

Newsletter Blast December 2022

We recognise the Kaurna and Peramangk Peoples as the traditional owners of the Adelaide Hills and pay our respects to elders past, present and emerging.





The most enormous THANK YOU to the 5C's (Collecting Cash Convertible Containers for Charities) for their extremely generous donation of \$1000 for our Festive Food Pantry program. This is the second year that the 5C's has provided us with a donation which will enable us to purchase special festive food items for people in the Adelaide Hills community who are in financial hardship. We are so grateful for our ongoing partnership with the 5C's who over many years have funded several projects for The Hut. Other projects they have recently worked on is the Young Carers program with Carers and Disability Link in Woodside, and also providing much needed food and fuel vouchers for the Lenswood Community. Niecy and this amazing group of people work diligently collecting 10c cans and bottles across the community and are a fantastic example of how each small contribution can add up to be extremely impactful and make a positive difference in people's lives.

Cultural Safety and Respect

During the month of November, some of The Hut's staff attended a Cultural Safety and Respect training provided by *beyond* Training. Hosted at Mount Barker Community Centre, this two-day training was facilitated by Jane Longbottom and Ngarrindjeri woman, Sharron Gollan. The purpose of the workshop was to help organisations understand institutional racism and create culturally safe and responsive programs for First Nation's Australians. Through this workshop, staff learnt about Australia's colonial history and how this history continues to have an ongoing negative impact on First Nation's Australians. Staff found the training invaluable, and it has provided some fabulous strategies to help us make our programs, services, and physical spaces more culturally safe. Inclusion has, and will continue to be, a focus area for The Hut, and we look forward to integrating the culturally inclusive learnings from this training in our community centre in the New Year.



Photo courtesy Sharon Gollan, linked in

Woodside Bookshed update!

Lots of work has been happening in Woodside to prepare the new Book shed for opening. The plumbing and electrical has been trenched in, the kitchen is in and the carpet has been installed. We are now planning out the shelving layout ready for books!

It is hoped the Book shed will open mid to end January.

We are still needing more volunteers for this site. If you would like more information , please feel free to give us a call on $8339\ 4400$









The Hut Food Pantry

Food Drive

You can help by donating

Festive snacks, puddings, mince pies, nuts & treats!







Plus...Breakfast Cereals
Pasta Sauces & Pasta
Long Life Milk
Coffee & Tea Bags
Vegemite, Peanut Butter,
Jams & Honey
Tinned Tuna
Tinned Vegetables
Olive & Vegetable Oils

Non perishable food and cash donations will be gratefully received at The Hut, 1 Euston Rd Aldgate until Thursday 22nd December and once we re-open 3rd January







A Planet Friendly Pageant!

With many challenges over the past few years, the Stirling Community Christmas Pageant finally brought Santa to town!

The theme of 'Planet Friendly' pageant encouraged participants to upcycle, re-use, and hand make environmentally friendly decorations for their pageant entries.

The day was blessed with beautiful summer weather, large crowds, and an array of fun, family entertainment.

The community enjoyed live music, more then 50 market stalls to purchase Christmas gifts, petting zoo, free kids craft and of course Santa.

Thank you to all who came along to enjoy the day, the fantastic Hut volunteers who put in a lot of time and energy to make the day run smoothly, and our wonderful sponsors - Harris, Stirling Business Association, Stirling Market and Adelaide Hills Council.

We look forward to seeing you on Sunday 3rd December 2023 to celebrate 30 years of the Stirling Christmas Pageant.











Congratulations to Stirling East Primary School for being awarded 'Best Float' for 2022 to coincide with the theme of 'A Planet Friendly' pageant. Home made drums were the highlight of the float with the very tall drummer boy leading the way.

The award is provided by the Adelaide Hills Council, Cr Adrian Cheater presented the award to Principal Jess Mulraney. Well done!





Grandparents for Grandchildren

Grandparents for Grandchildren are a professional team with diverse credentials, capabilities, and life experience, committed to supporting Grandparent and Kinship Carers, those who have concerns about the safety and welfare of their grandchildren and those who are experiencing alienation. They provide a listening ear and practical, effective advice and support through individual support, education and development funding for families, information and resources, and coordination of Villages in local communities.

The GFGSA Village Program was developed to enable Carer Advocates to provide carers with a safe space to meet in their local area, giving them the opportunity to connect, exchange ideas and information and access familiar, more accessible services.

Learn more about the Villages here

A Village will commence here at The Hut in February, if you are a grandparent providing full time care for grandchildren, feel free to join us.



Have You Heard of the Slow Food Movement?

