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## what's on in house

Issue 29 May 2017

Playgroups commence  
Term 2 Monday 24th April till Friday 30th June 2017

### *Our House runs on volunteers!*

**National Volunteer Week, 8–14 May 2017** is an annual celebration to acknowledge the generous contribution of our nation's volunteers.

Thank you to

- our **Family Fun Day** volunteers
- our fabulous **Management Committee** who volunteer their time and expertise to keep WSNH alive as your community hub
- the **Playgroup Leaders** who play an integral part in developing meaningful connections between our members.

A celebration breakfast for our regular volunteers will be held, with the help of Lotterywest through the National Volunteer Week Grant.

Jason Siew volunteered his accounting skills in the office over the past year and now has an Accounting position with The Salvation Army - A BIG THANKYOU for your services and congratulations on your new position with the Salvation Army.

See you at the Family Fun Day

*Jen and Fran*



## Family Fun Day 2017

This event coincides with Neighbourhood House Week - the 2017 theme being 'Belonging'. So soak up the atmosphere and feel that sense of belonging to our friendly hub.



**Sunday May 7th**

10.00am -12.00 midday

Entry by Gold Coin donation

Bring your family, friends and neighbours to our most anticipated event of the year .

How much fun can you fit into 2 hours?

**Baby Farm Animals, Pony Rides, Face Painter, Cake & Italian Sweets stall, Sausage Sizzle, Popcorn, Raffle of family friendly vouchers, Coffee Van, children's craft & water balloon stall, badges and much more!**

With thanks to Linkwest through the Neighbourhood House Week Grant and  
Liza Harvey MLA, through the School and Church Community Events Grant



## Courses

### **Save-a-child First Aid**

May 10th & 17th 6.30pm - 9.30pm

\$65 members, \$85 non-members

CPR & basic First Aid for parents and carers of babies and toddlers. Includes Choking, Allergic Reactions, Burns, Poisoning.



*Reviews: ' The best First Aid course I've ever done - essential for every parent', 'Very informative, Insightful and extremely easy to follow. Brilliant instructor, Exceptional'*  
**Book at the Office now!**

### **Circle of Security**

June 3rd, 10th, 17th and 24th at WSNH

1.00pm -3.00pm

\$80.00

Enquiries 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 effectively.



Reserve your place now!

## FITNESS

Are you up for a challenge to increase your fitness levels?  
This program starts this week, so join up today!

It is an extension to the original Mums & Bubs fitness classes that were run here previously and designed now for mums who can find time out for themselves!

Contact Jenine on 0406 116 180 for more details.



## Other local events and workshops

- DADS - Free Parenting Workshops for Dads and a Dads Playgroup are available near by. Check out the **City of Stirling Family Services** [Newsletter](#) and Facebook for family events and courses in your community.
- "Brains Drive Behaviour Workshop" - Where science and wisdom come together to support the important people in your child's life. For parents of children 1 - 3 yrs. Thursday 11th May 2017 7.15pm - 8.45pm North Beach Community Centre. Further details and cost call Julie 0447 648 044
- 'Lactation Ladies' - Private Breastfeeding Consultation - Private Appointments to be held at WSNH. Contact : Jan on 0408927971 or [jan@deltanet.com.au](mailto:jan@deltanet.com.au)
- With **Mothers Day** just around the corner Bunnings Innaloo would like to invite you, your family & friends to our amazing Mothers Day Family night.
- Wednesday 10 May from 6 – 8pm
- Kids DIY workshops where the kids will be able to make mum a special present, face painting, balloon twisting, pampering station for mum, fairy floss, blow up slide, free gift wrapping station, free sausage sizzle, games, prizes and much more.



West Stirling Neighbourhood House is funded by the State Government through the

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