



The Hut Community Centre
Aldgate Railway Station
1 Euston Road ALDGATE
SA 5154
Ph: 8339 4400
Website: www.thehut.org.au

Volunteer Update

February 2010

It seems ridiculous advertising the Easter breakfast – BUT – it is only 7 weeks away and our next newsletter is due in 8 weeks!

SO -

Come to the Hut Easter Breakfast



Thursday 1st April

Breakfast is at 8.30 – coffee served from 8.00.

Traditionally, on the Thursday morning before Easter, members of The Hut Social Committee cook breakfast (including hot cross buns) at The Hut.

It's a great opportunity for volunteers to get together, relax, enjoy a beautifully cooked breakfast (and watch the trains go past).

RSVP to reception (8339 4400) by Monday 29th March



ACCU Lottery

We are now selling tickets for the ACCU lottery.

The 165 prizes are fantastic and include a Mitsubishi Outlander, a caravan, holidays, sporting equipment etc. and we are looking for volunteers to sell our 1,250 tickets. All the proceeds will go to The Hut, so it's a good way of being more visible in the community, as well as raising money for The Hut.

If you can sell a book (or more), ring reception on 8339 4400 to get your tickets.

Catastrophic fire danger days

In light of the new CFS advice following the Victorian bushfires, we have had to look at what The Hut is doing. So

- The Hut will be closed on days rated as catastrophic, so any Hut-based activities will be cancelled. This means that staff and volunteers are free to implement their Bushfire Survival Plans.
- As has been the case for the last 2 years, the community buses do not go out if there is a Total Fire Ban in the Mt Lofty ranges.
- On days rated as catastrophic, the Book Shed, the Men's Shed, ITShare, the Aldgate Valley Food Co-op and the walking groups are all cancelled.
- The Stirling Strength & Balance class is not held if Mt Barker is 38° or over.
- Bounce classes continue.

The CFS website (cfs.sa.gov.au) has a number of useful documents which you might like to check out, including a list of safer precincts and settlements and information about developing a Bushfire Survival Plan.

Broadband for seniors – get on the web and say in touch!

The Hut is now a part of the National Broadband for Seniors program which is a part of a \$15m Australian Government initiative to increase the skills of older Australians using computers and the internet. It helps people discover how the web can play a great part in helping people stay in touch with friends and family and access the wealth of information available on the web. (The website is <http://www.necseniors.net.au> if you already know how to use the internet)

The launch of the program will be on Friday 26th March at 3.00 and you are invited to come along for afternoon tea and to find out more about the program. (RSVP to reception by Monday 22nd March)

If you would just like to come along and learn some internet skills, ring reception on 8339 4400 and make a booking.

**Have you seen
our website
lately?**

Erica has been working hard (thanks Erica) to get our website up to date, so check it out on www.thehut.org.au .



ACE courses

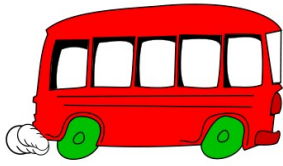
SouthAustraliaWorks
linking people, skills and jobs

Most ACE courses for this term are booked out already, so if you are interested in **computing or digital photography**, book now for next term to make sure of your place. (reception has all the details)

Digital story telling still has a couple of places left. Learn how to make your own multi-media presentations, using photos, sound and text. If you have a laptop, bring it along. You can install the program and keep on using it.

Sound editing is a new workshop (Sunday 21st Feb) and is particularly interesting for younger people who would love to do their own thing with music.

Community Buses



The Hut runs two community buses for the Council. They provide transport for all sorts of groups and are run by a great team of volunteers (Betty and Mary do the office work and about 60 drivers and helpers are “out there” on the buses)

At present there are some vacancies on our mystery trips. These are weekly outings, where people are picked up about 1.00pm, go for a drive, have afternoon tea and are returned home by 5.00. The trips are designed to give carers a break, so if you know of anyone caring for an older person who would like a break one afternoon a week, ring reception and we can put the wheels in motion.

Remember all the other things -

Our volunteers are usually involved mainly in one or two activities, but don't forget that we do lots of things and you might like to join in. for example, we have

Music for Seniors

Book Shed

Men's Shed

Dance

Blokes Club

Walking groups

Exercise and fitness groups

etc etc (check the website for all the details or phone reception on 839 4400).

