

## 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, Mobile phone assistance
- Local History Display and Museum open days

### Services available

\* Free Legal Advice ~ bookings via office 9718 2717  
(Appointments are required for all services)

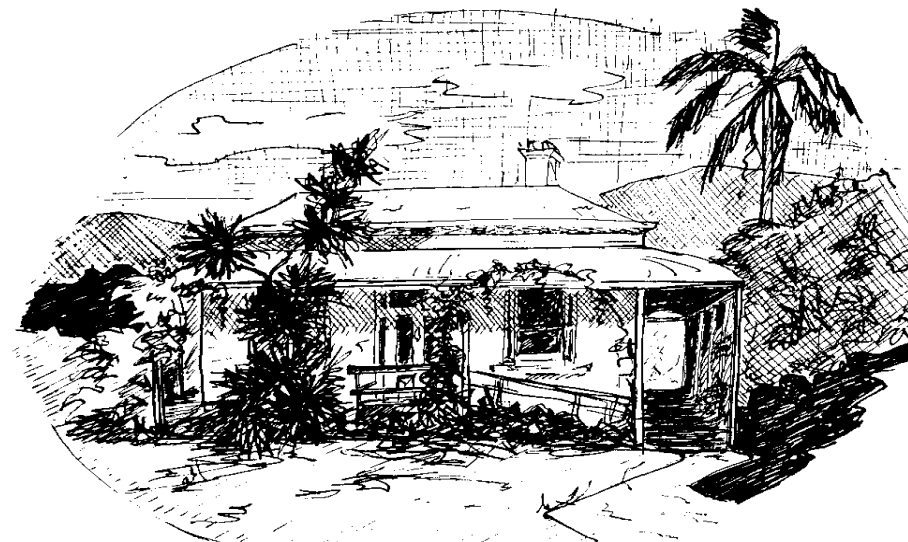
### Allwood House is the base for the following groups

- \* 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 2 2021

## 19th April - 25th June

Phone: 9718 2717

Office Hours: 10am - 2pm (Monday)  
10am - 5pm (Tuesday & Wednesday)

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 based 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.au](http://www.allwoodhouse.org.au)**



## 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**



## 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 22nd April

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, we meet fortnightly to experiment with new techniques, makepanels 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.*

## Community Shoppe

**Wednesday & Saturdays**

**1 - 4 pm**

The Allwood House Shoppe situated at the front of the property near the Main Road will be open on Wednesday & Saturday afternoons during Term 2.

Come and browse our eclectic mix of pre-loved goods, clothes, cards, bric-a-brac, household items and a selection of new & second hand books.

## Tutors Wanted!

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

*Phone: Office 9718 2717*

*Mob. 0438 5963 44*

## Book Lovers Library

**Sustainability & Aboriginal Culture**

**Dates:** Mondays 3rd & 17th May 1 - 4pm

**Mondays 7th & 21st June 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 or the 1st Sunday of the month, memberships are free. New members welcome.

**Library QR code - see our booklist**



## Reiki Group Exchange

**Tutor:** Julie Moorfoot 0431 159 179

**Dates:** Mondays 10am-12.30pm (9 weeks)

**Commences:** 19th April **Cost:** donation

*(No session on 14th June - Queen's Birthday)*

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:** Monday 19th April (9 weeks)  
**Cost:** \$81.00 / 63.00 Conc.  
**Venue:** Uniting Church Hall - Hurstbridge  
(No session on 14th June - Queen's Birthday)

### 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 Babies and Toddlers Music Workshops

**Tutor:** Alex Beamont 0474 353 838  
**Dates:** Thursdays (10 weeks)  
**Commences:** 22nd April  
**Mini Toddler Jammers - 9:30am**  
(13 months to 4 year olds)  
**Mini Baby Jammers - 10:45am**  
(Newborn to 12 months)  
**Cost: \$150.00 (Drop in: \$20)**

[facebook.com/Minijammersmusic](https://www.facebook.com/Minijammersmusic)

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, qualified Primary Music teacher and live performer.

