

## 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 Health and 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
- Community Activities / Events
- Referral Agency & Drop-In Centre
- Computers & Internet Access
- Local History Display and Museum open days
- Allwood Community Shoppe - 9718 2717

#### Services available

\*Counselling for Young Adults - Shelley Elliot 0439 014 401

\* Low Cost, \*Find solutions for negative thoughts

\* Free Legal Advice ~ bookings via 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 2019

4th February - 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](https://www.facebook.com/AllwoodNeighbourhoodHouseInc)

## Allwood Neighbourhood House Incorporated

Allwood Neighbourhood House Incorporated is a community based and managed not-for-profit charitable organisation, legally incorporated under the Associations Incorporation Act.

A community organisation that provides a venue for range of community education and recreational 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***

### Enrolments

**Please contact the listed Tutors for bookings & information on Courses / Workshops you are interested in, or register online at [www.allwoodhouse.org](http://www.allwoodhouse.org)**



*Allwood House Committee, staff & friends love our forests and recognise the need for their protection, get involved with The Great Tree Project if you love forests too.*

### THE GREAT TREE PROJECT

**Contact:** Karena 0428 352 822

**Dates:** Every 2nd and 4th Friday of the month - 10am - 5pm

**Commences:** Friday 8th February **Cost:** gold coin donation

**Bring:** any natural fibres, fabric you have to dye and plant materials to dye with.

**Contact us with any questions. BYO food to share for lunch and afternoon tea.**

The Great Tree Project is celebrating our forests by making a textile tree out of natural fibres and plant dyes. We wish to raise awareness of the need to protect Australia's native forests.

Allwood House is our home base and will be meeting every 2nd and 4th Friday to experiment with new techniques, make panels and catch up.

Come and see our work (it's rather lovely) and have a go at the techniques we're using-their're simple and effective as well as gorgeous!

### ***The Great Tree Project Committee - new members welcome***

New committee members and general members are welcome. We invite participation from everyone. We are working to save the forests, for all of us.

**Dates:** Our committee meets on the 1st Tuesday of the month, 7 - 9:30pm

### FERMENTING WORKSHOPS

**Tutor:** Tim McNeilly (book via email)

**tim@reallyawesomewholefoods.com.au**

**Date:** Sunday 3rd March

**1. Fermented Foods ~ 9.30 - 12.30pm**

**2. Power of Probiotics ~ 1.30pm - 4.30pm**

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

**Concession rate: \$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.

### MIXED ART WORKSHOP

**Tutor:** Harry Hughes 0466 797 302

**Date:** Saturday 2nd March 2 - 5pm

**Cost: \$40.00**

Want a to learn a new art skill or finish or an old art project ?

Harry will guide you to completion, whether its pastels, acrylics, oils or other media of your choice. Get inspired and learn new techniques.

*BYO art materials & a snack to share*

### MASSAGE THERAPY

**Facilitator:** Emma Matthews 0425 425 236

**Dates:** Sundays 10th & 17th February,  
10th, 17th & 24th March,

**Time:** 9.30am 1.30pm **Cost: \$65.00 (60 min)**  
*(by appointment)*

Emma has a very holistic, intuitive approach to massage and believes it to be an integral part of good health and self care. She offers deep tissue, therapeutic and relaxation massage. Emma also has qualifications in Hot Stone Massage, Thai foot massage, Reiki, Shiatsu and Pregnancy Massage.

For more information go to  
[www.indigomassage.com.au](http://www.indigomassage.com.au)



### TAI CHI



**Tutor:** Rene 0413 526 508

**Dates:** Advanced 1 - 2.15 pm (8 weeks)

**Beginners - 2.30 - 3.45pm**

**Commences: 29th January Cost: \$80.00**

*(no session 12th March)*

Tai Chi is a gentle form of exercise that involves body and mind. It can be a challenge while it energises the whole body. The class will begin to learn the Lotus and Beijing 24 along with warm up and breathing exercises. (Please wear loose, comfortable clothing)

### GET CONNECTED

**Dates:** Wednesdays 1 - 4pm

*By Appointment - 9718 2717*

This activity gives 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.

### Spiritual Development Group

*Free come and try session in week 1*

**Facilitator:** Glenda Lay 0418 332 813

**Dates:** Tuesdays 7 - 8.30pm

**Commences: 29th January Cost: \$15/ 12c**

Living consciously connected to spirit, brings love, prosperity, confidence, joy and self-empowerment. Come and learn:

Mastering Relationships & Life, Stress & Relaxation Techniques Manifestation, Meditation & Healing. Uncover Your Unique Gifts & Life Purpose.

