

**Vision** - A place of community; a place of belonging, being, and becoming where people feel accepted, safe, and free to develop and grow.

**Mission** - We exist to strengthen and enhance individual, family and community life.

We acknowledge the Traditional Custodians of the land on which we work and live, the Wadjuk (Perth region) people and recognise their continuing connection to land, water and community. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.

### Hello and welcome everyone

I hope everyone has had a great start to the New Year and are starting to settle back into the swing of things.

The Executive Management and the Board of Sudbury House have a lot of work being undertaken in the background in preparation for the launch of our New Model – 'Empowering Communities Program'. We will keep you informed every step of the way as we need you to join us in this journey to fulfil our purpose that 'we exist to strengthen and enhance individual, family and community life'. We will ensure that you have the information you need to manage and enhance your own lives and those of your families and communities.



So far we are working on reviewing our Strategic Plan. This will outline our vision for the continuing success of the organisation and put in place strategies for providing support to centre management, staff and families. When completed it will be published in our newsletter, along with an update of the progress made on the 'Empowering Communities Program'

The growth of our service in recent years has been a big challenge for all our staff and existing clients. It will mean a lot of changes in the way we deliver our service, but one element will remain constant, the care and respect our staff have for people in our community.

If you are new to the area or looking for something to do, Sudbury House is a great place to meet new friends and socialise, volunteer your time or join in some of our many activities. Call in and say hi to our friendly team, we'd love to welcome you.

Finally, I would just like to do a shout out to our wonderful volunteers and staff at Sudbury House. Every week, I have the privilege of working alongside dedicated and fun people volunteering their time across our many programs to make our little corner of the world a better place to live. Without your support and dedication, Sudbury House would not function, and our community would be a much poorer place. On behalf of the Board of Management and myself— Thank you so much.

In the wake of the Christchurch Mosque shootings our heart is heavy thinking about everyone affected by this awful tragedy. Our warmest sympathy and best wishes go out to the people of New Zealand after the horrible massacre in the Mosques. Innocent people have so senselessly died, with so many more seriously injured. Sudbury House showed our support for our Muslim community in Mirrabooka and the surrounding areas by attending some of the recent events. Our Chairperson and I attended the Afghan New Year celebrations and one of our board members attended a prayer time to mourn and honour the dead at the Northbridge Mosque. "We have always, and will continue to, love and welcome people from all countries and religions into our communities".

Until next time **Virginia Aden** Executive Manager

**Sudbury Connect\***

People  
Place  
Purpose



### Aboriginal Health Team

The Aboriginal Health Team with Child and Adolescent Health Service works with Aboriginal families and their children. We provided free child health care checks and support all families in Western Australian with children aged between 0-5years.



**Child health care checks involve;** weight and height measurement. We provide information on sleeping, injury prevention, feeding, settling baby, development, immunisation and answer any questions. We also check on mum and dad. We can help with transport to help family get to appointments.

**Families can arrange appointment at home or at one of our clinics by calling 9345 7105.**

Our team consist of Aboriginal Health Workers and Nurses. We also have Speech Pathologist, Occupational Therapist and a Doctor. We provide an Allied Health clinic at Sudbury House on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday's of each month were families can see our Doctor, Speech Pathologist and Occupational Therapist.

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**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. Our Constitution can be located on the web address below:

# Community News

**Sudbury House advocates for being aware of the dangers inherent in the signs of strokes and recommends the StrokeSafe Speakers**

**In Australia, a stroke occurs every 10 minutes. That's more than 55,000 strokes every year across people of all ages. The impacts last a lifetime. But did you know stroke can be prevented?**

## StrokeSafe Speakers

for community groups and workplaces



The Stroke Foundation has passionate volunteer StrokeSafe Speakers available to present to community groups and workplaces.

Many have personal experience with stroke and are willing to share their challenging yet inspirational journey.

### Your group will learn:

What stroke is and how to recognise the signs of stroke.

What to do if someone is having a stroke.

How to prevent stroke in you or the people you love.

Talks are offered free to community groups thanks to the generous support of individuals and groups who have made donations to help us cover costs.

