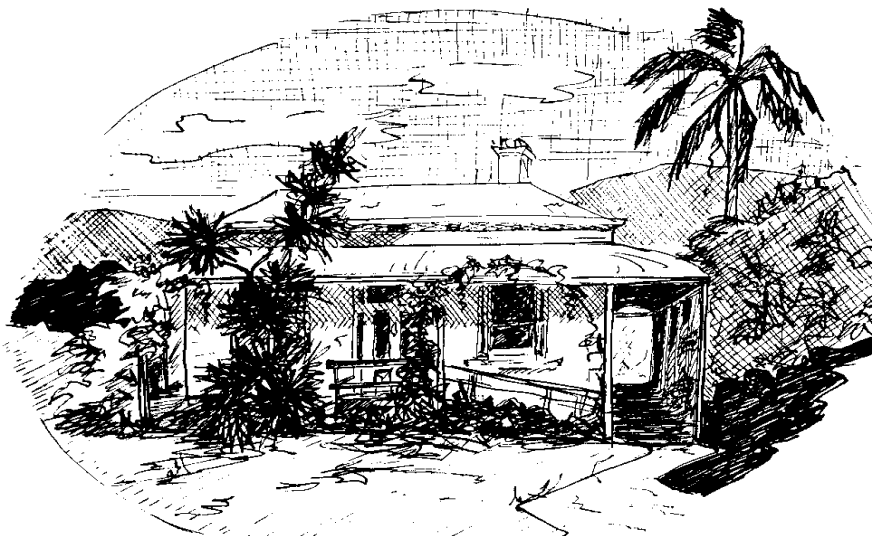


ALLWOOD **Neighbourhood House Inc.**

Incorporated Association No. A0036876L

901 Main Road, Hurstbridge 3099



COURSES & WORKSHOPS **TERM 1 2021**

1st February - 1st April

Phone: 9718 2717

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

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

Facebook: www.facebook.com/AllwoodNeighbourhoodHouseInc

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 heritage 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 or phone 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

- Community Activities / Events
- Information & Resource Centre
- Computers & Internet Access
- Sustainability & Aboriginal Culture Library
- Referral Agency & Drop-In Centre
- 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 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



Volunteer at Allwood House

We value volunteers and their contributions to our community.

If you would like to build your skills, be of service to others and become involved with Allwood House, please contact us.

There are many good reasons to volunteer, helping others, can in turn help to strengthen social networks, 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 the following volunteer roles; tutoring Arts & Crafts, gardening, office admin, book-keeping, local history/museum, sales in the Community Shoppe or staffing our book-lovers Library featuring books on Sustainability & Aboriginal Culture.

Call for more details - Office 9718 2717 or Vicki on 0438 596 344



Fermenting Masterclass

tim@creativecultures.com.au

Tutor: Tim McNeilly call/sms 0424 978 390 .

Date: Sunday 7th February (book via email)

Cost: \$230.00 – Full Day (10am - 5pm)

(*\$200.00 per person if you bring a friend*)

\$145.00 - Half day (either am or pm)

(*\$125.00 per person if you bring a friend*)

Fermented Foods have been consumed and worshiped by countless cultures around the world for 1000's of years. These ancient, health promoting foods and drinks are packed with billions and billions of healthy, beneficial bacteria.

These Probiotics promote and help restore health, and stimulate your immune system.

In this class you will be introduced to numerous ferments from different regions of the world.

Not only will you get to taste these delicious and nutritious foods and drinks, you will see how to make them.

You will also receive the necessary cultures to get you going on your fermenting journey.

(10am-1pm class) Beetroot Kvass, Sauerkraut, Kimchi, Carrot/Ginger, Viili Yoghurt, Honey Mead, Tepache.

(*everyone gets a jar of Ferment Vegies and Viili Yoghurt Starter to take home*)

(2-5pm class) Water Kefir, Kombucha, Coconut Kefir & Coconut Kefir Yoghurt, Turmeric/Honey Ferment, Ginger Ferment, Shrub, Pear/Apple Cider.

(*everyone gets a Kombucha Scoby and Water Kefir Grains to take home*)

Book Lovers Library

Sustainability & Aboriginal Culture

Dates: Monday 15th February 1 - 4pm

Monday 15th March 1 - 4pm

1st Sunday of the month - 10am - 1pm

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 become aware of the First Australians lives & culture.

Join our book lovers Library, with over 600 books on Gardening, Health, Self Sufficiency, Alternative Living and more.

Come in and browse on Mondays afternoons or on the 1st Sunday of the month. Library membership is free, new members welcome.

