

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 2 2019

23rd April - 28th 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

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



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 14th April **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 (eco dyeing) they're simple and effective as well as gorgeous!

All Welcome

FERMENTING WORKSHOPS

Tutor: Tim McNeilly (*book via email*)

tim@reallyawesomewholefoods.com.au

Date: Sunday 2nd June

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.

MASSAGE THERAPY

Facilitator: Emma Matthews 0425 425 236

Dates: Sundays 14th & 28th April,

12th May, 9th & 23rd June

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



TAI CHI

Tutor: Rene 0413 526 508

Dates: Tuesdays 1 - 2.15 pm (10 weeks)

Commences: 23rd April **Cost:** \$100.00

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.

INDIAN MYNA TRAPPING

Pest Bird Management

Facilitator: Peter McCarthy 1300 665 657

Date: Saturday 8th June 1 - 3pm.

Cost: Gold coin donation to Allwood

The non chemical device driven pest management uses the Mini Myna Magnet Trap, which is a collapsible trap. The trap design to exact standards outlined after years of University Research & Development at the ANU.

It is a two chamber trap, which allows home owners to detach the "catch chamber" for euthanising off site.

The gradual deployment technique overcomes the cautious behaviour of the Indian Mynas around traditional traps.

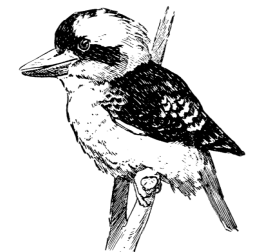
It is durable and of heavy duty construction.

Peter has been involved in the commercial bird management for over 27 years and can provide you with the information, support and equipment needed to humanely control a variety of pest bird species including the common or Indian Myna.

For more details www.mynamagnet.com.au

(Allwood House has traps available for hire)

The Indian Myna aggressively push nesting native animals from tree hollows, this has a disastrous impact on the environment.



WICKING BEDS

Tutor: Ravi - Greenheart Trust

Date: Saturday 22nd June 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.

The Creative Writer

Tutor: Dr Gary Smith 0402 614 899

email: gsmith.1@inet.net.au

Dates: Wednesdays 6 - 8 pm

Commences: 1st May (8 weeks)

Cost: \$165.00 (\$160 Concession)

For beginning and developing writers!

Come and experience a variety of creative writing genres, including: short fiction, poetry, creative nonfiction and personal essay? This stimulating course is taught by experienced university writing teacher, award-winning poet, journalist and short story writer Gary Smith. So, come try your hand at these different genres and see which one is suited to your talents in the friendly, supportive company of fellow writers.

SOLSTICE GATHERING

Facilitator: Ruth 9718 2717

Date: Saturday 22nd June 6.30 - 9pm

Cost: \$15.00 (\$12.00 Concession)

Welcome in the new Solar Year and celebrate the Winter Solstice.

Join us for rituals and the creation of an ancestor room (bring a photo or object of your loved ones), a food blessing for a shared meal. A sound bath meditation will conclude the evening.

Chai included, BYO food to share.

(Bookings are essential)

BELLY DANCE

Open class (Beginners - Intermediate)

Tutor: Eliza 0409 160 007

Dates: Sundays 4.30 - 5.30pm

Commences: 28th April (7 weeks)

Cost: \$105.00 (No session 9th June)

hurstbridgebellydance@gmail.com

Join a dancing community! Move, laugh and exercise with a group of like-minded women. 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: 29th April (7 weeks)

Cost: \$70.00 / \$60.00 Concession

(No session 22nd April & 10th 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.

All Welcome

SATURDAY YOGA

Tutor: Jessica Richards 0409 727 741

Time: Saturdays 10 - 11.15am

Commences: April 27th (10 weeks)

Cost: \$150/100 Conc.

Come and try the first week for free!

Step into a nourishing space where we will be slowing down in this Hatha Vinyasa Yoga class. Focusing on deep connection, flexibility and openness, we will be exploring the connections between mind, body, breath and movement to create peaceful and healing states.

All welcome, please BYO mat and blanket.

Reiki Group/Exchange

Tutor: Julie 0431 159 179

Dates: Mondays 12 - 2.30pm (8 weeks)

Commences: 29th April **Cost:** Donation

(No session 10th June)

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.



PSYCHIC DEVELOPMENT

Facilitator: Joyce Lowman 0414 925 669

Dates: Mondays - 13th & 27th May, 10th & 24th June, 8th & 22nd July

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 your psychic ability and trust in it.

EMPOWERING WOMEN

An Introduction

Facilitator: Joyce Lowman 0414 925 669

Date: Sunday 5th May 1 - 3pm

(Free Workshop)

This workshop will transform your understanding of relationships and give you direction & power.

Learn to set boundaries and to not keep trying to please everyone.

Realise your own needs in relationships with partners, family & work.

Empowering women to be the best they can be.

FELDENKRAIS

Awareness through Movement

Tutor: Karen Murray 0466 103 105

Dates: Mondays 5.45 - 6.45pm (6 weeks)

Commences: 29th April **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.

UKULELE

GROUP CLASS AND SING-A-LONG

Free come and try session in week 1

Tutor: Miss Wattle Ph: 0409 790 319

Dates: Tuesdays 7 - 8.30pm (10 weeks)

Commences: 23rd April

Cost: \$140.00 (\$120.00 Concession)

Dates: Thursdays 10 -11.30 am

Commences: 2nd May (9 weeks)

Cost: \$126.00 (\$108.00 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!

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.

Beginners Welcome

BEEES WAX WRAPS

Tutor: Vicki 9718 2717

Date: Sunday 26th May 1 - 3pm

Cost: \$15.00 (\$12.00 Concession)

Learn how to make a bees wax wrap to replace toxic plastic cling wrap.

Using oil and bees wax on cotton fabric, we will create a product that is hygienic and can be used again and again.

(Bookings are essential)

Greenwood Spoon Carving

Tutor: Eli Beke 0490 465 396

Dates: Sunday 30th June

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 (10 weeks)

Commences: 24th April **Cost:** \$150.00

Dates: Mondays 7- 8.30pm (8 weeks)

Commences: 29th April **Cost:** \$120.00

(No session Queens Birthday - 10th 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.

MEDITATION CIRCLE

Dates: Tuesdays 10 - 11am 9718 2717

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

Commences: 23rd April (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 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!

Wills and Power of Attorney

Facilitator: Solicitor - Thomas Flitner

(Free Community Session)

Date: Wednesday 5th 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.

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

COMMUNITY AFTERNOON TEA

Free Event - Bookings: 9718 2717

Date: Tuesday 4th June 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: Sunday 23rd June

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: 25th April (10 weeks)

Dates: Fridays Level 1: 2.30 - 3.30pm

Commences: 26th April (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 14 years of drumming.

Total beginners are welcome!

Allwood Knowledge Centre

Sustainability & Aboriginal Culture Library

Launch date: Sunday 16th June 1 - 3 pm

Over the past year we have been curating a Library on the topics of Sustainability and Aboriginal Culture. Allwood House now has a dedicated Library space and a wonderful collection of books, that can be loaned via our Knowledge Centre's membership.

The Library aims to be a conduit for ideas and to create awareness of living sustainably with nature and to honor the First Australians lives & culture.

Come along and see what the Library has to offer, memberships available on Launch Day.

(Refreshments Provided)

KINESIOLOGY CLINIC

Facilitator: Nadine Kennedy 0420 767 475

Dates: Saturdays 4th May & 1st June

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, sleep issues and uncertainty in any area.

COMMUNITY FELTING

Dates: Thursdays 1 - 4pm 9718 2717

Commences: 2nd May (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.

