

# what's on in house

August 2019 - Issue 55  
Term 3 July 22nd - September 27th



## AUGUST

- 7 Committee Meeting
- 11 Repair Cafe
- 10 Pasta Making Afternoon with Chef Valentina
- 28 **Annual General Meeting**

## SEPTEMBER

- 1- 8 Adult Learners' Week
- 3 Triple P Parenting Program (Series of 7)
- 25 Sneaky Sugar Workshop

## Term 4

## OCTOBER

15 Sing & Grow (8 wks)

## Adult Learner's Week 1 - 8 Sept

Adult Learner's Week is celebrated each year with events and activities designed to promote the benefits of learning. This year's theme is **What are you waiting for?**

So why not give one of our inspiring leisure courses a try we have Pasta Making, Sneaky Sugar or Pre-Literacy Workshops coming up. It is also a great opportunity to have some adult only time, meet some of our local Community and have some fun.

Jen & Fran



## Committee News

**Friday Fun 'n Food Nights** are to be a regular occurrence here for families. Kick back at the end of the week, with the kids and your partner for food & fun from 4.00pm - 6.00pm. BYO nibbles to share and a Gold Coin Donation and we'll do the rest! The next one will be in Sept!

At our next meeting we will be finalizing our new logo ready to present to all our members at the AGM. We will also be tying up any loose ends to do with the House renovation, including replacing windows and security screens.  
Next Meeting Wednesday 7th August 2019



## Annual General Meeting

WSNH is a not-for-profit organisation governed by the volunteer Management Committee. We will be seeking new committee members at our AGM.

This is an inspiring team to belong to and can provide you with the opportunity for up-skilling, resume building and making a difference in your community. Please consider nominating. Position Descriptions are available from the Office.

Our name change to DOUBLEVIEW HOUSE will be finalized at the AGM and then it will be time to Party!

Wednesday August 28th  
7.15pm



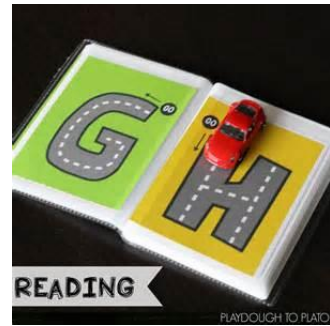
## Pre-literacy & Early Literacy Skills Workshop

Ideas for fun activities to help develop children's phonological awareness and Reading Readiness for parents and carers of children aged 3 - 5 years.

**Wednesday 11th September**  
**7.30pm - 8.30pm**  
**Cost: \$10.00**

Presented by Wendy Stentifold, a qualified teacher and **Reading for Sure** tutor.

Bookings at the office or call Wendy on 0447 486 652 for more info.



## Pasta Making with Chef Valentina

The wonderful Chef Valentina returns! Book yourself in for an extraordinary afternoon of pasta making on

**Saturday 10th August**  
**1.30pm - 3.30pm**  
**at WSNH.**

For just \$20 you can learn to make pasta, meet some people and enjoy some delicious aperitifs with Valentina.

Just like Nonna used to make...

Book in at the Office.



 **Belissima**

**Sneaky Sugar Workshop - back by popular demand!**  
For parents and carers of babies and toddlers

**Wednesday 25th September**  
**9.30am - 11.30am**  
**\$10.00 (includes a light healthy lunch)**  
**Crèche available \$5.00 per child**

In this Sneaky Sugar Workshop Rhiannon will explain why we crave sugar, what it does to our body, the challenges we have and solutions to cravings. Together with Rhiannon, a delicious poke bowl style lunch will also be created.

**Book at the Office.**





Toss it? No way! Doubleview

**Things need fixing?**  
**Saturday 10th August**  
**10.00am - 12.00pm**  
**Next door in the Guide Hall**

Join us on the 2nd Saturday of the month for a cuppa and to get help with repairs

- Clothing repairs
- Bicycle maintenance (chain, tyres, height adjustments etc)
  - Furniture
  - Electronics

*Brought to you by Transition Town Stirling, West Stirling Neighbourhood House and community volunteers.*

## Workshops and Courses

Currently running at WSNH in collaboration with Ngala & the Health Department

Bookings for Term 4 open now. [Book online here](#) or call 9368 9368

### **Explore and Play** Free Supported Playgroup Tuesdays 12.30 - 2.00pm

For parents, carers and babies 4 - 12 months. This new supported playgroup provides families with the opportunity to build on their existing knowledge of parenting and share experiences while being supported by an experienced Ngala nurse to discuss baby milestones, teething, sleep, mobility and solids.

[Book online](#) Phone: 9368 9368

### **Circle of Security** Wednesdays 12.15 - 2.15pm

Program for Parents & Carers of Children 0 - 5 yrs. Course attendees will learn to identify their children's emotional needs and respond to their behaviour and respond more effectively to their child's emotional needs resulting in greater resilience, fewer behavioural difficulties, better relationships with family and friends, improved self-esteem and enhanced school readiness.

See what it's all about here [YouTube Video](#)

### **Pyjama Drama** Wednesdays 9.30 - 10.15am

A **Free** program for parents and carers of children 2 - 4 years. Drama and imaginative play to ignite children's imagination and learn key skills.

### **Sing and Grow** Tuesdays 9.30 - 10.30am

Music therapy for young children (0 - 4yrs) and their families. Builds capacity in parents to support their child's development using percussion instruments, drums ribbons, ball and parachutes.



Click here to see [Repair Shop](#)

Delivered by

**Ngala**

Parenting with Confidence



**Explore and Play Playgroup**

FREE 11 WEEK SESSIONS FOR PARENTS AND CARERS OF CHILDREN 4 - 12 MONTHS



**CIRCLE OF SECURITY PARENTING**

FREE 8 WEEK PROGRAM FOR PARENTS AND CARERS OF CHILDREN 0-5 YEARS



**Pyjama Drama**

A FREE PROGRAM FOR PARENTS AND CARERS OF CHILDREN 2-4 YEARS

**Triple P - 7 week Parenting Program**  
**Tuesday's 3rd, 10th, 17th, 24th Sept & 29th October**  
15th & 22nd October phone call follow ups  
**9.30am - 11.30am**  
**Cost: FREE**

This program assists those families that are experiencing moderate behavioural problems. Learn a broad range of strategies to help manage your child's behaviour in a variety of situations - tailored to the needs of each individual family.

Click here for Group Triple P [Bookings](#) or phone 1300 749 869  
Crèche available: \$5.00 per child Bookings essential WSNH Office



## **WSNH Membership & Playgroup Term Fees**

\$15.00 pro rata Membership Fee

\$30.00 children up to 18months

\$35.00 children over 18months or two or more children

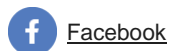
On-line payments can be made to WSNH, BSB: 036 036, Acct:  
106 063

Ref: Name & payment details



## **Stay in touch on Facebook**

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



Supported by



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