



Share. Belong. Grow.



 Playgroups

 Courses

 Room hire and parties

 Events

Our local
community house

April 2020 - Issue 64

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A Message to Our Community

The landscape of our world has changed dramatically over the past couple of months. 2020 thus far has not turned out the way any of us expected, but we at Doubleview House have been adapting and aim to continue to connect with our community until this time shall pass.

For those who worry about jobs and finances, businesses and investments, whose previously solid world is now filled with uncertainty, we feel for you and remind you that our community is here to help you get by. Reach out and we will help however we can.

For those who are navigating the task of home-schooling, we send you encouragement and a reminder that the amazing job you do as a parent will overcome any shortfalls in your unplanned role as a teacher.

For those facing the challenge of caring for babies and young children without the sanity-saving company and support of friends and family, we hope you can find joy in the close connections you build with your children during this tough time.

For those facing disappointment, due to missed birthdays, postponed weddings, cancelled holidays and unmarked anniversaries, we extend our sympathies and our hopes that we can all celebrate again soon. If your disappointment relates to cancelled sports on TV, closed venues or having to buy one-ply toilet paper instead of your normal luxurious three-ply, we would like to say it is ok to feel that too. We are all in this ride together, and being better off than some does not mean things are easy.

For those who are feeling lonely, missing the company of friends, children, grandchildren, parents, grandparents, colleagues, or just the bustle of the crowd, you are in our thoughts. We want to thank you for doing your part to keep our community healthy, and we hope to offer a way for you to stay connected to others during this time.



Some words of reflection and support directly from our committee members:

I struggled to see the positives of this unusual new world we find ourselves in, until a friend shared this beautiful quote "We are billions of caterpillars forced into our cocoons, being called on to change from the inside out, to metamorphosize, to rest, and reflect, and sprout wings". Seeing the situation as an opportunity to rest, reflect and improve has really helped me to deal with it better.
Georgia

As a teacher and a mum to four girls, life has certainly shifted in pace. With a husband working from home and the noise levels sky rocketing, it is hard not to wish for normality again. However, I have unexpectedly enjoyed social isolation. For us, it has been a chance to slow our lives down, simplify our daily commitments and reassess what we as a family enjoy doing. Chalk has never been in so much demand and rainbow and bear hunts are a must do. I'm hoping that when 'normality' returns, our community is stronger, the camaraderie continues and that going to a playground remains as exciting as hearing the Mr Whippy Van! Georgie

"I know lots of you don't have your loved ones in Perth, but how lucky are we to have all these

different ways of keeping in touch? However, speaking as a mum and grandmother whose kids don't live in Perth, please remember that nothing beats hearing your voice or receiving a simple form of communication every day be it a text or some goofy photo! It's often the little things that count " Alison

I have some wellness techniques that have helped me overcome the thoughts of every mum: "Am I doing a good job?", "Is it nap time yet?" etc. Devote at least 30 mins every day to moving your body, this maybe yoga, going for a walk or dancing to a favourite playlist- even if you need to get up at 5am to do it! Being a mum is the hardest thing in the world and you need some time out. Leah

My day starts with acknowledging one positive in my life to make me smile and feel good. It could be as simple as time to make my bed. The smell of my grass freshly watered. My beautiful, healthy child sleep horizontal in my bed. Beginning my day by sending gratitude throughout my mind and body really helps me combat the twists and turns throughout my day, and approach things with a 'can do' attitude. In the great words of Viktor Frankl; "When we are no longer able to change a situation, we are challenged to change ourselves". The human soul has the power to survive extreme hardships and flourish. We just need to remember how we are not alone and to not fear reaching out to anyone when we need help. Laila