## Scaravelli Inspired Yoga

**Tutor:** Isobel Garrett 9730 1881  
**Dates:** Tuesdays 9 - 10.15am  
**Commences:** April 20th (10 weeks)  
**Cost:** \$180 / \$160 conc

Join the revolutionary approach to yoga!

Whether you are looking to explore your habitual holding patterns, recovering from injury or surgery, or simply wishing to find greater ease in life.

Allow Scaravelli yoga to transform your body and mind, as we awaken the spine to find grace and freedom!

Mats and blankets provided.



## Kinesiology Clinic

**Facilitator:** Nadine Kennedy 0420 767 475  
**Dates:** Saturdays 1st May & 5th June  
**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.

Kinesiology can 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.

It also helps with learning difficulties, pain management, post traumatic stress, relationship issues, sleep issues and uncertainty in any area.

## WICKING BED CONSTRUCTION

**Tutor:** Ravi 0431 952 552  
**Date:** Saturday 22nd May 1 - 3pm  
(Free Community Workshop)

In this workshop learn the basics of creating a wicking bed, 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.

## Wills and Power of Attorney

**Solicitor - Thomas Flitner**  
**Date:** Wednesday 12th May 1 - 3pm  
**Bookings via Office:** 9718 2717  
(Free Community 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.

## Light Heart Yoga

**Tutor:** Sarah Bedggood 0409 419 383  
**Dates:** Monday 7 - 8.30pm (9 weeks)  
**Starts:** 19th April **Cost:** \$162 / 144 conc.  
**Dates:** Wednesday 9 - 10.30am (10 weeks)  
**Starts:** 21st April **Cost:** \$180 / 160 conc.  
**Dates:** Friday 9.30 - 11am (10 weeks)  
**Starts:** 23rd April **Cost:** \$180 / 160 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 non-stick matt & blanket)

## Ukulele

### Allwood House Uke Group (AHUG)

**Tutor:** Suzie 0437 555 767  
**Dates:** Tuesdays 7 - 8pm (10 weeks)  
**Commences:** 20th April **Cost:** \$120.00  
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 :)

(Beginners welcome)



## Drum Connection

Free come and try session in week 1  
(bookings required via tutor)

**Tutor:** Annie Fletcher 0407 102 578  
**Dates:** Thursday Level 1: 7.30 - 8.30 pm  
**Commences:** 22nd April (10 weeks)  
**Dates:** Fridays Level 1: 2.30 - 3.30 pm  
**Commences:** 23rd April (10 weeks)  
**Cost for level 1: \$ 130 / \$ 110 Conc.**

Learn the basic techniques of African and Arabic hand drumming and great group rhythms in a fun and supportive circle. Djembe 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.

Timid beginners are welcome!



## ART WORKSHOPS

Tutor: Pam Lawson Ph: 9718 2271

Dates: Tuesdays 1 - 3 pm (10 weeks)

Commences: 20th April Cost: \$60.00

Find or rediscover your artistic side in a friendly supportive group.

We will be exploring; drawing - shape, form and perspective.

Painting ~ colour, tones etc.

Bring along your own materials, drawing paper, pencils, canvas, boards & paints. Easels provided. *All welcome.*

## Community Shared Lunches

Bookings: Annie 0407 102 578

Enjoy a shared community lunch and meet other locals in the beautiful setting of the rear garden of Allwood House (or in the house if the weather is inclement).

A delightful bonus, will be an interlude with local musicians.

A warming soup and afternoon tea/coffee will be provided. Please bring: a plate of 'easy to eat' food to share.

*(Labels listing ingredients would be great)*

All ages are welcome, but please leave your pets at home.

## Autumn - Free Community Lunch

Date: Saturday 15<sup>th</sup> May – John Doyle

Time: 12 – 3 pm

Bookings are required by 10<sup>th</sup> May

John is a 'long time' local who plays folk style guitar, a tradition rich in the 'stories of the people'.

His relaxed, warm vibe will be perfect for our lunch.

