

SUDBURY HOUSE

Supporting the Community

Term 2 Edition
May to June 2018



Welcome to the Sudbury Community House Newsletter.



It is that time of the year again, another Newsletter. I can't believe that we are almost half way through the year. Doesn't time fly when you are having fun?

Sudbury House continues to provide a broad range of weekly programs which are promoted quarterly to the public and stakeholders in a program schedule and newsletter. Our staff also facilitated programs at schools, in outreach locations such as parks, community halls, undertook resourcing visits with staff in early childhood education and care settings and have been a part of hosting community events. Several families and individuals have accessed programs or services during the March-April quarter. It takes a lot of work to keep up a facility like this and there is always something that needs to be done.

Being a non-profit means that we must rely heavily on the dedication of volunteers and we are so appreciative of those who give of their time, talents, and resources to keep the Centre thriving. We continue to acknowledge and celebrate our community partners and the success of our collaborative projects in strengthening community participation and building sustained community capacity and wellbeing.

It is an honour to serve this organisation and the surrounding community. I hope that you will come by to visit Sudbury House soon to see for yourself what makes this place special and maybe to make some memories of your own. We welcome your suggestions and invite you to be a part of our program by giving you an opportunity to share your skills and knowledge. Until next time. Virginia Aden Executive Manager

Welcome to Sudbury House

Curtis LeFevre



Originally from
Philadelphia, USA,

Curtis moved to Perth in 2004 with his Australian wife (Marnie), daughter (Bronte now 18) and son (Camden now 15). They have a tri-colour beagle named Daisy and a tri-colour guinea pig named Cherry, who together make the cutest couple of pets anyone would want. In his spare time, Curtis spends time with his family, watches sport, cycles around Perth, and studies Psychology at Edith Cowan University.

Curtis has over 20 years experience in project management across a variety of industries including construction, information technology, banking and finance. With his experience and knowledge in strategic planning, business development, finance, marketing and operations, Curtis started his own business in 2009, which he subsequently sold in 2015 so he could focus on helping his wife grow and expand her business.

Curtis grew up helping and learning from his Dad who started a not-for-profit organisation that helped inner city disadvantaged youth to learn math, science and teamwork through hands-on learning with Sailing. Most importantly they helped empower kids to think and act responsibly as they gained awareness of their potential. He will never forget those experiences, and now he wants to focus his efforts on helping Sudbury House continue the important work in our community.

More Page 2...

Sudbury House Board of Management Member

Deputy Director Edmund Rice Centre WA

Christine Ward



I worked in banking for over twenty years before my desire to work with refugees and humanitarian entrants led me to complete a Social Work degree at ECU

Joondalup. This desire came from an upbringing that was steeped in the ideology of social justice and 'a fair go' and living and working in Saudi Arabia.

I then worked for two years at Centrecare Migrant Services as a Case Coordinator. In this role I met humanitarian entrant families from Africa, Burma and the Middle East at the airport and provided intensive settlement support for six to twelve months.

Twelve years ago I was offered a job at Edmund Rice Centre (where I had volunteered during my Uni studies) to coordinate a Driving Program for refugees and assist the Director. I have been in my current role as Deputy Director for nine years.

I served on the board of Northern Suburbs Community Legal Centre from 2012 to 2016 and am currently serving on the Sudbury House Board of Management and

Inside this issue

Groups.....Page 2

Highlights.....Page 3

Calendar of Events....Page 4

Sudbury House 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. We continue to introduce our members on our Board. Our Constitution is here

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

SUDBURY EARLY LEARNING

Sudbury House Care and
Development Centre.

www.sudburyearlylearning.wa.edu.au

New Website...

Well worth a LOOK!
Take the Time...

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 runs 5th Feb until
29th June 2018**

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.

Sudbury House Opening Hours

8.30 am to 3.30 pm
Monday to Friday

Great News for Sudbury House...

We at Sudbury House would like to welcome Curtis LeFevre onboard as Operations Co-ordinator. Curtis has taken on a middle management role which will cover Management, Community Engagement and IT.

This will allow our Executive Manager Virginia Aden the time and space to concentrate on the overall strategic operations as Sudbury House moves into an exciting future.

Curtis brings with him an extensive knowledge base and experience in management across many spheres which will enhance the Sudbury House journey towards caring for the needs of the Social Health of the community.

News from the Friendship Group...