Library QR code - see our booklist



Reiki Group Exchange

Tutor: Julie Moorfoot 0431 159 179

Dates: Mondays 10am-12.30pm (8 weeks)

Commences: 3rd February **Cost:** donation

(*No session on 8th March - Labour Day*)

We are a group of Reiki practitioners who love to give & receive Reiki.

You need to have been attuned/trained in Reiki to participate in our Reiki Share Group. New members are welcome to come and enjoy Reiki - deepen your skills and receive healing.



Community Singing Group

Chocolate Lilies

Tutor: Nerida Kirov 9439 4816
Dates: Mondays 9.30 - 11.30am
Commences: 1st February (8 weeks)
Cost: \$72.00 / \$56.00 Conc.

(No session on 8th March - Labour Day)

Contact tutor for details re: Covid requirements

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

Mini Jammers

Music Workshops

for Babies and Toddlers

Tutor: Alex Beamont 0474 353 838
email: alexbeamont@gmail.com

Dates: Thursdays (5 weeks)

Commences: 25th February

Mini Toddler Jammers - 9:30am

(18 months to 4 year olds)

Mini Baby Jammers - 10.45am

(New-born to 17 months)

Cost: \$75.00 (Drop in: \$20)

These structured educational 35 minute music classes are an inclusive, interactive experience so that parents, carers, children and younger siblings can all enjoy music making together.

Adults and children play instruments in unison, you will be encouraged to play, dance, and interact with your little ones throughout these sessions.

There's no sitting back and watching.

Please come ready to sing your heart out, tickle your little ones and make them laugh, jump up on your feet and dance around, also lie down on the mats with the mini jammers and participate fully in high energy sessions!

Alex Beamont is a professional musician and qualified Primary Music teacher and live performer.

Creative Meditation

Tutor: Fiona Haasz 0412 099 397

Dates: Fridays 12 - 1pm (8 weeks)

Commences: 5th February **Cost:** \$120.00

This meditation class incorporates a lying down, relaxing guided visualisation followed by free drawing / writing to music.

Fiona brings the group together at the beginning and end of the session for greetings and reflection.

This is a warm and nurturing space in which you'll be held by an experienced transpersonal art therapist.

No previous experience in meditation or creative practice is necessary.

All art materials are provided.

(BYO yoga mat, small blanket, water bottle)



Kinesiology Clinic

Facilitator: Nadine Kennedy 0420 767 475

Dates: Saturdays 6th February & 6th March

Cost: \$40.00 *(community rate)*

Time: 9am - 2pm **(bookings are 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.

Light Heart Yoga

Tutor: Sarah Bedggood 0409 419 383

Dates: Monday 7 - 8.30pm (9 weeks)

Starts: 1st February **Cost:** \$162 / 144 conc

Dates: Wednesday 9 - 10.30am (10 weeks)

Starts: 27th January **Cost:** \$180 / 160 conc

Dates: Friday 9.30 - 11am (9 weeks)

Starts: 29th January **Cost:** \$162 / 144 conc

A breath-centred gentle vinyasa style with an emphasis on self-awareness and calming practices.

Sarah is a registered senior Yoga teacher with Yoga Australia and has over 14 years of experience teaching at Allwood House.

Please bring a non-stick mat and blanket

Wills and Power of Attorney

Solicitor - Thomas Flitner

Date: Wednesday 3rd March 1- 3pm

Bookings - 9718 2717 *(Free Session)*

We will be exploring the making of 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 Shared Lunch

with Local Musos 'Kimba & Ryan'

Saturday 20th March 12 - 3pm

Bookings: mobile 0438 596 344

A Free Community Event

Enjoy a shared community lunch and meet other locals in the beautiful setting of the Allwood House garden.

(or in the house if the weather inclement).

A delightful bonus will be a musical interlude by Kimba & Ryan, renowned for their gorgeous renditions of old and original songs influenced by the tradition of Jazz. **(Bookings Essential)**

Beginners Ukulele

Tutor: Suzie 0437 555 767

Dates: Tuesdays 7 - 8pm (8 weeks)

Commences: 2nd February **Cost:** \$96.00

Learn Ukulele, just for Fun!

Come along with a ukulele and give it a go, you will find that 4 strings are way easier than 6 strings :)

(All beginners 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: 4th February (9 weeks)

Dates: Fridays Level 1: 2.30 - 3.30 pm

Commences: 31st January (9 weeks)

Cost for level 1: \$ 130 / \$ 110 Conc.

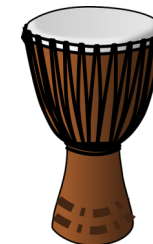
(bookings required via tutor)

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 16 years of drumming.

Total beginners are welcome!



'In Harmony' Mandala Workshop

Tutor: Fiona Haasz

Date: Sunday 21st March (Harmony Day)

Time: 1 - 4pm **Cost:** \$30.00 (\$25.00 conc.)

