

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 ~ office 9718 2717
(Appointments are required for all services)

Allwood House is the base for the following groups

- * Alcoholics Anonymous - meets each Sunday 7.00pm
- * Hurstbridge & District Local History Group - Pam 9718 2271

ALLWOOD Neighbourhood House Inc.

Incorporated Association No. A0036876L

901 Main Road, Hurstbridge. 3099



COURSES & WORKSHOPS TERM 4 2017

9th October - 20th December

Phone: 9718 2717

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

e-mail: allwood@hurstbridge.org.au

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

Facebook: 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

Dates: Sundays 15th & 29th October and 5th of November

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.

LIFE & FIGURE DRAWING

Tutor: Val Osbourne

Dates: Thursdays 1 - 3 pm

Commences: 19th October (9 weeks)

Cost: \$180.00 (includes Life Model hire)

Improve your drawing and observation skills through the study of the human form, under the guidance experienced artist Val Osbourne.

Whether you are a beginner or you are an artist who is looking for technical practice.

This short course is an ideal way to express yourself and develop your drawing skills, in a positive and creative environment.



Free Thunderstorm Asthma - Community Education

Date: Friday 1st December **Time:** 6:30 - 8:00pm

Facilitator: Asthma Foundation

Reserve your place today! Bookings: 9718 2717

The Asthma Foundation Victoria have been funded by the Department of Health and Human Services to deliver Epidemic Thunderstorm Asthma Community Education Sessions.

These free community sessions can be attended by anyone, and will cover the following topics:

* What is Thunderstorm Asthma

*Who is at risk of Thunderstorm Asthma

*How do you respond to a thunderstorm event

*How to perform asthma First Aid

* The link between asthma and hay fever

FERMENTING WORKSHOPS

Tutor: Tim McNeilly

Bookings: tim@reallyawesomewholefoods.com.au

Date: Sunday 19th November

1. Fermented Foods ~ 9.30 - 12.30pm

2. Power of Probiotics ~ 1.30pm - 4.30pm

Cost: \$95 - \$150 for both workshops or (\$75 - \$120) Concession

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.



MINDFULNESS WITH METTE

Facilitator: Mette - 0424 605 675

Date: Sunday October 22nd 2 - 4.30pm

Cost: \$30 - \$20 Concession

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 comprehensive handouts of specific mindfulness exercises.

School Holiday session for Children

Date : 3rd November 2- 4pm

Cost: \$20.00 - \$15 Conc.

Learn Mindfulness skills to use in your every day life.

We will be creating 'mind jars' (glitter jars), to take home, in order to enhance your practice.

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: 10th October

Cost: \$140 (\$100 concession)

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 simple 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*



Community Singing Group

Tutor: Nerida Kirov

Dates: Mondays 9.30 - 11.30am

Commences: 9th October (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: 23rd October **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.

HURSTBRIDGE

ASTRONOMY GROUP

Tutor: Parry 0401 607 206

Dates: last Saturday of month 7.30- 9pm
(28th October, 25th November)

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

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

HEARING TESTS

Audiologist - Bridget 1300 30 20 31

Dates: 1st Thursday of month at 10am

5th October, 2nd November, 7th December

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.

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.

Reiki Group/Exchange

Tutor: Julie 0431159179

Dates: Mondays 12 - 2.30pm (10 weeks)

Commences: 9th October

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: 10th October (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)

Tutors Wanted!

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

Phone: 9718 2717

BELLY DANCE

Tutor: Eliza 0409 160 007

Dates: Sundays 5 - 6pm (5 weeks)

Commences: 15th October

Cost: \$10.00 (no session 5th November)

Email: hurstbridgebellydance@gmail.com

In a fun and friendly environment, learn belly dance techniques such as shimmies, Egyptian walk and snake arms. Learn to use layering techniques to create beautiful movements. Apply these movements to both improvisation and a short group choreography to alluring melodies of the Middle East.

Best suited to older teenagers and adults.

Shimmy belts provided.

ACCREDITED DRINK DRIVER EDUCATION PROGRAM

Contact: Peter Horton Ph: 9205 9490

Email: reception@addeeducation.com.au

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

BROADBAND FOR SENIORS

Dates: Wednesdays 1 - 4pm

By Appointment - 9718 2717

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.

