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## what's on in house

Issue 6 - April 2015

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### Term 2: Monday April 20th - Friday 3rd July

Our focus this term is to develop our community spirit by bringing individuals and groups together to create, inspire and share. Our annual community artwork will be created during Neighbourhood House Week, cooking and parenting classes will provide the opportunity to engage with others, be inspired and become informed. For class bookings contact the Office.

We also encourage you to share our services amongst friends and neighbours or tap in to other community agencies who offer support services for issues such as post-natal depression and protective behaviours.

And..... our one and only stay at home dad is seeking some 'mates' with day time parenting duties to hang out with and talk 'male talk'. Know anyone that fits the bill? Head them in our direction.

We look forward to catching you this term  
Jen & Fran



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### Neighbourhood House Week 11th - 17th May

is a nationwide initiative to celebrate the role of community, neighbourhood and learning centres in the community.

Get to know your **Neighbour**  
And get involved in your **NeighbourHood**  
At your local **NeighbourHoodHouse**

Every year we celebrate at WSNH by creating a Community Artwork involving all the children. Last year it was the bunting, that now graces our entrance, but this year we will raise the roof and reach for the sky with all hands up!



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## Italian Cooking - Pasta Making

Take a couple of hours off from the footy and kids and roll your sleeves up for an authentic lesson in pasta making.

Details next Newsletter



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## Jam and Citrus Yoghurt Making Class

with Megan Radaich from [www.foodpreserving.org](http://www.foodpreserving.org)



Learn how to make a citrus marmalade and other preserves to enjoy all year long using local fruit in season. Also 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: Saturday 20th June TIME: 1.00pm - 4.00pm COST: \$35 members \$40 non-members**



## Positive Parenting Program *takes the guesswork out of parenting!*

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 the House from 9.30 - 11.30am on the 29th April, 6th, 13th and 20th May and 10th June.

**Info & Bookings: 1300 550 879 or email at [positiveparenting@health.wa.gov.au](mailto:positiveparenting@health.wa.gov.au)**



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## Renew Fitness Workouts

Tuesdays 7.30pm-8.30pm

\$80 (10 week Term)

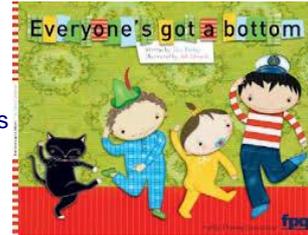
\$15 Casual **Come and Try out - first session is FREE!**

Bring a water bottle and towel. Enrolments at the Office.



## Protective Behaviours

*Everyone's got a bottom* is a story about Ben and his brother and sister learning and talking together about bodies. It is a tool for parents and carers to gently start a conversation with children about self protection. It's about children keeping safe in a style that is fun, positive and protective. A copy of this book is available for loan at the office at WSNH.



Parenting WA

### OSBORNE PARK WORKSHOPS

Two PROTECTIVE BEHAVIOURS 3-hour workshops will be held on Tues. 5 May and Tues. 9 June from 5.00pm - 8.00pm, at 'Hearspace' Osborne Park, 145 Main Street. Call Tiffany Dowling, Parenting WA North Metro, on (08) 9207 5301 to book a place.

A flyer for a 'Protective Behaviors Parent Workshop'. It features the 'headspace Osborne Park' logo at the top. The text includes the workshop title, a description: 'Helping your children to develop personal safety skills.', and two bullet points: '- We have the right to feel safe at all times.' and '- We can talk with someone about anything, no matter what it is.' It also states 'This workshop is provided FREE of charge.' and lists the project partner as the 'Government of Western Australia, Department of the Premier and the Cabinet'. A small photo shows a group of people in a workshop setting.

## Speak up about post-natal depression

What are the signs of postnatal depression?

Being a mum is a physical and emotional rollercoaster, and you will have highs and lows. You probably don't have PND if you have a few of the signs and symptoms described below every once in a while. But if there are no highs to balance out the lows, and your feelings of misery never seem to lift, you may have PND.

To read the full article click here <http://www.babycenter.com.au/x3452/what-are-the-signs-of-postnatal-depression>



## Farewell Holly!

It is with sadness that we bid farewell to one of our Committee Members, Holly, who is returning to America.

Thank you Holly for sharing your effervescent smile, and your can-do attitude, ideas and talents. In particular we thank you for assisting with re-branding the House. Best wishes on your return home.



Thanks to the Committee who did



a fabulous job organizing the Family Fun Day and to those who attended with their family, friends and neighbours to make it such a festive and successful day.



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