



what's on in house

Issue 18 - May 2016

Term 2: Tuesday 26th April - Friday 1st July

Sustainability

It's all about being sustainable - both of the community events held at the House so far this term have provided opportunities to swap and share produce, goods, information, food and community contacts. The 'Kid's and Babies market and the Long Table Breakfast were fabulous events for many from our local community.



But wait.....there's more!

You can sustain yourself better by

- attending one of our workshops
- or fitness partners programs

Have fun doing something that sustains you and if you can't find what you're looking for, speak to Jen or Fran in the Office and we may be able to point you in a new direction.



Jen & Fran

Committee News

Musical chairs!

At the last meeting it was time to farewell Alison Rear our chairperson, who has served on the Committee for 5 years and been a member at the centre since her first born of 3 was a baby! Ali (and her supportive family) have made a huge difference to the centre, always involved in community events, our Family Fun Day especially her famous cakes, tutoring and attending workshops and of course as an inspiring playgroup mum. Thankyou Ali, from all of us here, and all the best as you make a difference at your new workplace.



..... and now we welcome Helen Hogan into the chair. Helen is such a hard worker, a Mrs Fixit at the centre and an amazing Indigenous Artist. See Ali's thank you gift above!

New Toys!

Terrific new toys for the House have now been purchased from the credits received through Toy Brochure sales - so have fun kids!



Workshops this Term

Chinese Steamed Dumplings with Spicy Hot and Sour Soup

Wednesday morning, June 15th 9.30 - 11.30am.

\$20. Bookings essential at the Office. Crèche available

Enjoy learning to cook and then eat these Chinese winter delights!

Our "masterchef" tutors are from the Chinese playgroup and will be bringing along one of their mums who will share her authentic family recipe for all to enjoy.



Find yourself in a cardboard box!

Wednesday morning, June 22nd 9.30 - 11.30am

\$20. Bookings essential at the Office. Crèche available

- Have fun exploring your creativity using found objects: wood, sand, fabric, rice, pasta, art materials, sparkly play dough, gloop and more
- Learn how to immerse your toddler in art & craft.
- Fabulous tutor - Natalie, who presented at the playgroup leaders workshop.
- Don't miss out - it will make your playgroup days loads of fun and its great 'therapy'



Triple P Seminar Series - dealing with the most common parenting issues.

Thursdays 9.00 - 11.00am at St Dominic's Primary School, Innaloo

1. The power of positive parenting: June 16th
2. Raising confident, Competent Children: July 28th
3. Raising Resilient Children: August 25th



RSVP www.trybooking.com/LODB

For more information, please call 1300 550 879

Fitness

There have been no expressions of interest to run Fitness classes here at the House, however In the meantime, WSNH members receive a 15% discount on You can do FIT's classes held at Birralee Reserve Bates Road Innaloo! , check out the website <http://www.youcandofit.com.au> to view the full timetable.

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



Alternatively, you could try **'Mums and Bubs'** Fitness held at the guide hall next door. Your babies and toddlers join in the fitness sessions with you. Contact the Office for more details.

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 unless the combination lock is used at the gate. This is available on the Playgroup File shelf inside the door.

Please contact security if any issues arise. *City of Stirling Security Service*
1300 365 356





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and Communities**



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