



Newsletter Blast February 2023

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

During our Strategic Planning process in 2021, our Vision and Mission was developed...

Our Vision: *'To support and positively influence a thriving, connected and inclusive Adelaide Hills Community'*

Our Mission: *As a safe and welcoming community centre, we invest in opportunities that enrich the lives of our diverse community and support people to engage, connect and grow.*

We already have examples around the community centre that demonstrate our vision and mission including our Inclusivi-tree in the centre's entry and the beautiful Aboriginal Art mural on the platform, as well as the volunteers and participants who contribute to our vibrant centre and add depth to our programs and environment.

I'd like to install a number of positive and uplifting quotes throughout the centre that represent our vision and mission to have a thriving, connected and inclusive community where people engage, connect and grow and we invite you to be involved in this process. So, what can you do?

- Send us a favourite quote – email to reception@thehut.org.au by 15th March 2023
- Be a part of the voting process – the top short-listed quotes will be voted on by you and Hut volunteers, participants and community members.

Great things are done
by a series of small things
brought together.

Vincent Van Gogh

The Book Shed Woodside is officially open!

We had a fabulous celebration on Saturday 11th February for the opening of the Woodside Book Shed. Many hours of hard work has gone into getting the Book Shed ready to open. It has been a

labour of love for many volunteers, their dedication to their community and making positive change has been the driving force over the past 12 months. We started off with an empty transportable and now have a lovely space for the community to enjoy. We thank all who have been involved, from building ramps, installing downpipes, painting, building walls, installing a bathroom and a kitchen, setting up all of the shelving and putting the books in their place. We hope you get a chance to have a look and enjoy this space too. A special thanks to Dan Cregan MP for officiating, Gen and Tonix for the great entertainment and all who helped on the day.

The Book Shed is located at 68 Onkaparinga Valley Road Woodside, next to the Ampol service station. It is currently open Monday, Wednesday through to Saturday 10am-4pm. More volunteers are needed, so if you are a book lover, please get in touch with us at The Hut 83394400.





A Well Deserved Award

Congratulations to Ross Kealley, the recipient of an Award for Active Citizenship for the Australia Day Awards.

Ross was nominated because of his significant contribution to his community through volunteering.

Ross is busy 5-6 days per week volunteering on the Community bus, The Hut Food Pantry, The Book Shed Stirling, Mission Bags, and the Stirling Community Op Shop.

Ross gets a great deal of satisfaction for his volunteering from the smiles on the faces of the Seniors he takes out on outings.

Thank you Ross for everything you do for the community!



Our Community Garden is flourishing - Grow Care Share!

Our talented gardening volunteer Cula has been busy growing an abundance of mixed salad leaves and spinach in our Vegepods on the Platform. She raised these from seed in the greenhouse and has nurtured this nutritious produce which is being harvested twice a week for our Food Pantry members! If you have an abundance of produce in your garden at home we would absolutely love for you to bring it in.



Sunset Sessions at The Station: Burger Night

We had another successful Sunset Sessions event on Friday the 10th of Feb with around 80 people from the community visiting The Hut Community Centre to enjoy burgers and live music on the platform.

The entertainment was provided by Gen N Tonix featuring Jenny, one of our valued volunteers in our gardening team and the delicious food was prepared and served by dedicated volunteers and staff. A big thank you to all the volunteers who set up and packed up for this event and for your

help in making it such a success!

Our next Sunset Session event and the final one before winter, will be on the 17th of March celebrating Harmony Week! Keep an eye out for more info soon.



My Money Basics

The Hut is pleased to announce that we are partnering with our friends at Good Shepherd to facilitate My Money Basics. These workshops will be part of our Low Income Support Program as an ongoing way to provide support and education to help improve people's financial wellbeing. The sessions will be in the format of an informal setting with guided questions, including activities to help the participants understand their own 'money story', easy tips for avoiding money leaks and simple budgeting. All are welcome and of course it will include morning tea! So if you or someone you know would like to join Hayley for the first workshop please call 8339 4400 or email hayley@thehut.org.au

My Money Basics

FREE Everyday Money Management Workshops

- ✓ Reduce money stress
- ✓ Live within your current income
- ✓ Plan for the future

All are welcome to join us for this workshop on:

Tuesday 21st March 9.30am-12.00pm
including Morning Tea

At The Hut Community Centre, 1 Euston Road Aldgate

To book please call 8339 4400 or email hayley@thehut.org.au



Come and Hang Out at the Station!