Harmonise - with yourself, others, and the world around you - in this creative, fun and transformative workshop.

The afternoon will include three mandala activities - solo, pair and group processes, in which, we free up our inner 'artist' and connect to 'Harmony Day'.

No previous artistic experience required.

Materials provided. BYO lunch to share.

Fiona is a multi-disciplinary artist, art therapist and art teacher with decades of experience working with children and adults in a variety of settings across Australia.

More about her past exploits can be found here: www.fionaahasz.info



The Great Tree Project

Contact: Karena 0428 352 822

Dates: Every 2nd and 4th Friday of month

Time: 10am-5pm **Cost:** gold coin donation

Commences: Friday 12th February

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 fortnightly 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!

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

BYO food to share for lunch/afternoon tea.

African Inspired Dance

Facilitator: Fiona Haasz 0412 099 397

Date: Sunday 14th March 2 - 3 pm

Cost: \$15.00 (BYO Water Bottle)

Dance your way into the new year, outdoors under the trees, in the Allwood garden!

Unlock those bones, ligaments and muscles, massage those internal organs, get your body moving!

Fiona teases out the African dance movement qualities which tend to invigorate, uplift and clear body, mind and soul.

This is a fun and relaxed dance class, open to all abilities and experience.

Our facilitator, Fiona, has extensive dance skills in African dance (soukous and traditional west African), dance therapy, physical theatre, improvisation and more.

Multi Dimensional Healing

Facilitator: Alice Holloway 0424 108 808

Dates: Fridays 5th & 19th February

Fridays 5th & 19th March

Times: 10am - 2pm **Cost:** \$55.00 (60 min)

Biodynamic Craniosacral Therapy is a gentle, yet powerful hands on body/energy work to assist you in shifting into a state of greater ease, health and wellbeing.

This modality is performed fully clothed on the massage table. The practitioner makes light contact, being aware of the subtle and natural movements within the body and the biofield, bringing you into a state of deep relaxation.

A safe space where one can allow held experiences to arise and release, profound healing can occur. As flow is restored to the system, people report healing and ease in the physical body, in the emotional and mental realms, and expanded states of consciousness may occur. Nourishment for body-mind-spirit.

Feel free to contact me for more information.

An Evening of Mediumship

Joyce Lowman 0414 925 669

Date: Wednesdays 10th Feb & 10th March

Time: 7-9pm **Cost:** \$50.00

Mediumship is about bringing through your loved ones who have passed, to let you know that they never really leave us.

Supper supplied

Mediumship for Beginners

Joyce Lowman 0414 925 669

Date: Sunday 14th February 10am - 5pm

Cost: \$150.00 (Lunch Supplied)

Learn how to bring through your loved ones and how to know the difference between your loved ones and your guides.

Learn the importance of meditation and protection and how to relax with spirit and enjoy yourself

This workshop should make you curious and may inspire you to go to the next level and learn more about this subject.

Smudging & Protection

Joyce Lowman 0414 925 669

Date: Sunday 21st February 1-2pm

Cost: \$80.00 (smudge included)

In this workshop you will learn the importance of smudging and protection to clear your aura and your house.

As we go about our daily lives we do not know who we come into contact with, a lot of people carry negative energy and we need to know how to clear this energy from our homes and personal auras.

Tutors Wanted!

Please contact our friendly staff to discuss your ideas for community activities at Allwood.

Phone: Office 9718 2717

Mob. 0438 5963 44

Mosaics workshops

Allwood House Studio project

Dates: 1st & 3rd Friday of the month

Commences: 5th February (4 sessions)

Time: 12 - 3 pm **Cost:** By donation

Join us for these casual mosaic sessions, learn how to mosaic and explore or rediscover your creative side.

Work on a group project, a (*Puddle Duck Pond*), or on your own artistic projects.

These casual, fun sessions will help to create a small, colorful mosaic pond. We will design and form the base with sand and cement and then cover it with the mosaic pieces made in the workshops. These workshops will operate throughout the year to complete the pond.

If you would like to work on your own pieces, you are welcome bring your own materials and work on your mosaic during the workshops, where you can discover techniques, get advice and inspiration or simply enjoy some companionship whilst creating your mosaics.



Clean Up Australia Day

Hurstbridge Event

Sunday 7th March 10am - 2pm

Allwood House will be hosting a community Clean Up Australia Day site in Hurstbridge on Sunday 7th March.

We will be meeting at the entrance to Fergusons Paddock at 10am and cleaning up around the Creek walks, Fergusons Paddock and surrounds until 2pm. All equipment is supplied.

Please Register today!

Wear sun protection and practical shoes
Refreshments Provided. All Welcome