Playgroup at Home WA



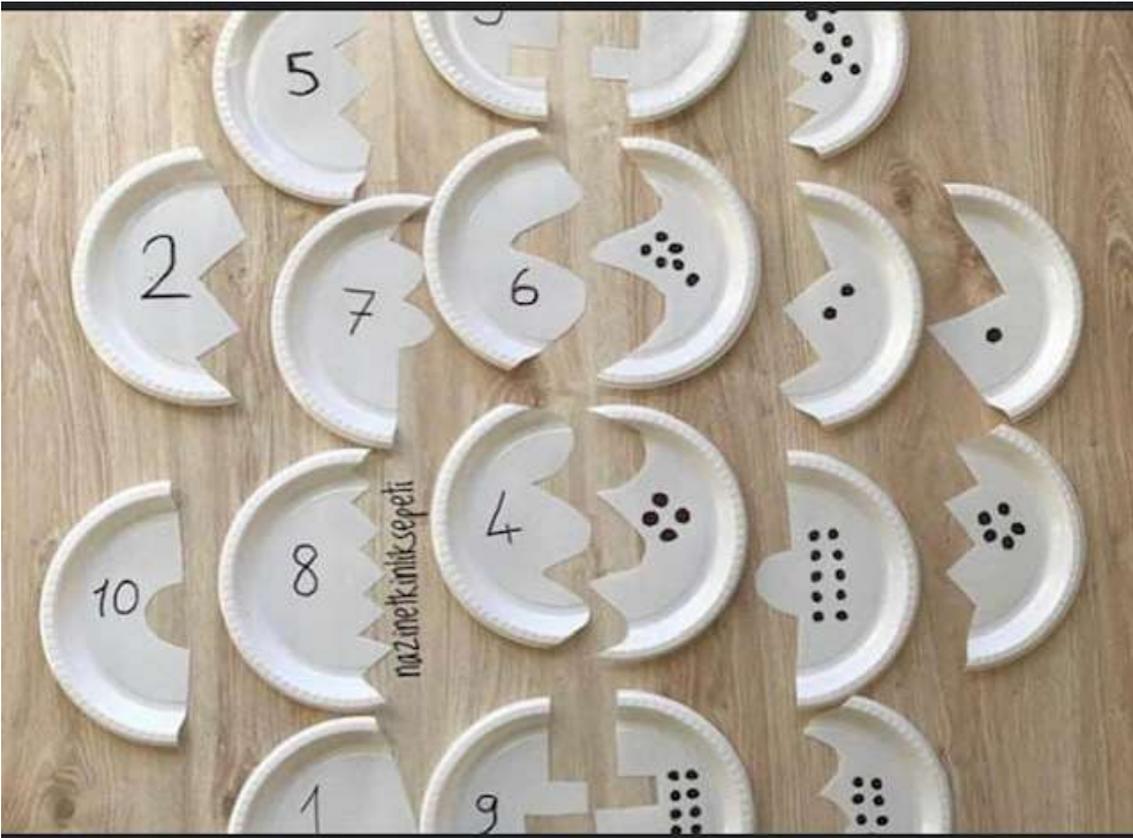
Playgroups at Home

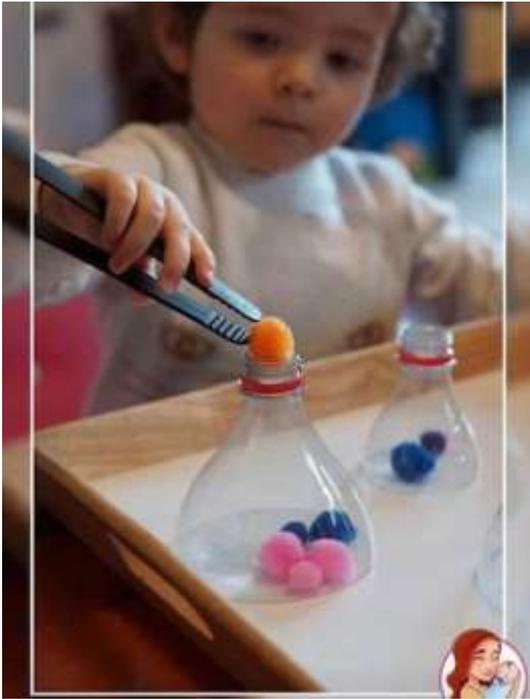
We miss seeing all the smiling faces from our Playgroups, and look forward to the time we can all be together again. In the meantime, many of our groups are staying connected via Zoom (an online video conferencing platform). Parents and children can catch up for a chat and complete a shared activity. Get in touch with your playgroup leader to coordinate this, and check out [Playgroup at Home WA](#) Facebook page for some great activity ideas.



We'd love for you to share the ways you've stayed connected with your playgroup during this time- email your stories and photos to doubleviewhouse@westnet.com.au so we can include them in the next newsletter and on our Facebook page!

Great activity ideas for kids!





Life at home

A story from our community member, Charlotte



Life for us right now in isolation is my partner and I, our two kids (2 and 4) and my parents, who are both in their 70's. My mum is my dad's carer as he has Alzheimer's, and they are stranded here from the UK after their flights were cancelled. Some days are filled easily and others are long, especially as they begin at 5.30am when the kids wake!

