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Newsletter Blast April/May 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.*

Celebrating Volunteers!

National Volunteer Week runs from Monday 15 May to Sunday 21 May 2023. This year's theme is The Change Makers. The week-long event celebrates volunteers' power to drive change to make the world a better place.

Each year, during this week, the Adelaide Hills, Mount Barker and Alexandrina Council offer a free movie day to celebrate and thank volunteers within these regions.

Movies will be screened on Thursday 18 May in Mt Barker - You can book your ticket [here](#)

Thanking Volunteers
across the Mount Barker,
Alexandrina and Adelaide
Hills Council Regions

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

FREE MOVIE FOR VOLUNTEERS 17-20 MAY 2023

Sit back, relax and enjoy a free movie of your choice for selected sessions during National Volunteer Week at Lobethal Cinema, Victa Cinema and Wallis Cinemas Mount Barker.



Volunteers can register for a movie ticket on any of the council websites from 1 MAY 2023

Adelaide Hills - www.ahc.sa.gov.au/community/volunteering

Alexandrina - www.alexandrina.sa.gov.au/volunteering

Mount Barker - www.mountbarker.sa.gov.au/volunteerevents



Congratulations!

A special Hut congratulations to our Programs Officer Courtney on the birth of her beautiful daughter.

Lyra Kay arrived on the 23rd April and is being well cared for by her doting big brother.

We look forward to meeting Lyra very soon!

Board Vacancy - Volunteer position

Do you have a CPA/CA qualification and want to make a difference in community?

We are currently recruiting for a Board member with a finance background (CPA or CA). Click [here](#) for more details click [here](#)



Community Connections Coordinator

Are you looking for a role that will have a significant impact on individuals' participation and connections within community?

The Hut Community Centre (The Hut) is a 'for purpose' centre located in the Adelaide Hills. We work with community partners to implement the Community Connections Program across the Adelaide Hills region. Applications Close 8th May. For more information, click [here](#)

COMMUNITY CONNECTIONS PROGRAM

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 someone for electronics 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 Mother's Day the May cafe will be the 21st May.



REPAIR CAFE
Volunteer Repairers needed!

Second Sunday Each Month
Give us a call on 83394400

10:00am - 1:00pm
1 Euston Road Aldgate

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



Community Learning Program 2023



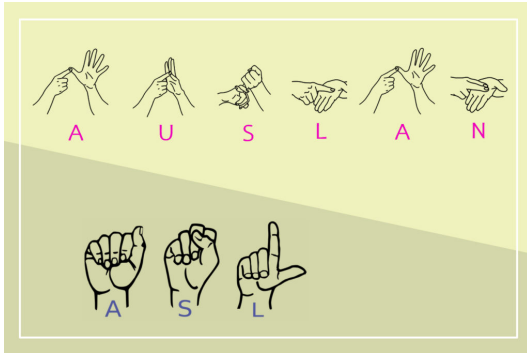
For more information and to register for the below programs, please visit thehut.org.au or scan QR code.



Course/Location	Details	Date/Time
Intro to Small Business Norton Summit	Launch or grow your small business while networking with others	Tuesdays 4 weeks 9:30am - 2:30pm Start Date May 9
Intro to Horticulture Aldgate	Theory and practical content for pathways into horticulture	Thursdays 6 weeks 10am - 1:30pm Start Date May 11



Term Program



Learn Australian Sign language - Auslan 6 week course

When: Start Date Tuesday 2nd May

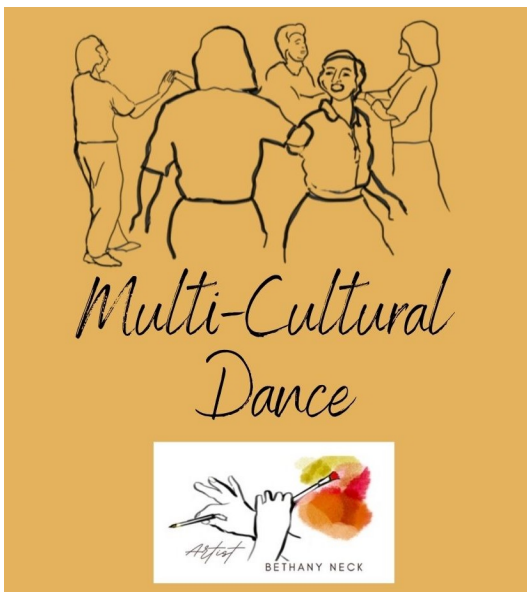
Session Time: 7pm - 8.00pm

Suitable The Hut.

