



Newsletter Blast March 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.

Community Support at its Finest

Eighteen year old Livy Mauviel was concerned about how many people are having trouble putting healthy food on the table. After discussions with her family she developed a project to raise funds for The Hut Community Centre Food Pantry.

Working with her mother Julia and grandparents Peter and Claire Coldrey she raised \$750 through the sale of cut flowers and foliage. Livy has drawn on the flowers and plants grown in her grandparent's Aldgate property to offer products for sale. Foliage and cut flowers (largely Leucadendron's, leucospernums and banksias), have been sold to a city florist and strawberry, raspberry and boysenberry plants have been sold at street stalls and through a network of friends and contacts. The berry fruits propagate quite profusely in the garden and Livy, with her grandfather has potted up all the seedlings and off shoots from the main bushes to build up an impressive stock of more than 150 plants. Claire and Peter also had an "Open Garden" for the Mount Barker Probus club which contributed to the total funds raised. Livy would like to expand this cottage industry to be able to offer a wider range of products which will put a smile on peoples face when they receive them.

Demand for the Food Pantry services has been very strong this year and this coincides with a drop in the volume of donations to the Pantry from the local supermarkets and Baker's Delight as they successfully control their own costs and reduce wastage. If you would like to like to make a donation to the Food Pantry contact The Hut on 83394400.

Thank you so much for your support Livy, it is very much appreciated!



Join us for our April Quiz Night

Test your knowledge and join us for a fun evening with games, prizes and more!

Funds raised from this event will support our low income support programs including our food pantry and emergency financial assistance relief program.

This event is BYO food and drink (alcohol permitted).

Cost: \$15 per individual, tables of up to 10 people available for purchase.

Bookings essential [here](#)



Creating a Kitchen Garden on a Shoestring

Join Slow Food South Australia committee member Rosa Matto and horticulturalist Lindy Russell for an engaging and practical session on creating your own kitchen garden. The session includes a delicious and wholesome lunch provided.

Starting from the very basics, this interactive workshop will give you all of the information you need to start your own kitchen garden. You don't need a large space or expensive materials to grow your own herbs and vegetables, the facilitators will provide all with lots of hints and tips on how you can do this with very little outlay and making use of things you may already have laying around the garden.

Click [here](#) to find out more about Slow Food SA

When: Saturday 15th April

Session Time: 10:00am – 2:30pm

Where: The Hut Community Centre

Cost: \$45 per person or \$35 for Slow Food Members

Bookings essential [here](#)



Slow Food® South Australia



Creating a Kitchen Garden on a Shoestring

Beginners' Guide



Facilitated by Rosa Matto and Lindy Russell
Delicious and wholesome lunch provided

WANTED - Volunteer Repairers for The Hut Repair Cafe

The Hut Community Centre has a thriving Community initiative – The Repair Café – where volunteer repairers assist members of the community to repair their precious items. This has many benefits such as reducing landfill, reducing consumption, making people from the community happy and feel that they are connecting with their community. Another benefit is that the repairers love doing this! It gives a sense of meaning and giving back to the community. It's a team approach and we'd love you to join if you have any skills at fixing things – we are particularly seeking electricians and small motor skills, but also woodwork, bicycle or tool repairs. If you are interested or have a skill we haven't listed, either come and visit the repair café or have a chat with Bron or Bernadette 8339 4400.

The Repair Cafe is held on the 2nd Sunday of the month 10am-1pm, however due to Easter will be the 16th April next month.



Celebrating Harmony Week

We had a wonderful night last Friday celebrating Harmony Week out on the platform. We had performances and information sharing from Indigenous artist David Booth, a taste of multi cultural dance with attendees invited to learn a new dance and some soothing relaxing music from Imijiri. Attendees also enjoyed a traditional Peruvian dish, Arroz Con Pollo.

A big thank you to Dave Booth, Bethany Neck and Michelle and James from [Imijiri](#) and a special thanks to our MasterChef Ivonne.

And a shout out to our volunteers that help us make it all happen!





Adelaide Symphony Orchestra

In collaboration with The Village Well Aldgate and Community Centres SA, we were fortunate to bring the Adelaide Symphony Orchestra to Aldgate. It was a sold out session with a room full of avid music lovers entertained by a wonderful group of musicians and charismatic conductor and presenter Martin Butler.



