

## ALLWOOD NEIGHBOURHOOD HOUSE INCORPORATED

The historical Allwood House in the heart of Hurstbridge township is a wonderful community resource. Established in 1985, Allwood House has been operating as a Neighbourhood House with assistance from the Shire of Nillumbik and with Neighbourhood House Co-ordination Program funding from the Department of Human Services.

Allwood's superb garden setting and Victorian old-world charm is relaxed and welcoming, creating a wonderful environment for learning. It is an excellent venue for trainers, facilitators and 'home grown experts' to share their talents, skills and knowledge.

Rooms can be hired at very reasonable rates to enable affordable practical courses and workshops that add value to participant's lives and to the spirit of community. Allwood House staff and committee are open to all ideas, suggestions and feedback on courses and other activities.

Please visit, phone or email us at Allwood House, help us to assist you and our community.

**Allwood House aims to support and empower individuals, as well as strengthen and enhance our community as a whole.**



### Allwood House provides the following services

- \* Information & Resource Centre
- \* Referral Agency & Drop-In Centre
- \* Computers and Internet Access
- \* Local History Display and Museum open days
- \* Allwood Community Shoppe - 9718 2717

#### Services available

- \*Low cost Counselling - Mette Hemmingsen 0424 605 675  
A care based dynamic approach with extensive experience.
- \* Free Legal Advice ~ Tuesday nights - 9435 5700  
(Appointments are required for all services)

### Allwood House is the base for the following groups

- \* Alcoholics Anonymous - meets each Sunday 7.30pm
- \* Hurstbridge & District Local History Group - Pam 9718 2271

# ALLWOOD Neighbourhood House Inc.

Incorporated Association No. A0036876L

901 Main Road, Hurstbridge. 3099



## COURSES & WORKSHOPS TERM 3 2017

17th July ~ 22nd September

Phone: 9718 2717

Office Hours: 10 am to 5 pm (Monday ~ Thursday)

e-mail: [allwood@hurstbridge.org.au](mailto:allwood@hurstbridge.org.au)

web: <https://www.allwoodhouse.org.au>

Facebook: [www.facebook.com/AllwoodNeighbourhoodHouseInc](https://www.facebook.com/AllwoodNeighbourhoodHouseInc)

## ***Allwood Neighbourhood House Incorporated***

Is a not-for-profit community based organisation that provides a range of community education, activities and services.

The Committee of Management operates the venue with community development principles. Allwood House has an open door policy, connecting people through affordable learning and social opportunities, regardless of age or background.

### ***Supporting and empowering individuals, enhancing and strengthening the community***

*Drop in to Allwood House - Monday to Wednesday - 11am - 4pm*

## **BIORESONANCE COMMUNITY CLINIC**

**Facilitator :** Shivanii Cameron 0418 753 867

**Date:** Sunday 16th July & 6th August

**Sessions available throughout the day. Bookings are essential.**

**Cost:** \$70 / \$ 50 (Conc.) 80 minute session

Bioresonance uses light and sound to bring balance to the body.

It reads cellular movement and gives visual feedback about how you are going in different organs and parts of the body, and is good at detecting inflammation, as well as viruses and bacteria.

It is a non-invasive therapy that offers a soothing and relaxing treatment as well as different energy forms for correcting imbalances and helping the body to set and maintain healthy patterns.

For more information see [www.bioresonanceinthehills.com](http://www.bioresonanceinthehills.com).

## **ADVANCED CARE DIRECTIVE — A Living Will**

**Facilitators:** Ruth & Gillian **Date:** Wednesday 16th August - 1.30pm

**Bookings:** 9718 2717 (A free Community event)

A time may come when you cannot speak for yourself, by completing an Advanced Care Directive, you can give directions about your medical treatment at such a time.

It can be completed by a person of any age and any state of health and stands as an expression of your wishes for the future. It is designed to apply to a wide range of illnesses, it is for people who do want the possibility that their lives will be prolonged if they become permanently and severely incapacitated. This is an opportunity to consider your death and what you really want to happen when the time comes.

Gillian is a nurse with over 30 years experience in palliative care.

*All Welcome*

## **FERMENTING WORKSHOPS**

**Tutor:** Tim McNeilly 0424 978 390

**Date:** Sunday 10th September

**1. Power of Probiotics - 10am - 1pm 2. Functional Foods - 2 - 5pm**

**Cost:** \$75 per workshop or \$120 for both.

Join us for these workshops, that will cover the making of sauerkraut, kombucha, water kefir, coconut kefir, kimchi, beetroot kvass, cultured carrot/beetroot, coconut kefir yoghurt, milk kefir & milk kefir cheese.

You will receive lots of information on the importance of probiotics and health, with plenty of tastings of the ferments covered.

Ongoing support is offered to help you on your fermenting journey.

