



## what's on in house

Issue 5 - March 2015

Wow - only 3 weeks till our **Family Fun Day** and then its **Easter!**

WSNH has had a busy start to the year. We welcome a number of new families to the centre and have filled most of our playgroup time slots. The First Aid Course was highly commended with requests coming for another one!

We look forward to again celebrating our supportive community at the Family Fun Day and take this opportunity to wish you a joyous and safe Easter.

Jen & Fran



**Sunday March 29th 10.00am - 12.00midday**

Preparations are underway for the biggest event on the WSNH Calendar - our 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.

Mark it in your diary now!



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## International Women's Day - Sunday March 8th

International Women's Day came early to the House with a morning tea hosted by Liza Harvey MLA, Member for Scarborough, Minister for Women's Interests and other portfolios. Thank you Liza for taking the time out to inspire and encourage our members to address gender equality.



Pocket Directories for the 'Women's Information Service' are available for all. Take time out to appreciate the special women in your life (including yourself) and the valuable contribution we make to society.

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## Harmony Week 15th - 21st March

Harmony Week is an opportunity to consider the many benefits WA gains from its culturally and linguistically diverse communities. Benefits include job creation, improved skill levels, the introduction of new skills and networks, and improved economies of scale.

At WSNH we are enriched by the participation of the Italian and Japanese Playgroups as well as many individuals from all around the globe.



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## Health Checks coming to WSNH!

We welcome Child Health Nurses Tonya and Monique from **Scarborough Child Health Centre** to WSNH every second Tuesday when they will be holding clinics for parents to bring their children in for their 18 month old and 3 year old health checks.

Appointments can be made by calling the Child Health Centre on 9245 5782



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## Speak up about post-natal depression

Up to 1 in 10 Australian women will experience depression during pregnancy (the antenatal period). This increases to 1 in 7 in the postnatal period (the year following birth).

Anxiety is thought to be even more common. The Just Speak Up campaign aims to promote awareness of depression and anxiety in the antenatal and postnatal periods, reduce stigma and provide information

about where to get help.

It's important to "just speak up" about emotional and mental health difficulties - by doing this, we can all play a vital role in supporting women and families going through a difficult time.

For support and information about post-natal depression and anxiety, useful links include:

- [Beyond Blue](#)
- [Post and Antenatal Depression Association](#)
- [WA Department of Health](#)
- Women and Newborn Health Service
- Parenting WA - New Beginnings Course



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## Positive Parenting Program - Triple P

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.

Courses are run each term at the House. **Info & Bookings: 1300 550 879 or email at [positiveparenting@health.wa.gov.au](mailto:positiveparenting@health.wa.gov.au)**



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## Jam and Yoghurt Making Class

with Megan Radaich from [www.foodpreserving.org](http://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: Saturday 21st March, 2015 (new date)

TIME: 2.00 - 4.00pm

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

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## Creative Card Making

Come along and join in for a relaxing craft morning. Learn the art of card making, with an **Easter theme**, at an introductory session on Wednesday 25th March. \$5.00 includes materials and refreshments. Friends and family welcome. Crêche available.



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