Marble Hill Ward

Strength and Balance – No Falls Coordinator Training 17 February

Rosemary Badenoch from the Adelaide Hills Health Service will be conducting training for volunteers who are interested in teaching strength and balance for seniors. The course runs from 10am – 3pm at the Natural Resource Centre at Norton Summit. There are limited spaces available. Bookings are essential via reception (8339 4400), or call Felicity 0402 058 160 or at the Hut on Wednesday and Thursday mornings.

Also being offered in the Marble Hill Ward are:

- Introduction to Digital Photography from 16th February;
- Introduction to Computers and IT in February;
- Ceramics painting in March;
- Painting with watercolours in late February at the Norton Summit Baptist Church; and
- An Astronomy viewing night at Basket Range in March/April.

Contact Felicity if you would like information felicity@thehut.org.au or mobile 040 205 8160.

Catching up

Since late last year, The Hut has lost a number of valuable volunteers:

- Edna Hall, one of the Hut's most stalwart and well loved volunteers, died just before Christmas. At age 94, Edna was still volunteering as a hostess on the Thursday afternoon mystery trip right up until a couple of weeks before she died. She had been told a year or two ago that at 92, she should no longer be a helper (helping people on and off the buses and carry their shopping for them!) so became a hostess. She organised great Christmas afternoon teas and always did the flowers for the every generation events. We nominated Edna for an Australia day award this year and it is ironic that the letter telling her of her award arrived just after she died. Her family attended the celebrations at Mylor and two of her granddaughters received the award on her behalf.
- Dorothy has been volunteering at The Hut in reception since 1998 and is responsible for training many of our new receptionists. Dorothy has recently decided that it is time for her to limit some of her activities and is doing more volunteer work at Mt Barker. We will miss Dorothy in reception, but will still see in her the garden on Saturdays – “Dorothy's garden” still needs her input.
- Julie has been cooking lunches every week for The Club for several years and is now moving on to other things.. Her delicious lunches will be really missed and we now have the challenge to keep up her standard.
- Dusan has been with the Book Shed since 2006, has worked in the old Book Shed and has seen it through into its new location.
- Peter, who has been another regular at the Book Shed, lost his battle with cancer late last year.
- Terry has been a valued volunteer with the Music for Seniors program and has now decided to retire (I guess even volunteers retire some time)



All these volunteers have helped make The Hut and its programs what they are and their contributions will be really missed.

Update on Garry

For those who did not know, Garry, our EO, is away following a hip replacement. This was successful and already he seems to be champing at the bit to get back to work – he says it's his hip that's been operated on, not his head.

Meanwhile, we have Sandra, Geoff, Ian, Lyn etc filling in some of the gaps.

Tour Down Under

Thanks to Janice and her 30 plus volunteers for helping with the TDU – it seemed to go well and the basket of thank you goodies from the Council was very popular at the debriefing.

PASSPORT TO GO

TRY 6 DIFFERENT PHYSICAL ACTIVITIES FOR FREE!

You can try all kinds of activities from belly dancing and gym workouts to nordic walking and fencing

The Hut is promoting physical activity as part of the '*be active*' campaign. To do this we are giving people the opportunity to try 6 different activities to see what they enjoy, and would, perhaps, wish to continue.

To take part you collect a 'Passport to Go' which you bring with you to get a **free 'try out' class**. Your Passport needs to be initialled by the provider as proof of attendance at the class. Your classes do not have to be selected exclusively from the free list. If you go to a class that you pay for just ask the teacher to sign the Passport to Go.

When you have completed a minimum of 4 classes send in your Passport and you automatically go into a draw for a term's classes of your choice (paid for by the Passport to Go project).

A P2G pack is available at the Hut, which includes the list of places offering a free 'try out' class. Also enclosed is an enrolment form to be filled out and returned to the Hut if you decide to join the program.

For information or to collect your passport contact Gael at the Hut (8339 4400)

MOVE IT

The Hills Amblers (aka Wobbly Walkers)

This program is now taking place *every* Tues from 8.30am to 11.30am.

It is for people whose walking ability is restricted, who may need to walk with a stick or walker - and who need to walk on a flat surface. The aim is not to break speed records, but just to get out and about. We generally end the walk with a cuppa and chat at a picnic table.

