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what's on in house

Issue 4 - February 2015

Welcome back to our friendly Neighbourhood House in 2015

Term 1 2015 : Monday 2 February - Thursday 2 April

It's been a beautiful summer. We hope that you have enjoyed some quality time with family and friends and spent time relaxing and refreshing your soul.



We commence this term with 12 playgroups attending the House, and as numbers settle down we will be able to accommodate some extra groups and slot in individuals who are seeking new friends for themselves and their children.

We have some great workshops on offer. Get in to the action! Our fabulous Annual Family Fun Day is coming up on Sunday March 29th - Save this date in your diary now!

Be cool this term and enjoy some activity in our air conditioned House.
Jen and Fran

Management Committee Update

The main item on the Committee agenda is our upcoming annual **FAMILY FUN DAY** which will be a hoot as always! Loads of entertainment, delicious sushi, sausages and cakes and a chance to socialize with your family, friends and other House members. Save the date now - **Sunday March 29th** from 10.00 - 12.00 midday.



And just who are the members of this wonderful Management Committee? They are a talented bunch of playgroup mums. Check out their photos on the Committee Noticeboard.

We would like to thank the Lions Club of Scarborough for their generous donation of \$750 for Community Services. They have now closed their branch and members have joined

other local clubs.

Thank you also to student Bianca, who worked a number of volunteer hours at the centre to update and catalogue the Parent Library which has some great books and DVDs available for members to borrow through the Office.

Adult Learning Workshops

Bookings with payment are essential. Enrol at the Office on 9446 2757 or email wsh@westnet.com.au

Crèche is available for day time classes.



Save-a-Child First Aid Course \$55.00

Wednesdays 25th February & 4th March 2015

7.00pm - 10.00pm

CPR and Basic First Aid Course for parents of babies and toddlers.

Would you know what to do?

- Choking
- CPR
- Allergic Reactions
- Burns
- Poisoning
- Convulsions



Positive Parenting Program - Triple P

Is your 3-5 year old experiencing tantrums, whingeing, disobedience and other challenging behaviour? Then this course is for you! This 5 week **free** course and crèche is offered by the Department of Health.



There is no right way to be a parent. Triple P suggests simple routines and small changes that can make a big difference to your family.

Wednesday mornings at WSNH from 9.30am - 11.30am, 25th February, 4th, 11th, 18th March and 1st April. **Info & Bookings: 1300 550 879 or email at** positiveparenting@health.wa.gov.au.

Jam and Yoghurt Making Class

with Megan Radaich from www.foodpreserving.org



Learn how to make plum & port jam and preserve it for enjoying all year long. We'll be using plums from Roleystone and port from Margaret River, yum!

Learn how to make your own yoghurt - dairy and dairy-free. Taste our yummy homemade granola (traditional and paleo options). Class includes afternoon tea, copies of the class recipes and a home preserving pack.

DATE: Sunday 8th March, 2015

TIME: 2.00 - 4.00pm

COST: \$35 members \$40 non-members

Creative Card Making

All you 'crafties' can get together and enjoy some relaxing card making at an introductory session on Wednesday 18th February and then again with an Easter theme on Wednesday 25th March. \$5.00 includes materials. Bring your friends and family.



Renew @ Fitness Workouts

Fabulous Circuit training sessions, outdoors at our very own centre. Meets some new friends or bring some along!

Tuesdays 7.30pm-8.30pm

\$90 (per term)

\$15 Casual

Bring a water bottle and towel.

Enrolments at the Office or just turn up for a trial!



2015 Annual Membership and Playgroup Fees

Membership Fee: \$15.00

Playgroup Term Fee:

- \$30.00 - families with children up to 18 months.
- \$35.00 - families with children 18+ months or two or more children.



A discount of 20% applies to Centrelink concession card holders. Fees due by the End of February.

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



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