

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

* 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 2020

29th January - 27th March

Phone: 9718 2717

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

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 & Information

Contact the listed Tutors for bookings & information.

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

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

All Welcome



Fermenting Masterclass

tim@reallyawesomewholefoods.com.au

Date: Sunday 16th February (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 Scobie / Water Kefir grain provided)

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

Foot Reflexology

Facilitator: Lavena 0419 189 904

Dates: Thursdays 9am - 1pm

Commences: 6th February **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.

Why not treat yourself and enjoy this relaxing therapy? *Bookings are Essential*

Community Felting

Dates: Thursdays 1 - 4pm 9718 2717

Commences: 6th February (8 weeks)

Join us and help to create decorative art pieces. This term we will be making native animals for inclusion on the Great Tree Project artwork.

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

Suitable beginners & experienced felters.

All materials are supplied.

Allwood Library

Sustainability & Aboriginal Culture

Dates: Monday 3rd / 17th February 1 - 4pm

Monday 2nd & 16th March 1 - 4pm

1st Sunday of the month - 11am - 2pm

Do you love books? Are you interested in living a sustainable lifestyle?

Want to know about indigenous Australians, their history and culture?

The Allwood 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.

Join Hurstbridge's new Library, with over 500 books on Gardening, Health, Self Sufficiency, Alternative Living and more.

Come in and browse on Mondays or the 1st Sunday of the month, memberships are free. Volunteers are needed, if you have some time to spare during the week to support the library, we would love you to join our friendly team.

Our Library is ready for new members!



Library QR code - see our booklist using a QR Application on your smart phone.

Volunteer at Allwood

Volunteering increases self esteem, helps to develop friendships, builds community and strong social bonds.

There are many good reasons to volunteer, helping others, can in turn help you to strengthen social networks and break down loneliness and isolation.

Volunteering can improve mental & physical well-being, lowers the risk of anxiety and depression and benefits brain function.

Allwood House has many volunteers roles; Gardening, Office admin, book-keeping, sales in our Community Shoppe and helping out in our book-lovers Library.

Call our friendly staff for more details on how to get involved at Allwood House - 9718 2717.

Community Singing Group

Chocolate Lilies

Tutor: Nerida Kirov 9439 4816

Dates: Mondays 9.30 - 11.30am

Commences: 3rd February (7 weeks)

Cost: \$70.00 / \$80.00 Concession

(No session on 9th 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

Authentic Movement

Tutor: Nicola Eddington 0488 521 667

Dates: Thursdays 6- 7.15pm

Commences: 30th January (9 weeks)

Cost: \$135.00 (\$120.00 Concession)

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: 3rd February (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.

Belly Dance

Open class (Beginners - Intermediate)

Tutor: Eliza 0409 160 007

Dates: Sundays 4.30 - 5.30 pm

Commences: 2nd February (7 weeks)

Cost: \$105.00 *(no class - 8th March)*

(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.

Applying these movements to improvisation & a short group choreography to the alluring melodies of the Middle East.

Best suited for older teenagers and adults.

No experience needed, Shimmy belts provided.

Multi Dimensional Healing

Facilitator: Alice Holloway 0424 108 808

Dates: Saturdays 8th Feb & 14th March

Times: 10am - 2pm **Cost:** \$65.00 (90 min)

Biodynamic craniosacral therapy is a very gentle, body-centered energy therapy that holds a space for deep listening to the innate healing wisdom within the body.

It involves making light contact whilst being aware of the subtle and natural movements within the body, bringing you into a state of deep relaxation, which allows held experiences to release and healing to occur within the body.

Healing With Nev

Facilitator: Nev 0413 199 344

Dates: Fridays 21st February & 20th March

Time: 7 - 9 pm **Cost:** \$40.00 (\$30 Conc.)

Nev is a Reiki Master, a biofield tuner and a medical intuitive and sound therapist.

Welcome to a sacred space and be gently guided on a journey of self discovery.

The sessions combine healing vibrations of the shamanic drum, crystal pyramids and singing bowls to create a sound immersion experience. Transcend Space & Time and experience a powerful healing release and renewal.

One to one sessions are available, call Nev.

Bees Wax Wraps

Tutor: Vicki Kaye 0438 596 344

Date: Saturday 21st March - 1 - 3pm

Cost: \$15.00 *(B.Y.O. Large flat baking tray)*

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

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

(All materials supplied)

Women's Circle

Tutor: Jade Cahill

Dates: Tuesdays 7 - 8.30pm

28th Jan, 25th Feb, 24th March

Cost: \$20.00 (per session)

Throughout history women have come together to laugh, share, heal and care for themselves and each other.

Join me in a modern day Satsang to empower, share wisdom and support.

Within the structure of the circle there is no hierarchy or age discrimination.

