



FRANKSTON SOUTH COMMUNITY AND RECREATION CENTRE

Newsletter | AUTUMN 2025

Autumn has arrived at Frankston South Community and Recreation Centre! 🍂

As the air turns crisp and the leaves begin to change, Frankston South Community and Recreation Centre (FSCRC) is embracing the warmth and connection of Autumn! Operated by Frankston City Council, we're here to provide a welcoming space where our community can come together, learn and thrive this season.

This Autumn, we're hosting a range of engaging events, including a special Dementia Australia information session in May and a free WHISE workshop on perimenopause and menopause, covering symptoms, management, and support. We're also looking forward to bringing the community together for Australia's Biggest Morning Tea, supporting a great cause over a cuppa.

Plus, we're excited to introduce our new FSCRC school holiday programs, packed with fun activities to keep the kids entertained! Stay tuned for more details.

This Autumn, FSCRC is your place to connect, grow, and be inspired. We can't wait to see you here!



To unsubscribe from this newsletter please email us at fscrc@frankston.vic.gov.au or call us on 9293 7122.



Easter Closure



FSCRC will be closed over the Easter holiday period from Friday 18 April to Monday 21 April 2025. We will reopen on Tuesday 22 April 2025.

We hope you have a wonderful Easter filled with family, friends and plenty of chocolate eggs! Enjoy the break, and we look forward to welcoming you back soon for more exciting programs and events.

Learn Local: Cafe Creations Graduation



Congratulations to our recent graduates from the Cafe Creations program last month.

Over four weeks, students honed their skills, gaining confidence in menu preparation and hospitality essentials. Their hard work culminated in a special graduation lunch, where they prepared and served a delicious two-course meal to family, friends and FSCRC participants.

As certificates were handed out, applause filled the room—marking the beginning of exciting new opportunities in the hospitality industry for the graduates of Café Creations.

Note: For more details, please contact FSCRC at fscrc@frankston.vic.gov.au, call us on 9293 7122.

Learn Local Success Story: Josh's Journey to Employment

Upon finishing school at 18, Josh was unsure about his next steps and was connected with a pathways program to explore his options. Lacking confidence and self-esteem, he experienced anxiety around entering the workforce. Through dedicated coaching, phase training, and career exploration, Josh gradually built the skills and confidence needed to take the next step.

As part of his journey, Josh undertook our Learn Local Cafe Creations & Coffee course, a four-week program where he gained hands-on experience in hospitality, customer service and developed valuable workplace skills. With renewed confidence, Josh worked on his resume and actively applied for jobs, ultimately securing an entry-level role as a Food Services Attendant in aged care.

One year on, Josh remains in his role and is thriving, demonstrating resilience and growth in both his professional and personal development. His journey is a testament to the power of tailored support, skill-building, and confidence in unlocking new opportunities.




Upcoming Events @ FSCRC in Autumn


Mastering Menopause


Join Women's Health in the South East (WHISE) for a free, friendly introduction to perimenopause and menopause. This informative session will cover:

- ◆ What perimenopause and menopause are
- ◆ Common symptoms and their impact on your body, mind, and daily life
- ◆ Simple strategies to manage symptoms and treatment options
- ◆ Where to find help and support

Don't miss this opportunity to gain knowledge, ask questions, and connect with others on the same journey.

 **Date:** Thursday 1 May 2025

 **Location:** FSCRC

 **Time:** 6:30pm - 8pm

Bookings essential! Secure your spot today.

For more information or bookings:

(03) 9293 7122

fscrc@frankston.vic.gov.au




Scam Awareness Workshop




Frankston City Libraries invites you to a free Scam Awareness Workshop at FSCRC.

 **Location:** FSCRC

 **Cost:** free

 **Time:** 2:45pm – 4:30pm

 **Date:** Wednesday 22 May 2025

-  Learn how to identify and avoid scams
-  Get your online safety questions answered
-  Enjoy a complimentary afternoon tea

Bookings are essential as places are limited!

For more information or bookings:

(03) 9293 7122

fscrc@frankston.vic.gov.au




Biggest Morning Tea

You're invited to Australia's Biggest Morning Tea at FSCRC. Enjoy a cuppa, light refreshments and delicious treats while supporting a great cause. Every donation helps fund cancer research, prevention, and support services.

♥ Donations collected by Mornington Peninsula Badminton ladies

☕ Tea, coffee and light refreshments provided

📍 Bookings recommended, but walk-ins welcome!

 **Date:** Thursday 22 May 2025

 **Location:** FSCRC


 **Time:** 10:00am – 11:30am


Come along, bring a friend, and make a difference!


Carer Wellness Program

Caring for a loved one with dementia can be challenging. Join our Carer Wellness Program to learn self-care strategies, manage stress, and connect with others in a supportive group setting.

- ✓ Tips for carer wellbeing & stress management
- ✓ Practical support & resources
- ✓ Optional follow-up support

 **When:** Thursday 15 May

 **Time:** 9:30am - 3pm

 **Where:** FSCRC

This workshop is for: Partners, family, and friends of people with dementia (not for healthcare professionals).

For more information or bookings:

(03) 9293 7122

fscrc@frankston.vic.gov.au





Playgroup

Looking for a fun and welcoming space for your little one to play, explore and make new friends? Come along to our playgroup, where children can enjoy music, engaging play and storytime while parents and caregivers connect in a friendly and supportive environment.

No need to book—just come along and join the fun!

Every Monday during school term
9:30 am - 11 am

Frankston South Community and
Recreation Centre

\$5.20 per family

For more information, speak to
reception or call (03) 9293 7122

Snaps @ South



Walk Group



Student Cheesecakes



Jin and Graeme



Graduation



Art @ South



Warhammer



A new name for a new era

Built in 1971, the Frankston South Community and Recreation Centre's purpose and programming has changed over the last 50+ years.

As the centre enters a new era, we need to register a formal name to go along with it and we want your feedback!

Do you support the proposed name of Frankston South Community Centre?

We're proposing to change the name to Frankston South Community Centre to reflect our commitment to delivering a full community centre model and to be more consistent with how other community centres are named across Frankston City.

Visit Engage Frankston to have your say:
engage.frankston.vic.gov.au

Engagement closes **27 March 2025**.



For more information:
Email fscrc@frankston.vic.gov.au
or call us on 03 9293 7122