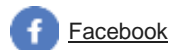


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## what's on in house

Issue 32 - August 2017

Term 3: Monday 17th July - Friday 22nd September 2017

### *Awesome August*

*Our House is a warm and cosy hub to hang-out, skill-up and develop your confidence in the depths of winter. We have fabulous workshops coming up to help you get a handle on parenting issues and some things just for you!*

*At the end of the month, our all important AGM is coming up. All our members are invited to nominate themselves or a friend who accepts. Not only are we seeking hands-on responsible individuals to help organize our events but we also require some individuals with specialist skills as outlined below.*

*Let's be awesome this August.*

*Jen and Fran*



### Committee News - AGM

#### **Annual General Meeting Wednesday August 30th 7.15pm**

WSNH is a not-for-profit organisation governed by the volunteer Management Committee. This year, in addition to the day to day governance and running of the centre, the committee will need to present a competitive tender for continued funding from the government through the Supporting Communities Program.

*Becoming a committee member provides you with the opportunity for up-skilling, resume building and making a difference in your community, whilst working in a team with other inspiring people. To stay in*

touch with our member's needs, it would be beneficial to have a member from each playgroup as a representative on the Committee. In addition, if you are skilled in any of the following key operational areas and would be interested in supporting our governance team, please contact the Office.

- Governance and Leadership
- Strategic Planning and Management
- Legal Representation and Understanding
- Financial Management
- Human Resources Management
- Information Systems Security
- Asset Management



Nomination forms available from Jenni or Fran in the Office or have a chat with one of our current Committee Members.

[Click here for further details](#)

## Positive Parenting Program (Triple P) - Free!

You are invited to attend a Triple P Discussion Group. These short 2 hour sessions from 9.30 -11.30am are **free** and will focus on:

1. Dealing with Disobedience - 26th July 2017
2. Hassle-free shopping with children - 2nd August 2017
3. Managing fighting and aggression - 9th August 2017
4. Dealing with disobedience - 16th August 2017
5. Managing fighting and aggression - 13th September 2017



RSVP: Bookings are essential and places are limited. Please phone 9400 9551 for more information or register via: <https://www.trybooking.com/OOFZ>  
**Crèche available.** Please book at the Office.

## Sew what? Please note: change of date to August 30th

Do you want to learn to upcycle some clothes, do some repairs, hem pants or even start with the basics - like how to turn on your sewing machine? Then this workshop is for you!

**Wednesday 30th August**  
**9.30am - 11.30am - Crèche available**  
**\$10.00**

BYO machine (if you have one), thread and accessories.  
Old Jeans for a jean skirt or other project materials.



## Pre-literacy & Early Literacy Skills Workshop

**Wednesday August 16th 7.30 - 8.30pm**  
**Cost: \$10.00**

Ideas for fun activities to help develop children's phonological awareness and 'Reading Readiness' for parents and carers of children aged 3 - 5 years.

Presented by Wendy Stentiford, a qualified teacher and Reading for Sure tutor.  
Bookings at the office or call 0447486 652 for more info.



## Save-a-Child First Aid

August 22nd & 29th 6.30pm - 9.30pm  
\$65 members, \$85 non-members

CPR & basic First Aid for parents and carers of babies and toddlers. Includes Choking, Allergic Reactions, Burns, Poisoning.

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! BE QUICK, ONLY A FEW SPOTS AVAILABLE!!!!**



## Other Workshops coming up later this term are:

### Beeswax Wraps & Natural Body Lotion Bar

West Stirling Neighbourhood House

Saturday 16th September

3.00 - 4.30pm

\$10.00 includes all materials and afternoon tea  
Crèche available!! \$5.00 per child



### Parenting Workshops

**Developing Great Sleep Patterns:** Tuesday 1st August 6.30 - 8.00pm

**Figuring Out What Works:** A toddler and a baby, Tuesday 22nd August, 6.30 - 8.00pm

**Getting to know you:** 0 - 3 months, Tuesday 29th August, 6.30 - 8.00pm

All at Stirling Community Centre, North Beach.

\$20 per person, \$35 per couple

Bookings: <https://www.wiringkids.com.au/>



### wsh Book Club

22nd August at 7.15pm

August Book: 'Lilac Girls' by Martha Hall Kelly

September Book: 'Music and Freedom' by Zoe Morrison

Membership Enquiries at the Office.



## Fitness

Monday and Thursday evenings - 5 week sessions commence

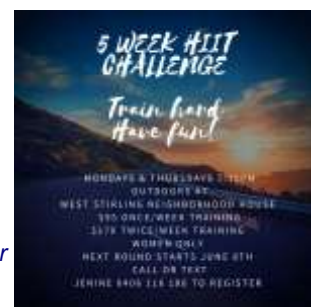
Monday July 17th & Thursday July 20th

7.30 - 8.00pm

\$95.00 once per week \$170.00 twice per week

Are you up for a challenge to increase your fitness levels? Get your High-Intensity Interval Training (HIIT) here at the House.

Contact Jenine on 0406 116 180 or [jenine@mumswithbubsfitness.com.au](mailto:jenine@mumswithbubsfitness.com.au) for more details and to enrol.



## 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](#)



Department of Communities

*West Stirling  
Neighbourhood House is  
funded by the State  
Government through the*



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