**Sudbury House would like to offer everyone the opportunity to register their interest in coming along to talks by the StrokeSafe Speakers about Recognising the signs of STROKES**  
**Think Face Arms Speech Time**

### Important Visit to Sudbury House

Hon Linda Burney MP, Shadow Minister for Families and Social Services, Janine Freeman Member for Mirrabooka and Melita Markey Member for Stirling met at Sudbury House to discuss how the federal government can best support children and families. Linda was impressed by the passion and dedication of Sudbury staff, who go above and beyond to provide important services to families in the Mirrabooka community. Linkwest the Peak Body for Community, Neighbourhood, Family, Resource and Learning Centres in WA, also thanked Linda, Janine and Melita for taking the time to visit Sudbury House who are a longtime Linkwest member.



### Yoga

Do something good for yourself, with some relaxation and self-care

#### Friday's

5.00 pm - 6.00 pm

provided by

MercyCare @

Sudbury House

30 Chesterfield Rd, Mirrabooka



### English Conversation Classes for Women Only (with Creche)

Mondays during school term

9.00 am - 12.00 pm

The English Conversation Group is a place where women of all cultures come together in friendship to experience English in Australia. They work on building their vocabulary and practice their speaking skills using themes such as shopping, music, movies, family and interests.

Sudbury House

30 Chesterfield Rd

Mirrabooka

9344 8011



### womens health & family services

**Improving the health and wellbeing of women, their children, families & communities**

@ Sudbury House

30 Chesterfield Road, Mirrabooka

Women's Health have been working with women, families & communities for over 40 years and for the past 8 years have been helping women and parents gain employment and training opportunities through counselling and support programs.

They are excited to be working out of Sudbury House providing the ParentsNext Program.

For further information email: [employment@whfs.org.au](mailto:employment@whfs.org.au) or call [6330 5400](tel:63305400) and ask for someone in Education and Training



# Community News

Sudbury House  
Opening Hours  
8.30 am to 3.30 pm  
Monday to Friday

## Aboriginal Health Team

### Child and Adolescent Community Health Service

Drop-In Clinic  
Child Health Checks  
Tuesdays  
9.30 am to 3.00 pm  
Sudbury Community House  
30 Chesterfield Road,  
Mirrabooka

Like to know more,  
contact The Mirrabooka Team  
**Tel: 9345 7105**



Peedac



### PEEDAC the Story

Peedac is an Indigenous owned and operated, not for profit organisation that welcomes people of all nationality and backgrounds. It provides a range of services to make training, work experience and employment accessible to its clients

Sudbury House  
30 Chesterfield Rd Mirrabooka

### Friendship Group

Tuesdays  
10.00 am - 12.00 pm  
30 Chesterfield Rd  
Mirrabooka WA

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.



Ring 9344 8011

to register your interest...

Come along to **Food Sensations®** for Adults for a **FREE** hands-on nutrition and cooking experience  
Over 4 weekly sessions, you will learn to cook some tasty, easy recipes and get involved in some fun nutrition activities.

HEALTHY  
EATING

MEAL  
PLANNING  
AND  
BUDGETING

### SESSIONS:

All session held at:  
Sudbury Community House  
30 Chesterfield Rd  
Mirrabooka

1. Tuesday 7 May 2019  
10.00am to 12.30pm
2. Tuesday 14 May 2019  
10.00am to 12.30pm
3. Tuesday 21 May 2019  
10.00am to 12.30pm
4. Tuesday 28 May 2019  
10.00am to 12.30pm

*\*Participants must be able to attend all 4 sessions\**

4  
CORE  
TOPICS

LABEL  
READING AND  
FOOD  
SELECTION

FOOD  
SAFETY  
PREPARATION  
& COOKING



Government of Western Australia  
Department of Health

Call 9344 8011 or email [admin@sudburyhouse.org.au](mailto:admin@sudburyhouse.org.au)

### Sayings @ Sudbury

**"When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you."** - Sharon L Alder

**"But every memory of friendship shared, even for a short time, is a treasure, like sunshine and warmth in our lives, like a cool breeze on a humid day, like a shower of rain refreshing the earth."** - Unknown

**"Someday many years from now we'll sit beside the candles glow exchanging tales about our past and laughing as the memories flow and when that distant day arrives, I know it will be understood that friendship is the key to live, and we were friends and it was good."** - Eileen Hehl

# Community News



## Taste of Harmony @ Sudbury



The Staff of Sudbury Community House Association Incorporated came together for a Taste of Harmony Luncheon. They each provided a dish from their cultural background for all to enjoy.



