

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)

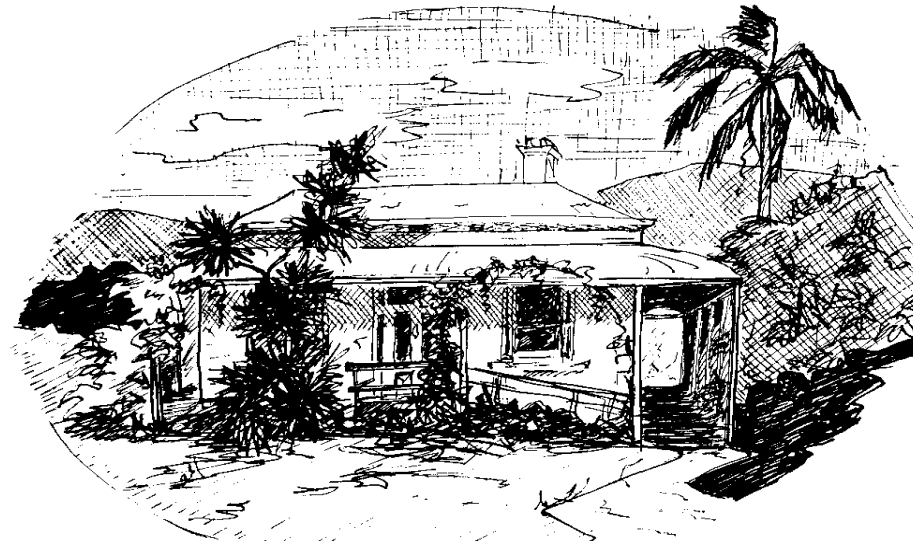
Allwood House is the base for the following groups

- * 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 4 2021

4th October - 17th December

Phone: 9718 2717

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 and managed 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 9718 2717 or 0438 596 344

The Great Tree Project

Contact: Karen 0428 352 822

Dates: Every 2nd and 4th Friday of month

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

Commences: Friday 8th October

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

Wednesdays

1 - 4 pm in December

The Allwood House Community Shoppe is situated at the front of the property near the Main Road, it is open on Wednesday afternoons during Term 4.

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 (fortnightly) 1 - 4 pm

Open: 8th / 22nd November

2nd Sunday of the month, 11am - 2pm

Do you love books?

Interested in living a sustainable lifestyle? Learn about the original Australians, 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.

Join our Book lovers Library, with over 750 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 (10 weeks)

Commences: 4th October **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.



TERM 4 2021

Due to the current CV-19 restrictions, the following Courses are available by arrangement with tutors on ZOOM - online platform.

Chocolate Lilies Choir
Drum Connection
Meditation Group
Women's Discussion Group
Light Heart Yoga
Yoga - Kerry Wailes

Most of our programmed activities will not operate in person until restrictions are eased and classes can proceed at Allwood House.

Please enroll as usual, the tutor or presenter will notify you when person to person classes can go ahead.

Community Singing Group Chocolate Lilies

Tutor: Nerida Kirov 9439 4816
Dates: Mondays 10 - 11.30am
Commences: 4th October (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

Sacred Circle Meditation Group

Facilitator: Honor 0414 402 923
Dates: Mondays 6 - 7 pm (10 weeks)
Commences: 4th October **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 6th Nov & 4th December
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 & 5th Friday of the month
5th & 19th November & 3rd December

Time: 12 - 3pm **Cost:** \$15.00

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 Bedgood 0409 419 383

Dates: Monday 7 - 8.30pm (10 weeks)

Starts: 4th October **Cost:** \$180 / 160 Conc.

Dates: Wednesday 9 - 10.30am (10 weeks)

Starts: 6th October **Cost:** \$180 / 160 Conc.

Dates: Friday 9.30 - 11am (10 weeks)

Starts: 8th October **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: 5th October **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: 7th October (10 weeks)

Dates: Fridays Level 1: 2.30 - 3.30 pm

Commences: 8th October (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 27th November 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

Commences: 5th October **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

Dates: Thursdays 1.30 - 3pm

Commences: 4th October (10 weeks)

Cost: \$180 / \$160 Conc.

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

Please bring a 'sticky' mat and blanket. *Classes will be on Zoom when unable to meet during the term.

Bookings: Kerry 0438 777 732,

Email: kerry@kerrywailes.com.au

Free Family Art Therapy

Art Therapist: Rose 0447 755 876

Dates: Saturdays 20 & 27 November

Time: 1- 3pm *All abilities welcome*

(Best suited to children aged 5+)

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)

Lose Your Stress..... In Ten Minutes or less

Presenter: Kerry Wailes

0438 777 732

Date: Sunday 28th November

Time: 10am-12pm

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.

email kerry@kerrywailes.com.au

Drum Weaving and Birthing

A Sacred Circle of Creation & Connection

A full day workshop - Kate 0408 580 735

Date: Saturday (To be confirmed)

Time: 8am – 8pm

Cost: \$260 for materials and instruction
(Deposit \$150 by 29th October to register)

Weave hide and hoop to make your drum.

A drum is a personal instrument and may be used for healing or jamming; to play alone or with others; to ground and relax; for the joy of expression and connection.

Circle of Creation - Honoring each direction

Heart resounding in balance at the Centre

Finding gratitude for the Spirit of life and presence

In connection and reflection - Remembering natural rhythms

Take a walk-in nature to find your beater stick, may it be long and comfortable to hold in rhythm, strong enough and finished in a way that brings meaning to you. Materials & instructions provided for head of your beater.

Bring: a plastic bucket, sharp strong scissors, 2 old towels, lunch, dinner and snacks, drinks, crystals or sacred items whose essence may be imbued, a stick to make a drum beater.

For information or to register call Kate or email:

emeraldheart@hotmail.com

Women's Discussion Group

With Joyce Lowman 0414 925 669

Thursdays 10am - 12 noon **Commences:** 7th October (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.

(All Welcome)



Learn Mediumship

Transformational Psychic Healer

Joyce Lowman 0414 925 669

Date: Sunday 17th October 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