



Share. Belong. Grow.



 Playgroups

 Courses

 Room hire and parties

 Events

Our local community house

July 2020 - Issue 67

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Our Community - Growing together

We welcome you all back to our cosy, friendly House where you can enjoy a sense of belonging, some socializing and learning! While you've been away, we've made some fabulous changes - sorted, labeled, re-organized and improved to make the House a place to call home!



Well done and thank you to the members who came along to the 'Messy Play' Kitchen Garden mornings. In a few weeks with some more rain our herbs will be ready for the picking! We also thank Bunnings Innaloo for their donation of a \$150 Voucher towards the project and the City of Stirling for a donation of soil and fertilizer.

As we move through the year, some of you may be facing more unnerving uncertainty than you've felt before. Turn to the Community for support - you have to make the first step to recognize what you need. Doubleview House is a good place to start - let us know so that we can creatively plan to address your current concerns.

We have volunteering opportunities available at the House and by using our skills and creativity together we could create a social enterprise that will benefit all. After all this rain, see the end of the rainbow!

Jen & Fran

Committee News

Meet and Mingle at our **Annual AGM on Wednesday 26th**

August at 7.30pm. We are seeking additional committee members for the 2020-2021 year to help plan and manage Doubleview House. This group is the brains trust and can do team behind the Centre.

As a not-for-profit organization, the committee adhere to Good Governance principles. Not only is it fun to be involved in creative management, but it looks great on your resume! See Jen or Fran for further details or to self nominate.



Sundowner

Friday July 31st

4.00 - 6.00pm

Join us for a plastic free July Sundowner with a 'Buy Nothing' theme.

Bring along a box of items you'd like to give away and enjoy a Stuffed Spud for dinner! BYO drinks.

No money changes hands – it is a pay-it-forward concept with the motto: "**Buy Nothing**, Give Freely, Share Creatively."

\$5.00 per family Limited numbers RSVP to the Office.

We will be making **non-plastic party decorations at playgroup** - Fabric bunting to be put up at our Sundowner!



Simply by saying **no** to the top four most prolific single-use plastics you can make an immediate difference - plastic bags; water bottles; takeaway coffee cups and plastic straws. We are currently collecting plastic bottle lids that can be recycled into 3D printer filament. Bring them in and pop them in the container in the kitchen.



Toss it? No way! ● **Doubleview**

Saturday August 8th from 10.00am-12.00 midday at the Guide Hall 228 Hancock Street Doubleview

Come to our community hub for a cuppa, to have things repaired and develop some of your own 'know-how'skills. Different skills development each hub - 2nd Saturday of the month.

- **Learn Basic Sewing Repairs** Hems, patching and buttons
- **Be Connected - Improving Digital Literacy for Older Australians** Can't do something on your phone or device? Bring it in and get some **help from our Wizz Kid!**
- **Share Excess Homegrown Produce**

Re-use. Reduce. Recycle. Share. Belong. Grow.

The Doubleview Sustainable Hub

Doubleview House Partners with Ngala to bring you some amazing **FREE parenting programs and children's song & drama sessions**



Commences Week 2 of Term 3

- **Circle of Security:** Wednesday's 12.30 - 2.30pm
- **Supported Playgroup** Tuesdays 12.30 - 2.00pm for babies 4 - 12 months
- **Drama Stars** - Wednesdays 9.15 - 10.00am



Phone Ngala 9368 9369 or click [for further details and bookings](#).

Creche available - please book in your children with Doubleview House direct.

**Choking, burns, drowning, poisoning,
bleeding...
COULD YOU SAVE YOUR CHILD?**



Children are NOT treated like adults, so it is ESSENTIAL for parents to do a baby/ toddler course every 12 months. This course is taught by one of WA's most passionate instructors, with 26 years experience specialising in children. The course will give you the skills and confidence you need to be able to treat an injured child in a range of situations. Widely considered to be WA's best baby/ toddler first-aid course!

Tue 4th August 2020

6:30 pm - 9:30 pm [Book Here](#) \$55.00

Here at Doubleview House



Developing Resilience in Challenging Times

Thursday 6th August 9.30-11.30am

\$20.00

Bookings Essential at the Office Creche available \$5.00 per family

In the current uncertain time, many of us are feeling overwhelmed and challenged to make sense of the all the advice, news and things that are happening. This can cause worrying thoughts that can contribute to a feeling of helplessness. The reality is, feeling all those BIG emotions are normal however, it can be hard to know where to start or find the motivation through them.

In this session, Fiona Perrella from Strength Heroes will give you practical and ready to implement strategies to develop your family's resilience. This workshop will help you to focus on how to cope, practical things you can do to develop you and your families to move forward when faced with challenges.

In particular how to:

- *recognise, understand and cope with the emotions*
- *practice mindfulness and connection in stressful times.*
- *put in place strategies to focus on what you can control; and*
- *develop strategies to cope and flourish.*

Fiona Perrella is the founder of Strength Heroes which develops confident and resilient children who bounce forward when they are faced with a challenge. You might also like to listen to Fiona's [blog](#) Strength Heroes have put together tips on how you can help your child (and you!) to be more confident and cope with the BIG emotions that come with becoming independent.

Cooking class - Sourdough Bread & Scones

Thursday 20th August 9.30 -11.30am

\$10.00 Booking essential at the Office

Creche Available \$5.00 per family

Make, bake and enjoy a morning tea of scones while you learn how to make the perfect loaf of Sour Dough.

Everyone will take home their own starter.



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.



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Supported by



*The State Government through the
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