

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

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 2 2017

18th April ~ 30th June

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

Date: Sunday 18th June

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.

WILLS & POWER OF ATTORNEY WORKSHOP

Facilitator: Solicitor - Thomas Flitner (Free Community Session)

Date: Wednesday 10th May 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.

WEAVING BASKETS

FROM GARDEN MATERIALS

Tutor: Gay Chatfield 0409 964 664

Dates: Saturdays 1.30 to 3.30pm

Commences: 29th April (4 weeks)

Cost: \$48.00

Have fun repurposing garden cuttings, vines, creepers, grasses, into unique woven baskets.

Learn different basket making methods such as melon, coil and free form.

YOGA - SATURDAY

Tutor: Julianna Ph: 0400 357 794

Dates: Saturdays 4pm (10 weeks)

Commences: 22nd April

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.

FELTING & TEXTILES

Tutor: Lisa Jenkins Ph: 0431 840 415

Dates: Fridays 11am - 2pm (11 weeks)

Commences: 21st April

Cost: Gold coin donation per session

We meet and do textile projects, primarily felting of our own choice and design.

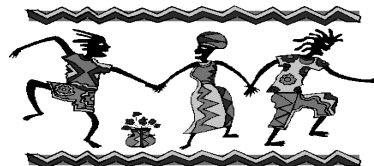
Anyone is welcome to join using portable techniques. For information please contact: lisajenkins@stanfordalumi.org.

WEST AFRICAN DANCE

Tutor: Annie Fletcher 0407 102 578

Join us for an energising new dance treat!

It will be a short block and beginners are very welcome. *Contact Annie if you are interested.*



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 April (10 weeks)

Dates: Fridays Level 1: 2.30 - 3.30pm

Commences: 21st April (10 weeks)

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

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!

STELLA'S SEWING CLASSES

Tutor: Stella Norman Ph: 9481 1705

Dates: Wednesdays 11am -1pm

Commences: 3rd May (4 weeks)

Cost: \$50.00

Do you long to create your own clothes, cushions, curtains and more?

We will begin with a skirt, including a zipper and darts.

Learn all the basics with Stella who has decades of experience to pass on.

Sewing machine use and care, cutting and following patterns, types of materials and all things sewing.

Bring your own machine and materials etc.

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

BOOST YOUR CAREER

Tutor: Jayne Lovegott 0413 279 954

By appointment (Free session)

Are you at a crossroad in your life?

Learn how to find and secure your new job. Design the perfect resume, learn interview tips and tricks, where and how to look for work.

Be aware of the dangers of social networking in the work place.

Develop a new perspective and create positive change in your life.

HURSTBRIDGE ASTRONOMY GROUP

Tutor: Parry 0401 607 206

Dates: last Saturday of month 7.30- 9pm
(29th April, 27th May, 24th June)

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 Cottlesbridge after 9pm. *Free Event*

MINDFULNESS WITH METTE

Facilitator: Mette - 0424 605 675

Date: Sunday 21st May 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

Date: Sunday 9th July 2 - 4pm

Cost: \$20.00 - \$15 Conc.



Community Singing Group

Tutor: Nerida Kirov

Dates: Mondays 9.30 - 11.30am

Commences: 24th April (9 weeks)

Cost: \$90.00 (\$70.00 concession)

(no session 17th April, 12th June)

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 5.45 - 6.45pm (6 weeks)

Commences: 24th April Cost: \$84.00

(no session 13th March - Labour Day)

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 April 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

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.

BELLY DANCE

Tutor: Eliza - bookings/info: 0409 160 007

Dates: Sundays 4.30 - 5.30pm (6 weeks)

Commences: 7th May Cost: \$72.00

(no session on 11th June)

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 for older teenagers and adults.

Shimmy belts provided.



SOUND EVENING

Tutor: Ruth 0438 530 034

Date: Last Friday of month

(26th May, 30th June)

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.

ACCREDITED DRINK DRIVER EDUCATION PROGRAM

Contact: Peter Horton Ph: 9205 9490

Email: reception@addeeducation.com.au

Dates: Thursdays - 20th & 27th April

Times: 5.45 - 9.45pm

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

COMMUNITY MOSAICS

Tutor: Vicki 0438 596 344

Dates: Fridays 11.30am- 2.30pm (6 weeks)

Commences: 28th April Cost: \$30

Mosaics is a rewarding and healing hobby. If you want to experience mosaics, there is an opportunity to help on community mosaic art installations.