COMMUNITY AFTERNOON TEA

Free Event

Date: Tuesday 17th October 1.30 – 3pm

Bookings: 9718 2717

You are welcome to join us for a delicious afternoon tea at Allwood House.

This friendly gathering is open to all ages, bring along your babies and grandparents.

RSVP for catering purposes



YOGA

Tutor: Sarah Bedggood 0409 419 383

Dates: Wed 9 - 10.3am (10 weeks)

Commences: 11th October Cost: \$150

Dates: Monday 7 - 8.30pm (10 weeks)

Commences: 9th October 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: 12th October (10 weeks)

Dates: Fridays Level 1: 2.30 - 3.30pm

Commences: 13th October (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 WORKSHOPS

Tutor: Pam Lawson Ph: 9718 2271

Dates: Tuesdays 1 - 3 pm (10 weeks)

Commences: 10th October 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.*

WILLS & POWER OF ATTORNEY WORKSHOP

Facilitator: Solicitor - Thomas Flitner

(Free Community Session)

Date: Wednesday 15th November 1 - 3pm

Bookings via Office: 9718 2717

We will be exploring personal Wills and general financial and medical Power of Attorney.

Have you thought of what you will do in case an illness or other unforeseen change affects your present way of life.

Join us for this free informal session, that will be looking at these difficult but necessary plans.

BOTTOM DRAWER BOX

Facilitator: Ruth Ph: 9718 2717

Date: Wednesday 29th November 1 - 3 pm

(free community event)

We will be creating an after death action plan to make things easier for your loved one when you pass away.

Into the box goes your ideas, plans and your life's reflections. It will sit there quietly

until needed. Lets have some fun with this (black humour). Explore your favourite music and anything that you wish to be included in your personal plan.

Youth Animation Project

Tutor: Cath Murphy 0438 400 220

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

Commences: 10th October Cost: \$100.00

(Some places subsidised by Allwood House)

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.

KINESIOLOGY CLINIC

Facilitator: Nadine Kennedy 0420 767475

Dates: 1st Saturday of the month

4th November and 2nd December

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.

COMMUNITY FELTING

Dates: Thursdays 1 - 4pm 9718 2717

Commences: 2nd November (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.

WILD FLOWER EXCURSION

Date: Wednesday 1st November - 11am

Bookings via Office 9718 2717

Its wildflower season in our valley. We will be travelling to Koos Road Flora Reserve in Pantan Hill for a picnic lunch and a gentle walk with plenty of time for taking photos or a quick sketch. **BYO Lunch to Share**

B.Y.O. Picnic tea & picnic rugs

SUMMER SOIREE

SUNDAY 26th NOVEMBER 4 - 7pm

BYO Picnic Tea

Join us for our annual student presentation.

Let the Choir and Ukulele group sing to your soul. Groove to the beat of the Doowlla Drummers and enjoy Belly dancing in the beautiful gardens of Allwood House.

Come along and experience an afternoon of singing, drumming, dancing and more!

TURKISH COOKING

Facilitator: Arzu Yilmaz 0403 046 680

Date: Friday 17th November 7 - 9.30pm

Cost: \$60.00 (limited places)

Experience and taste something different, simple and healthy. Arzu will teach you four yummy dishes in 2 hours, including soup, pastry, meze and a sweet.

This is a cooking and cultural lesson.

Arzu will share her experience of being Turkish and influenced by Mediterranean and Middle Eastern culture.

PRE-CELTIC SHAMANIC DAY

Cellular and Core Transformation

Facilitator: Mark Elliot 0414 723 989

Date: Saturday 11th November 10am - 5pm

Cost: \$40.00 (\$30 Concession)

Explore your inner landscape, remove your blockages and limitations, to heal the past and learn how to access higher levels of powerful transmutation. Open up to your future potential with Mark Elliot who has over 20 years experience in shamanic training, a practitioner with cancer patients and the dying.

Qualifications in Transpersonal Art Therapy and a main focus in Pre Celtic Mystic teachings and practise. Because this is a deep inner experience and exploration, anything is possible in his experience.

No particular belief is required just an openness to learn.

(BYO lunch and snacks to share)