Breastfeeding Education Class

Breastfeeding is a learned skill, for mums and babies alike. Get the practical skills to help you and your baby in the early days.

The Australian Breastfeeding Association will present a free Breastfeeding Education Class at The

Hut on Saturday the 25th of March from 1-4pm. Click [here](#) for more info and to register for the class.



breastfeeding.asn.au

New adventures
**about to
begin?**

*We can help you
to prepare for
your baby.*



Australian
Breastfeeding
Association

Youth Leadership Program - Adelaide Hills Council

The Youth Leadership Program is designed to provide support to, and increase the wellbeing of young people aged 15-25 who live, work, play or go to school in the Adelaide Hills Council area. The program offers participants a unique opportunity to build useful transferrable professional skills. There are no prerequisites for participating in the program: you do not have to be or have been part of your school's student leadership group or other 'leadership' role.

Participants will develop their resilience and leadership capacity through a combination of facilitated learning in a series of workshops as well as the organisation of a number of events or programs to bring the learnings into practise. Apply [here](#)

youth leadership

**learn new skills
meet new people
be inspired make
a difference give
yourself an edge**

Free 2023 Youth Leadership program for
ages 15 - 25 who live, work, socialise or
attend school in the Adelaide Hills

- * Effective Communication * Peer Consultation
- * Goal Setting * Authentic Leadership
- * Entrepreneurship * Events Management
- * Social Media Management * Public Speaking
- * Driving Social Change * Problem Solving
- * Conflict and Negotiation * Activity Planning



Learn more and apply:
ylp2023.eventbrite.com.au



Hills Poets

Hills Poets are a group of people who meet on the second Sunday of the month to read their work to each other. The meetings are held at The Hut Community Centre in Aldgate from 3 pm – 5 pm. A small fee is charged for the room we use. (The cost is shared between participants).

If you write poetry and are interested in joining our group, please telephone
Jill Gower on 0413 019 417



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



Expand Your Skills
Build Your Confidence!

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: Torrens Valley Community Centre, Gumeracha

The 5 sessions will be held on 19 May, 26th May, 2 June 9th June & 16th June.

Each Friday class will run from 9:30am to 1:30pm.

Register Interest by calling 8339 4400

INTRODUCTION TO SMALL BUSINESS



Expand Your Skills
Build Your Confidence!

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.

Location: The Summit Community Centre

The 4 sessions will be held on 9th May, 16th May, 23rd May & 30th May

Each Tuesday class will run from 9:30am to 2:30pm.

Register Interest by calling 8339 4400

INTRO TO HORTICULTURE



Expand Your Skills
Build Your Confidence!

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

Youth Week Events - March 24 - 2 April



Arrow Tag

When: Sunday March 26

Session Time: 10:00am – 11:30pm

Where: Woodside Recreation Park, Woodside

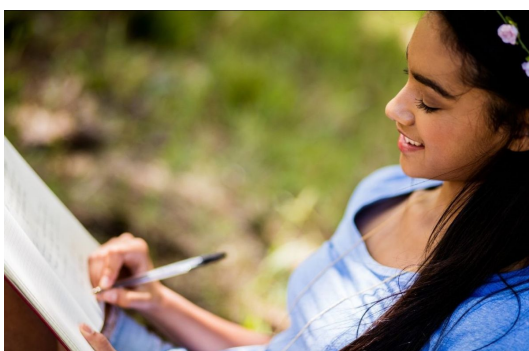
Cost: \$10 per child. Suitable for children 8+ years.

Book your place [Here](#)

What happens when you combine Archery and Dodgeball.. you get something amazing, you get Arrow Tag!

Navigate an obstacle course while firing and dodging arrows! Don't worry, the arrows have soft ball ends.

Facilitated by Archery Attack, this is a great activity for young people to get outdoors with their friends and meet new people in their community.



Nature Journalling with Zinia King

When: Wednesday March 29

Session Time: 4:00pm – 5:30pm

Where: The Hut Community Centre, Aldgate

Cost: \$10 per child. Suitable for children 8+ years.

Book your place [Here](#)

Connect with nature, relax and unwind in this nature journaling workshop for beginners. Facilitated by local artist Zinia King, this is a great activity for young people to get outdoors with their friends and meet new people in their community.



