

## 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)

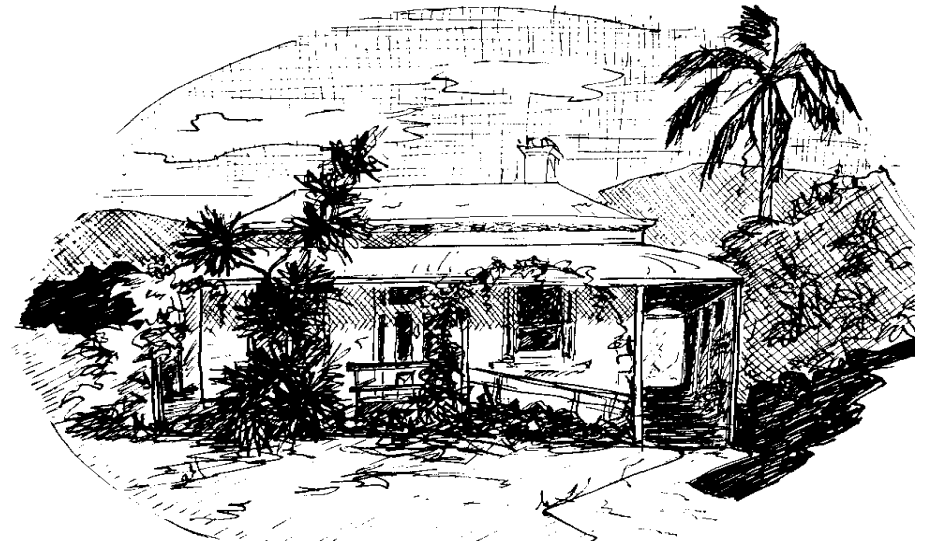
#### Allwood House is the base for the following groups

- \* 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 1 2018**

**30th January - 29th March**

**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](http://www.facebook.com/AllwoodNeighbourhoodHouseInc)**

## **Allwood Neighbourhood House Incorporated**

Is a not-for-profit community based organisation that provides a venue for 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*

## **Call out for Community Artists**

The Allwood House Committee are calling for expressions of interest from emerging Artists and Crafts people to exhibit their works in our community Shoppe space.

The idea is for artists to have an opportunity to display and sell artworks and have meaningful interaction with the wider community.

Artists and Crafts people will be able to use the space for art exhibitions for 4 - 6 weeks approx. at a community commission rate.

Come and look at the space and discuss the possibilities with our friendly staff.

The Shoppe is open every Tuesday, most Saturdays and whenever the big banner is displayed.

If you would like more information about the space, please contact the Allwood House Office on 9718 2717.

## **FIND YOUR INNER ARTIST**

**Tutor: Julie Nihill 0409 955 319 [www.julienihill.com](http://www.julienihill.com)**

**Commences: Wednesday 31st January (6 weeks)**

**Time: 7.30 - 8.30 pm Cost: \$90.00 / \$80.00 Conc.**

Bring your New Year's resolutions and that idea you have always wanted to make happen and experience the fun and excitement of turning ideas into reality with wonderful support.

Failure and perfection don't exist in this class just the dawning realisation of how talented and gifted you are.

*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.*

## **FERMENTING WORKSHOPS**

**Tutor: Tim McNeilly**

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

**Date: Sunday 4th March**

- 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.



## **BIORESONANCE COMMUNITY CLINIC**

**Facilitator : Shivanii Cameron 0418 753 867**

**Dates: Friday 2nd February, Friday 16th March**

**Sessions available throughout the day.**

**Bookings are essential**

**Cost: \$80 / \$ 60 (Conc.) 90 minute session**

Bioresonance uses light and sound energy in a relaxing treatment that balances the electromagnetics of the body. It provides visual feedback about different parts of the body, and is good at detecting and discouraging viruses, bacteria and parasites. Our body can be disrupted by genetic, environmental and dietary impacts including radiation and electricity.

By reducing inflammation and helping to restore homeostasis, bioresonance supports our body cells in functioning properly.

It is non-invasive, and can be used with children and in pregnancy.

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



## MINDFULNESS WITH METTE

Facilitator: Mette - 0424 605 675

Date: Sundays 25th Feb, 11th March, 8th April. Time 2 - 3pm Cost: \$10.00

**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.

### Children's session

Date: Sunday 18th March 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 (9 weeks)

Commences: 30 January

Cost: \$117(\$90concession)

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

### Chocolate Lillies

Tutor: Nerida Kirov Ph: 9439 4816

Dates: Mondays 9.30 - 11.30am

Commences: 5th February (7 weeks)

Cost : \$63.00 (\$53.00 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: 29th January 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

27th January, 24th Feb, 31st March

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 Cottlesbridge after 9pm. (*Free Events*)

## HEARING TESTS

Audiologist - Bridget 1300 30 20 31

Dates: 1st Thursday of month at 10am

1st February & 1st March

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 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 0431 159 179

Dates: Mondays 12 - 2.30pm (7 weeks)

Commences: 5th February

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 9718 2717

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

Commences: 30th January (9 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 4.30– 5.30pm (9 weeks)

Commences: 4th February Cost: \$86.00

email: [hurstbridgebellydance@gmail.com](mailto: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

Dates: Thursday 15th & 22nd February

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.