### SPIRITUAL COUNSELING

**Dates:** Wednesdays between 1 - 4pm

**Commences: 30th January**

**Cost: \$60/55 Conc. for a 1 hour session.**

Glenda uses a combination of Spiritual Wisdom, Tarot Guidance, Lifepath Numbers and useful emotional balancing tools to guide you, if you are feeling lost or at a crossroads. Heal from your past, gain insight into your current issues, manifest and move forward into your new future with power and confidence.

*Call Glenda for a 15 minute free phone assessment.*

## YOGA

### PREGNANCY WORKSHOP

**Tutor:** Nicola Eddington 0488 521 667

**Dates:** Saturday 2 - 4pm

**Commences:** 16th February **Cost:** \$40.00

Connect with yourself and your baby in a safe and nurturing space. Connect with other pregnant women to celebrate this sacred time in your life.

Enjoy the benefits of gentle yoga stretches and foundational movements to assist in preparing for the birth of your baby and your journey in motherhood.

Take home a basic self practice .

(Nicola is a qualified and experienced yoga teacher She is currently pregnant with her second child).

*Please bring yoga mat & blanket.*

### WICKING BEDS

**Tutor:** Ravi - Greenheart Trust

**Date:** Saturday 16th March 1 - 3pm

**Ph:** 0431 952 552 (Free Workshop)

In this workshop learn the basics of creating wicking beds, lots of Information provided. **Wicking beds** are a unique way to grow your vegetables. They are self contained raised beds with built-in reservoirs that supply water from the bottom up – changing how, and how much, you water your beds.

Happier, healthier and more productive, veggies love wicking beds because they provide a low-stress environment.

We will also be covering mini wicking beds made from recycled household items.

### MOVIES IN THE GARDEN

**Facilitators** Ravi & Hailee 0431 952 552

**Date:** Friday 8th March at 7.45pm

**Cost:** \$2.00 (gold coin donation)

#### “Never Ending Story”

Come together and enjoy this family classic in the gardens of Allwood.

BYO Snacks, blankets, beanbags etc

**Date:** Friday 29th March at 7.45pm

#### “The Blues Brothers”

Join us in the garden for the classic movie for adults

BYO Snacks, blankets, beanbags etc

## BELLY DANCE

**Tutor:** Eliza 0409 160 007

**Dates:** Sundays 3.30 - 4.30 / 4.30 - 5.30pm

**Commences:** 3rd February (7 weeks)

**Cost:** \$60.00 (no session 10th March)

**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*

### Community Singing Group

#### Chocolate Lilies

**Tutor:** Nerida Kirov Ph: 9439 4816

**Dates:** Mondays 9.30 - 11.30am

**Commences:** 4th February (7 weeks)

**Cost:** \$70.00 / \$60.00 Concession

(No session 11th March - Labour Day)

#### 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.

*All Welcome*

### Tapping for Stress Relief

**Tutor:** Kerry Wailes 0438 777 732

**Date:** Sunday 17th February

**Time:** 10am - 12pm **Cost:** \$25 / \$20 conc.

Learn this simple technique to reduce your stress levels.

‘Tapping’, or EFT, is a combination of acupuncture and counselling which has been shown to rapidly reduce the stress hormones, Cortisol and Adrenaline.

Great for students, or anyone who would like to better manage stress in their life. (Kerry is a Level 3 Inspired EFT practitioner, she has worked in the natural health field for over 20 years)

**Bookings:** via email [kerry@kerrywailes.com.au](mailto:kerry@kerrywailes.com.au)

## Reiki Group/Exchange

**Tutor:** Julie 0431 159 179

**Dates:** Mondays 12 - 2.30pm (7 weeks)

**Commences:** 4th February **Cost:** 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.*

### AN AFTERNOON WITH SPIRIT

**Facilitator:** Joyce Lowman 0414 925 669

**Dates:** Sundays 10th February, 10th March & 7th April

**Time:** 1 - 3pm **Cost:** \$35.00

Question and Answer time on Mediumship and Spirituality.

You can ask any questions you may have on these subjects. I have worked all over Australia, I invite you to join me for these workshops. (Afternoon Tea Provided)

*“Please be aware that not everyone will receive a reading”*

### PSYCHIC DEVELOPMENT

**Facilitator:** Joyce Lowman 0414 925 669

**Dates:** Mondays - 11th & 25th February, 11th & 25th March, & 8th April

**Time:** 7 - 9pm **Cost:** \$35.00 (per session)

Join this group to learn the difference between talking to your Guides and bringing through people who have passed over (Mediumship).