Things that have helped the time pass more easily:

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- Online deliveries for priority people (my parents are deemed vulnerable so we are eligible)
 - Group activities - puzzles, board games, dominoes, Jenga, darts and even croquet!
 - Time out for a walk to clear the head or a bounce on the trampoline
 - Laying in bed for as long as possible with a cup of tea to delay the start of the day, while the kids watch ABC Kids!
 - Using every idea from Bluey and beyond to create imaginative play activities for the kids
 - Enjoying having some real family time at home

These ideas work for us...sometimes. And it sounds quite easy but there is a lot of stress and worry underlying all of us and there are a lot of ups and downs along the way. I know some have it easier than others and I think this post (not sure who wrote it) sums it up so well.

**We are all in the same boat.
We are not all in the same storm.**

**For some people it's sprinkling. This is a break.
It's a breather. It's a pause in the "normal".
It's a time to reconnect with family and slow
down. Honestly, it's kind of peaceful.**

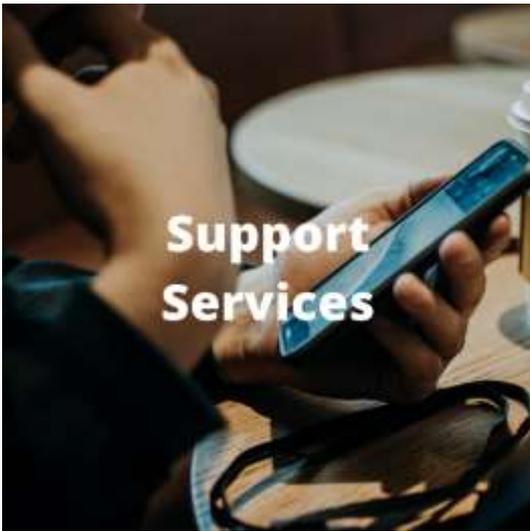
**For some it's a storm. It's a bit scary.
It's disruptive. It's enough to make you
stay up and watch the news and worry.**

**For some it's a hurricane. It's tearing at the
boards and pulling off the roof. It's washing
them out to sea. It's dark and unknown.
It's life-changing.**

**It's not wrong to be enjoying the sprinkles or
enduring the storm, but please don't negate
the difference. Rest with family, but don't
minimize the hurricane engulfing your neighbor.
Laugh at a meme, but get on your knees for
your friends. Get in someone else's storm.**

Want to share your story and tips in our next newsletter? Email us at doubleviewhouse@westnet.com.au

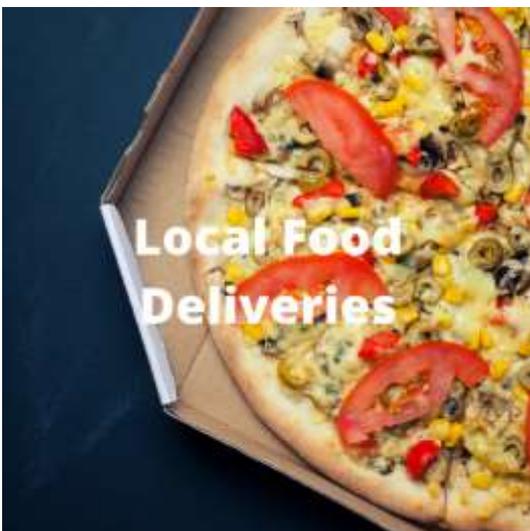
Helpful contacts



Lifeline WA - 13 11 14

**Women's Domestic Violence Helpline -
1800 007 339**

Beyond Blue - 1800 512 348



Bada Bing Café - 08 9446 8880

Pizzaca - 08 9341 1288

Dunn and Walton - 08 9242 7711

North Beach Deli - 08 9448 7472

Special Dates

Check in with our Facebook page for ideas on how to mark these special days.

23 April	Ramadan starts
25 April	ANZAC Day
30 April	Hairstyle Appreciation Day
5 May	Japanese Children's Day
10 May	Mother's Day
27 May	National Reconciliation Week



Doubleview House Temporary Closure

Doubleview House remains closed to the public until further notice, in keeping with current government regulations. The centre will be unstaffed from close of business Tuesday 21 April 2020, with a view of staff returning Monday 20 May 2020. During this time, please send any enquiries to doubleviewhouse@westnet.com.au and we will respond as quickly as possible.

Stay in touch on Facebook

Like the Doubleview House Facebook page to keep up to date with the news, events, programs and activities taking place at the House.



*The State Government through the
Department of Communities*



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