Join us and get inspired for your own projects. Wear comfortable shoes please as much of the work is done standing.

This course is suitable for beginners.

LAUGHTER CLASSES

Facilitator: Tracy Bartram - 0458 142 922

Dates: Wednesdays 7.30 - 9.00 pm

Commences: 19th April (11 weeks)

Cost: \$165.00 / \$145.00 (Conc.)

Casual - \$17.00 per class.

(Complimentary Mug with full term payment)

Enjoy a gluten-free, sugar-free, organic home-made herbal tea at each class.

Laughter releases endorphins, the body's natural pain medication hormones.

Laughter boosts mental functions, such as memory, creativity and improves oxygen intake.

Join Tracy and be guided gently and safely through the wonderful, easy process of a laughter class.

Wear loose, comfy clothes & come with a smile :-)

With 26 years as a professional humorist,



CHANT & CHAI

Contact: Ruth Ph: 97182717
Date: Fridays 7 - 9pm **Cost:** \$10.00
(19th May & 23rd June)

Listen to your deepest self and find peace. Chanting vibrates within your body's energy centres, producing calm, clarity, harmony & bliss.

Mantra Yoga is a practical way to understand and heal yourself.

Enjoy a Chai after the chant.

All welcome.



HEARING TESTS

Audiologist - Bridget 1300 30 20 31
Dates: 1st Thursday of month at 10am
6th April, 4th May, 1st June

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.

YOGA

Tutor: Sarah Bedgood 0409 419 383
Dates: Wed 9 - 10.3am (11 weeks)
Commences: 24th April **Cost:** \$165
Dates: Monday 7- 8.30pm (9 weeks)
Commences: 30th January **Cost:** \$135
(no session 17th April & 12th June)

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



ART WORKSHOP

Tutor: Pam Lawson Ph: 9718 2271
Dates: Tuesdays 1 - 3 pm (9 weeks)
Commences: 2nd May **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 12pm - 2pm
Commences: 24th April
Cost: By donation

We are an informal group of people 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.

Please wear loose comfortable clothes.

(no session on 17th April)

MEDITATION CIRCLE

Dates: Tuesdays 10 - 11am
Cost: \$13.00 a session / \$11 conc.
Commences: 18th April (10 weeks)

(no session 25th April)

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.

FERMENTING WORKSHOPS

Tutor: Tim McNeilly 0424 978 390
Date: Sunday 25th June
Bookings via Allwood House 9718 2717

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.

WARBURTON DAY TRIP

Date: Wednesday 31st May
Leave Allwood House at 10am
Cost: By Donation (*limited places*)
BYO Picnic Lunch to Share, walking shoes, camera, picnic rug etc.
Bookings: Allwood House 97182717

We will be driving the community bus to Warburton and enjoying a day out in the cool mountain air.

Walk to Lala Falls - 3.2 km round trip

Enjoy a shared Picnic Lunch

Visit the Cement Creek Red Wood Forest

Afternoon tea at the Patchwork Tea House

Visit to the local shops & return to Hurstbridge 6pm. (approx.)

ANIMATION

FOR YOUNG PEOPLE

Tutor: Cath Murphy 0428 400 220
Dates: Tuesdays 11 - 1pm (10 weeks)
Commences: 18th April **Cost:** \$100
(no session on 25th April)

For young people aged 13 to 17 seeking an alternative education experience.

Learn to create your own animation or work on one of our professional shorts.

No skills required.

Some places are subsidised by Nillumbik Youth Fund. (*Call for details*)

WET FELTING

COMMUNITY ART INSTALLATION

Contact: Vicki 9718 2717
Dates: Thursdays 1 - 4pm (5 weeks)
Commences: 4th May
Cost: Gold coin donation

Join us and help to create some decorative art pieces for Allwood House.

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

Suitable for beginners and experienced felters. **All materials are supplied.**

KINESIOLOGY CLINIC

Facilitator: Nicole Brereton - 0424 326 966
Dates: 3rd Saturday of each month
15th April, 20th May, 17th June

Time: 9am-2pm (low cost community rates)
In these Kinesiology clinics, we are able to tap into the body's consciousness to discover the root cause of beliefs and stressors which may have resulted in symptoms currently causing you to feeling out of sorts.

With the effective use of Kinesiology and Kinergetics, I use corrective techniques such as acupressure points, meridian body work, muscle monitoring, chakras, essential oils, counselling and intuitive guidance to form a personalised holistic treatment just for you.

(Bookings essential)