The Huts Community Development Manager recently met with Tania, the Chair of the South Australian Slow Food Movement.

It was a great conversation about what each organisation does and how we might be able to work together. A workshop and shared lunch will be scheduled in the New Year, watch this space for updates.

Information about the Slow Food Movement has been included below for your interest.

Slow Food South Australia is part of the global Slow Food network that has grown into a movement involving millions of people in over 150 countries.

Founded in 1989 by Italian journalist and environmental activist Carlo Petrini, Slow Food is a non-

profit, grassroots organisation that aims to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from and how it tastes.

Supporters of Slow Food recognise that our food choices can make a positive difference in the world – to people, local communities, animals, plants and the environment. Members and supporters of Slow Food aim to create a world in which all people can access and enjoy food that is good for them, good for those who grow it, good for the surrounding community and good for our planet.

The Slow Food approach aims to preserve traditional foods and regional food cultures by supporting the production of food that is good, clean and fair.

GOOD: quality, flavoursome and healthy food that satisfies the senses and is part of local culture CLEAN: production and consumption that does not harm the environment, animal welfare or our health

FAIR: accessible prices for consumers and fair conditions and pay for producers Read more about the beginnings and history of Slow Food in Italy here.

Read about Slow Food in South Australia.





Come and Hang Out at the Station!

Join us on the last Friday of each month - Next sessions are 27th January and 24th February. Facilitated by Headspace Mt Barker, give Jess a call for more info 8398 4262



Getting Older? Let's Talk About It

Ageing Well in your Community Conversation Series

Thinking about ageing? Join us as we highlight the opportunities and challenges of ageing well at home in your community.

Considering your life experiences and understanding of ageing, and focusing on your abilities and strengths, this eight-session conversation series provides an opportunity to share with and learn from others about what it takes to successfully grow older with meaning, purpose and passion! With grant funding and support from the Office for Ageing Well, Zest Creative: Living Life has collaborated with The Hut Community Centre to offer two *free* series of eight weekly conversation series titled: 'Ageing Well in your Community'. This program is suitable for individuals wishing to prepare for their ageing future or to be able to support a family member.

If you would like to find out more, $\,$ give us a call on 8339 4400 $\,$



Community Learning Program in 2023!

Check out some of the exciting courses we have available for term 1 2023

Community Learning Courses boost confidence and foundation skills (language, numeracy, digital and other skills), helping you feel ready to take the next step towards your goals. The courses achieve this by providing knowledgeable and supportive trainers and mentors that help you to engage with the course content but also use your new knowledge to progress your personal goals.

All classes are fully funded by the Department of Innovation and Skills and available to community members who:

*live in South Australia and,

*have a valid visa to work or study and

*are 17 or older and

*are not enrolled in school

For more information please email programs@thehut.org.au



Intro to Horticulture

If you are looking to explore a pathway into gardening, landscaping or horticulture but want to learn some basics to get you started, this course is for you! With our experienced horticulture facilitator, you will learn a range of theory and practical skills to start you on your pathway to further study or employment. Location: The Hut Community Centre, Aldgate The 6 sessions will be held on 9 Feb, 16 Feb, 23 Feb, 2 Mar, 9 Mar, & 16 Mar.

Each Thursday class will run from 10:00am to 1:30pm.

Book here



Intro to Small Business

Launching your own small business can create new opportunities and alternative income streams for yourself. This practical, step-by-step course will guide you on how to launch and grow your small business ideas or take a step back and give your existing business a revamp.

This course includes practical information and classroom theory.

The Summit Community Centre, Norton
Summit

The 4 sessions will be held on 7th Feb, 14th Feb, 21st Feb & 28th Feb
Each Tuesday class will run from 9:30am to 2:30pm

Book here

Oakbank Soldiers Memorial Hall, Oakbank
The 4 sessions will be held on 15th Mar, 22nd
Mar, 29th Mar & 5th April
Each Wednesday class will run from 9:30am
to 2:30pm.

Book <u>here</u>



Intro to Microsoft Office

Understanding and developing your efficiency in Microsoft Office is a highly valued skillset for most workplaces. If you would like to explore all the ins and outs of Microsoft Office and the diverse practical application of tools available, then this course is for you! Our experienced tutor will take you step by step through the basics of applications such as Word, Excel and PowerPoint and explore some of the more specific tips and tricks that can give you a professional edge.

Location: The Hut Community Centre, Aldgate The 6 sessions will be held on 10 Feb, 17 Feb, 24 Feb, 3 Mar, 10 Mar, & 17 Mar.

