



FIRST EDITION

## A fresh start begins with a shared meal.

### A WORD FROM OUR FOUNDER

#### Dear friends,

Welcome to the very first Project Fresh Start newsletter — something we've been quietly dreaming about for a while now. I'm so glad it's finally here.

When this little project began, the idea was simple: food, prepared with care and shared in community, has the power to change things. Not just hunger — but isolation, the quiet shame of doing it tough, the feeling of being unseen. Every week, I watch that change happen around our tables, and it fills me with the deepest gratitude.

None of it happens without the people who show up. Our volunteers, our donors, our partners, and the guests who walk through our doors — you are all part of something that matters. This newsletter is simply a way to bring you a little closer to it, one story at a time.

Thank you for being here. I hope you feel as warmed reading this as we felt putting it together.

#### Jolene

Founder, Project Fresh Start

### A VOLUNTEER STORY

#### A Labour of Love: Al's Story

For Al, a Blackburn local, volunteering with Project Fresh Start began the way many meaningful things do — through family. His daughter Charmaine had been involved from the very beginning, alongside Jolene. When Al drove out to see what it was all about, he never really left. That was three years ago.

The work is hands-on. Al spends his time in the kitchen doing food prep, then moves out to serve the fifty to sixty people who come through each week. It's a long day on your feet, but one he wouldn't trade.

*"Give to gain," he says simply — and those three words capture everything about why he keeps coming back.*

But Project Fresh Start is about much more than food. Not everyone who comes through the doors is homeless — many are simply people who are struggling, isolated, or in need of someone to talk to. Sitting down to share a meal becomes an act of real human connection. People open up. They share their stories. “It could happen to any of us,” Al says quietly.



*Al, doing what he loves — in the kitchen and at the table.*

After three years, Project Fresh Start has become, for Al, an extension of family — a shared purpose and a reminder that showing up for others is one of the most rewarding things a person can do. In his own words, it's really quite simple: “It's a really good thing to do.”

BEFORE JUNE 30

## A small gift, before the financial year ends

As we head into the colder months, more people than ever are reaching out — and the end of the financial year is a wonderful time to give. Every dollar goes straight back into meals, warmth, and welcome for our community.

**\$20**

A warm, nourishing meal for someone doing it tough

**\$50**

Helps keep a community fridge stocked for a local family

**\$100**

Keeps our kitchen running for a full lunch service

**Donate before June 30 →**

*Donations of \$2 or more are tax deductible. Please confirm your receipt details at checkout.*

COULD YOU JOIN US?

## There's always a place at our table

Our volunteers come from all walks of life, give whatever time they can, and go home feeling something they didn't quite expect: nourished themselves. We'd love to welcome you — no experience necessary, just a warm heart and a willingness to show up. We'll take care of the rest.

[Find out about volunteering →](#)

TOGETHER, THIS IS WHAT WE'VE GROWN

## Our community, by the numbers

**17,543**

**Meals Served**

lunch, takeaway & fridges

**1,308**

**Guests Welcomed**

sit-in lunches

**3,038**

**Volunteer Hours**

given with love

**185**

**Shifts Completed**

rain or shine

*These numbers grow every single week — thanks to you.*

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You received this newsletter because you're part of our community. We're glad you're here.