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## what's on in house

Issue 30 - June 2017

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

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### *Who are we and where are we heading?*

We'll be asking some of these big questions in the coming months as we prepare this organization to retender for government funding with the Department of Local Government and Communities.

The skills, capacity and experience of our volunteers will be called to action so it's just as well that 'Research shows volunteers live happier and healthier lives'. Everyone had a smile on their face at our volunteer celebration breakfast - and they weren't fake!



'Let's take the next steps' is the theme for National Reconciliation Week 2017 - celebrated this week. This year the theme reflects on two significant anniversaries in Australia's reconciliation journey - 50 years since the 1967 referendum and 25 years since the historic Mabo decision. All Australians are invited to be part of the next big steps in our nations reconciliation journey. Click [here](#) for more info



As the cooler weather comes, we have some great courses and workshops on at the House to lift your spirits and keep your body and brain active.

*Jen and Fran*

## Committee News

Thanks for joining in the **Family Fun Day** frivolity! Check out the photos [here](#) and see the community banner of the House on display in the playroom with thanks to Nicole Jenkins.

The Management Committee will be busy over the coming months checking that all the required boxes are ticked and ensuring that the needs of members and the local community are being met by our Government funded organization. To prepare for the retender, the Management Committee will need to provide evidence of:

1. Organizational capacity and governance
2. Skills, capacity and experience to provide the service
3. An overview of the community and be able to demonstrate that there is a genuine need here.
4. Service model



If this type of language speaks to you, please let the committee or staff know. We will be seeking some additional highly skilled volunteers at the AGM coming up on September 13th.  
Next Meeting: Wednesday June 7th 2017

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## 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.

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## Save-a-child First Aid

June 7th & 14th 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! BE QUICK, ONLY A FEW SPOTS AVAILABLE!!!!**

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## FELT VESSEL - with Pauline Franklyn

This is your chance to try your hand at creating a beautiful woollen vessel to store your little bits and pieces in, or it makes a beautiful gift. Please note: there's a **crèche available!!!!**

Wednesday 21st June

9.30am -12.30pm

\$80 members \$90.00 non-members Crèche \$5.00 per child

Learn to felt using a resist to create a unique felted vessel.

Materials & equipment provided..



## Busy Mums Book Club

We'd love to start-up a book club - shorter, easier, funnier, and intelligent reads on your kindle, or paper back, or even just listen on a phone app while you're exercising or cooking the dinner! Could this be of interest to you - reading between the wines? Meetings could be during the day with a crèche, or an evening or even sneak away for an hour or so on the weekend. Please register your interest at the Office and we'll go from there.



## Fitness

Are you up for a challenge to increase your fitness levels? Get your High-Intensity Interval Training (HIIT) here at the House.

These popular 5 week sessions start the next 5 week challenge as of Thursday June 8th.

Monday and Thursday evenings 7.30 - 8.00pm

Tuesday and Thursday mornings 6.15am - 6.45am.

\$170.00 for 10 session pass

Contact Jenine on 0406 116 180 or [jenine@mumswithbubsfitness.com.au](mailto:jenine@mumswithbubsfitness.com.au) for more details and to enrol.



## Other local events

### School holiday workshops

Wednesday 5 July at WSNH for 5 - 10yrs age

10am to 12noon: Painting Cats and Dogs with Edicol Dye. Cost \$59

1.00pm - 3.00pm: Paper Bird Collage. Cost \$59 [Book online here](#)



### The Bend In The Road Inc (The Bend) - Seeking Inaugural Board Members

The Bend is a new community group in the process of Incorporation. There are big plans for development of Scarborough Beach Road West and 'The Bend' is being formed to ensure development occurs in an evidence based and coordinated manner that places community front and centre.

Anyone that has experience and /or qualifications in business, design, urban development / engineering or other relevant fields is being sought to form the inaugural committee. Please contact David on 0472 843 319 or [TheBend@bigpond.com](mailto:TheBend@bigpond.com)



## English Upgrade

Is English your second language? Improve your reading, listening and speaking. Come and join other adult learners at our free English class at WSNH on Saturday evenings at 6.30pm and then stay on for a movie, live music and supper if you like.

This class is a community service sponsored by the Potters House Christian Church. For more details [click here](#)



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



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