Cost: \$45

Book your place [Here](#)

Beginner's course providing students with introductory skills in Australian Sign Language, Auslan. The ability to communicate with people who are Deaf and or hard with hearing can be helpful in teaching, child care, community welfare, public service and health positions in our community.



Multicultural Dance

When: Start Date Friday 5th May

Session Time: 1pm-2.30pm

Where: Bridgewater Hall, Bridgewater.

Cost: \$15 per session

Book your place [Here](#)

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

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 17th May

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!



Well-being for Women - 5 week series

When: Start Date Wednesday 17th May

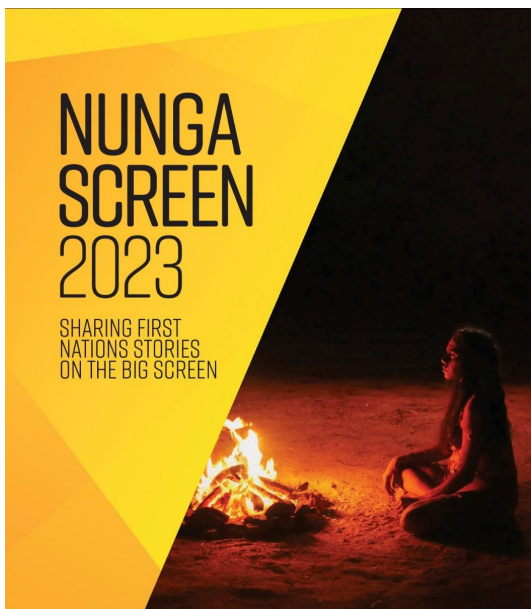
Session Time: 1.30pm - 3.00pm

Suitable The Hut.

Cost: \$10

Book your place [Here](#)

This well-being group series supports women and is facilitated by an experienced counsellor.



Reconciliation Week - Nunga Screening

When: Wednesday 31st May 2023

Session Time: 10:00am – 11.00am OR 7.00pm-9.00pm

Where: The Hut

Cost: FREE

Book [Here](#)

Nunga Screen shares and celebrates First Nations culture, stories and language through film.

A FREE annual event that spans National Reconciliation Week and NAIDOC Week, and which tours across regional SA from big screen cinemas to remote communities, Nunga Screen presents a diverse film program for cinema-goers of all ages.



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

Book [Here](#)

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.

Ongoing Programs and Services

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 1pm - 2.30pm 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 (21st May due to Mothers Day) 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
Grandcarers SA	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

Board Vacancy

Do you have a CPA/CA qualification and want to make a difference in community?

We are currently recruiting for a Board member with a finance background (CPA or CA). Click here for more details Click [here](#)

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.

Repair Cafe Repairers

The repair cafe is held on the 2nd Sunday of each month, 10am-1pm. We are in need of additional volunteer repairers, so if you have a skill that you would love to use to help others, please let us know.

Book Shed Volunteers Woodside

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 Book Shed, 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.

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



Choke Check can help you identify choking hazards for a young child and could help save their life. You may be surprised at what common household items children could choke on. Things like buttons, keys, coins and hair ties are all a risk. But there are also many more. This is where Choke

Check can help. Anything that fits totally inside the top end of the Choke Check cylinder could become lodged in a child's throat and choke them. The Choke Check cylinder is similar in design to test devices used by professional safety testing companies. It mimics the size and shape of a child's throat up to 3 years old (including the special oval-shaped tab that replicates the base of a child's throat). It shows how easily an object can get stuck in an airway and block it. If interested in making your own Choke Checker, follow the instructions on this [link](#).



Recipe of the month

Did somebody say PANCAKES?