A wonderful time of Harmony was experienced by all with lots of cultural conversation and laughter.



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# Early Learning News

## SUDBURY HOUSE

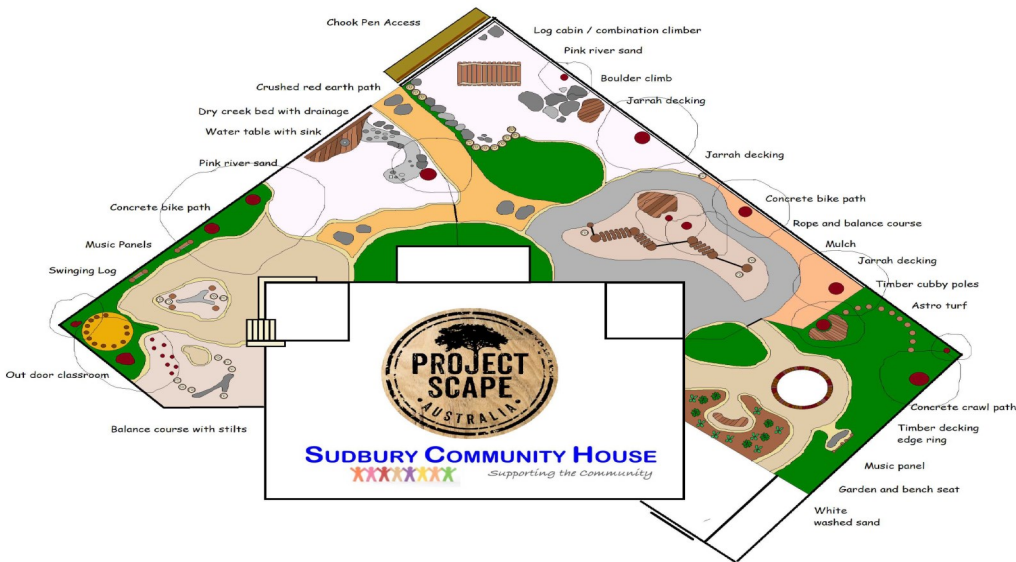
EARLY LEARNING

Care and Development Centre

Sudbury House  
Care and Development Centre  
Long Day Care Hours  
Opening 7.00 am Closing at 6.00 pm

### Nature Based Playground coming to Sudbury House

On Monday the 1st April 2019 our new playground upgrade began. The children, families and educators at Sudbury Community House Care & Development Centre, had input into how our nature based playground will look. The time frame for this upgrade is eight weeks. We are sure that the children will be provided with many learning opportunities as they see the playgrounds transform. Keep a look-out on our Facebook page for daily updates.



### Dr Malok

Malok from our Inventors Room asked if he could have the doctors equipment, so we set up a table with some doctors coats, stethoscopes, thermometers and bandages. He came straight over to the table and put on a doctors coat and stethoscope and set about checking the vital signs of all of the waiting patients .



#### Information

Should any families have any queries please contact Lynda - Administration Officer to enable follow up and response to any outstanding matters.

#### A few tips on helping our Environment

Have showers rather than baths. Short showers use less water and also there is less use of the energy to heat the water.

#### Parent Advisory Committee

We are inviting parents to join our Advisory Committee. Meetings will be held bi-monthly at the Centre.

The purpose of the group will be to monitor, evaluate and feedback regarding your child's Care and Education at Sudbury Community House Care and Development Centre.

This feedback will help us improve our services and work to achieving better outcomes for families and children.

# Early Learning News

## Community Visit— Constable Chrissy & Constable Jim

Before we had our visit Tilly read us a book called "emergency". The book explained the different emergency services we have and how they can help people in need. When the officers came in they introduced themselves as Constable Chrissy and Constable Jim. Abbey noticed their bright green vests and told officer Jim that she liked his vest.



Chrissy and Jim explained the role of their job to the children and how they can help people in need. They explained that police are our friends and not someone to be scared of.

Constable Chrissy and Jim handed out bracelets, balloons and stickers and let us try on all different kinds of police hats and some vests that they had brought in. We ventured outside to the neighbouring community house playground where the police car was parked. The children had the opportunity to sit in the police car and experienced the siren and lights turned on. James noticed the lights were flashing blue and red.

