

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)

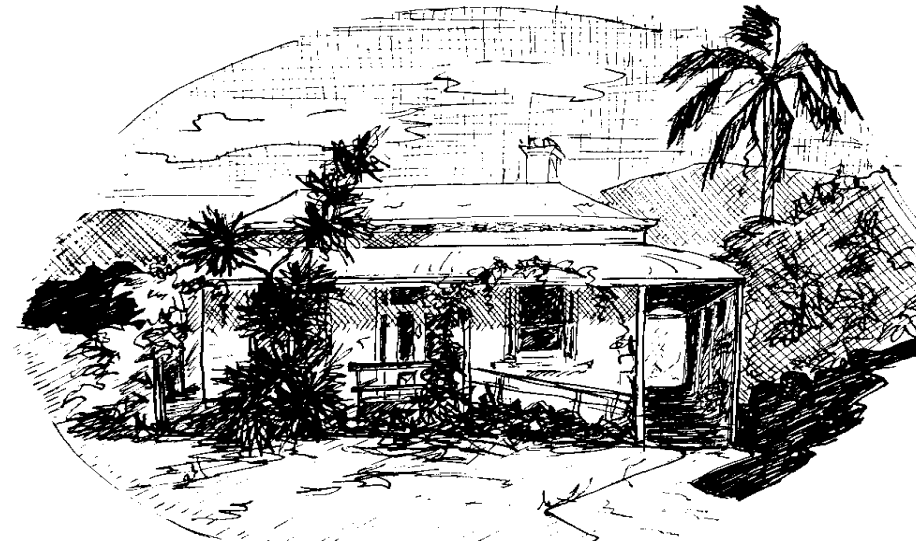
Allwood House is the base for the following groups

- * 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 3 2021

12th July - 17th September

Phone: 9718 2717

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

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 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,
by enhancing and strengthening the community***



Enrolments & Information

Contact the listed Tutors for bookings & information.

Check out the website for further details on tutors & courses.

www.allwoodhouse.org.au



Allwood House staff can assist with applications for the Power Saving Bonus.

What is the \$250 Power Saving Bonus?

The \$250 Power Saving Bonus is a one-off \$250 payment which provides direct support to Victorian households experiencing power bill stress during the coronavirus pandemic. It is available to over 900,000 eligible Victorian households with at least one eligible concession cardholder.

Who is eligible for the Power Saving Bonus?

To be eligible, you must meet the following eligibility requirements:

- Be a Victorian residential energy consumer (i.e. residential electricity account)
- Be receiving payments under one of the following concession programs:

* Centrelink Pensioner Concession

* JobSeeker, Youth Allowance, Austudy or Abstudy

* Department of Veterans Affairs Pensioner Concession

* Department of Veterans Affairs Gold Card.

We can also assist with food support for vulnerable members of our community.

Call for an appointment: 9718 2717 or 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 9th July

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, 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.

Community Shoppe

Wednesday & Saturdays

1 - 4 pm

The Allwood House Community Shoppe is situated at the front of the property near the Main Road, it is open on Wednesday & Saturday afternoons during Term 3.

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

Do you have skills to share?

Call us to discuss your ideas for community projects and activities.

Office: 9718 2717

Mobile: 0438 596 344

or email:

course-info@allwoodhouse.org.au

Book Lovers Library

Sustainability & Aboriginal Culture

Contact: Jessie 0417 664 392

Dates: Mondays 1 - 4 pm

Open: 19th July, - 2nd, 16th, & 30th August
13th September

2nd Sunday of the month, 10am - 2pm

Do you love books?

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 700 books on Gardening, Health, Self Sufficiency, Alternative Living and more.

Come in and browse on Mondays or the 2nd 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 July **Cost:** donation

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 10 - 11.30am

Commences: 12th July (10 weeks)

Cost: \$90.00 / \$70.00 Conc.

Venue: Uniting Church Hall - Hurstbridge

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: Wednesdays 11am (10 weeks)

Commences: 14th July

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.