## Winter – Free Community Lunch

Date: Saturday 12<sup>th</sup> June - Kimba and Ryan

Time: 12 – 3 pm

Bookings are required by 4<sup>th</sup> June

Kimba and Ryan are renowned for their gorgeous renditions of old and original songs influenced by the tradition of Jazz.

*We do hope you can join us!*

## African Dance for All

*with live Drumming*

Tutor: Annie 0407 102 578

Date: Saturday 19th June Time: 2 - 3.30pm

Cost: \$ 15.00

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

This fun relaxed class is open to all genders and abilities and will be held in the Allwood garden (weather permitting) or inside the house if required.

The class will include a thorough warm up and breakdown and the practise of movement patterns which will lead to a short group dance. We will conclude with a gentle 'cool down'. Live drumming will create an additional energetic vibe for our spirits. No prior experience is required.

BYO water bottle, add an African inspired element to 'easy movement' clothes (fabric, scarf, beads, colours) if you feel inclined.

Annie has studied West African dance in Ghana and Australia and has a degree in Dance Education.

## Lose Your Stress.....

*in ten minutes or less*

(Free session - sponsored by Allwood House)

Presenter: Kerry Wailes 0438 777 732

Date: Sunday 16th May Time: 10 - 11.30am

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

Learn how to reduce your stress and anxiety in minutes!

An introduction to the **Emotional Freedom Technique** (EFT or 'Tapping') experience. This simple but powerful fusion of acupressure and counselling techniques, quickly and effectively reduce stress levels.

Research shows that EFT can reduce cortisol levels (a longer-term stress hormone) by 42% in 1 hour, which is unmatched by other methods.

*(Dr Peta Stapleton 2020)*

## Yoga, Meditation

& Relaxation

Tutor: Kerry Wailes 0438 777 732

Dates: Thursdays 1.30 - 3pm

Commences: 22nd April (10 weeks)

Cost: \$180.00 \$160.00 Conc.

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

A fairly gentle, yet challenging class, with an emphasis on mindful practice, rather than athletic prowess. Poses may be modified to suit individuals. Kerry has been teaching for over 20 years and incorporates a broad spectrum of Yoga styles and practices.

Please bring a 'sticky' mat and blanket.

## Mediumship presentation

Joyce Lowman 0414 925 669

Date: Sunday 18th April

Time: 2 - 4pm Cost: \$50.00

Join me as I go through the veil and bring through loved ones who have passed. They never really leave us.

*(All Welcome)*

## Free Dance to World Music

Contact: Vicki 0438 596 344

Dates: Fridays 28<sup>th</sup> May & 25<sup>th</sup> June

Time: 7 - 9.30pm Cost: \$5.00

Freestyle Dancing is fun and allows you to move in whatever way you feel in the moment, enjoy being spontaneous and experience a great way to be self-expressive.

There are health benefits as well; it can increase heart health, improve flexibility and core body strength.

Dancing with others helps us to let go emotionally, form friendships and can improve our overall mental health.

Move to the music and be inspired by a rich tapestry of sounds, rhythms and beats from around the world.

*BYO - healthy snacks to share*

## Mosaics workshops

*Allwood House Project - 9718 2717*

Dates: 1st & 3rd Fridays of the month

Commences: 7th May (4 sessions)

Time: 12 - 3pm Cost: \$20.00

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 Heart Duck Pond*), or 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 to come and make them during the workshops, where you can discover techniques, get advice and inspiration or enjoy companionship whilst creating your mosaics.



## Clean Up Hurstbridge Day

**Sunday 6th June 10am - 2pm**

Book via Allwood - 9718 2717/ 0438 596 344

The community collected a considerable pile of rubbish on Clean Up Australia Day, our heartfelt thanks for a job well done.

Our waterways are under serious threat from rubbish dumping and other litter.

With this in mind, we are hosting another Clean Up Day in Hurstbridge on 6th June.

We will meet at Allwood House at 10am, then clean up the Creek walks, Fergusons Paddock and surrounds until 2pm.

*Please wear practical shoes or boots.*

All equipment provided.