

what's on in house

March 2019 - Issue 50

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MARCH

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14 Podiatrist Visit
16 Northern Community Share
18 - 22 Harmony Week
23 Tomorrow - Free outdoor movie
30 Pre & Post natal Yoga class

APRIL

4 Save-a-Child First Aid
7 Family Fun Day
13 - 28 School Holidays
19 Easter Friday
22 Easter Monday
25 Anzac Day

Harmony Day - Thursday 21st March

At least half of our members were born overseas so Harmony week provides an opportunity to celebrate our diverse community.



is a wonderful way to spark meaningful conversations about cultural diversity and inclusion. Playgroup members are invited to bring a simple dish and share a taste of their country of origin with their group.

There's lots happening in our community for all age groups so get outdoors and meet some of the neighbours!

Jen & Fran



Easter Family Fun Day

Loads of fun for all the family

- Coffees, Cakes, Sausage Sizzle
- Baby Farm Animals, Face Painting and giant Bubbles, Easter Craft and more
- Raffles

Bring your family, friends and neighbours for the most anticipated event of the year. Mark it on your calendar now



Sunday April 7th
10.00am - 12.00noon

Committee News

The Committee has been informed that the Empower Communities Program will commence on July 1st 2019. The current funding for community development has been extended till June 30th 2019. In preparation, we are currently receiving quotes for re-branding the organisation and updating the marketing.



We hope to roll out the new look in time for the Federal Election when our Centre will be used as a polling booth.

Your Management Team
Next meeting: Wednesday 13th March



If you need something fixed and can carry it with two hands, bring it along to our Repair Cafe. This Volunteer service is Free of charge! Come along, enjoy a cuppa and see what we get up to.

Saturday 9th March
10.00am - 12.00pm
(On the second Saturday of each month).

A collaborative enterprise between Transition Town Stirling and West Stirling Neighbourhood House



Volunteers needed!

- * Front of house - to register repairs (anyone can do this)
- * Repairers - Mr & Ms Fixits

Contact Wendy on 0447 486 652 if you can help

Save-a-Child Family First Aid
For parents and carers of babies and toddlers
Thursday April 4th, 2019
6.30pm - 9.30pm
\$65.00



This fabulous short Course will equip you with the basic skills of CPR, choking, burns, bleeding and poisoning.

Please [book online here](#)

Pyjama Drama

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

Drama and imaginative play helps young children to learn about their world and develop key skills by igniting their imagination.



West Stirling Neighbourhood house
Wednesdays May 1st - July 3rd (Series runs for 10 weeks)
9.30am

Cost: **FREE**

Facilitator: Cheryl Marron

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

Don't miss out - Book in for next term now!



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

Drama and imagination play helps young children to learn about their world and develop key skills by igniting their imagination.

THE BENEFITS OF DRAMA AND PLAY:

- Builds confidence & self-esteem
- Improves concentration & social interaction skills
- Assists with development of language & communication skills
- Encourages cooperation skills

Where: West Stirling Neighbourhood house, 228 Harwood Street, Doncaster.
When: Wednesday 8 February - 10 April @ 9.30am (Series runs for 10 weeks)
Cost: FREE
Facilitator: Cheryl Marron
Book online: www.ngala.com.au
Phone: 9368 9368
Email: NorthWestMetro.PCWA@ngala.com.au

Supported by:
Partnership with:
Delivered by:
Ngala
Specialists in Parent Support

Pre & Postnatal Yoga Class with Marlena Introductory Class - Free!

Saturday March 30th
8.00am - 9.15am

Marlena is a certified, passionate and devoted Yogi who has been practicing Yoga for over 15 years now. Her Prenatal Yoga Training was a remarkable experience especially through her own pregnancy and motivated her to help to empower students / mothers on their journey towards motherhood.

Marlena provides expert care in Pre & Postnatal Yoga in a friendly and supportive environment at this amazing time of your life.

Please register your interest at the Office.



or phone Marlena 0450752737
for more information.

Podiatrist visit

The best way to keep young feet healthy for life is preventing problems early.

Dr Sara Halas is a Podiatrist at **Doubleview Podiatry** and will be at the Centre on the 14th of March 2019 to discuss normal foot development as well as common conditions seen in the clinic such as: pigeon toes/in-toeing, flat feet, toe walking, knock knees, heel pain and tripping.

All welcome to attend from 9.30am.



Do you want to be a Guinness World Records® title holder?

The City of Stirling is planning a Guinness World Records title attempt: **most nationalities in a drum circle.**

This could be fun!! Details here: [Guinness World Record](#)



Northern Community Share

Saturday March 16th

10am to 12 noon

Share your excess produce, plants, seeds and books. Set up from 10am, share at 11am. Have a chat and a cuppa before the share, gold coin donation to cover costs. All welcome. West Stirling Neighbourhood House, Cnr Hancock and Scarborough Beach Roads.



Our friends at "Bend in the Road" have organised a screening of one of our favourite movies. **Tomorrow** looks at some of the positive things happening in the world to help us create a brighter future, including the Transition Town movement. Gates open 7.00, Movie commences 7.45pm. BYO rugs, beanbags, lawn chairs and picnic Saturday 23rd March Ampitheatre, Scarborough Community Centre, 173 Gildercliffe St, Scarborough

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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