Each Friday class will run from 10:00am to



Intro to Hospitality

If you are looking to explore a pathway into kitchen work, cooking for aged care or disability or looking to kickstart your food service career, this course is for you! With our experienced hospitality facilitator, you will learn a range of theory and practical skills to start you on your pathway to further study or employment.

Location: The Village Well, Aldgate
The 4 sessions will be held from March 2023
Each class will run from 9:30am to 1:30pm,
day to be confirmed

Register your interest by calling 8339 4400.

Program closure dates 2022/23

	Last day 2022	Starts 2023
The Hut	22/12/22	3/01/23
Book Shed	22/12/22	3/01/23
Bounce	23/12/22	16/01/23
Chi Kung	21/12/22	11/01/23
Community Buses *See below for trips	No change to shopping, public holidays rescheduled	
*Mystery Trips	14/12/22	18/01/23
*Tuesday Bus Outing	22/11/22	28/02/23
*Something Different	15/12/22	02/02/23
*Let's Do Dinner	15/11/22	17/01/23
*Suburban Shop	05/12/22	16/01/23
*Saturday Shopping	10/12/22	11/02/23
Community Fun & Fitness	20/12/22	17/01/23
Community Garden	20/12/22	3/01/23
Community Shed	22/12/22	10/01/23
Computer Training 1:1	22/12/22	09/01/23
Emergency Relief	22/12/22	3/01/23
Food Co-op	23/12/22	6/01/23
Food Pantry	22/12/22	3/01/23
Homework Club	16/12/22	13/02/23
Hills NILS	13/12/22	3/01/23
Leadlight course	18/12/22	*15/01/23 (FINAL)
Men's Moves	15/12/22	12/01/23
Mosaics	9/12/22	3/02/23
Music Makers	6/12/22	7/2/23
Out & About Group	13/12/22	14/2/23
Personal Transport	22/12/22	3/01/23
Strength and Balance	8/12/22	10/01/23
Walking groups: Monday Tuesday Wednesday Friday	12/12/22 29/11/22 7/12/22 9/12/22	16/01/23 10/01/23 11/1/23 3/03/23

^{*} Program ceasing

Creativity in the Community Shed

Christmas is alive in The Huts Community Shed!. Lucinda is pictured here with a collapsible nativity scene that she has made with wonderful support & encouragement from everyone in the group, especially Chris, who carved the beautiful star on the roof.

It is a great space saver and it looks absolutely beautiful. Well done Lucinda!







SCHOOL HOLIDAY PROGRAM



Pottery Workshop For Kids

When: Tuesday 10th January

Session Time: 10:00am - 11:30pm Where: The Aldgate Valley Hall

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Cost: \$45 per person

Bookings essential here

In this workshop your children will spend 1.5 hours learning some basic techniques of playing and making with clay! A fun, sensory experience for children that has added calming and therapeutic benefits.



Claymation Workshop

When: Thursday 19th January

Session Time: 1:00pm - 4:00pm

Where: The Hut Community Centre

Cost: \$10 per child

Suitable for ages 8-14 years

Bookings essential here

Participants will get a behind the scenes

glimpse of what goes

into producing animation on a professional level. They will then create their own plasticine characters and learn how to bring them to life using the app Stop Motion Studio. The finished videos will be screened to the group and uploaded to YouTube via the GooRoo Animation Workshops channel to be shared with friends and family.



Free Craft in the Garden

When: Tuesdays every week

Session Time: 10:00am - 12:00am

Suitable for all ages

Where: The Garden at The Hut Community

Centre

Cost: FREE

No Bookings required

The Nature Play area is open each week including school holidays with a fairy garden ready to be explored.

Free craft is available for the kids whilst playing in a safe garden space.

TERM 1 2023



Repair Cafe

When: Second Sunday of each month (8th

January)

Session Time: 10.00am - 1:00pm Where: The Hut Community Shed

Cost: Donation appreciated

No Bookings required

Volunteers are available to assist with repairs to small wooden items, electrical appliances, pushbikes, tool sharpening, clothes darning

and sewing.



Chi Kung - Ongoing Program

When: Wednesdays start date 11th January

Session Time: 10:00am - 11:00pm

Where: The Aldgate Oval Hall, Aldgate

Cost: \$10 per person (free come and try first

session)

Register your interest by calling 8339 4400



Acrylic Paint Pouring Workshop

When: Thursday 12th January Session Time: 11:00am - 12:30pm Where: The Aldgate Oval Hall, Aldgate

Cost: \$80 per person Bookings essential <u>here</u>

Learn the basics of acrylic pouring while creating your own masterpiece in a fun and supportive session with Pine-Apple Creations. All materials provided.