Join us on the last Friday of each month -

Next session is Friday 24th February.

Facilitated by Headspace Mt Barker, give Jess

a call for more info 8398 4262

Scan the QR code for dates for 2023





the hut's UQT

The Hut Community Centre in Aldgate are hosting headspace on the last Friday of each month for our UQT group

UQT is a play on the 'LGBTIQA+' letters. UQT is a safe hangout group for anyone aged 12-25 within the LGBTIQA+ community and their allies.

3.30pm - 5pm

hangout, share stories, laugh, learn, support one another, learn a new skill, have access to important resources and feel comfortable knowing this group is facilitated by a trained headspace worker. scan the QR code below for more info



Connect: headspace.org.au

Gambling Help in The Hills!

Logan from the Gambling Help Service at Relationships Australia SA is now at the Hut every Wednesday from 1pm – 5pm.

The service provides confidential support for anyone affected by or assisting someone with gambling issues and can also connect you to a financial counsellor.

Please call Logan on 0420 622 747 to book an appointment.

You can also contact the Gambling Help Intake Service for confidential support from 9.00am – 5.00pm (business days) Free call: 1800 934 196



Community Learning Program in 2023!

We have partnered with Community Centres SA's Community Learning program to bring you their courses, which are a great way to grow and polish your skills in an inclusive and welcoming environment.

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 Education and available to community members who:

- are a South Australian resident, or holds a valid work or study visa, and;
- is 18 years or older, and;
- is not enrolled at school or in a FLO program and;
- is seeking employment (including self employment) or further study.

For more information ring The Hut on 8339 4400 or email programs@thehut.org.au



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 5 sessions will be held from 27th Feb, 6th Mar , 20th Mar, 27th Mar, 3rd April

Each Monday class will run from 9:30am 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.

Oakbank Soldiers Memorial Hall, Oakbank

The 4 sessions will be held on 1st Mar, 8th Mar, 15th Mar & 22nd Mar

Each Wednesday class will run from 9:30am

to 2:30pm.

Book [here](#)



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 11 May, 18 May, 25 May, 1 June, 8 June, & 15 June.

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

Register Interest: 8339 4400

TERM 1 2023



Repair Cafe

When: Second Sunday of each month (12th March)

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 weekly

Session Time: 10:00am – 11:00pm

Where: The Aldgate Oval Hall, Aldgate

Cost: \$5 per person (free come and try first session)

Register your interest by calling 8339 4400



Creative Writing Group - Ongoing Program

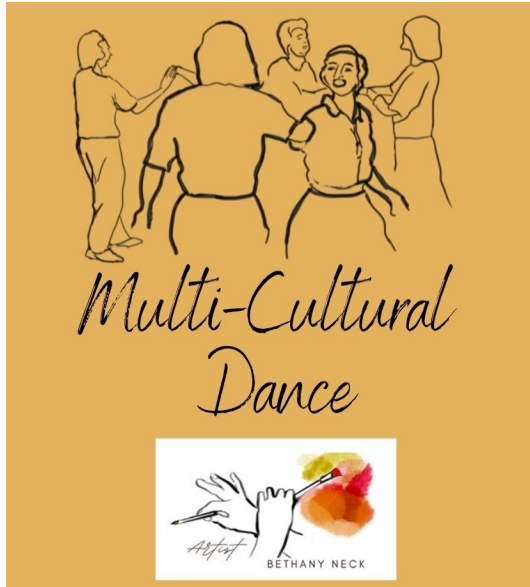
When: Tuesdays weekly

Session Time: 4:30pm – 6:00pm

Where: The Hut Community Centre

Cost: FREE

Register by phoning The Hut 8339 4400



Multicultural Dance Classes: Ongoing Program

When: Fridays weekly starting on 17th February

Session Time: 7:00pm – 9:00pm

Where: The Bridgewater Hall, Bridgewater

Cost: \$15 per session, first session free.

Bookings essential [here](#)

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.



Qi Gong for Health & Wellbeing - 8 week course

When: Mondays start date 20th February

Session Time: 10:00am – 11:30am

Where: Woorabinda, Stirling

Cost: \$135 for 6 week term.

Bookings Essential: [here](#)

Learn the basics of Qi Gong and relaxation in a supportive 8 week course, focusing on breath, gentle exercise accompanied by positive visualisations and commands.



