

what's on in house

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Issue 44 August - 2018



AUGUST

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SEPTEMBER

1 - 8 Adult Learners Week
2 - 8 National Child Protection Week
8 Developing great Sleep Patterns Workshop
14 Fairy-tale Ball

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 inspiration sessions just for you! See [Coffee Cake and conversation with Kathryn](#).

- [Adult Learners Week](#)

Who are the funniest and most interesting people in your life? When you really think about it, those people are the ones who are always trying new things or reading new things and who want to tell you about what they've discovered. **Adult learning** is about expanding your horizons. It might be work related and then again, it might not! It might be formal, structured learning, then again, it might be the learning that happens by chance. The brain is one of the most vital parts of our body - and medical research shows that the old saying is very true - "use it or lose it"! So, in **Adult Learners Week**, get our there and give your brain cells a work out.

- [National Child Protection Week- Protecting Children is everyone's business](#) [More](#) here

Looking forward to seeing you at the AGM
Jen & Fran



Get Carried away at WSNH!

Committee News -

Empowering Communities Program Tender - Done ✓

Annual General Meeting

Wednesday 29th August at 7.15pm

WSNH is a not-for-profit organisation governed by the volunteer Management Committee.

We are fortunate to have a very talented member base of individuals and community minded people and are now asking you to become involved in sustaining and developing our organisation to be highly relevant and visible in our community. 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.

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

[Click here for further details](#)



Workshops and Events - Limited places available - book in early at the Office on 9446 2757

Positive Parenting Program (Triple P) - Free!

Presented by the Department of Health

Tuesdays: 9.30 - 11.30am

August 14th: Managing Aggression

August 28th: Dealing with Challenging Behaviour (Repeat)

For Bookings please call: 1300 550 879 or email:

positiveparenting@health.wa.gov.au

Crèche available: \$5.00 per child. Bookings essential at the Office.



Developing Great Sleep Patterns Workshop

- for parents of children from birth to 12months

Saturday 8th September

2.00pm - 3.30pm

\$25.00

The number one concern for parents, particularly in their baby's first year, is sleep, or lack thereof! This workshop offers information about the science behind sleep and the practical tips and strategies you can try at home.

Babies in arms welcome to attend with you.

Book and purchase your ticket online on Wiring

Kids www.wiringkids.com.au/book-online or via Eventbrite.



Pyjama Drama - Free!

Presented by Ngala
Wednesdays
9.30 - 10.15am

Imaginative play, drama, songs & games for 2 - 4 years.
Drama and imaginative play helps young children to learn about their world and develop key skills by igniting their imagination.

Bookings essential click here or email:
NorthWestMetro.PCWA@ngala.com.au or call 9368 9368
Book for Term 4 NOW or you'll miss out!



We are excited to announce that West Stirling is launching its **Repair Café at WSNH**
Saturday September 8th
10.00am - 12.00pm.

We will be putting WSNH on the map by joining a world wide web of Repair Cafes!

Repair Cafés are free meeting places and they're all about repairing things (together). In the place where a Repair Café is located, you'll find tools and materials to help you make any repairs you need. On clothes, furniture, electrical appliances, bicycles, crockery, appliances, toys, etc. You'll also find expert volunteers, with repair skills in all kinds of fields. Visitors bring their broken items from home. In the Repair Café, they start making their repairs, together with the specialists. It's an ongoing learning process. If you have nothing to repair, you can enjoy a cup of tea or coffee.

We have a **Repair Café Planning Meeting** on Monday 20th August 7.30 - 8.30pm at WSNH. Anyone interested in getting involved is welcome to attend. We are seeking volunteers to do general Bike Maintenance or to assess electrical repairs.



Transition Town Stirling

This is a joint project between WSNH and Transition Town Stirling.



Coffee, Cake and Conversation with Kathryn

Are you wondering how to start planning for a change in life?
Saturday August 25th
2.00pm - 4.30pm
\$25.00 (includes coffee/tea and cakes)

Come along to an introductory group session, meet other wonderful women, share your thoughts and ideas, experience an individual coaching session and leave feeling confident about your next step - whatever that might be.

For bookings: Contact Kathryn on 0417366906 or email:
Kathryn@womenafterwork.com.au



Also at the Centre and open for members to join in:

Yoga

Mondays and Thursdays: 5.30 - 7.00pm \$10.00 per class

This yoga group has been together for 20 years. It is about establishing a regular practice. Explore, breathe, move and discover your nature. Once you have learned to form the shapes (asanas), move inside your own nature and explore and enjoy as you would walking through a forest.

All are welcome

Contact Simon on 0417 237 050

Alex's Blog - Adding language at bath time

Let's be honest, the evening bath time is not always the harmonious event we would like it to be... but if you get a chance to bath your kids earlier in the day with a bit more time, it is the perfect time to work on speech and language skills. I suggest working on body parts, verbs (wash, splash, dry), or even taking in a variety of toys to see which ones sink or float. This great article gives a whole list of ideas for bath time <https://www.toddertalking.com/toddlers-talking/2018/4/13/5-simple-ways-to-encourage-speech-and-language-during-bath-time>

Child Health Nurses

Mondays - New Parent Groups

Tuesdays - Child Health Checks

Thursdays - Breastfeeding Clinic

Contact your local Child Health Centre for details or to make an appointment



Potters House - Christian Fellowship Church

Need help healing, hope, freedom or know someone who does?

Sundays 10.30am & 6.30pm

Enquiries welcome: 0467 084 429

WSNH Membership & Playgroup Term Fees

\$15.00 pro rata Membership Fee

\$30.00 children up to 18months

\$35.00 children over 18months or two or more children

On-line payments can be made to WSNH, BSB: 036 036, Acct: 106 063

Ref: Name & payment details



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.



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