

### July 2022

opportunity » growth » lifestyle

## Meet Lucas



Lucas completed our ACFE Café Creations Course in June 2022 gaining skills in the kitchen and as a barista. Upon completion of the course Lucas undertook workplacement at the Frankston Arts Centre.

Lucas plans while at university to gain a part time job in hospitality to support studies. Lucas has a passion for baking and enjoys making ginger bread houses.

If you are interested in joining our 2 exciting courses: **Café Creations** Monday to Wednesday and **Catering with Frankie's** Thursday to Friday please contact us on 9293 7122 or email us at [fscrc@frankston.vic.gov.au](mailto:fscrc@frankston.vic.gov.au)

Students made table centerpieces for Frankie's Café at the arts and craft workshop.



## MEGAR Week

We had the pleasure of hosting Frankston High School Year 9 students for MEGAR Week activities. The week was filled with activities to develop their minds in **Mindfulness**, **Empathy**, **Gratitude**, **Acceptance** and **Resilience**, all of which are designed to positively impact mental health and well being.

At FSCRC, the students were introduced to Hospitality ready training including basic cooking skills, barista training and real life experience of serving customers as well as arts and craft workshop.



"I really enjoyed this program, it was organised, everything was explained well and now I am a lot more comfortable with working", "I loved making food and working in an actual workplace", said one of the student participants.



# Cultural Corner

## NAIDOC WEEK



National NAIDOC Week is from 3 - 10 July. NAIDOC celebrates and recognises the history, culture and achievements of Aboriginal and Torres Strait Islander peoples (ATSI). NAIDOC Week is an opportunity for all Australians to learn about First Nations culture and history and participate in celebrations of the oldest, continuous living culture on earth.

**NAIDOC WEEK**  
FRANKSTON SOUTH COMMUNITY AND RECREATION CENTRE  
IN PARTNERSHIP WITH NAIRM MARR DJAMBANA  
AND FRANKSTON YOUTH SERVICE

**YOUTH CULTURAL EVENT**  
12 - 24 Years old  
**WEDNESDAY, JULY 6, 2022**  
10:00 AM - 3:15 PM  
Nairm Marr Djambana  
32 Nursery Avenue  
Frankston, 3199

**GET UP! STAND UP! SHOW UP!**

A FREE EVENT TO EDUCATE YOUNG PEOPLE ON  
ABORIGINAL AND TORRES STRAIT ISLANDER CULTURE

**PRESENTATIONS & ENTERTAINMENT INCLUDE**  
Welcome to Country and Smoking Ceremony  
Cultural Information Sessions  
Cultural Music & Dance Workshops  
Lunch Provided

**BOOK NOW** spaces are limited!  
12-24 years old book here:  
[bit.ly/3xfaz9s](https://bit.ly/3xfaz9s)  
18-24 years old book here:  
[bit.ly/3m8pm6z](https://bit.ly/3m8pm6z)

Logos for Frankston Youth Service, Australian Aboriginal flag, Torres Strait Islander flag, and Frankston City Council.

To celebrate NAIDOC week we are partnering with Nairm Marr Djambana and Frankston Youth Service to hold a youth cultural event on 6 July. The event will begin with Welcome to country and smoking ceremony from Bunurong Land Council, followed by a cultural workshop from living culture. This is an event to educate young people on ATSI culture.

## Cooking Workshops with Chef Tim

Every Monday Chef Tim holds a cooking class for families and Tuesdays for young people aged 12-24 at Frankie's Café.

If you are interested in joining Chef Tim please call us on 9293 7122 to register. We will be re-commencing after 15 July.

Mondays 5.00pm: All ages

Cost: \$10.00 per person

Tuesdays 3.30pm : Youth aged 12 -24 years

Cost: free



Frankston South Community and Recreation Centre

E: [fscrc@frankston.vic.gov.au](mailto:fscrc@frankston.vic.gov.au) Ph: 9293 7122

Address: 55 Towerhill Road Frankston South 3199

**frankie's**  
**Café**