Watercolours for Self Expression

When: Wednesdays weekly starting on 1st March - 4 weeks

Session Time: 9:30pm – 11:30pm

Where: Woorabinda, Stirling

Cost: \$150 per person 4 weeks

Bookings essential [here](#)

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!



Active Kids - Gymnastics Circus Combo with 22too

When: Start Date Wednesday 1st March

Session Time: 9:30am – 10:30am

Suitable for ages 18 months -5 years

Where: Bridgewater Hall, Bridgewater.

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 hand-eye 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!



Paint & Sip: Van Gogh Irises

When: Wednesday 15th March

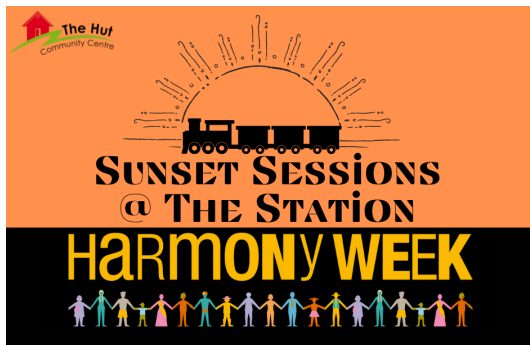
Session Time: 5:30pm – 7:30pm

Where: The Hut Community Centre

Cost: \$30.00pp includes all materials, a glass of wine and nibbles

Bookings essential: [here](#)

Facilitated by artist Mikaela Reid, this group will learn step by step to paint Van Gogh's Irises in acrylic on canvas while sipping on a red or a white.



Sunset Sessions @ The Station Harmony Week Event

When: Friday 17th March

Session Time: 5:00pm – 8:00pm

Where: The Hut Community Centre

Cost: \$5.00pp Food available for purchase for additional cost of \$10 at time of booking

Bookings essential: [here](#)

Celebrate diversity at The Hut with a performance by Dave Booth on didgeridoo, an interactive multicultural dance session with Bethany Neck and more!



Adelaide Symphony Orchestra Performance

When: Tuesday 21st March

Session Time: 1:30pm – 2:30pm

Where: The Village Well

Cost: FREE

Bookings: call The Hut on 8339 4400

These free one-hour concerts bring the Adelaide Symphony Orchestra to your local community in a heart-warming program presented by Martin Butler.

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.

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.

Community Bus Program

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 will open on 11th February. 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.

Community Lottery - Last chance to buy tickets

Closes 2nd March

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](#)

1st Prize

Toyota Kluger Hybrid GX
RRP \$59,551



Early Bird Prize!



2nd Prize

Toyota C-HR GR-Sport Hybrid
RRP \$42,306



3rd Prize

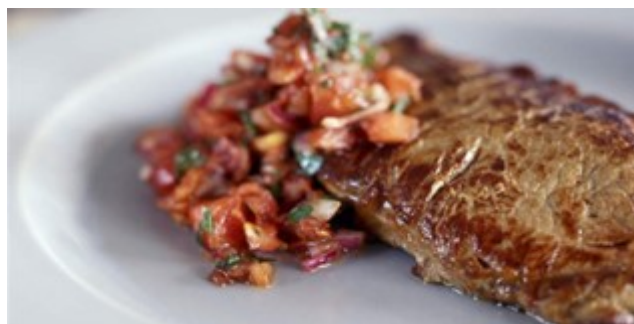
Kozco Energy Solar
Panel/Battery package
RRP \$23,490



Buy a \$2 ticket in the People's Choice Community Lottery to support us and go into the draw to win one of 43 prizes worth over \$300,000!

communitylottery.com.au

People's Choice
COMMUNITY LOTTERY



Recipe of the month

Steak with Tomato Salsa

Serves 2

Ingredients

Salsa

2 medium sized tomatoes

½ red onion finely diced

Few sprigs of parsley and basil finely chopped.

1/4tsp balsamic vinegar

1 1/2tblsp olive oil

Salt

2 steaks of your choice- fillet, sirloin T Bone

Method

Drop tomatoes into a bowl of boiling water for a minute then run under cold water. Peel, cut into a small dice and put in a bowl along with the other Salsa ingredients. Set aside.

Fire up the barbie- or you could use a heavy- bottomed pan over high heat. Add some oil and once surface is hot add the steaks. Cook 2-3 minutes each side (med rare) or longer if desired. Remove and rest for approx. 5 minutes. Serve with a few spoonsful of

salsa.

Very simple but yummy, 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

Copyright © 2023 The Hut Community Centre, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

