



Welcome to the Sudbury Community House Newsletter. Happy New Year to you all!!



After a lovely break over the festive season it is fantastic to be back and raring to go in 2018. I hope that everyone has already had a great start to 2018 and I look forward to seeing you all in our Centre throughout the year!

This year we have all our usual groups and programs available plus we also have some new and exciting programs to introduce to you all. We are looking forward to working in partnership with you to develop programs and activities that meet the needs of this community.

The Sudbury Community House Centre is here for the community, so if there is a service or program you are requiring, please come and talk to us about it.

Until next time Virginia Aden Executive Manager

Sudbury House Board of Management Member

Tricia Flynn-Scrutton

Trish is an Elder from the Northern Territory (Woolwonga region) who came to Western Australia in 1986. She graduated from Yorgum (Aboriginal Counselling Services) as a foundation member working in the Mirrabooka Migrant Resource Centre. She moved on to Mission Australia as a SHAP (Supported Housing Accommodation Program) worker as well spending time at Ab Music as a student support/counsellor and has remained on the board. She also worked for Anglicare as a Post Suicide Counsellor and worked at Wadjak as an Administrative Officer and mentor in the Tree of Life program. Tricia is involved on a volunteer basis with 'The Compassionate Friends' (Bereavement of a Child or Grandchild), the Inglewood, Mirrabooka and Noranda Lions Club and the Northern Suburbs Community Legal Service Board. Currently Tricia is a Board Member of the Sudbury Community House Assoc. Inc and a member of the Sudbury House Friendship Group. Over many years Tricia has experienced many of life's ups and downs and learned many skills along the way, being involved in a vast area of community based organisations. Tricia believes that in counselling, she has found her niche and fulfillment and continues to share her knowledge and experience even though retired.



Farewell from Sudbury House



It is with great sadness that we bid farewell to our Coordinator; Community Engagement (Jacquie Mayne). Jacquie has resigned from her position as CCE at Sudbury House and her last working day will be Thursday 8th Feb 2018

Sudbury House would like to thank Jacquie for her commitment and dedication during her time with us. The role of Coordinator; Community Engagement was a new one for Sudbury House and has evolved and developed under her stewardship.

On behalf of the Board of Management, we thank and acknowledge her work and resolution in pursuing respectful engagement with the Mirrabooka community. She has facilitated and been involved with many new and successful ventures that have involved, sometimes complex, partnerships with local community peoples and agencies.

Jacquie has been integral to the work of Sudbury House over the past four years and she will be greatly missed.

We would like to take this opportunity to wish her all the very best in her future endeavours.

Sudbury House has a Board of Management.

The Board consists of representatives from community groups, not-profit-agencies, parents that use the Centre, local and state government agencies that provide services and support for families with children in the early years and community members who express interest in the wellbeing of children in the early years. Board Meetings are held monthly at which management presents a progress report. An annual budget is allocated for the Board's ongoing training & development. This edition continues to introduce the individual members on our Board. We would like to inform members of our reviewed constitution and the name change from Management Committee to Board of Management.

<http://sudburyhouse.org.au/wp-content/uploads/2018/01/Constitution-of-Sudbury-Community-House-Association-Incorporated-1.pdf>

Inside this issue

- Celebration.....Page 2
- Highlights.....Page 4
- Calendar of Events.....Page 4

Community House News

Certificate II in Leadership

National recognised training in leadership with a focus on womens health. Subsidized child-care is available for those students who are eligible.

Classes are on
Mondays, Thursdays and Fridays
9.30 am—2.30 pm

**Course start 5th Feb until
29th June 2018**

Community Playgroups

There are two community playgroups based at Sudbury Community House:

Thursday 9.30am - 11.30am

Friday 9am - 11.30am

Both welcoming and open to new members. A large outdoor under cover play area with natural shade from huge trees, and toys for your children to enjoy. Meet new people and help your child socialise.
\$2 donation

Remember our Community Lunch

continues every
Wednesday from

11.30am – 1.00pm.

Come and see what our resident MasterChef will cook up with the fresh produce that we receive from Oz Harvest each week.

Sudbury House Opening Hours

8.30 am to 3.30 pm
Monday to Friday

Welcome to the New Year at Sudbury House

How are your New Year's resolutions going? Or do you resolve not to make any? We are often thinking about improving our lives, and being more healthy at this time of year. Did you know that one of the most important things for a long and healthy life is having close relationships, and how much you interact with people as you move through your day? How many people do you talk to during the day? There is a fascinating TED talk about this if you have 3 minutes to watch:

<https://www.youtube.com/watch?v=mDdn1XSYU-4>

Remember you can pop in to Sudbury House for a coffee and a chat any time!