If you have had Doris' delicious pancakes at the Volunteer Breakfast, then here is the recipe!

Makes 12 pancakes (depending how big you make them)

- 2 cups SR flour
- ½ cup sugar
- ½ tsp. salt
- 1 tsp. baking powder
- 1 ½ cups buttermilk
- 1 tbs. butter, melted.
- 2 tsp. vanilla extract
- 2 eggs

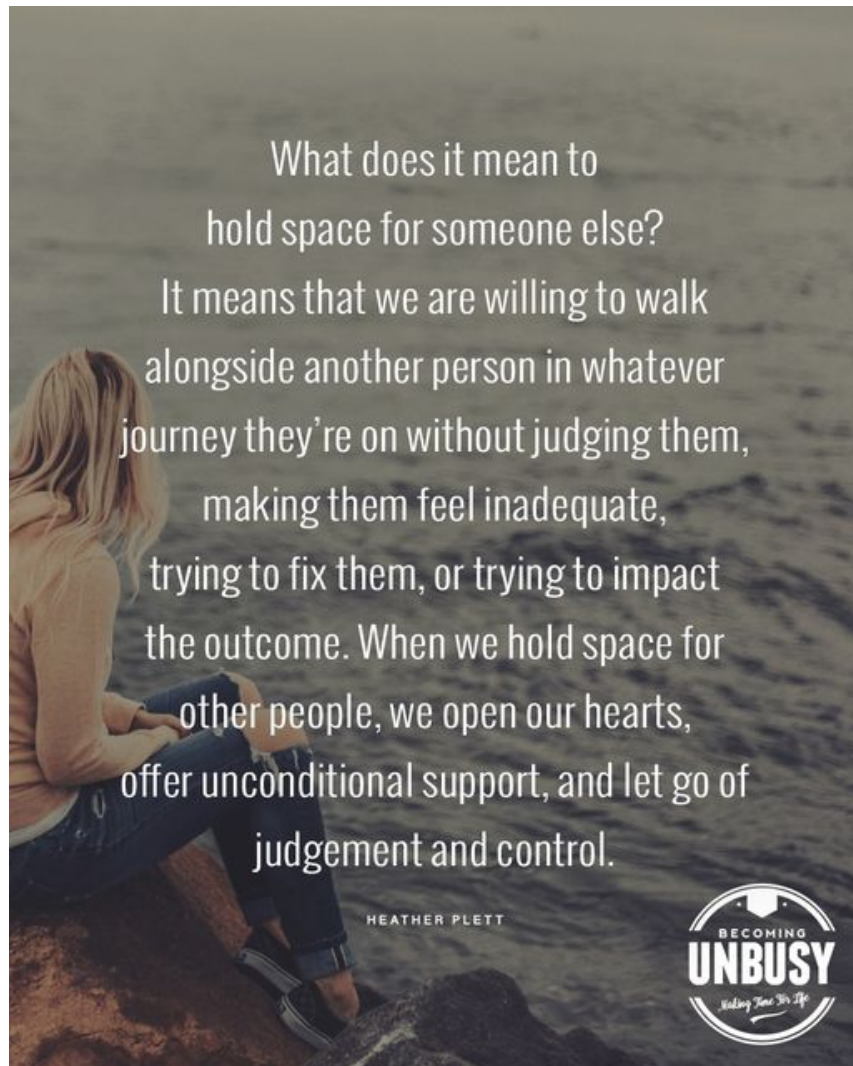
Combine dry ingredients together in a bowl. Mix the wet ingredients in a jug or bowl.

Fold wet ingredients into dry ingredients. Take care not to overmix. Batter should be thick and creamy, if you find batter too thick just add a bit more buttermilk.

Heat a non-stick pan or griddle, wipe over a little butter to lightly grease pan. Spoon approx. 1/3 cup batter onto pan. When underside is golden and bubbles begin to appear on

the surface, flip with a spatula and cook until golden. You can cook as many at once as your pan size allows. Repeat with remaining batter. Serve with maple syrup, fruit, bacon- (American style) or anything you like really, there are no rules!

Enjoy!



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



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