

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 2 2018

16th April - 29th 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 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

Check our website for Tutor profiles and extra information on courses and workshops. www.allwoodhouse.org.au

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.

The Greenheart Trust

Self Efficacy - Sustainability - Connection - Unity - Love - Peace - Creativity

Allwood House Inc. has recently agreed to auspice the Trust for the development of a community garden space. The Greenheart Vision is to foster self esteem and creativity of individuals and communities.

Greenheart seeks to promote positive health & well being and environmentally sustainable living to cultivate harmonious connections within communities.

***We are seeking expressions of interest for people who want to
involved in this exciting new sustainability project.***

<http://facebook.com/greenheart.org.au>

Hatha Vinyasa Yoga

Tutor: Nicola Eddington 0488 521 667

Dates: Saturdays 9 - 10.30 am (8 weeks)

Commences: 12th May Cost: \$120/100 Conc.

A gentle yet energising yoga. Vinyasa = body moving in unison with the breath. Enjoy guided visualisations & simple meditation techniques. Join us to feel uplifted by the energy.

All welcome! Please bring yoga mat & blanket.

Life Drawing

Tutor: Harry Hughes 0466 797 302

Dates: Wednesdays 7 - 9pm (7 weeks)

Commences: 16th May

Cost: \$175 /105 Conc.

(Easels & Boards provided)

With a live model each week, extend your skills in observation and drawing.

We will work through different ways of seeing the life model. With an emphasis on finding the flow of movement through the body, and building up the figure from basic forms.

Bring along some charcoal, paper will be provided.

INTUITIVE DEVELOPMENT

Tutor: Anita Zacchigna 0466 370 680

Dates: Wednesdays 7 - 9 pm (9 weeks)

Commences: 2nd May Cost: \$135/110 Conc

Learn how to enhance your Intuition in order to make better decisions in your life and as a stepping stone to other psychic modalities.

We will cover:

What exactly is our intuition? Clairvoyance, Clair audience, Spirit Guides, Psychic Protection.

Using tools such as Oracle Cards, Salt Readings, Photo Readings & Psychometry we will endeavour to heighten your intuition and encourage you to listen to those gut feelings.

(Anita is a professional Tarot reader with 20 years experience)



BIORESONANCE COMMUNITY CLINIC

Facilitator: Shivanii 0418 753 867

Dates: 20th May & 17th June

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 electromagnetic 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

FERMENTING WORKSHOPS

Tutor: Tim McNeilly (book via email)

tim@reallyawesomewholefoods.com.au

Date: Sunday 1st July

1. Fermented Foods ~ 9.30 - 12.30pm

2. Power of Probiotics ~ 1.30pm - 4.30pm

Cost: \$95 - \$150 for both workshops

Concession: \$75 - \$120

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.

Tutors Wanted!

Please contact our office staff

to discuss your ideas.

Phone: 9718 2717

MINDFULNESS WITH METTE

Facilitator: Mette - 0424 605 675

Date: Sundays 8th & 22nd April, 8th May, 3rd & 24th June

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: Saturday 16th June 1-3pm

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, 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 (11 weeks)

Commences: 17th April

Cost: \$143 (\$110 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

Chocolate Lillies

Tutor: Nerida Kirov Ph: 9439 4816

Dates: Mondays 9.30 - 11.30am

Commences: 16th April (10 weeks)

Cost : \$90.00 (\$75.00 concession)

(No session - 11th June Queens Birthday)

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 - 6.30pm (6 weeks)

Commences: 16th April 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.

HEARING TESTS

Audiologist - Bridget 1300 30 20 31

Dates: 1st Thursday of month at 10am

5th April, 3rd May, 7th 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

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 10 weeks

Commences: 16th April 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: 16th April (11 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)

Youth Animation Project

Tutor: Cath Murphy 0428 400 220

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

Commences: 17th April 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.



BELLY DANCE

Tutor: Eliza 0409 160 007

Dates: Sundays 3.30 - 4.30 / 4.30 - 5.30pm

Commences: 22nd April (11 weeks)

Cost: \$105.00

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

contact Peter for dates

Email: reception@addeeducation.com.au

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

GET CONNECTED

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: Sat 21st April, 12th May, 23rd June

Cost: \$5.00 Time: 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 essential oils safely in the home.

YOGA

Tutor: Sarah Bedgood 0409 419 383

Dates: Wed 9 - 10.3am (10 weeks)

Commences: 18th April **Cost:** \$150

Dates: Monday 7- 8.30pm (8 weeks)

Commences: 16th April **Cost:** \$150

(No session Queens Birthday - 11th 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.

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: 19th April (11 weeks)

Dates: Fridays Level 1: 2.30 - 3.30pm

Commences: 20th April (11 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 (11 weeks)

Commences: 17th April **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.*

Greenwood Spoon Carving

Tutor: Eli Beke 0490 465 396

Dates: Sunday 27th May

Time: 10am - 5pm **Cost:** \$80.00

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.

Greenwood Spatula Carving

Date: Thursday 19th April

Cost: \$22.00 7 - 9 pm

We will be carving a straight spatula in the Swedish green wood tradition using wedges to split timber, an axe to bring form and a carving knife to finesse the shape of spatula.

All tools and materials supplied

COMMUNITY AFTERNOON TEA

Free Events - Bookings: 9718 2717

Date: Tuesday 9th May 1.30 – 3pm

Theme: Honoring Mothers

Date: Tuesday 20th June 1.30 - 3pm

Theme: Local History

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

WILLS & POWER OF ATTORNEY WORKSHOP

Facilitator: Solicitor - Thomas Flitner

(Free Community Session)

Date: Wednesday 13th June 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.



PRE-CELTIC SHAMANIC DAY

Cellular and Core Transformation

Facilitator: Mark Elliot 0414 723 989

Dates: Sats 26th May, 2nd June

11am - 4pm

Cost: \$80.00 (\$60 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)

Comfortable selling

for small to medium businesses

Tutor: Reena Baumann 0400 802 135

Dates: Mondays 6.45 - 8pm (7 weeks)

Commences: 7th May **Cost:** \$84.00 /\$70c

An introductory sales course for people who don't consider themselves to be sales people, yet provide a service or products.

Are you a small business owner?

Are you a tradie or salon owner?

Have you recently started a business?

Do you provide professional services?

Learn the fundamentals to increase sales and advocates of your business without feeling and sounding like a pushy sales person. Call to book your spot.

WOVEN WILLOW GARDEN FOLLY

Tutor: Gay Chatfield 0409 964 664

Dates: Sat 14th, 21st, 28th 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 5th May & 9th June

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: 19th April (11 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.