



what's on in house

Issue 17 - April 2016

Term 2 Commences Tuesday 26th April till Friday 1st July



Facebook



Website

Rejuvenate

This word sums up what is happening at the House this term!

- The Committee has reduced and will recycle the old toys at the **Baby and Kids Market** and has purchased some new ones
- A rejuvenating **Long Table Breakfast** will be held in conjunction with a fresh food **swap, share, shuffle**
- The **workshops on offer include new and positive ways** of dealing with children's misbehaviour, restoring an injured person, and creating a living and growing artwork for your home
- Feeling great through joining our **fitness classes**

Rejuvenate yourself and connect with others by embracing our community in some way. Don't forget to stay in touch by liking us on Facebook! See you at the House
Jen and Fran



You and your children are invited to share in our community

Long Table Breakfast Sponsored by Neighbourhood House Week
Saturday 14th May 8.30am

The *free* breakfast includes fresh juices, fruit, muesli and yoghurt along with cooked fare and will be followed by the Swap, share, shuffle

Arrive from 8:30, grab a seat, breakfast will be available from 9:00am.



Vegetarian and vegan options will be available.

In the spirit of Reduce Reuse and Recycle ... This will be a PLASTIC FREE event so please bring your own reusable plate, cutlery and mug for your breakfast and morning cuppa.

Chairs and tables will be provided.

We only have 50 places available, so book your tickets and PLEASE let us know if you can NOT make it so we can make your place available for somebody else. Kids welcome, but need to be booked in.

Click on the link to book your place: <http://www.eventbrite.com/e/long-table-breakfast-in-the-park-tickets-24418845424?aff=efbevent>

WSNH in collaboration with 'Transition Town Stirling'



GROW Together
Eat TOGETHER

Neighbourhood House Week
9 - 15 May 2016

Friday 29th April from 4.30 - 7.30pm

Come and join us for a fun Friday afternoon!

Grab a bargain or sell, swap, everything related to baby and kids.

Ranging from, clothes, toys, books, prams, accessories etc.

A light aperitif will be provided along with coffee and treats.

\$1 Sausage sizzle for an easy dinner fix will also be provided.

Please share the event and invite all your friends. Kids are welcome as long as supervised at all times.

Baby & Kids Market

BUY-SELL-SWAP



Workshops this Term

Positive Parenting Program Discussion Group

9.30am – 11.30am Wednesday 25th May 2016

We will discuss the reasons why children don't do as they are told, how to prevent misbehaviour, how to teach your child limits and how to deal with misbehaviour when it happens.

You'll be surprised at how a few small changes can make big differences!

To register please call 9400 9551, places are limited and bookings are essential. Groups are limited to 12 participants.



Save-a-child First Aid

May 18th & 25th, 6.30pm - 9.30pm
\$50 members, \$65 non-members



Reviews: 'The best First aid course I've ever done - essential for every parent', 'Very informative, Insightful and extremely easy to follow. Brilliant instructor, Exceptional'

Book at the Office now!

Kokedana Workshop

Saturday 30th April 10.30 - 12.30pm

\$110 Bookings: Waxandtwine@bigpond.com



Fitness

What time would suit you to exercise at WSNH with free crèche for your children? Please register your expression of interest at the office.

The classes would be:

- varied and fun
- With FREE CRECHE
- designed for Mums and Dads with early risers who would like to train first thing or
- for those who have school aged children who would like to train before or straight after school pick-up
- for all abilities and ages .



In the meantime, WSNH members receive a 15% discount on You can do FIT's classes held at Birrale Reserve Bates Road Innaloo! , check out the website <http://www.youcandofit.com.au> view our full timetable.

Sign up online using the code "WSNH2016" at the checkout to receive your 15% discount.

With so many options on offer there is really no excuse not to commence your training!

Membership and Playgroup Fees

\$30.00 - families of children up to 18 months.

\$35.00 - families of children 18+ months or two or more children.

A discount of 20% applies to Centrelink Concession Card holders.



PAYMENT OF FEES to WSNH can be made in cash at the Office or by Direct Deposit to: Name:

WSNH BSB: 036-036 Account:106-063 Ref: your name & payment details.

Fees due by Friday 13th May

After Hours PERSONAL SAFETY ADVICE

As this centre is accessible to the public, for your own and your children's safety, please ensure that:

- your children are supervised whilst outdoors at all times
- your car is locked and valuables are not visible Also, please be aware that when the office is closed, the general public can enter the premises if the doors are



unlocked. Please contact security if any issues arise.

City of Stirling **Security Service 1300 365 356**