We have had some wonderful gatherings at Sudbury House. A recent meet was a good morning of great conversation and friendship. We discussed issues like current Aboriginal topics and even a discussion around children with Autism.

We have one member a young lady Yung who is an avid football follower (Docker Supporter) very knowledgeable on Aussie Rules in general.

We also have a lady by the name of Karen who is excellent at Card making activities as well as A Lovely lady Trish who is very knowledgeable on many topics. So if you are at a loose end or looking for some conversation or even some crafting activities then...

Remember you can pop in to Sudbury House for a coffee and a chat any time and especially Friendship Group on Tuesday between 10am -12n!

English Conversation Classes (with Creche)...

Monday 9.00 am—12.00 Noon

The English Conversation Group is a place where people of all cultures come together in friendship to experience English in Australia. They have been working on building their vocabulary and practicing their speaking skills using themes such as shopping, music, movies, family, interests etc (for example the cooking session incorporated was great as it prompted the class to interact with one another and share their cooking experiences with different recipes and what worked/did not work. Everyone really enjoyed this session).

They are now practicing conversations in specific scenarios like visiting the Doctor's surgery , shopping, travel, children's school etc. A power-point presentation was done by one of the volunteers and the class learned a brief history of Australia and about the Aboriginal First peoples as the original owners of the land, their history and culture. They learned that Aboriginal people are a welcoming, caring custodians of our rich and diverse land that is our country.

SUDBURY HOUSE



Monday
28th May 2018
10 am

AUSTRALIA'S BIGGEST MORNING TEA IS ON ITS WAY

You are invited to join us at
Sudbury House Community Morning Tea
to help us raise funds for the
Cancer Council and to celebrate a sense of
Belonging to your local
Neighbourhood Centre.

Highlights

Yoga, Yoga, Yoga



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

- **Wednesday** 12.15 – 1.15pm
Gold Coin Donation
- **Friday** 5.00 – 6.00 pm

Maria

Occupational Therapist
based at Sudbury House on
Tuesdays. Maria also
provides Workshops on
topics such as Getting ready
for Kindy. The importance
of Play. Toilet training.
Let's get organised.
For more information about
prices, and to book a
session with Maria:
Phone: 0450 700 836
or visit the website:
buildingblocksot4kids.com

They always say time
changes things,
but you actually
have to change
them yourself.
(Andy Warhol)

Aboriginal Health

SUDBURY HOUSE

Hosts the Aboriginal
Health Team who would like to invite you to attend
our free drop-in clinic held on Wednesdays.

Come along for a yarn, grab a cup of tea/coffee and a
biscuit, relax whilst the kids have fun in the play area.

We also care for you and your social
health, if you have needs we can help.

Drop-In Clinic Child Health Checks
Wednesdays 9.30am to 3.00pm

At

Sudbury Community House
30 Chesterfield Road,
Mirrabooka



Child and Adolescent
Community Health



FREE

Information on the
Aboriginal Child Health Team,
Child and Adolescent
Community Health Service

The Aboriginal Child Health Team provides quality, evidence-based
Community Health Services to Aboriginal children 0 - 5 and their families.

If you would like to know more, call, Child & Adolescent Community
Health Aboriginal Health Team Mirrabooka,
4/14 Chesterfield Rd, Mirrabooka, Tel: 9345 7105

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 Once a Month

Please contact Black Swan
for further information 9201 0011

Cert II in Leadership

9.30am - 2.30pm

Tuesday

FINWA Bringing Up Great Kids Workshops

Contact Michelle 0401 839 766

Friendship Group

10.00am - 12.00pm

Wednesday

Aboriginal Health Team

9.30am onwards

Please contact them directly
for information 9345 7105

Gentle Yoga Classes

12.15 - 1.15 pm

Gold Coin Donation

Senior's Craft Group

10.00am - 12.00pm

FINWA Bringing Up Great Kids Playgroup

Contact Michelle 0401 839 766

Thursday

Create Employment (Ability Centre)

9.00am - 3.00pm Please contact them directly

Cert II in Leadership

9.30am - 2.30pm

Friday

MercyCare Community Services

FREE Yoga 5 pm -6 pm

Please contact them for registration 6298 9888

Cert II in Leadership

9.30am - 2.30pm

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.

28-30 Chesterfield Road, Mirrabooka WA 6061 Ph.: 9344 8011

E: admin@sudburyhouse.org.au W: www.sudburyhouse.org.au