**Bookings:** [tim@reallyawesomewholefoods.com.au](mailto:tim@reallyawesomewholefoods.com.au)

## **LAUNCH YOUR PROJECT WITH EASE, GRACE & FLOW**

*Become action oriented, time efficient, fulfilled and supported.*

**A Discovery Talk - Friday 22nd September - 7pm**

**Facilitator:** Julie Nihill 0409 955 319

**Are you feeling stuck and isolated, trying to get your ideas happening?**

Exhausted and overwhelmed looking for support for your dream project?

Do you have a great idea but have no idea as to how to get it off the ground?

Do you have a dusty cupboard full of wonderful ideas that you think are impossible to bring into the world?

Are you constantly delivering your ideas but can't seem to grow beyond your current level?

A Harvard University study has revealed that if your idea, which has a 10% chance of success by the time it reaches your brain, is held by a group of like minded individuals, then the chance of success rises to over 90%.

***Unlock your creativity, allow it to flow. Feel connected and on purpose***

My Facilitated Groups will enable you to gain energy, clarity and inspiration for your ideas and fully support them into form, whatever level you are at.

### ***Testimonials***

*"The group experience for me was amazing and enlightening. It has given me a greater understanding of my potential. I hope to continue along this path with you and the others in the very near future. A whole new pathway has opened up before me. I didn't realise how important it is to have the support of a group like this. That's what was missing!" Peter*

*"Julie created a safe and welcoming environment from which we were able to explore and develop ourselves. .... Julie is one of the most supportive people I've ever had the pleasure of working with - she invests in your work with passion and a genuine desire for you to achieve your dreams. Her group was a rare and special thing to be a part of. " Leah*

## YOGA - SATURDAY

**Tutor:** Julianna Ph: 0400 357 794

**Dates:** Saturdays 4pm (10 weeks)

**Commences:** 22nd July

**Cost:** \$180 / \$140 conc.

Saturday yoga is designed to be fun and accessible to all levels of practice across the age groups with the focus on gentle postures that instill calmness.

Please feel free to contact me with any enquiries about the classes.

Email: [crystalwatersnt@gmail.com](mailto:crystalwatersnt@gmail.com)

## MINDFULNESS WITH METTE

**Facilitator:** Mette - 0424 605 675

**Date:** Sunday (date to be advised) 2-4pm

**Cost:** \$25.00 - \$20 Conc.

### **Mindfulness is an act of Self Care!**

An informative, interactive, practical workshop, where you will get to understand what Mindfulness is, the benefits and how to practice this simple skill – even in our busy daily lives.

Participants will receive handouts of specific mindfulness exercises and we will create 'mind jars' (glitter jar), to take home. (adults)

### School Holiday session for Children

**Cost:** \$20.00 - \$15 Conc.

## SOUND EVENING

**Tutor:** Ruth 0438 530 034

**Date:** Last Friday of month  
25th August

**Time:** 5.30pm **Cost:** \$14.00 (\$12 Conc.)

Invoke the sacred with voice, movement, sound bowls and meditation. We will use ritual to connect the four elements and directions to become one with all life.

Explore with changing themes, art and craft to heal the Earth and ourselves.

An evening of inspiration, relaxation and release.

B.Y.O. pillow, blanket and yoga mat.



## Community Singing Group

**Tutor:** Nerida Kirov

**Dates:** Mondays 9.30 - 11.30am

**Commences:** 17th July (10 weeks)

**Cost:** \$90.00 (\$70.00 concession)

### Come and discover that you can sing!

Enjoy lots of beautiful songs from all over the world, Africa to Australia, from rounds to 3/4 part harmonies, original songs and lots of improvisation to free up the voice.

## Healthy Back Healthy Neck

**Tutor:** Karen Murray Ph: 0478 397 759

**Dates:** Mondays 6- 6.45pm (6 weeks)

**Commences:** 14th August **Cost:** \$84.00

These lessons are based on the Feldenkrais Method, an educational system allowing the body to move and function with more ease, comfort and efficiency.

A series of gentle movements that promote Flexibility, coordination and self awareness.

## MISS WATTLE'S UKULELE

### GROUP CLASS AND SING-A-LONG

**Tutor:** Miss Wattle Ph: 0409 790 319

**Dates:** Tuesday 7- 8.30 pm (10 weeks)

**Commences:** 18th July **Cost:** \$140 (\$100c.)

Ukulele is fun, like a holiday, and it's easy to learn ~ you got ten minutes?

Miss Wattle will have you playing jazz, pop and calypso in the first lesson ~ even if you've never played music before!

With her years of experience as a professional entertainer and ukulele enthusiast Miss Wattle leads her students on a fun and rewarding musical journey with parts for everyone to play.

For the newbies or those who just want to enjoy the music and ukulele camaraderie, there's the sweet sounds of the simplest of strums.

