

## 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
- Sustainability & Aboriginal Culture Library
- Community Activities / Events
- Referral Agency & Drop-In Centre
- Computers & Internet Access
- Local History Display and Museum open days

#### Services available

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

\* Jenny Story Psychologist - - 0428 397 219

\* 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 4 2019

7th October - 18th December

Phone: 9718 2717

Office Hours: 10 am to 5 pm (Monday ~ Thursday)

web: <https://www.allwoodhouse.org.au>

Facebook: [www.facebook.com/AllwoodNeighbourhoodHouseInc](http://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 & Information

Contact the listed Tutors for bookings & information.

Look at the website for further details on tutors & courses.

[www.allwoodhouse.org](http://www.allwoodhouse.org)



*Allwood House Committee, staff & friends love native 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 11th October 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 Masterclass

tim@reallyawesomewholefoods.com.au

Date: Sunday 17th November

(book via email)

Cost: \$230.00 (Full Day) / \$145.00 (Half Day)

Join us for these workshops, that will cover the making of;

**9.30am - 12.30pm:** Sauerkraut, Kimchi, Caspian Sea yoghurt, Milk kefir/Milk kefir cheese, Carrot/Ginger.

(A jar of ferments & Yoghurt starter provided)

**1.30 - 4.30pm:** Kombucha, Coconut kefir, Water kefir, Beetroot kvass, Pear/apple cider. Ginger ferment, Turmeric/honey ferment.

(Kombucha Scoby/Water Kefir grains provided)

You will receive lots of information on the importance of probiotics and health, with plenty of tastings of the ferments covered.

## Massage Therapy

Facilitator: Emma Matthews 0425 425 236

Dates: Sun 6th Oct, 24th Nov, 1st & 8th Dec

(by appointment)

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

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 info - [www.indigomassage.com.au](http://www.indigomassage.com.au)

## Lose your Stress in 10 min

(Free workshop)

Tutor: Kerry Wailes 0438 777 732

Date: Sunday 24th October

Time: 10.30 am - 12pm (bookings essential)

Learn this simple technique to reduce your stress levels. 'Tapping', or EFT, is a combination of acupressure 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)

## Foot Reflexology

Facilitator: Lavena 0419 189 904

Dates: Thursdays 9am - 1pm

Commences: 17th October Cost: \$50.00

Reflexology is a complementary therapy, which uses gentle targeted systematic massage of the feet to promote wellness in other areas of the body. It works alongside other medical and therapeutic techniques and it is generally very relaxing.

All the organs, glands and parts of the body have reflexes on the feet. Massaging or stimulating these reflexes, using specific techniques, will have a direct effect on the corresponding organs and structures.

Reflexologists do not diagnose, prescribe or treat specific conditions.

A typical session lasts one hour.

Why not treat yourself and enjoy this relaxing therapy?

Bookings Essential

## Summer Soiree

Date: Sunday 8th December

Time: 3 - 6pm (BYO Picnic Tea & picnic rug)

You are invited & welcome to join us for a relaxed afternoon and enjoy our annual celebration of student performances in the Allwood House garden.

Highlights include; performances from the Chocolate Lilies Community Choir - singing from their repertoire, the Hurstbridge Belly Dancer's Middle Eastern moves, the Allwood Drumming Group's African & Middle Eastern rhythms and an introduction to the U3A Recorder group.

View artworks from the U3A Art Group, Eco-Dye panels from the Great Tree Project, and participate in the launch of the Felting Group's 'Peace Mural', with a peace chant led by the Choir.

Join the celebration, enjoy an entertaining picnic in the garden with friends.

Coffee & Cake provided.



## Authentic Movement

**Tutor:** Nicola Eddington 0488 521 667

**Dates:** Tuesdays 1pm - 2pm

**Commences:** 8th October (8 weeks)

**Cost:** \$12.00 a session

Authentic Movement is a simple and empowering practise of self-directed movement. It is usually done with eyes closed and attention directed inward, in the presence of a witness.

Nicola is an experienced witness and holds a safe, open hearted space to explore improvised movements, spontaneous gestures and stillness.

We begin the session with a simple somatic warm up.

Following the practise there is space to share one's experience. All welcome.

## Feldenkrais Method

**Tutor:** Karen Murray 0466 103 105

**Dates:** Mondays 5.45 - 6.45 pm

**Commences:** 4th November (5 weeks)

**Cost:** \$70.00

Learn this educational system that allows the body to move and function with more ease, comfort and efficiency.

A series of gentle movements that promote flexibility, coordination and self awareness.

## Kids Art Group

**Tutor:** Lisa May 0407 708 759

**Time:** Wednesdays 4 - 5:15pm

**Commences:** 23rd October (7 weeks)

**Cost:** \$140.00 per child

An Art Class for Kids aged 9-11 years. For dedicated young artists who are looking to develop their drawing and painting skills with an experienced artist and teacher. Projects include still life, portraits, figure drawing, landscape, and abstract art.

Each student will receive individual attention and instruction.

All materials provided.

Bookings made through [www.mayart.com.au](http://www.mayart.com.au)



## Belly Dance

**Open class (Beginners - Intermediate)**

**Tutor:** Eliza 0409 160 007

**Dates:** Sundays 4.30 - 5.30 pm

**Commences:** 13th October (6 weeks)

**Cost:** \$90.00 [hurstbridgebellydance@gmail.com](mailto: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 & a short group choreography to alluring melodies of the Middle East.