Paint & Sip: Monet's Water Lilies

When: Wednesday 18th January Session Time: 5:30pm - 7:30pm Where: The Hut Community Centre

Cost: \$30 per person

Bookings essential here

Facilitated by artist Mikaela Reid, this group will learn step by step to paint Monet's Water Lilies in acrylic on canvas while sipping on a red or a white. All materials included, a glass of wine and nibbles



Creative Writing Group - Ongoing Program

When: Tuesdays start date 31st January

Session Time: 4:30pm - 6:00pm

Where: The Hut Community Centre

Cost: FREE

Register by phoning The Hut 8339 4400



Watercolours for Self Expression

When: Wednesdays weekly starting on 8th

February - 4 weeks

Session Time: 9:30pm - 11:30pm Where: Woorabinda, Stirling

Cost: \$150 per person 4 weeks

Bookings essential <u>here</u>

Watercolours for Self Expression is a supportive and encouraging session facilitated by local artist Bethany Neck. Learn some techniques with watercolours, experimenting with natural landscapes, still objects and add to it your imagination.

Anything is possible!



Sunset Sessions @ The Station

When: Friday 10th February

Session Time: 5:30pm - 8:00pm

Where: The Hut Community Centre

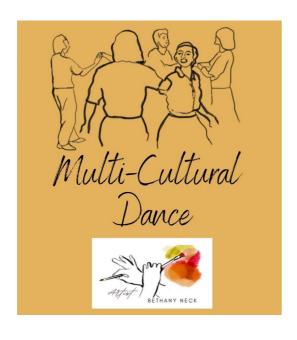
Cost: \$5.00pp

Food available for purchase at time of

booking

Bookings essential: here

Enjoy acoustic tunes on the platform with delicious burgers and slaw available for purchase.



Multicultural Dance Classes: Ongoing Program

When: Fridays weekly starting on 10th

February

Session Time: 7:00pm - 9:00pm

Where: The Bridgewater Hall, Bridgewater Cost: \$15 per session, first session free.

Bookings essential <u>here</u>

Learn different styles of dance in a fun and social atmosphere on a Friday night!

These beginner friendly classes with easy to follow steps are facilitated by local experienced dance teacher and artist Bethany Neck.



Active Kids - Gymnastics Circus Combo with 22too

When: Start Date Wednesday 15th February

Session Time: 9:30am – 10:30am

Suitable for ages 18 months -5 years

Where: Bridgewater Hall, Bridgwater.

Cost: \$48 (4 weeks payable by term)

Book your place Here

Open up the world of gymnastics in a supportive and fun environment, developing fine and gross motor skills, including handeye coordination, while creatively exploring skills to increase self-confidence and self-esteem. Strength and flexibility are key areas that are focused on as well as having lots of fun with a new theme each week!



Art Class For Kids

When: Thursdays start date 16th February, 6

week term

Session Times: 2:30pm - 3:30pm or 3:45pm -

4:45pm

Where: The Hut Community Centre

Cost: \$120 per child
Suitable for ages 8+
Bookings essential here

Join local artist Zinia King for a 6 week creative exploration in the world of art. Ink and watercolour will feature heavily in the classes, expect lots of laughs and learning. These sessions will engage your child in learning skills, connecting with other students and building confidence in their play with art.



Pottery Class For Kids

When: Wednesdays start date 1st March 4

week term

Session Time: 2:00pm – 3:00pm Where: The Aldgate Valley Hall

Cost: \$110 per child
Suitable for ages 8+
Bookings essential here

Join hills local Morgyn from Parrot & Pea
Ceramics for a 4 week journey into the world
of pottery! These sessions are aimed at kids
who are homeschooling in the Adelaide
Hills. These sessions will engage your child
in learning new skills, connecting with other
participants and building confidence in the
world of clay and pottery!

It's time to celebrate!

Volunteers came together to enjoy the end of year breakfast on the platform last week. This has been a long standing tradition where we can say "Thank you" to our wonderful volunteers and celebrate the year. A beautiful cooked breakfast, good company and we even had a dry morning. It's always really nice to see volunteers catchup with other volunteers that they may not see too often and watch great friendships form.











Volunteer Vacancies

Please email volunteering@thehut.org.au if interested in any of these roles

These are the only roles we are recruiting for at present

Bus Outing Organiser

A volunteer is required for the bus program, to schedule in weekly Thursday outings. Computer literacy is essential and the ability to research upcoming events/shows and a range of suitable venues for outings for seniors.