For those who enjoy a challenge there are beautiful picking parts and rhythms to learn. There are opportunities to perform as a group.

*Beginners Welcome*

## HURSTBRIDGE

### ASTRONOMY GROUP

**Tutor:** Parry 0401 607 206

**Dates:** last Saturday of month 7.30- 9pm  
(29th July, 26th August, 30th September)

Join us for these informal astronomy evenings, where we will learn how to explore the local skies for stars, nebulae, planets and whatever else is revealed to us on the night.

If weather permits we will observe from Cottesbridge after 9pm. (**Free Event**)

## REIKI I & II HEALING

**Tutor:** Julie Moorfoot Ph. 0431 159 179

**Time:** 9 am ~ 5 pm **Cost:** \$100.00

### Contact tutor for next training date

Reiki is a self - empowering hands - on healing modality. Through the power of Reiki you will progress further towards enlightenment whilst gaining personal insight and healing powers. Levels I, II, III available.

## FILM NIGHTS

**Facilitator:** Jeff White 0403 281 723

**Date:** Fri 11th August - 7 for 7.30pm start

### BEFORE THE FLOOD

This film is a heartfelt, bold, urgent documentary about the most important issue of our time - Climate Change.

Presented by Leonardo DiCaprio, it highlights interviews with scientists, activists, political and religious leaders, promoting solutions as well as providing a sobering viewpoint of climate disasters happening on our planet.

**Date:** Fri 15th Sept - 7 for 7.30pm start

### THE WISDOM TO SURVIVE

This film accepts the consensus of scientists that Climate Change has already arrived, and asks what is keeping us from action?

Unlimited growth and greed are destroying the life support systems of planet Earth, the social fabric of society and the lives of billions of people. We need new thinking and a new way of life.

**Bookings essential, BYO food to Share**

## GYPSY & BELLY DANCE

**Tutor:** Annie Fletcher – 0407 102 578

**email:** [annie@drumconnection.com.au](mailto:annie@drumconnection.com.au)

**Sundays 4.30 – 6 pm**

### GYPSY DANCE

**Commences:** 23rd July (5 weeks)

**Cost:** \$75.00

Dance away the winter chills with beautiful gypsy moves to stirring gypsy tunes.

Bring out the big skirts and jewels and have fun learning a group dance. Suitable for adults and teenagers of all abilities.

### BELLY DANCE

**Commences:** 3rd September (4 weeks)

**Cost:** \$60.00

In a relaxed environment, learn belly dance techniques such as shimmies and snake arms. Learn to use layering techniques to create beautiful movements and learn a short group dance to alluring melodies of the Middle East. Best suited for older teenagers and adults. Shimmy belts provided.



### (SCHOOL HOLIDAY ACTIVITY)

### WEAVING BASKETS

**Tutor:** Gay Chatfield 0409 964 664

**Dates:** Saturdays 30th September & 7th October 1.30 to 3.30pm **Cost:** \$24.00

Have fun repurposing garden cuttings, vines, creepers, grasses, into unique woven baskets. Learn to make a simple coil basket, a fun activity for parents and children.

## ACCREDITED DRINK DRIVER

### EDUCATION PROGRAM

**Contact:** Peter Horton Ph: 9205 9490

**Email:** [reception@addeeducation.com.au](mailto:reception@addeeducation.com.au)

ADD Education is committed to delivering quality education programmes to those who require drink driver education.

## HEARING TESTS

**Audiologist - Bridget 1300 30 20 31**

**Dates: 1st Thursday of month at 10am**

**6th July, 3rd August, 7th September**

Hearservice, a division of the not-for-profit Victorian Deaf Society, is offering free adult hearing checks at Allwood House in 2017. A check takes 20-30 minutes and you will receive a copy of your results and further information and advice about your hearing.

Bookings are required, ring the 1300 number or email [info@hearservice.com.au](mailto:info@hearservice.com.au)

## YOGA

**Tutor: Sarah Bedggood 0409 419 383**

**Dates: Wed 9 - 10.3am (10 weeks)**

**Commences: 19th July Cost: \$150**

**Dates: Monday 7 - 8.30pm (10 weeks)**

**Commences: 17th July Cost: \$150**

A range of postures and breathing exercises.

Feel your mind-body-breath connection and find meditation in movement.

*Please bring a non-stick mat and blanket.*

## DRUM CONNECTION

**Free come and try session in week 1**

**Tutor: Annie Fletcher 0407 102 578**

**Dates: Thursdays Level 1: 7.30 - 8.30pm**

**Commences: 20th July (10 weeks)**

**Dates: Fridays Level 1: 2.30 - 3.30pm**

**Commences: 21st July (10 weeks)**

**Cost for level 1: \$130 / \$110 conc.**

**Level 2 & 3 courses also available.**

Learn the basic techniques of African and Arabic hand drumming and great group rhythms in a fun and supportive circle.

