

[View this email in your browser](#)



Facebook



Website

what's on in house

Issue 34 - October 2017

Term 4 : Commences Monday 9th October - Friday 8th December 2017

Hub for self empowerment

There's lots happening at our centre to provide a catalyst for self-empowerment and growth. As Albert Einstein said ' The measure of intelligence is the ability to change' . Learn, grow, change at our workshops this term.

We recently attended the Linkwest 'Belonging' Conference which was both informative and inspiring. We were advised that the government has extended the Consultation and Procurement process for new funding agreements which gives us more time to consolidate and be prepared to tender.

Our newest addition our Compositing Bin needs to be replenished regularly so please remember to pop your food scraps in there. Thank you to Annie and Rick for donating the bin and setting it up.

Enjoy the last term of the year, remember to keep Friday 24th November free for the highlight of the term - Santa's Sizzling Sundowner.

See what Children's Week (October 21 - 29) is all about [here](#)
Jen and Fran



Committee News

The new Committee now has a Chairperson! Congratulations to Nicole Jenkins and thank you for taking on this challenging role.

They are very busy, preparing to reduce, re-use and re-cycle our waste, updating the Strategic Plan and the Policy and Procedures and planning our major fundraising event for the year-

The Bunnings Sausage Sizzle Fund Raiser

Sunday November 5th

Bunnings Innaloo

This is a fabulous day for meeting our local community and having some fun with our WSNH members.

Grab a friend and add your name to the Roster in the kitchen.

Funds raised will go towards a new indoor play frame.



Santa's Sizzling Sundowner

Friday November 24th - save the date!!!

More details soon



Sing & Grow

Sing&Grow is a community driven music therapy project that provides services for young children and their families. We will be partnering with Ngala (Parenting with Confidence) to offer 10 lucky families the opportunity to join this program Free of charge!



For parents and their 0-4 year olds.

This 8 week program facilitated by a qualified music therapist commences:

Wednesday 18th October - Wed 6th December

9.30 - 10.30am

Enrolments at the Office - be quick!

Programs focus on strengthening family relationships, building capacity in parents to support their children's development in the early years of life, and encouraging the use of music within communities.

For more info click <http://singandgrow.org/>

Circle of Security

Saturdays November 4th, 11th, 18th & 25th, 1.30 - 3.30pm

Cost: \$80.00 for the series of four.

Enquiries & Bookings on 0419 424 123

This series of workshops for parents of children 0 - 5 years will help enable them to enhance their child's ability to successfully manage their emotions. The program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Secure children

- exhibit increased empathy
- greater self-esteem
- better relationships with parents and peers
- enhanced school readiness
- increased capacity to handle emotions more



A fabulous course that can relieve your anxiety about parenting and improve family relationships. Commit to this if you can!

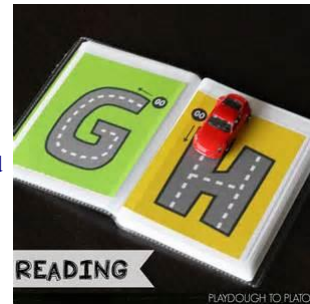
Pre-literacy & Early Literacy Skills Workshop

Wednesday 1st November
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.



Fitness

Monday and Thursday evenings 7.30pm - 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 for more details and to enrol.



wsh Book Club

Next Meetings 7.15pm at WSNH

- Tuesday 17th October - 'The Sellout' by Paul Beatty
- Tuesday 21st November - 'Home Fire' by Kamila Shamsie

New Booklovers welcome!!
Enquiries - At the office



Sew What?

Sewing workshops will continue on the last Wednesday of the month during the term.

- October 25th and November 29th from 10.30 am - 12.30pm.

Bring your current project or book in for beginner's lesson and make a Boomerang Bag.

\$10.00

Enquiries - At the office

Crèche available - Bookings essential



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](#)



SUPPORTER

West Stirling
Neighbourhood House
is funded by the State
Government through
the Department of Communities



228 Hancock Street,
Doubleview 6018 wsh@westnet.com.au Ph:
08 9446 2757

[unsubscribe from this list](#)