. All materials included. Bookings Essential. Places are limited.



# 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.**

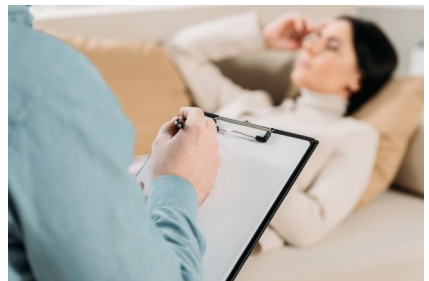
## BIODYNAMIC CRANIOSACRAL THERAPY WITH SUSAN MORSE

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 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.

Are you looking for a welcoming space to run a group or hold a meeting? Our recently renovated rooms would be perfect!

## **ROOM HIRE**

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](mailto: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](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.**

**Email: [amanda.cops@mhfa.org.au](mailto:amanda.cops@mhfa.org.au), or Ph: 0403 535 332.**

# 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. Returning on the 5th of Feb. 2025. 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. Returning on the 20th of Feb. 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. 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.

**First and last Saturday of each month. Starting back on the 1st of February 2025. Dine in or Takeaway Meals from 12 -1pm. Cost: FREE. Everyone welcome!**

# COMMUNITY GROUPS

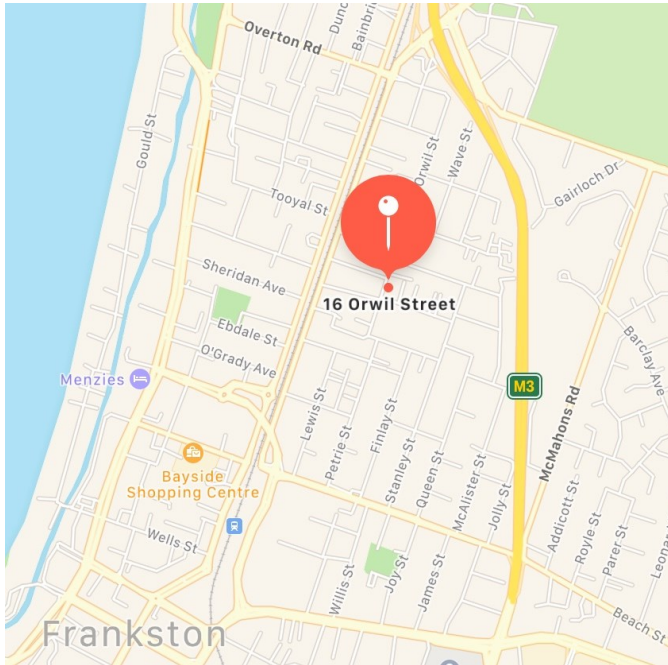
**SOLUTIONS TOGETHER** Provide Individual and Group supervision to Support Coordinators, Care Managers and sole traders working in the NDIS space. **If you are interested in being involved or would like more information please send us a message either via Facebook or email us at [info@solutionstogether.com.au](mailto:info@solutionstogether.com.au)**

**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](https://www.facebook.com/OrwilStreetCommunityHouseInc)



**Neighbourhood Houses**

The Heart of Our Community