

[View this email in your browser](#)

what's on in house

June 2019 - Issue 53



TERM 2: Monday April 29th - Friday July 5th 2019

JUNE

- 8 Repair Café
- 18 Developing Great Sleep Patterns (Wiring Kids)
- 19 Raising Resilient Children (Triple P)
- 22 Raising Confident Competent Children (Triple P)
- 24 Brains Drive Behaviour Workshop (Wiring Kids)
- 26 Fears, Worries and Anxiety in Early Childhood (Wiring Kids)

JULY

- 6 - 21 School Holidays
 - 22 Term 3 Commences
 - 24 Pyjama Drama till - Sept 25
 - 31 Circle of Security - Sept 18
- ## AUGUST
- 7 Sneaky Sugar Workshop

Winter at the House

This month sees the end of the current funding agreement with the Department of Communities. The Empowering Communities Program commences on 1 July 2019 and with it, a number of new initiatives including a Babies (4 - 12 months) Supported Playgroup and Friday Night Family Sundowners next term.

The cooler weather encourages a different type of play. See the 'Playgroup Play Ideas' at the office or be creative yourself to involve the kids and parents. The 'Home-school' playgroup focussed on keeping our environment clean and organized an Emu Bob in the playground, while the Japanese playgroup celebrated WA day by making 'joey' pouches and bounding around the House! See [Living Green in Stirling](#) for loads of sustainability initiatives in our City.

Research shows that when parents react harshly and with emotional intensity, children's distress tends to escalate, and the problem is less likely to get resolved. Here are some strategies that can help. [Managing Your Own Emotions](#) or book into the Circle of Security Series held here next term.

Stay warm, well and happy

Jen & Fran



Committee News

Declutter, Reduce, Reuse, Recycle, Simplify and RE-NAME!

After many conversations with our members, community groups and our marketing team we gave settled on

DOUBLEVIEW HOUSE

Next up is developing our new logo and then becoming quite egocentric by painting the building, working towards placement of an iconic sculpture and making the most of the 'Double' View.

Thank you to all who helped on Election Day to welcome the local community in to the Centre. We raised substantial funds which will be used for the external upgrade.

It's been a huge year of putting new processes, policy and procedures and a wish list in place. The next year will see a consolidation of the great work done and an increased focus on Asset Based Community Development. We will be seeking a number of new Committee Members. Please start to consider joining the team.

Your Management Team

Next meeting: Wednesday 7th August

Triple P Seminar Series:

Wednesdays 9.30am - 11.15am

June 19th: Raising Resilient Children

June 26th: Raising confident, competent children

Click here for Seminar [Bookings](#) or phone 1300749869

Crèche available: \$5.00 per child - Bookings essential at the Office

Sneaky Sugar Workshop

For parents and carers of babies and toddlers

Wednesday

August 7th 2019

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.



Thank you Kasumi for your help as Committee Treasurer for the past 6 months and congratulations on finding an Accounting job!



Wiring Kids

Who wouldn't want to attend these 1 1/2 hour workshops for only \$25.00 each?

Tuesday 18th June: Developing great sleep patterns workshop for parents of children 4 - 8 months

Monday 24th June: Brains Drive Behavior Workshop for parents of children up to 3 years

Wednesday 26th June: Fears, Worries and Anxiety in Early Childhood Workshop for parents and Carers

More information and bookings [here](#)



Repair Cafe - 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

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

Click here to see [Repair Shop](#)



Currently running at WSNH Book now for Term 3

Circle of Security Program for Parents & Carers of Children 0 - 5 yrs

Course attendees will learn how to identify their children's emotional needs and respond to their behaviours in ways which result in greater resilience, fewer behavioural difficulties, better relationships with family and friends, improved self esteem and enhanced school readiness.

Creche: **FREE** Bookings essential when you book for the course
[Book Online here](#) or call 9368 9369

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

[Book online](#) Phone: 9368 9368 or Email:
NorthWestMetro.PCWA@ngala.com.au

Ngala
Parenting with Confidence

Delivered by



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



'The Bend' Movie Night - (Free)

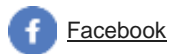
Saturday 15th June
7.00pm
Scarborough Community Centre

are excited to present a #free showing of the documentary #movie 'Tomorrow'. This #movie will leave you glowing with positivity about the future of the planet. Come and join the positive #vibe with your #local #community.



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.



Facebook



Website



Email

Supported by



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



228 Hancock Street,
Doubleview 6018 e:wsnh@westnet.com.au Ph:
08 9446 2757

[unsubscribe from this list](#)

This email was sent to wsnh@westnet.com.au

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

West Stirling Neighbourhood House · 228 Hancock Street · Doubleview · Perth, WA 6018 · Australia