Occupational Therapist based at Sudbury House on Tuesdays

We are pleased to announce that Maria, an Occupational Therapist, will be based at Sudbury House on Tuesdays to work with children and their families.

Occupational Therapy helps people to achieve their potential and participate in everyday activities with confidence. Therapy activities are designed to be fun and interactive with the "just right" challenge to encourage children to strive for their best. Maria may be able to help if your child is having difficulties with:

Fine | Gross motor skills Social and play skills
Mealtimes and feeding Attention and concentration
Managing emotions

Maria also provides

Workshops on topics such as Getting ready for Kindy
The importance of Play Toilet training
Let's get organised

Maria has many years experience working with children and their families in Koondoola, Midland and in rural practice. She has worked in school settings, in Centres and doing home visits. She understands the complexity of modern day family life, and knows that meaningful relationships are central in bringing about change.

**For more information about prices,
and to book a session with Maria:**

**Phone: 0450 700 836 or visit the website:
buildingblocksot4kids.com**

Staff Training and Professional Development



Our professional team attend training across a range of subjects on a regular basis, which supports the provision of high quality care for all children. The staff at our Care and Development Centre (early years team) recently enjoyed a fantastic motivational work shop.

'Finding the Strength Within' presented by Jackie Goodsman & Vicki Hodgson.

The work shop was a great way to start the New Year and supported the educators in their professional journey. Through discussion and fun collaborative activities the educators were able to practice deep critical reflective thinking to identify individual and shared team strengths..



They applied their critical reflection to develop a deeper understanding of the revised National Quality Standards which are being introduced in February 2018. The team were able to discuss and plan beautiful environments for children and families which will create strong positive connections to inspire play and learning.



Celebration at Sudbury House

Christmas seems like a long time ago but we would like to remind you of the wonderful celebration we had on Wednesday December 13th 2017.



It was a beautiful evening with over 120 people coming along to have a BBQ, meet Santa and join in the many children's activities.

We were also celebrating the power of community and encouraging everyone to write a sentence or two on a postcard about why they love Sudbury House, and what their Centre means to them.



The Postcards were then presented to Janine Freeman MP who offered to present them to Parliament to remind the government of the value and importance of welcoming local places where we can build and strengthen community. We believe Sudbury Community House and Care and Development Centre is an essential service in Mirrabooka and we want to be here for another 30 years at least!!



Highlights

Yoga, Yoga, Yoga



Do something good for yourself, there are plenty of options for some relaxation and self-care.

Gold Coin Donation

- **Wednesday** 12.15 – 1.15pm
- **Friday** 5.00—6.00 pm

Friendship Group

FRIENDSHIP GROUP
Tuesdays
10.00am - 12.00pm.

This group focuses on a positive lifestyle for men & women.

We emphasise relaxation, socialisation, support and fun in a friendly relaxed atmosphere, striving to gain enjoyment, promoting wellness, self-esteem and a positive future.

Weekly activities include:
Craft, guest speakers,
motivational workshops
and games.
Free morning tea provided.

'Anyone who stops learning is old, whether at 20 or 80.

Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.
(Henry Ford)

Term Calendar

Regular Groups and Service Providers

Monday

English Conversation Classes for Women Only

9.00am - 12.00pm

Includes crèche for children aged 8 weeks to 5 yrs

Black Swan Health Diabetes Clinic

8.30am - 4.00pm

Please contact Black Swan for further information
9201 0011

Cert II in Leadership

9.30am - 2.30pm

Tuesday

NGALA Parenting Workshops

Every second Tuesday 10.00am-12.00pm

Please contact Ngala for further information

Friendship Group

10.00am - 12.00pm

FINWA Bringing Up Great Kids Workshops

Contact Michelle 0401 839 766

Wednesday

Aboriginal Health Team

9.30am onwards

Please contact them directly for information 9345 7105

Senior's Craft Group

10.00am - 12.00pm

FINWA Bringing Up Great Kids Playgroup

Contact Michelle 0401 839 766

Thursday

Sudbury | Mercy Care Playgroup

9.30am-11.30am \$2 donation

Cert II in Leadership

9.30am - 2.30pm

Create Employment (Ability Centre)

9.00am - 3.00pm Please contact them directly

Friday

Funcamp Playgroup

9.00am-11.30am \$2 donation

Cert II in Leadership

9.30am - 2.30pm

MercyCare Community Services

FREE Yoga 5 6pm

Please contact them for registration 6298 9888

Come Join In be apart of the Sudbury Family -- Get Connected

Sudbury House Opening Hours

8.30 am Closing at 3.30 pm
Monday to Friday

Sudbury Community House Association Inc.

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