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## what's on in house

July 2019 - Issue 54

July 6 - 21: School Holidays



### JULY

- 1 Empowering Communities Program Funding Commences
- 13 Repair Café & Hand Sewing Workshop
- 20 Swap Share Shuffle
- 22 Term 3 Commences
- 23 Explore & Grow Playgroup commences
- 24 Pyjama Drama till - Sept 25
- 26 Christmas in July Sundowner
- 31 Circle of Security - till Sept 18

### AUGUST

- 7 Sneaky Sugar Workshop
- 7 Committee Meeting
- 10 Pasta Making Afternoon with Chef Valentina
- 28 Annual General Meeting

### SEPTEMBER

- 3 Triple P Parenting Program (Series of 7)

## Community Empowered

Thanks to the Department of Communities our funding for the next 5 years has just commenced! We are making big changes on a local level, which will impact our wellbeing and contribute to a better world.

We are championing the Reuse, Reduce, Recycle message by collecting plastic lids, composting vegie scraps, sharing our home grown produce, coordinating Repair Café and Sustainable Skills Classes...and 'who gives a crap'!

What YOU can do to make our community thrive - shop local, go plastic free in July, repair to reduce landfill, share your skills with us to make a difference.

Looking forward to sharing warmth and cheers in Term 3

Jen & Fran



## Christmas in July Sundowner

Come and join your Playgroup friends for a fun and festive start to 3<sup>rd</sup> Term at West Stirling Neighbourhood House.

**Friday 26<sup>th</sup> July**

**4:00pm-6:00pm**

Sausage Sizzle Dinner and Disco

Gold coin donation

**Wear your best Christmas outfit!**

Hosted by the WSNH Management Committee

Let's get our winter cheer out for everyone to enjoy!



## Committee News

### Annual General Meeting

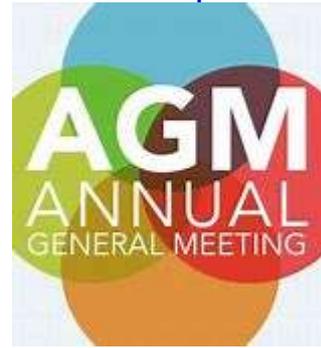
WSNH is a not-for-profit organisation governed by the volunteer Management Committee. We will be seeking new committee members at our AGM.

*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.*

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

Your Management Team  
Next Committee Meeting: Wednesday 7th August

Wednesday August 28th  
7.15pm



### 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



### Sneaky Sugar Workshop - back by popular demand!

For parents and carers of babies and toddlers

**Wednesday 7th August**  
**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.*

*Limited numbers. Book today at WSNH with payment to secure your spot. See WSNH banking details below. Phone Rhiannon on The Wholesome Health Coach on 0409 307 965 for details.*





Toss it? No way! Doubleview

**Things need fixing?**

**Saturday 13th July**

**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

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

### Free Workshop

Learn how to hand sew, stitch on a button, and sew a hem.

\*Suitable for ages 5 and up. Age's 5-12 parental supervision required.

- All materials provided. You will be able to take home your work and keep your sewing needle.
- Classes run every half hour (10.00, 10.30, 11.00, and 11.30).

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

Currently running at WSNH in collaboration with Ngala

### Explore and Play Free Supported Playgroup

Tuesdays 12.30 -2.00pm

For parents, carers and babies 4 - 12months. 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

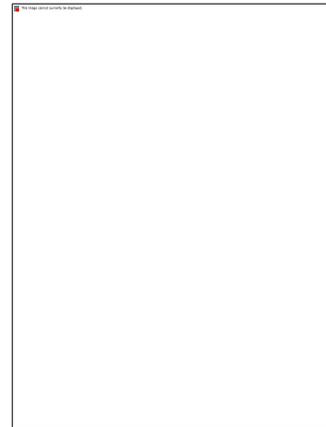
**Programs and Creche FREE - Term 3 Full - vacancies for Term 4 - Book now!** [Book online here](#) or call 9368 9368

### Circle of Security Wednesdays 12.30 - 2.30pm

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.

### Pyjama Drama Wednesdays 9.30 - 10.15am

A Free program for parents and carers of children 2 - 4 years.



Click here to see [Repair Shop](#)

### Sewing 101 for all ages\* and genders



Delivered by

**Ngala**  
Parenting With Confidence



Explore and Play Playgroup



CIRCLE OF SECURITY PARENTING

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

Drama and imaginative play to ignite children's imagination and learn key skills.

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

WSNH in Term 4. Bookings open now.

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.

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



### **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.



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Supported by



West Stirling Neighbourhood House is funded by the State Government through the Department of Communities



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