## 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.

## Health & Wellbeing with Essential Oils

Di Scott & Josie Abuawad - 0434 534 036

Dates: 3rd & 17th February Cost: \$5.00

Times: 2 - 4pm

Improve your health and increase your happiness using pure essential oils, learn how to incorporate oils into your everyday life.

Topics include:

Essential Oil Blends for health, hair, skin, coughs, colds and more and how to use them safely in the home.

## YOGA

**Tutor:** Sarah Bedggood 0409 419 383

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

**Commences:** 31st January **Cost:** \$135

**Dates:** Monday 7 - 8.30pm (8 weeks)

**Commences:** 29th January **Cost:** \$120

(No session Labour Day -12th March)

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:** 1st February (9 weeks)

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

**Commences:** 2nd February (9 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 13 years of drumming.

*Total beginners are welcome!*

## ART WORKSHOPS

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

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

**Commences:** 30th January **Cost:** \$50.00

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. Esels provided. *All welcome.*

## BOTTOM DRAWER BOX

**Facilitator:** Ruth Ph: 9718 2717

**Date:** Wednesday 14th March 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.

## Greenwood Spoon Carving

**Tutor:** Eli Beke 0490 465 396

**Dates:** Sundays 11th Feb & 11th March

**Times:** 10am - 5pm **Cost:** \$160.00

**BYO lunch and snacks, age 16+.**

Come learn the art of Spoon Carving in the Swedish green woodcraft tradition, you will learn how to carve a spoon with an axe, knife and gouge; how timber can be worked efficiently and effectively including the selection of timber for carving and the design of wood articles for the kitchen.

**All tools and materials supplied**

## ADVANCED CARE PLANNING

**Tutor:** Catherine Kelly

**Bookings:** Allwood office 9718 2717

**Dates:** Wednesday 1pm - 3pm

**Commences:** 28th March - Free event

Advance care planning encourages us to have conversations with our family & doctors to inform them of the kind of care we prefer.

It is a process for planning for future health and personal care whereby your values, beliefs and preferences are made known, so they can guide decision making, at a time in the future if you cannot make or communicate your wishes.

Catherine is a volunteer ambassador from Austin Health.



## Youth Animation Project

**Tutor:** Cath Murphy 0428 400 220

**Dates:** Tuesdays 11am ~ 1pm (9 weeks)

**Commences:** 30th January **Cost:** \$90.00

*(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.

## BUSHCRAFT & LIFE SKILLS

**Tutor:** Ravi 0431 952 552

**Dates:** Sundays 2 - 4 pm (5 weeks)

**Commences:** 25th February

**Cost:** \$120 / \$100 conc.

Join this hands-on experience for skills that provide confidence for life on Earth.

Topics will include; the basics of identifying and harvesting fibres, to make cordage for useful knots and simple basketry. Learn to identify both edible and medicinal plants, as well as simple preserving methods.

Create your essential camping kit list.

We will also cover the basics of food and camping shelters to be safe in the great outdoors.

## ULTIMATE FRISBEE SKILLS

**Tutors:** Tom and Ravi 0431 952 552

**Date:** Saturday 10th March 2.30 - 4.30pm

**Cost:** \$30 / \$20 conc.

Take your frisbee skills to the next level in this one day play shop, master new throws and get lots of tips and tricks.

Bring out your inner Brodie Smith as seen on you tube.

**Includes a frisbee to take home.**  
*Frisbee is the only sport that doesn't require an umpire!*

## WOVEN WILLOW GARDEN FOLLY

**Tutor:** Gay Chatfield 0409 964 664

**Dates:** Sat 17th / 24th March & 7th April

**Time:** 12 - 4 pm **Cost:** \$165 / \$150 Conc.

Come and learn to create a woven garden folly. We will be constructing a 2m x 2.5m woven structure in the Allwood Garden using local basket Willow. The resulting 'folly' will be an ephemeral space for meditation and other quiet pursuits. This garden 'folly' can be easily duplicated for your enjoyment in your own personal garden space.

## KINESIOLOGY CLINIC

**Facilitator:** Nadine Kennedy 0420 767 475

**Dates:** Saturdays 3rd February & 3rd March

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

**Cost:** \$40.00 (community rate)

Kinesiology identifies factors which block the body's natural healing process. These dysfunctions are rectified by attention to reflex and acupuncture 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:** 1st February (9 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.**