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## what's on in house

May 2019 - Issue 52

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

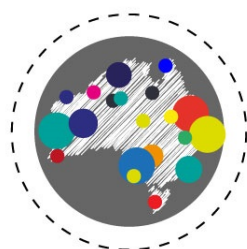


### MAY

- 1 Pyjama Drama
- 8 Save-a-Child First Aid (Night workshop)
- 8 Circle of Security (with Crèche)
- 11 Repair Café - Adjacent Hall
- 22 Sneaky Sugar Workshop

### JUNE

- Triple P Seminar Series
- 5 Power of Positive Parenting
- 18 Election Day Polling Booth
- 19 Raising Resilient Children
- 22 Raising Confident Competent Children



## Neighbourhood Centre Week Bringing People Together

from your Neighbourhood to your Nation

6-12 May  
2019

### Which greeting would you like to use?

Recent studies have shown that loneliness and feelings of disconnect are increasingly prevalent in society, contributing to a myriad of related problems: from general physical and emotional ill-health, to depression, substance abuse, domestic violence and crime, even suicide.

Neighbourhood and Community Resource Centres work at the heart of their communities, offering activities, programs and services that support the objectives of social inclusion and address factors that can lead to social exclusion: in short, they bring people together, help combat loneliness and provide the human connection that is so vital to health and wellbeing.

National health and well-being starts at the local level. Neighbourhood Centres help form the foundation for vibrant inclusive and connected local communities, which in turn form the foundation for a vibrant, inclusive and connected nation. In other words: it starts at the Centre and radiates out to the nation!

**Grab a sticker and lets get started!**

Jen & Fran



### Committee News

After receiving four quotes, the Committee chose 'The Hub - Marketing Communications' to assist our organization to rename and rebrand. Along with this, we have been busy

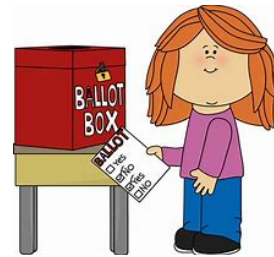


seeking to refurbish the Centre - painting, storage units and updating windows and Artworks.

We will be seeking our members input before making any final decisions.

Our Centre will be used as a polling booth for the upcoming Federal Elections on Saturday May 18th. We will be welcoming the community in and working with other local groups to provide displays, a Sausage Sizzle and a piece of cake to leave our neighbours with a 'sweet taste'. An Xpresso Coffee van will be stationed in the carpark.

Your Management Team  
Next meeting: Wednesday 5th June



## Circle of Security

Program for Parents & Carers of Children 0 - 5 yrs

### Wednesdays 8 week Series

May 8th - 26 June  
12.15pm - 2.15pm

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  
Sessions held at our Centre are already booked out for term 2 but you can try :

Osborne Park Community Hub Thursday's 9.30am or Book for Term 3 to be held at our Centre.

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



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

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



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

Ngala

Parenting with Confidence

Delivered by

## Triple P Seminar Series:

Wednesdays 9.30am - 11.15am

June 5th: Power of Positive Parenting

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



## Save-a-Child Family First Aid

For parents and carers of babies and toddlers

Wednesday May 8th 2019

6.30pm - 9.30pm



**\$65.00**

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

Please [book online here](#)

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## **Sneaky Sugar Workshop**

*For parents and carers of babies and toddlers*

**Wednesday May 22nd 2019**

**10.00am - 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.*



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## **Repair Cafe - Things need fixing?**

**Saturday May 11th**

**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 - from electronics, to gluing, to sewing and more.*

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



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## **Also on in our community for children**

**Creative Kids Arts Club:** Held at WSNH on Wednesdays  
Visit the website [here](#) for more information and to book.

**Toddler Art with Strength heroes:** At The Art Space Collective, Scarborough Beach Road on Tuesdays with a parent or carer!  
For more info and bookings click [here](#)



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

**\$20.00 Annual Membership Fee (one off)**

**\$30.00 children up to 18months**

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

*On-line payments can be made to:*

**Account Name: WSNH**

**BSB: 036 036 Acc: 106 063 Ref: Name & purpose**



## 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

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Supported by



West Stirling Neighbourhood House is  
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