

Newsletter Blast July 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.

The Voice to Parliament

The Hut Board and EO have considered The Hut's role in the upcoming referendum on the Voice to Parliament. As a community leader in the Adelaide Hills, and one that has a broad membership with diverse views, we understand we play a role in disseminating information, rather than to advocate for a particular viewpoint and we will continue to look for ways to do this over the coming months. With this in mind, we have drafted a statement outlining our position.

This statement aims to reflect the importance of recognising the right of every Australian to consider these matters themselves, in an informed and thoughtful way, without seeking to enter a political debate about the merits or otherwise of the proposed constitutional referendum.

The statement aligns with the strategic objectives and values of The Hut, and our shared commitment to social justice and equity in our local community and beyond. It aims to recognise and honour the leadership and intention of Aboriginal and Torres Strait Islander leaders and peoples, as expressed in the Uluru Statement from the Heart.

We recognise that, in May 2017, a constitutional convention bringing together over 250 Aboriginal and Torres Strait Islander leaders met at the foot of Uluru in Central Australia on the lands of the Anangu people.

Together, these leaders drafted the 'Uluru Statement from the Heart' to empower Aboriginal and Torres Strait Islander people to take their rightful place in their own country, by establishing a First Nations Voice to Parliament enshrined in the Constitution, and a Makarrata Commission for the purpose of treaty making and truth-telling.

As a community organisation who has, as part of our values; respect, social connection and inclusivity, decided to take up the invitation extended to us in the Uluru Statement to walk with Aboriginal and Torres Strait Islander people in a movement of the Australian people towards a better future.

We deeply value our democratic right to participate in the upcoming constitutional referendum and encourage everyone in the Adelaide Hills to learn more about the Uluru Statement as they make up their own minds about these important issues.

Further information about the Uluru Statement from the Heart is available at

<https://ulurustatement.org/>.

COMMUNITY CONNECTIONS

Short term personalised 1 on 1 support to help you develop and maintain social connections in your community

Community Connections programs offers personalised 1:1 support to assist people to connect with social activities, support networks, and services in our local community.

We know there are many factors that contribute to people feeling disconnected and isolated, including mental health, financial pressures, lack of transport, low confidence, lack of knowledge of the services available or uncertainty about how to access them. Over a 12 week period our community connections coordinator, Ari, can work with you to understand your specific circumstances, challenges, needs and interests and provide you with tailored support to help you improve your quality of life.

Whether you're seeking information, referrals or support to access health or social services, wanting to explore recreational programs, educational or volunteering opportunities, need assistance with transport options or connecting with community online, we will work with you to identify your goals and support you to achieve them.

If you're between 18 to 64 (18 to 49 for Aboriginal and Torres Strait Islander peoples), are not eligible for mainstream programs such as NDIS and My Aged Care, and feel you could benefit from some 1:1 support to develop or maintain connections with support networks, contact Ari at the Hut, Wednesdays, Thursdays and Fridays on 83394400 or at communityconnections@thehut.org.au. The community connections program is funded by the Department of Human Services and you can read more about the program on [their website](#). While you are there, you can also read some [real life stories](#) to see how community connections is helping to strengthen community networks and assist people to access services.

Does your child benefit from structured sensory specific activities?



Outdoor Playgroup

An inclusive playgroup offering garden space, sandpit, waterplay, art/craft and quiet spaces. This playgroup ensures that neurodiverse children are well catered for.

Facilitated by Autism Support Specialist (Kate Exner)

Supported by  RED CACAO
COOPERATIVE OF THE SOULFARE MILLS

Wednesdays, 9.30 - 11.30am
during school term from 26th July

Sensory Specific - Outdoor Playgroup coming to The Hut

An inclusive playgroup will be commencing at The Hut on Wednesdays in Term 3. The Playgroup is designed for kids who would benefit from structured sensory specific activities. Open to all pre-schoolers and their family member/s, offering garden space, sandpit, waterplay, art/craft and quiet spaces. This playgroup ensures that neuro-diverse children are well catered for.

The group will be facilitated by Autism Support Specialist (Kate Exner) and our wonderful volunteer Ann, retired teacher extraordinaire.

Weekly activities will include craft, balance/coordination, sensory experiences and free play.

A large indoor space is available if the weather is extreme.

Inclusive practices of this playgroup will include;

- Information about facilitators and the site will be made available to families beforehand to build familiarity
- Schedules and social scripts used to ensure clear information sharing and expectations
- Visuals cues used to support communication
- Sensory activities available, sensory flexible spaces

The setup of this group has been made possible by the wonderful support of Red Cacao Stirling.

Thank you!

Register your interest [here](#)

Annual Hut Community Centre Member Registrations Open Now for New & Current Hut Members

Having local community involved in The Hut's strategic direction and oversight is vital for The Hut to achieve its vision and mission and is another way you can support the community in which you live. This can be done in a variety of ways, but the easiest is to become a Hut member.

Memberships are for a period of 12 months, being renewed annually.

Being a Hut member entitles you to have a voice at our Annual General Meeting (AGM) by voting for nominees to fill Board vacancies. It can also assist us when applying for funding to help us run activities and programs in your local community. So really, the more the merrier!

To register or renew your membership and have the opportunity to vote at our next AGM please click [here](#) to complete the membership form.

I hope that you will consider subscribing as a Hut member and thank you for your commitment to the Adelaide Hills and to The Hut.



What a Creative Bunch!

This small group had so much fun learning Macrame and taking home their own unique planter. New Hut Volunteer Erin, was very patient and great at explaining the different types of knots and styles. We hope to bring more of these workshops to the community, with the next one scheduled for Friday 15th September. You can book below in the program section of this newsletter.