Geocaching at Woorabinda Bushland

When: Saturday April 1

Session Time: 10:00am – 11:30am

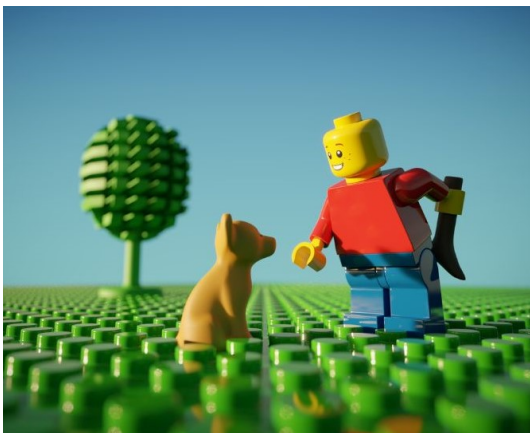
Where: Woorabinda Bushland Reserve, Stirling

Cost: \$10 per child. Suitable for children 8+ years.

Book your place [Here](#)

Geocaching is a treasure hunting game where you use a GPS to hide and seek containers with other participants in the activity. Enjoy this fun and adventurous activity working in small groups to find geocaches in the Woorabinda bushland reserve! Facilitated by Active Education, this is a great activity for young people to get outdoors with their friends and meet new people in their community.

School Holidays



Lego Animation

When: Friday 21st April

Session Time: 1pm - 4pm

Where: The Hut Community Centre

Cost: \$10 per child suitable for 8+ years

Bookings essential [here](#)

Learn how to bring Lego to life using the magic of stop motion animation. All equipment and Lego will be provided.

The finished videos will be screened for the group and uploaded to YouTube via the GooRoo Animation Workshops channel to be shared with friends and family.



Mindful Art for Kids with Mindful Monsters

When: Wednesday 26th April

Session Time: 1pm – 2:30pm

Where: The Hut Community Centre

Cost: \$10 per child. Children under 8 years must have a supervising parent during the session.

Bookings essential [here](#)

Are you looking for a fun and engaging way to introduce mindfulness to your kids? Do you want them to learn how to express their emotions and creativity through art? This 90-minute interactive workshop will guide your child through the process of creating their own Mindful Monster through art. Jan Carey, Director of Centre for Mindful Education, will help them bring their monster to life using a variety of artistic mediums, while incorporating mindfulness practices to help them stay present and focused.



Active Kids - Gymnastics Circus Combo with 22too

When: Start Date Wednesday 17th May

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 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!



Getting Older, Let's Talk About It!

When: Thursday 27th July Term 3 2023

Session Time: 10:00am – 12:30pm 8 week series (each Thursday)

Where: The Village Well Aldgate

Cost: FREE with morning tea provided

Register your interest by calling 8339 4400.

Limited places available.

Thinking about ageing? This conversation series, facilitated by Zest Creative, provides an opportunity to share with and learn from others about what it takes to successfully grow older with meaning, purpose and passion.

Some of the topics explored include: home, belonging and community, the reality of ageing, ageism, money matters, living with meaning and purpose, importance of social connection.

What's On

Promoting
Community
Well-being

For more information and to register for the below programs, please visit thehut.org.au

P: 8339 4400

E: reception@thehut.org.au



The Book Shed Stirling	Good quality secondhand books at great prices	Merrion Tce Stirling Mon- Sat 10am-4pm 4th Sunday of month
The Book Shed Woodside	Good quality secondhand books at great prices	68 Onkaparinga Valley Rd Woodside Mon, Wed-Sat 10am-4pm

Program/Event	Details	Date/Time
Creative Writing Group	Develop your writing skills with local writer Tony Rogers	Tuesdays 4.30pm—6pm at The Hut
Out and About Group	A social lunch group which meets in various venues in the Hills	Second Tuesday of the month.
Community Shed	Woodwork, social connection and tinkering	Tuesdays & Thursdays 9am - 12pm at The Hut
Music Makers	Learn, practice and enjoy a range of musical instruments	Tues weekly 9.30-12 Grace Lutheran Church Bridgewater
Multicultural Dance	Learn different simple dances in a fun and social setting	Fridays 7pm - 9pm Bridgewater Hall
Mosaics Group	All you need to create mosaics of your choice	Fridays 10am - 12pm The Hut Community Shed
Aldgate Valley Food Co-op	For purchasing organic foods and social contact.	Fridays 10.30am to 11.30 at Aldgate Valley Hall