Chair Yoga With Caroline

This is a new program scheduled to start at the end of February. It will be held on Saturday mornings.

It is for people with limited mobility or restricted movement. The Yoga class can be done standing or seated, or a bit of both. It will involve gentle stretches and strengthening movements, and relaxation exercises.

Participants will be collected and taken home in the community bus for both these activities.



**For more information, phone Gael at
The Hut (8339 4400)**

ARE YOU A VOLUNTEER?

Thinking about improving your volunteering skills?

Looking for a pathway to further education and employment?

Interested in a flexible, user-friendly training plan based on your skills and experience?

Learning Pathways will support you and provide financial assistance

Want more information?

Contact Martin at The Hut 8339 4400



Health & Wellness Life Coaching is now available at The Hut.

Deborah Warland has offered to run free Life Coaching sessions for Hut volunteers. She has a background in massage and has now qualified as a life coach, to move into an area where she saw a need emerging from conversations with her clients. We have asked Deborah to provide some basic information on life coaching.

“When people are ready to take action and make choices toward a more successful life, life coaching can assist people to live their life and find out what they need to do to achieve LIFE BALANCE. By working towards an integration of mind, body and spirit, a person's full potential can be realised.

Life coaching aims to help people solve problems that may be preventing them from achieving their full potential in any area of their life.

Life coaching is not suitable for everyone, so an initial session is used to establish if coaching is appropriate for the person's needs.”

Sessions are at The Hut, on Wednesday afternoons. Book through reception on 8339 4400.

Volunteering Opportunities

At The Hut

➤ **Tax Help**

Every year, The Hut offers a Tax Help service to Hills residents from 1st July to 30th October.

Ian, who has been doing Tax Help for the last 2 years is no longer available (thanks Ian for you input), so we are looking for one or two new volunteers. It takes about a day a week and the role is to help people with simple tax returns to prepare and lodge them.

You don't need to have financial experience as the Tax office provides training, but you do need to be have basic computer skills.

If you would like more information, you can contact reception at the Hut (8339 4400), the Tax Help Team 08 8208 1126, or go to www.ato.gov.au/individuals and type in Tax Help program

➤ **Blokes Club**

The Hut is looking for a convenor to assist with the running of the fortnightly Blokes Club, from 2 – 4pm at the Aldgate RSL hall. The role includes coordinating sessions, setting up and assisting with activities and can be expanded to include promotion, recruiting and more, developing on time available! Please contact Trevor Peak at The Hut on 8339 4400 for more information.

Locally

➤ **The Bridgewater Primary School** Stephanie Alexander Kitchen Garden Program is looking for volunteers to help with running 45 minute garden lessons with class groups from Years 3 to 7. The school also needs volunteers to help with harvesting and preparing meals with children. The Kitchen garden will help the children learn about the natural world and how to bring joy and well being into one's life through growing, harvesting, preparing and sharing fresh seasonal produce. For more information, please contact Katie Hopgood on 8339 1600.

➤ **Adelaide Hills Council** is looking for volunteers to assist with Seniors programs in Aldgate and Uraidla. Aldgate Seniors Centre has vacancies on a Wednesday or Friday for a Kitchen cook, interested in food preparation and able to prepare healthy meals for seniors. Bus helpers are also needed for morning and afternoon runs to go on pick up and drop off runs with bus drivers to assist clients on and off the bus (this role can be combined with the social support role).

Uraidla outreach program operates once a fortnight on a Wednesday. Social support volunteers are required once a month to help from 9.30 to 2.30 setting up and assisting in activities, including some food preparation.

Please contact Susan on 8339 8015, Monday, Wednesday or Friday for more details.

➤ **The Oakbank Area School** is seeking volunteers to support their Community Mentoring Program. The aim of the program is to assist young people to make successful transitions at school and achieve their

potential with the support of a community mentor. Community Mentors receive orientation training as well as ongoing support and guidance. For further information, please contact Kay Whitehead on 8398 7200

- **Calling all Groovy Grannies!** Have you got empty arms? Can you spare two hours a fortnight? The Mothers of Preschoolers (MOPS) group at **the Source Church in Stirling** is looking for volunteers to help care for babies and toddlers, while mums attend a parent group Wednesday fortnightly from 9.15 to 11.30 during school terms. Contact April on 0488 254 788 or Derek on 0407 608 756 for more information.