*Shimmy belts provided.*

## Community Singing Group

### Chocolate Lilies

**Tutor:** Nerida Kirov 9439 4816

**Dates:** Mondays 9.30 - 11.30am

**Commences:** 7th October (10 weeks)

**Cost:** \$100.00 / \$90.00 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. *All Welcome*

## Hatha Vinyasa Yoga

**Tutor:** Jessica Richards 0409 727 741

**Time:** Saturdays 10 - 11.15am (10 weeks)

**Commences:** 12th Oct **Cost:** \$150/100 Conc

*Come and try the first week for free!*

Step into a nourishing space, 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. *BYO Mat & Blanket*

## Yoga Nidra

**Tutor:** Jessica Richards 0409 727 741

**Dates:** Fridays 11.30am -12.30pm (10 weeks)

**Commences:** 11th October (first week free)

**Cost:** \$150.00 / \$100 Conc

Yoga Nidra is a guided meditation that is performed in Savasana (corpse pose).

It promotes deep rest and relaxation. Starting with (breath control) or chanting of mantras.

*BYO mat and blanket.*

## Reiki Group/Exchange

**Tutor:** Julie 0431 159 179

**Dates:** Mondays 12 - 2.30pm (10 weeks)

**Commences:** 7th October **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.

## Counselling with Jenny Story

### Psychologist

**Appointments:** Jenny 0428 397 219

**1st & 3rd Saturday of the month 2 - 6pm**

*(Appointments are essential)*

Jenny is a experienced psychologist.

Her approach combines psychology with skilled use of hypnotherapy and medication awareness.

*(Medicare rebates available)*

*Individual counselling, Couples therapy  
Hypnotherapy for – Smoking cessation,  
Weight loss, Anxiety, Phobias, Depression  
and Pain management.*

## Hypnotherapy Discussion

**Facilitator:** Jenny Story 0428 397 219

**Date:** Saturday 23rd November - 12pm

Have you ever thought that you might like to talk with a psychologist, but wondered if there will be a "meeting of the minds?" Pondered on whether hypnotherapy might be for you? Have some questions about psychology or hypnotherapy? Psychologist/hypnotherapist Jenny Story warmly invites you to an informal meetup and discussion.

## Bees Wax Wraps

**Tutor:** Vicki 9718 2717

**Date:** Saturday 10th November 1 - 3pm

**Cost:** \$15.00 *(B.Y.O. Baking tray)*

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.

## Ukulele

### GROUP CLASS AND SING-A-LONG

*Free come and try session in week 1*

**Tutor:** Miss Wattle 0409 790 319

**Dates:** Tuesdays 7 - 8.30pm (10 weeks)

**Commences:** 8th October

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

**Commences:** 10th October

**Cost:** \$140.00 **(\$120.00 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*

## Waste Less For Life

### Free Zero Waste Living Workshop

**Facilitator:** Rose 0447 755 876

**Date:** Sunday 1st December 1.30 - 3pm

Join us to learn easy, fun, practical and creative ways to minimise your personal and household waste.

Refuse, Reduce, Reuse, Repurpose and Recycle to help save our planet. Please bring a large clean jar with label removed and an old T-Shirt.

Suitable for adults, teens and children aged 6 and up.

## Get Connected

**Dates:** Wednesdays 1 - 4pm

**By Appointment - 9718 2717**

This activity for seniors 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.

If you are having issues with your mobile phone or notepad, we can help!



## Greenwood Spoon Carving

**Tutor:** Eli Beke 0490 465 396

**Dates:** Sunday 15th December

**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:** 9th October **Cost:** \$150.00

**Dates:** Mondays 7- 8.30pm (10 weeks)

**Commences:** 7th October **Cost:** \$150.00

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:** 8th October (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

**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 13th November 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 Christmas Cheer

*A free celebratory event for the Elderly*

**Date:** Tuesday 3rd December 1 – 3pm

**Bookings essential:** 9718 2717

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 1 & 11 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.

## 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:** 10th October (10 weeks)

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

**Commences:** 11th October (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!*

## Victorian Seniors Festival

### Drum Connection Event

**Tutor:** Annie Fletcher 0407 102 578

**Date:** Friday 18<sup>th</sup> October

**Time:** 12 pm (noon) **Cost:** \$5.00

**Email:** [annie@drumconnection.com.au](mailto:annie@drumconnection.com.au)

Drumming and Percussion 'Hands on' come and try workshop followed by a light lunch and a performance by the 'Drum Connection Seniors' at 2.15 pm.

Instruments will be supplied.

**Bookings are essential as places are limited.**

*This event is proudly supported by  
Nillumbik Shire Council*

## Community Felting

**Dates:** Thursdays 1 - 4pm 9718 2717

**Commences:** 10th October (10 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 beginners & experienced felters.

## Allwood Knowledge Centre

*Sustainability & Aboriginal Culture Library*

**Opening hours:** Tuesdays 1 - 4 pm

**2nd & 4th Sunday of the month 1 - 4 pm**

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 and see what the Library has to offer.  
*Memberships available.*

## Kinesiology Clinic

**Facilitator:** Nadine Kennedy 0420 767 475

**Dates:** Saturdays 5th Oct, 2nd Nov, 7th Dec

**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.

## Chakra Rhythms

**Tutor:** Nicola Eddington 0488 521 667

**Date:** Sundays 20th October 2 - 3.30pm

**Cost:** \$40.00 (4 Weeks)

Join us on the dance floor to free your unique expression and awaken your chakras whilst consciously moving in your own way to music and sound with some simple chakra guidance.

It doesn't matter if you can dance or have two left feet. Have fun, connect with others, ignite your inner joy, feel happiness and inspire your creativity!

*All welcome*