Support and Assistance		
Community Lunch	delicious two-course meal featuring fresh seasonal produce.	1st Tuesday of month 12.00—2.00pm, The Hut
Repair Cafe	Repairs of small items to help reduce waste going to landfill,.	2nd Sunday of each month (16th April due to Easter) 10am-1 in The Hut Community Shed
Homework Club	Support with school work with volunteer tutors	Mondays, Tuesdays during term 3pm - 5pm at The Hut
Grandparents for Grandchildren	Supporting grandparents raising their grandchildren	2nd Wed of each month, 10.30am- 12 at The Hut
Food Pantry	Access to free fresh food & pantry items	Tuesdays 12pm - 2pm Thursdays 10am - 12pm at The Hut
No Interest Loans	No Interest, No fee loans up to \$2,000	Tuesdays 9am - 3pm
1:1 Computer Training	Learn to use your computer, tablet or smart phone	Monday - Friday By Appointment Only at The Hut
Community Transport	Community Bus for shopping and social outings for over 65's	Call to discuss eligibility

Fitness Programs		
Men's Moves	Healthy lifestyle program for men	Thursdays 10am—12.00noon at Aldgate Valley Hall
Strength and Balance	Gentle exercises to encourage balance and prevent falls	9.30 to 10.30 Tuesday and Thursday each week at Stirling RSL
Stretch & Breathe with Chi Kung	A gentle and restorative session for all ages and abilities	Wednesdays 10am - 11am Aldgate Oval Hall
Walking Groups	Various locations and times	Mon, Tues, Wed, Fri various times
Bounce Fitness Classes	Exercise classes for all ages and levels of fitness.	Run each week morning at the Mt Lofty Sports Club from 9.30am
Community Fun and Fitness	Aerobics, small weights, fun exercises	Tuesdays 9am—10 at the Bridgewater Hall.

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.

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 Volunteers Woodside and Stirling

Calling all avid readers with fantastic customer service skills, we need you! 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. Volunteers are needed in both locations.

Food Pantry Collection

We are fortunate to be offered free produce from Oz Harvest to supplement the Food Pantry here at The Hut. We are in need of a driver who is able to collect the produce once per fortnight from Hindmarsh. The Volunteer will need to use their own vehicle and a larger vehicle, van or ute is required. Travel reimbursement will be provided.

Food Pantry Volunteer - Tuesdays 11.30-3.00pm

We're looking for a special volunteer to help with our Food Pantry as a 'host' to our Panty members. This person needs to be compassionate and non-judgemental and enjoys talking to people in the community. Tasks include making people feel welcome, making coffee and tea, chatting and making connections. Ideally someone with a counselling or social work background but this is not essential.



Recipe of the month

Zucchini Bread Loaf

Makes 2 loaves -or halve recipe for 1 loaf.

Ingredients

- 3 large eggs-(if you halve recipe use 2 eggs.)
- 2 cups sugar
- 2/3 cup cooking oil
- 3 cups grated raw zucchini (about 2 medium)
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 1/2 teaspoon cloves
- 2/3 cup walnuts, coarsely chopped (optional)
- 1/2 cup Choc chips (optional)

Instructions

1. Preheat the oven to 350 degrees F and coat two 8 x 4-inch loaf pans with non-stick cooking spray.
 2. Shred zucchini and set aside.
 3. Whisk the eggs until light and foamy. Add the sugar, oil, zucchini, and vanilla and mix until fully incorporated.
 4. Combine the flour, baking soda, baking powder, salt, cinnamon, and cloves; add them to the zucchini mixture. Stir until well blended. Fold in the nuts and transfer to the prepared loaf pans.
 5. Bake for 45 to 55 minutes, or until a wooden toothpick inserted in the centre comes out clean. Cool completely on a rack before slicing and serving.
- Enjoy!
-

How you make others feel says
a lot about who you are.



Leave them with a smile,
a hug, and a kind thought.

***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](#).



mailchimp