Learn how to use a pendulum, how to work with your guides, the colours of the aura and how to read auras and the colours of healing.

Find out how to do Psychometry and learn to listen to you psychic ability and trust in it.

For more information on the classes please call me. (Supper supplied)



## FELDENKRAIS

*Awareness through Movement*

**Tutor:** Karen Murray 0466 103 105

**Dates:** Mondays 5.45 - 6.45pm (6 weeks)

**Commences:** 25th February **Cost:** \$84.00

An educational system that allows the body to move and function with improved ease, comfort and efficiency.

The next series of lessons will be focused on the pelvic floor and its relationship to the rest of the body.

The lessons are designed to help improve bladder and bowel control and reduce back and pelvic discomfort.

### Yoga Therapy Clinic

**Tutor:** Amanda Owen 0431 292 884

**Dates:** Sats 16th Feb, 2nd & 16th March

**Cost:** \$30.00 / \$25.00 conc

Yoga therapy is an individualised yoga practice for any person who would like to improve their health.

During your appointment, Amanda will observe your posture and how you move your body, in order to give you a personalised yoga practice to take home.

Together you and she will go through this practice, so you understand it fully.

### UKULELE

#### GROUP CLASS AND SING-A-LONG

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

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

**Commences:** 5th February

**Dates:** Thursdays 10 - 11.30 am (8 weeks)

**Commences:** 7th February

**Cost:** \$105.00 (\$80.00 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!

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.

## Greenwood Spoon Carving

**Tutor:** Eli Beke 0490 465 396

**Dates:** Sunday 10th March

**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.

Learn how timber can be worked efficiently and effectively including the selection of timber for carving and the design of wood articles for the kitchen.

## YOGA

**Tutor:** Sarah Bedggood 0409 419 383

**Dates:** Wednesdays 9 - 10.30am (8 weeks)

**Commences:** 6th February **Cost:** \$120.00

**Dates:** Mondays 7- 8.30pm (7 weeks)

**Commences:** 4th February **Cost:** \$105.00

(No session Labour Day - 11th 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.*

## MEDITATION CIRCLE

**Dates:** Tuesdays 10 - 11am 9718 2717

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

**Commences:** 4th February (8 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 are welcome)*



## Counselling for young people

**Contact:** Shelley Elliot 0439 014 401

**Saturdays - by appointment**

If you are suffering with low self esteem, negative thoughts or find the pressures of everyday life getting you down, call or message me for an appointment.

Its not as scary as you believe, time to find solutions to your problems and create a more confident happy you!

## BOTTOM DRAWER BOX

**Facilitator:** Ruth **Ph:** 9718 2717

**Date:** Wednesday 6th 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.

## COMMUNITY AFTERNOON TEA

*Free Event - Bookings: 9718 2717*

**Date:** Tuesday 12th March 1 - 3pm

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

A fun session for all ages, enjoy delicious treats and great conversations with others.

Join this friendly event, bring along your babies and grandparents.

*RSVP for catering purposes*

## 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 are available..



## PRE-CELTIC SHAMANIC DAY

**Cellular and Core Transformation**

**Facilitator:** Mark Elliot 0414 723 989

**Dates:** Saturday 24th February

**Time:** 11am - 4pm

**Cost:** \$45.00 (\$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)*

## 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:** 7th February (9 weeks)

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

**Commences:** 8th 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 14 years of drumming.

*Total beginners are welcome!*

## Qigong

*Free come & try session in week 1*

**Tutors:** Cerian 0408 316 813

**Dates:** Thursdays 5.45- 6.45pm (9 weeks)

**Commences:** 7th February **Cost:** \$90.00

Qigong, related to Tai Chi, is the practice of energy awareness. Learn simple Qigong Practices from Open Sky Qigong, to consciously balance body, mind and emotions. Increase your experience of peace, wellness and vitality in everyday life.

The techniques typically involve the practice of focusing internally, energy awareness, gentle movement and breathing while developing a calm, meditative state of mind.

*No experience necessary.*

## KINESIOLOGY CLINIC

**Facilitator:** Nadine Kennedy 0420 767 475

**Dates:** Sats 2nd February & 2nd March

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

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

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:** 7th February (8 weeks)

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

You will learn the wet & dry felting techniques in a friendly and supportive group.

*Suitable for beginners & experienced felters.*

**All materials are supplied.**