Ageing Well Conversation Series

This 8 week series on ageing well will commence on the 16th February. We are seeking a person interested in participating in the series who may then be willing to co-facilitate another series later in the year. Information about the program is contained in the newsletter or you can give The Hut a call to chat.

Be Connected Tutors

Volunteer tutors are required to provide support in small group sessions to seniors wanting to learn the basics of computing and browse the web.

Hours are flexible and training on the available resources will be provided. Competent computer skills are required along with a calm and patient manner.

Flier Distribution

Help us to promote our services and programs through the delivery of fliers to local outlets. These will include local noticeboards in shopping centres and public places. This can be done in your own time and will be approximately once per month.

The Community Bus program provides a shopping and social outing service for Seniors living independently. We are in need of volunteers to fill-in on an adhoc basis for the role of driver and/or helper. The time commitment varies depending on the outing, but is flexible around the volunteers availability.

Bookshed Woodside

Calling all avid readers with fantastic customer service skills, we need you!

A new Bookshed at Woodside is currently being setup, with the aim to open in the new year.

Volunteers are responsible for the welcoming and serving customers, sorting and shelving book donations, and general day to day running of the Bookshed, as a part of a small team.

If this sounds like the right role for you then we would love to hear from you.

Extend Your Family and Expand your Horizons

The Hut has been contacted by the International Education Services area of the Department for Education. Their role is to recruit international students to study in South Australian Government Schools.

Each year they welcome hundreds of international high students from over 20 countries to our schools. Many of them choose to stay with South Australian families in what is called 'homestay'. The homestays provide a safe and welcoming home away from home for students during their time in South Australia. Hosting an international student is a mutually rewarding experience and creates life-long memories and friendships for both the students and the homestay.

They are looking for caring and compassionate homestays to support international students when they arrive onshore to study in South Australia.

You can read more about the homestay program <u>here</u> or watch the homestay video below: https://www.youtube.com/watch?v=J50s_im6bJs_

Specifically, they are looking for host families to host incoming students who will be commencing at Heathfield High School in term 1, 2023.

For more Information, scan the QR code, visit their website here, or phone 8226 3402





Community Lottery is now on!

Grab your winning ticket and help The Hut raise valuable funds, proceeds of all ticket sales go straight to The Hut.

We aim to raise \$2000, help us to achieve that goal. Tickets are only \$2 each and there certainly are some amazing prizes on offer.

Please feel free to spread the word with family and friends too.

You can find out more about the prizes and how to buy a ticket here



The Adelaide Hills Garden Affair

In the last newsletter we promoted The Adelaide hills Garden Affair for April 2023.

We have now been advised that due to drainage work occurring on the Mylor Oval at that time, the event has been postponed to Autumn 2024.



Cooking with Doris

Beef, Spinach and Fetta Gozleme
If you are sick of Ham or Turkey!

- 500 g lean beef mince
- 2 tbs olive oil
- 2 garlic cloves crushed
- 1 red onion small finely diced
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp chilli flakes *optional
- 1 lemon zested
- 4 Greek pitta breads
- 1/2 cup cheddar cheese grated
- 60 g baby spinach leaves
- 100 g fetta crumbled

TO SERVE

- 1 punnet cherry tomatoes
- 1 cucumber cut into ribbons
- 4 handfuls baby rocket
- 1 lemon cut into wedges

In a large, non-stick frying pan heat half the oil over medium-high heat. Add the garlic and onion and cook for 3-4 minutes or until softened. Add mince, breaking up lumps with the back of a wooden spoon and cook for 5 minutes or until browned. Add spices and cook for a further minute. Season to taste and set aside to cool slightly. Stir through lemon zest.

Sprinkle half the cheddar over one of the pita breads. Top with half the mixture, followed by half the spinach and half the fetta. Top with another pita bread. Repeat with remaining pita breads, cheddar, beef mixture, spinach and fetta.

Preheat a large, non-stick frying pan, barbecue hot plate or sandwich press to medium-high heat. Brush both sides of one gozleme with remaining oil. Cook for 3-4 minutes on each side, pressing

down with a spatula and turning carefully, until crisp and golden. Set aside and cover with foil to keep warm. Repeat the process with the remaining gozleme.

• Cut the gozleme into quarters and serve with lemon wedges and salad.

Enjoy!



Until Next Time, Stay Safe, Stay Well From The Hut Team







The Hut Community Centre is registered as a charity with the Australian Charities and Not-for-profits Commission. ABN 28 609 761 525

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