And further afield

- **Torrens Valley Community Centre (TVCC)** at Gumeracha would love to hear from anyone who would like to volunteer their time to assist with the following roles. TVCC is an approved host organisation with Centrelink. Please contact Anne on 8389 1711 for further information.

Oppe Shoppe Volunteers: Do you love talking to people and displaying all sorts of merchandise? We are looking to open our shop another week day and seek volunteers to assist.

Creche Volunteer: We want to help young parents learn new skills through coming to our monthly PEG group. We need a volunteer to help mind the children at the centre whilst the parents meet (every 3rd Wednesday of the month from 9:30am to 11:00am).

Receptionist / Office Support: We currently have an urgent need for skilled persons who would be willing to volunteer for one day a week in our office (Ideally Wednesday or Thursday). Computer skills are essential and further training is available.

- **The Mount Barker Family House** is seeking community minded and committed people to be a valuable part of their Board of Management. Ongoing training opportunities will be provided and your skills and experience will be valued.

The Mount Barker Family House is also seeking a volunteer to assist with light gardening and /or maintenance. For more information please contact Rosemary on 8391 2747 or email familyhouse@internode.on.net

- Justice of the Peace - **Mount Barker Community Library.** The District Council of Mount Barker are seeking JP volunteers interested in providing a NEW community service on Saturday afternoons from 1-3pm or Thursday evenings from 6-8pm in the library. Please contact Vicki Williams on 8393 6414 for more information.
- **The Prospect Hill Scout Group** is looking for volunteer leaders to work with youth from 6 to 15 years of age in fun, adventure-based activities which develop life and social skills. Volunteers are needed for Tuesday or Thursday night activities. Financial support for volunteer leaders is provided along with relevant training. Please contact Sarah Poole, Secretary, Prospect Hill Scout group on 8388 3132, or Cub Leader Malcolm Edmonds on 8388 9301 for further information.

- **The Mount Barker Hospital** is looking for volunteers to help in their kiosk from Monday to Friday - half day or full day shifts available. Please contact Kendra Stephenson on 8393 1727 for further information.
- **The YMCA** is looking for volunteers to help run a program for children with disabilities on a Tuesday afternoon from 4.00 to 5.00 at the Mount Barker Recreation Centre, during school terms. For more information, please contact Penny on 8200 2519.
- **Disability SA** is looking for volunteers to assist with in-home support including meal preparation and light domestic duties to support a Mount Barker family. Volunteers are also needed to help with shopping and transportation. Please contact Mandy Gill on 7424 7888 for more information.

Volunteer Training Timetable

February – April 2010

Course	Date/Time	Venue and Bookings
The treasurer role in volunteer groups (eg sporting clubs, scouts, CFS etc)	9.30 am – 12.30 pm Saturday 20 February	The Hut Community Centre Phone: 8339 4400 Cost \$10 (including morning tea)
Cash accounting Keeping the books Presenting reports	9.30 am – 12.30 pm Saturday 27 February	(kindly supported by Sylvia Pembroke and Associates)
Creating child safe environment (mandatory reporting)	09:30 am – 4.00 pm Wednesday 24 March	Torrens Valley Community Centre, Albert Street, Gumeracha (Ph: 8389 1711)
Manual handling General (AM) Driver specific Manual Handling (PM)	9. am – 12.30 pm 1.30 – 3.00 pm Wednesday 31 March	Torrens Valley Community Centre, Albert Street, Gumeracha (Ph: 8389 1711)
On-line shopping and banking	12.30 – 3.00 pm Thursday 22 April 12.30 – 3.00 pm Thursday 29 April	Torrens Valley Community Centre, Albert St, Gumeracha Phone: 8389 1711 <i>Free</i>

Hills Volunteering would like to hear from you about any specific training requests for individual volunteers or volunteering organisations. Please contact Esme at Hills Volunteering on 8339 4400 (Wed/Thurs) or 8391 7015 (Fri) for further information.



www.thehut.org.au

If undeliverable, return to:
The Hut Community Centre
1 Euston Rd
ALDGATE SA 5154