Constable Jim showed us what a speedometer does and explained it measured speed. He then suggested a running race and measured how fast we went using the speedometer. Our fastest record was 6km/h! All the children enjoyed the visit.

**Recycled Materials:** If you have any boxes, ribbon, wool, material, cardboard or plastic containers especially milk cartons, we would appreciate you dropping these at the Centre.  
Thank you in advance

**Your feedback** is very important, we understand that you are all very busy, so we have set up a quick, easy survey near the 'sign in' sheets. Please respond to the question of the month by dropping a white stone in the jar labelled 'YES' or 'No'. Your input is greatly appreciated.

Please feel free to make an appointment to talk with our Educators regarding your child's learning and development

### Placements

We currently have some Placements for all rooms, so if you would like to come for a visit and see what wonderful learning is occurring, please contact Lynda on **9344 1118**

## SUDBURY

## EARLY LEARNING

A feeling like home

[www.sudburyearlylearning.wa.edu.au](http://www.sudburyearlylearning.wa.edu.au)

Sudbury House  
Care and Development Centre.  
**Well worth a LOOK!**  
**Take the Time...**

## Facebook @

**SudburyCommunityHouse  
CareDevelopment**

[https://www.facebook.com/  
SudburyCommunity  
HouseCareDevelopment/](https://www.facebook.com/SudburyCommunityHouseCareDevelopment/)

Get connected take a look a  
Sudbury Early Learning @  
Sudbury Early Childhood  
Education and Care



# Early Learning News



Mirrabooka In Harmony  
Sudbury Community House  
and  
Sudbury House  
Care and Development Centre



Great conversations about Sudbury Community House and Sudbury Care and Development Centre took place throughout the day and new connections with families occurred creating new friends in the community.

Sudbury Community House supports  
the Richness of Culture  
Mirrabooka Guinness Book of Records  
Successful Attempt at  
'The Most Nationalities in a Drum Circle'.



## Mirrabooka In Harmony Event

We had a stand to showcase our services and also provided an interaction play area staffed by our Early Childhood Educator Paige.

Paige participated by interacting with parents and children on the day making a wonderful connection to community.

Thank you Paige



Sudbury House Care and Development Centre 28 Chesterfield Road, Mirrabooka WA 6061  
Ph.: 9344 1118 E: [reception@sudburyearlylearning.wa.edu.au](mailto:reception@sudburyearlylearning.wa.edu.au) W: [www.sudburyearlylearning.wa.edu.au](http://www.sudburyearlylearning.wa.edu.au)

# Term Calendar

## Regular Groups and Service Providers

Monday

### English Conversation Classes for Women Only

9.00 am - 12.00 pm (School Term)  
Includes crèche for children aged 8 weeks to 5 yrs

### PEEDAC

Disability Employment Services  
8.30 am - 4.30 pm

### Women's Health & Family Services

ParentsNext  
8.30 am - 4.30 pm

Tuesday

### FINWA

Bringing Up Great Kids Workshops  
Contact Jo 0401 839 766

### Friendship Group

10.00 am - 12.00 pm

### Aboriginal Health Team

9.30 am onwards  
Please contact them  
directly on 9345 7105

### PEEDAC

Disability Employment Services  
8.30 am - 4.30 pm

Wednesday

### PEEDAC

Disability Employment Services  
8.30 am - 4.30 pm

### Senior's Craft Group

10.00 am - 12.00 pm

### FINWA Bringing Up Great Kids

**Playgroup** (School Term)  
Contact Jo 0401 839 766

Thursday

### Women's Health & Family Services

ParentsNext  
8.30 am - 4.30 pm

### PEEDAC

Disability Employment Services  
8.30 am - 4.30 pm

Friday

### MercyCare Community Services

FREE Yoga 5.00 pm - 6.00 pm  
Please contact them  
to register on 6298 9888

### Womens Health & Family Services

ParentsNext  
8.30 am - 4.30pm

### PEEDAC

Disability Employment Services  
8.30 am - 4.30 pm

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

Sudbury  
House  
Office Hours

8.30 am to 3.30 pm

*Sudbury Community House Association Inc.*

28-30 Chesterfield Road, Mirrabooka WA 6061 Ph.: 9344 8011  
E: [admin@sudburyhouse.org.au](mailto:admin@sudburyhouse.org.au) W: [www.sudburyhouse.org.au](http://www.sudburyhouse.org.au)