Sacred Circle Meditation Group

Facilitator: Honor 0414 402 923

Dates: Mondays 6 - 7 pm (10 weeks)

Commences: 12th July **Cost:** donation

Mediation offers a sense of deep connection with self and with being.

It is as natural and as intrinsic as breathing, yet we forget how easy, comforting and important it is to our wellbeing.

Come along and share this relaxing, simple meditation together. When shared as a group, the experience is tenfold.

No prior experience is required.

BYO yoga mat and blanket.



Kinesiology Clinic

Facilitator: Nadine Kennedy 0420 767 475

Dates: Saturdays 1st August & 4th Sept

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.

Mosaics Workshop

Allwood Art Project - 9718 2717

Dates: 1st & 3rd Fridays of the month

Commences: 16th July (5 sessions)

(6th & 20th August, 3th & 17th September)

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.

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 and enjoy companionship whilst creating your mosaics.

Light Heart Yoga

Tutor: Sarah Bedggood 0409 419 383

Dates: Monday 7 - 8.30pm (10 weeks)

Starts: 12th July **Cost:** \$180 / 160 Conc.

Dates: Wednesday 9 - 10.30am (10 weeks)

Starts: 14th July **Cost:** \$180 / 160 Conc.

Dates: Friday 9.30 - 11am (10 weeks)

Starts: 16th July **Cost:** \$180 / 160 Conc.

(bookings required via tutor)

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 15 years of experience teaching at Allwood House.

(Please bring non-stick mat & blanket)

Ukulele

Allwood House Uke Group (AHUG)

Tutor: Suzie 0437 555 767

Dates: Tuesdays 7 - 8pm (10 weeks)

Commences: 13th July **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: 15th July (10 weeks)

Dates: Fridays Level 1: 2.30 - 3.30 pm

Commences: 16th July (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!

Smudging & Protection

Joyce Lowman 0414 925 669

Date: Saturday 4th September 2 - 4 pm

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 homes and personal auras.

Art Workshop

Tutor: Pam Lawson Ph: 9718 2271

Dates: Tuesdays 1 - 3 pm (10 weeks)

Commences: 14th July **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.*

Yoga, Meditation & Relaxation

Tutor: Kerry Wailes 0438 777 732

Dates: Thursdays 1.30 - 3pm

Commences: 15th July (10 weeks)

Cost: \$144 / \$128 Conc.

(Free come & try sessions week 1 & 2)

A 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 brings a broad spectrum of Yoga styles and practices to her classes.

Please bring a 'sticky' mat and blanket.

Email: kerry@kerrywailes.com.au

Community Shared Lunch

Bookings: Annie 0407 102 578

Date: Sunday 12th September

Time: 12 – 3 pm *(Book by 6th September)*

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.

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

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 welcome, please leave your pets at home.

We do hope you can join us!

Free Family Art Therapy

Dates: Saturdays 7th & 14th August 1-3pm

Art Therapist: Rose 0447 755 876

Best suited to children aged 5+

All abilities welcome.

Express, Discover and Connect

Collaborative art projects are the perfect way to connect with your children. Experience the therapeutic benefits of art and creativity for the whole family, through an shared art therapy session. *(Bookings are essential)*

Folk Fusion Belly Dance

Tutor: Annie Fletcher 0407 102 578

Dates: Saturdays 3.30 – 5 pm (9 weeks)

Commences: 17th July **Cost:** \$135.00

Bookings are required

This new dance course offers "Dance of the women for the women".

Drawing inspiration from global dance traditions and world music, participants will be guided to develop new dance skills which will be combined into a group dance over the term. The emphasis will be on fun, fitness and a chance to 'craft your own style' if desired.

Annie has a degree in dance education and a passion for dance, beginners are welcome.