Djembe and Darabuka drums are supplied for new participants.

Students will be given opportunities to perform at community events with the student ensemble 'DOOWLLA', currently celebrating 11 years of drumming.

*Total beginners are welcome!*

## ART WORKSHOP

**Tutor: Pam Lawson Ph: 9718 2271**

**Dates: Tuesdays 1 - 3 pm (10 weeks)**

**Commences: 18th July Cost: \$60.00**

Find or rediscover your artistic side in a friendly supportive group. We will be exploring; Drawing ~ shape, form and perspective. Painting ~ colour, tones etc. Bring along your own materials ~ drawing paper ~ pencils, canvas, boards & paints. Easels provided. *All welcome.*

## Reiki Group/Exchange

**Tutor: Julie 0431159179**

**Dates: Mondays 12 - 2.30pm (10 weeks)**

**Commences: 17th July**

**Cost: By donation**

We are a group of Reiki practitioners who love to give & receive Reiki.

Do you feel stressed? Would you like to increase your vitality? Are you curious?

Visit us and sample the Reiki experience.

Those who have Reiki Level I, II, & III can deepen their skills and healing and are welcome to practice in our group share.

*Please wear loose comfortable clothes.*

## MEDITATION CIRCLE

**Dates: Tuesdays 10 - 11am**

**Cost: \$13.00 a session / \$11 conc.**

**Commences: 18th July (10 weeks)**

We create a beautiful group energy that encompasses and empowers both planetary and personal Healing.

As we journey through the Medicine wheel noting the directions, elements, moon and earth cycles increasing our awareness of the big picture.

We use aromatherapy herbs, flowers, creative visualization, stretching and safe breathing techniques to enhance our journey, ending with fresh herbal tea and discussion.

**(Casuals welcome)**



## BROADBAND FOR SENIORS

**Dates: Wednesdays 1 - 4pm**

**By Appointment - 9718 2717**

Get connected for free with your local **Broadband for Seniors internet kiosk.**

The Broadband for Seniors kiosk gives you the opportunity to discover how the world wide web can play a great part in helping you to stay in touch with friends and family. Along with offering access to the wealth of information and services that are available online.

## KINESIOLOGY CLINIC

**Facilitator: Nadine Kennedy 0420 767475**

**Dates: 1st Saturday of the month**

**(5th August & 2nd September)**

**Time: 9am - 2pm (bookings essential)**

**Cost: \$40-00 (community rates)**

Kinesiology identifies factors which block the body's natural healing process. These dysfunctions are rectified by attention to reflex and acupressure points, the use of specific body movements and nutritional support.

It can relieve pain, stress, muscular and nervous disorders: detect allergies and nutritional deficiencies: assist with psychological and learning problems, stimulate energies and release untapped potential.

It can be useful for addictions, anxiety, depression, eating disorders, grief and loss, goal setting, headaches/migraines, hormone balancing, lack of energy, learning difficulties, pain management, post traumatic stress, relationship issues, sports performance, sleep issues and uncertainty in any area.

## Tutors Wanted!

If you have a skill to share with the community, we can help you get started as a tutor.

*Please contact our office staff  
to discuss your ideas.*

*Phone: 9718 2717*

*email: [allwood@hurstbridge.org.au](mailto:allwood@hurstbridge.org.au)*

## Youth Animation Project

**Tutor: Cath Murphy 0438 400 220**

**Dates: Tuesdays 11am ~ 1pm (10 weeks)**

**Commences: 18th July Cost: \$100.00**

*(Some places can be subsidised by Allwood)*

**Join a fun group of young people aged 13 to 17 seeking an alternative education experience. (No skills required)**

Learn to create your own animation or work on one of our professional shorts using Photoshop to create your characters and Premiere for editing and sound production.

We offer a relaxed, creative experience that is about your interests.

## PROVIDE FIRST AID

### HLTAID003

**Tutor: KMR Safety First Ph: 9718 1733**

**Date: Thursday 24th August**

**Time: 9.30am - 4 pm Cost: \$155.00**

**Provide first aid is a nationally recognised unit that describes the skills and knowledge required to provide a first aid response to a casualty.**

The unit applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings.

1. Respond to an emergency situation
2. Apply appropriate first aid procedures
3. Communicate details of the incident
4. Evaluate incident and own performance

The following link is for students to register & pay online for the training session:

<http://enrol.vetenrol.com.au/?clientid=VT-SAFETYFIRST&occuID=46430&priceID=23>

## WET FELTING

**Dates: Thursdays 1 - 4pm 9718 2717**

**Commences: 27th July (6 weeks)**

Join us and help to create a decorative art piece for Allwood House.

You will learn the wet felting technique in a friendly and supportive group.

Suitable for beginners & experienced felters.

**All materials are supplied.**