We will focus on meditation, rest, ritual, friendship, love and support, Herbal Tea and snacks provided.

"Jade's circles are a wonderful space to connect with other women in a beautiful setting."

It is a much needed opportunity to feel truly seen and heard by other women".

BYO notebook, pen and wear comfy clothes

Reiki Group/Exchange

Tutor: Julie Moorfoot 0431 159 179

Dates: Mondays 12 - 2.30pm (7 weeks)

Commences: 3rd 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.

Waste Less For Life

Free Zero Waste Living Workshop

Facilitator: Rose 0447 755 876

Date: Sunday 22nd March 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 items 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.

Ukulele

GROUP CLASS AND SING-A-LONG

Free come and try session in week 1

Tutor: Miss Wattle 0409 790 319

Dates: Thursdays 10 - 11.00am (9 weeks)

Commences: 30th January

Cost: \$126.00 (\$108 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

Get Connected

Dates: Wednesdays 1 - 4pm

By Appointment - 9718 2717

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

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.



YOGA

Tutor: Sarah Bedgood 0409 419 383
Dates: Wednesdays 9 -10.30am (9 weeks)
Commences: 29th January **Cost:** \$135.00
Dates: Mondays 7 - 8.30pm (7 weeks)
Commences: 3rd February **Cost:** \$105.00
(No session on 9th March - Labour Day)

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

Tutor: Ruth Summer-Rain 9718 2717
Dates: Tuesdays 10 - 11.30am
Commences: 4th February (8 weeks)
Cost: \$104.00 (\$88.00 Concession)

We create a beautiful group energy that encompasses and empowers both planetary and personal Healing.

We will 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)

Drum Connection

Free come and try session in week 1

Tutor: Annie Fletcher 0407 102 578
Dates: Thursday Level 1: 7.30 - 8.30 pm
Commences: 30th January (9 weeks)
Dates: Fridays Level 1: 2.30 - 3.30 pm
Commences: 31st January (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 15 years of drumming.

Wills and Power of Attorney

Facilitator: Solicitor - Thomas Flitner
Date: Wednesday 26th February 1 - 3pm
Bookings via Office: 9718 2717
(A Free Community Session)

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.

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.

Kinesiology Clinic

Facilitator: Nadine Kennedy 0420 767 475
Dates: Saturdays 1st February & 7th 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, sleep issues and uncertainty in any area.



Woodcraft with Ravi

Tutor: Ravi 0431 952 552
Dates: Sundays 16th & 23rd February
Cost: \$80.00 (\$60.00 Concession)

Practice carving technique using hand tools to create animals and find 'creatures' hiding in the wood.

Later we will design a scene to carve into the old sugar gum log at Allwood House.

No experience necessary, old timers most welcome, wood supplied.

(BYO Hammer & Chisels)

An Introductory Talk on Permaculture

Facilitator: Helen Bateman
Date: Saturday 22nd February 2- 3.30pm
Cost: \$10.00

Come along and learn the basics of Permaculture (permanent agriculture).

We will be discussing techniques for living on the land. Whether it be a large or small garden, there are a multitude of methods to make living sustainably an enjoyable and beneficial experience.

During the summer heat, we will discuss ways to tame the sun, making shade covers for small beds and mulching techniques for water conservation.

If there is sufficient interest we may establish an ongoing permaculture group.

All Welcome.

Massage Therapy

Masseur: Emma Matthews 0425 425 236
Dates: Sundays 2nd February,
1st, 22nd & 29th March (by appointment)
Time: 9.30am-1.30pm **Cost:** \$65 (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

Chakra Rhythms Dance

Tutor: Nicola Edgington 0488 521 667
Date: Sundays 11am - 12.30pm
Commences: 23rd February
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't dance or have two left feet. Have fun, connect with others, ignite your inner joy, feel happiness and inspire your creativity! *All welcome*

Essential Oils Workshops

Tutor: Andrea Cosentino 0466 696 622
Dates: Saturdays 15th & 29th Feb, 14th & 28th March

Time: 2 - 3.30pm (Free Workshops)

Join Andrea from 'The Joyful Project' as we explore how to better support your health and wellbeing using Certified Pure Therapeutic Grade essential oils.

With a different topic each session, you'll learn how to incorporate these amazing oils into your life, as well as receive a sample oil of your choice and handouts on each topic.

1. Essential Oils - Top 10
2. Essential Oils for Emotional Wellbeing
3. Essential Oils for use in First Aid
4. Essential Oils for Cooking and Teas

PLATYPUS PUPPET HAND SEWING BEE

Date: Saturday 29th February
Time: 11am - 4pm (lunch provided)

Our large Platypus Puppet needs your help!

A veteran of the Welcome Platypus Festival days and now in need of some hand stitching to cover the cane structure with beautiful new velvet.

Come and sew in a friendly group and bring our community Platypus back to life!