Mediumship Presentations

With Joyce Lowman 0414 925 669

Dates: Sundays 25th July, 8th August & Sat

11th Sept Time: 2 - 4pm **Cost:** \$50.00

Learn Mediumship

Transformational Psychic Healer

Facilitator: Joyce Lowman 0414 925 669

Date: Sunday 15th August 10am - 5pm

Cost: \$150.00 *(call for more information)*

In this workshop you will learn to;

Prepare yourself for spirit communication.

Build foundations for good mediumship.

Learn to understand natural laws.

Become sensitive to messages from spirit world

Recognise how you perceive spirit communication

Distinguish between spirit vs your imagination

Trust your ability to receive spirit communication

Give evidence of the continuity of life

Nurture the gift of mediumship in your life.

Lose Your Stress.....

In Ten Minutes or less

Presenter: Kerry Wailes 0438 777 732

Date: Sunday 18th July 10 - 11.30am

Cost: Free *(bookings essential)*

Learn how to reduce stress and anxiety in minutes! Join us for an introduction to Emotional Freedom Technique (EFT or 'Tapping'). Experience this simple but powerful fusion of acupressure and counselling techniques to quickly and effectively reduce stress levels. Research shows this technique can reduce cortisol (longer-term stress hormone) levels by 42% in 1 hour, which is unmatched by other methods. (Dr Peta Stapleton 2020). Kerry is an Inspired EFT Practitioner L3 and Facilitator.



Lose your Stress for Life **Inspired EFT Level 1 Course**

Presenter: Kerry Wailes 0438 777 732

(IEFT L3 Practitioner & Facilitator)

Dates: Sundays 25th July, 8th & 22nd August, 5th September

Time: 10am - 12noon **Cost:** \$250.00

Follows on from 'Lose Your Stress in 10 minutes or Less'.

This 8 module course, is designed to help you to effectively use Tapping to decrease stress and improve your life.

You will be gently guided and encouraged to:
-reduce or eliminate unnecessary stress as it arises.

-understand how and why we have unhelpful habits and patterns in our lives.

-transform habits and patterns in life that no longer serve you, into ones you choose.

-experience, create and use practices that are supportive, calming and uplifting for you.

Upon successful completion, participants will be awarded an IEFT L1 Certificate (IEFT for personal use).

This is a pre-requisite for optional further studies, IEFT Levels 2 & 3, for working with others.

2040 - The Movie

Date: Friday 6th August at 7pm (G Rated)

Bookings: 9718 2717 / Vicki 0438 596 344

An optimistic documentary, imagining what 2040 could be like if we take steps to tackle the climate crisis.

Movie maker, Damon Gameau was motivated by concerns about the planet that his 4yr old daughter would inherit.

Meeting with innovators and change makers in economics, technology, civil society, agriculture, education and sustainability.

An inspirational and uplifting film.

Women's Morning Tea

With Joyce Lowman 0414 925 669

Thursdays 10am - 12 noon (All Welcome)

Commences: 15th July (6 weeks)

Come along and enjoy a morning tea and general discussion group, with the aim of developing friendships and good conversation in a friendly and relaxed atmosphere.

The Crimson Circle

Host: Alana Mountain 0430 069 640

Date: Sunday 11th July 12 - 2pm **Cost:** \$25

A beautiful experience to remember, honour and reclaim our menarche rite of passage. Once, *womben* gathered together to tap into the wisdom of their bleed, their moon.

Enjoy the connection with other *womben* to heal, nurture and celebrate the memory of menarche. Remembering the old ways in the new days, the offering will include a sound healing by Jasmine Jarvis, tea ceremony and ritual.

Heka & Alchemy

Healer: Alana Mountain 0430 069 640

Date: Sunday 25th July **Cost:** \$120 / \$70c

Time: 11am **Bookings:** heka-alchemy.com

A place for radical transformation and healing. Alana is a life long ritualist and ceremonialist. Sessions are tailored to seeking energetic healing, clearing blockages and deepening connection to authentic self. Modalities include sonic and energy healing (reiki), cord cutting ceremonies, intuitive temple work and tarot.

To book a session and to further delve into the offerings available, visit the website.