



Share. Belong. Grow.



Playgroups



Courses



Room hire and parties



Events

Our local
community house

October 2020 - Issue 70

OCTOBER

- 12 *Playgroups resume*
- 10 -17 *WA Mental Health Week*
- 13 *Save-a-child First Aid (evening w/shop)*
- 15 *Drama Stars (8 weeks)*
- 15 *Dealing with Big Emotions (w/shop)*
- 16 *Mental Health Week Sundowner*
- 21 *Circle of Security Ngala (8 weeks)*
- 21 *Save-a-child First Aid (evening w/shop)*
- 19 -25 *Get Online Week*
- 22 *Digital Literacy for Older
Australians Workshop/Morning Tea*

NOVEMBER

- 14 *Repair Cafe*
- 27 *Santa's Sizzling Sundowner*

DECEMBER

- 11 *Last day of playgroup*

Change for Coordinators

As Mental Health Week approaches it's time for us all to take stock and reassess our direction, our values and our actions. But, remember, don't take yourself too seriously.

Join us with 'Spring' in your step and dance your jiggles out at our Dance Party Sundowner coming up next week. We are asking you to send in your favorite dance tunes so that we can add them to our playlist.

This will be Jen's (the Centre Manager's) last Hurrah as she leaves Doubleview House after 13 years of connecting and celebrating with community. Please come and have the last dance with her.

Beyond the Sundowner there are loads of activities and events to move you forward with refreshed enthusiasm towards Christmas and the New Year.

Jen, Fran & Chenoa



Containers for Change

Have you seen the new Containers for Change secure bin? We are a donation point for eligible containers. For more information please [click here](#). There are a few ineligible containers- these include plastic milk bottles, wine bottles, cordial, juice containers over 1L or under 150ml. If you are unsure there is also a label on the bin which can help you work out what can be recycled.

Proceeds collected will be used for initiatives in the community.



Committee News

The first meeting of the new Doubleview House committee was held recently. Possibilities for improving the exterior of the building were discussed, as well as ideas for revitalising the inside space and resources for playgroup usage.

The Keironohi (Respect for the Aged) Sundowner held in September was a wonderful showcase of the traditions, food and talents of our Japanese community. Special thanks to committee member Ayako for her efforts in coordinating this event. We look forward to connecting with our members and the wider community at the many other events and courses planned for the coming months.

With deep regret and sadness Doubleview House will be saying farewell to our Centre Manager, Jennifer Kopij on Friday 23rd October. Our committee and community will be very sad to see Jen depart from her managerial position after serving the centre and community for nearly 14 years. If you would like the opportunity to celebrate the incredible contribution Jen has made during her time at Doubleview House the details of the sundowner are below.



Happy Afternoon Dance Party

Friday 16th October

4.00 - 6.00 pm

Bring your own drinks and party food to share

Ice-cream in a cone available for gold coin donation

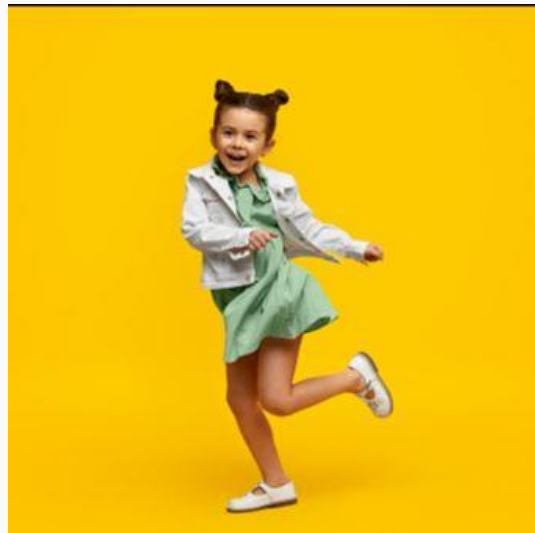
[RSVP](#)

Don't take yourself too seriously - dance like no-one is watching! Click on the link to send us two of your

favorite dance tracks and we'll include them on our [Playlist](#)

There is evidence that the physical movement of dance produces positive mental health effects. There's also evidence to prove that dancing with others helps you feel a sense of belonging, and often leads to an increase in social activity. [Click here for more information.](#)

We could not let Jen depart without a big send off and if you too would like to come and show your appreciation for her involvement over the years please join us.



Doubleview House Employment Opportunity

Doubleview House is seeking a qualified, experienced and creative Centre Manager to join a passionate and professional team.



Applications close 12pm, Wednesday 28th October. [Click here for more information.](#)

Upcoming events and courses

Ngala Parenting and Children's Programs

at Doubleview House this term



Circle of Security: Wednesdays 12.30pm - 2.30pm Creche available 9446 2757 or info@doubleviewhouse.com.au

Drama Stars: Wednesdays 9.15am - 10.00am

Supported Playgroup: Tuesdays 12.30pm -

2.00pm for babies 4 - 12 months

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

Doubleview Repair Cafe

Saturday 10th October

10:00am -12:00pm

Girl Guide Hall opposite Doubleview House

Help re-use, reduce and recycle. Do you have something that needs repairing but it's beyond your skills? Bring it along to the repair café and see the volunteers in action.



Baby/Toddler First Aid Course

Tuesday 13th October

6.30pm - 9.30pm

Cost \$55.00 [Click here to book](#)

Wednesday 21st October

6.30pm - 9.30pm

Cost \$55 [Click here to book](#)

This course will give you the skills and confidence to be able to treat an injured child in a range of situations. Taught by a passionate instructor, with 26 years' experience specialising in children, this course is widely considered to be WA's best baby/toddler first-aid course!



Yoga for mums - free 8 week course

Commencing Thursday 15th October

12:00pm - 01:00pm

\$FREE

Creche available - bookings essential

[Click here to book](#)



Learn gentle yoga, breathing and relaxation techniques that you can use at home. All levels of yoga experience are welcome. Please bring your own yoga/exercise mat or towel to lie on.

Digital Literacy for Older Australians

Thursday 22nd October

9.30 am - 11.00 am

Free

Book here [\(link\)](#) or Phone 9446 2757

This is an information, social and planning session. Attendees will learn 3 new tips about their device and we will have fun with a 'Selfie Challenge'. A program will be developed to meet the group needs and run as a series of sessions, at a suitable time and frequency.



Supported by the
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