IT'S CITRUS SEASON

Are your trees overloaded with citrus and you've given all that you can to neighbours and friends? You can put them to good use, instead of letting them rot on the ground, by bringing them in to The Hut Food Pantry. The Pantry provides fresh produce, bread and groceries to people in financial hardship and is open Tuesdays and Thursdays. Think of us when you are out in the garden and bring in a box to share. Many thanks

Which Bin?

Have you ever been a bit confused about which bin to use for waste and recycling?

Come along to the August Repair Cafe to get all the right information to help you to maximise your recycling and reduce waste.

Aliza from the Adelaide Hills Council will be available to answer those tricky questions you may have about recycling, bring along any items you wish to check with her.

Topics will include:

- Video on where your waste to landfill goes
- How do I know which bin to place an item in?
- Contamination in recycling bins – what not to put in your recycling bins
- Compostable V Biodegradable
- Question time on tricky to recycle items

Sunday 13th August 10.30am - 11.30am with question time until 12noon, bring along those tricky items to discuss with Aliza.

Register [here](#)



Free Garden Mulch offer

Now is a great time to mulch the garden before summer and Adelaide Hills Council are offering residents a FREE load of mulch!

The free load of mulch is available when residents drop off a paid load of organics or general waste, at the Heathfield Resource Recovery Centre.

Offer dates: 17 July to 1 November 2023 (unless stock runs out).

Location: [Heathfield Resource Recovery Centre](#), 32 Scott Creek Road Heathfield.

Offer conditions:

- For every paid load of waste or organics disposed at the Heathfield Resource Recovery Centre, residents can access a free load of mulch
- The mulch must be taken on the same day as the disposal of items
- All loads must be covered prior to leaving the site
- The offer is also available on [Free Green Organic Drop Off Days](#), however, a voucher will be provided for the mulch to be collected on a non-[Free Green Organic Drop Off Day](#) (mulch will not be provided on these days due to the limited capacity to load the mulch during this busy period).



Upcoming Programs



Connect & Create

When: Thursday morning (to be decided)

Session Time: 10am – 12

Cost: FREE

Register your interest by calling The Hut on 8339 4400

Gather together to share a cuppa and morning tea while creating a range of things to take home and share with others.

Creations will include Herb/Succulent bowls, Bread dough creations, Fabric hearts or Embossed tin foil creations.

We are planning to meet on a sunny day in the garden. This is weather dependant so we will call when the date is decided.



Outdoor Playgroup - Sensory Based

When: Each Wednesday in school terms.

Starting July 26.

Session Time: 9.30 – 11.30am

Where: The Hut Community Centre

Cost: \$2 per session

Register your interest [here](#)

An inclusive playgroup open to all pre-schoolers and their family member/s, offering garden space, sandpit, waterplay, art/craft and quiet spaces. This playgroup ensures that neurodiverse children are well catered for.

Weekly activities will include balance/coordination, sensory experiences and free play.

Facilitated by Autism Support Specialist (Kate Exner).



Getting Older, Let's Talk About It! BOOKED OUT - Join waitlist

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.



Hearing Australia - Information session and free hearing test

When: Tuesday August 8

Session Time: 10am

Cost: FREE

Bookings can be made [here](#) or call The Hut on 8339 4400

Learn how to manage and prevent hearing loss during the 30 minute presentation.

Find if you have hearing loss and what type during your individual hearing test.

Can't come for the whole time? Call The Hut to book your 10 minute hearing test on 8339 4400



Social Cuppa - Men's Morning

When: Friday August 11

Session time: 10.30am

Where: Lovells Bakery, Woodside

Cost: Free

Bookings can be made: [here](#)

You can also register by calling The Hut 8339 4400 or just show up!

Enjoy a chance to meet new people in a relaxed, informal setting – and a cuppa and cake on us!



Which Bin?

When: Sunday August 13 at the Repair Cafe

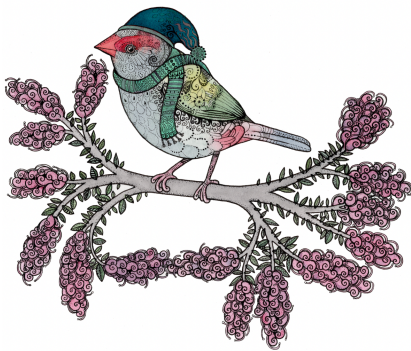
Session Time: 10.30-11.30am

Cost: FREE

Learn where your waste goes, which bin to place an item in, what not to put in your recycling, compostable vs biodegradable

Bring along your “tricky” items for discussion

Bookings can be made [here](#) or call The Hut on 8339 4400



Art Classes with Zinia King

When: Thursdays starting on August 17 for 6 weeks

Session Time: 2.30 – 3.30pm OR 3.45 – 4.45pm

Where: Woorabinda Reserve Education Centre

Cost: \$120 for 6 weeks

Bookings essential: [here](#)

Join local artist Zinia King in a 6 week exploration in creative thinking and practices and drawing techniques. We will touch on surrealism, storytelling through imagery and basic drawing skills.



Paint & Sip

When: Sunday August 27

Session Time: 2 – 4 pm

Where: The Hut Community Room

Cost: \$35

Bookings essential: [here](#)

Or register by calling The Hut 8339 4400

Enjoy a pleasant Sunday afternoon painting one of the classics while sipping a glass of wine.

All materials supplied.



Macrame Workshop

When: Friday 15th September

Time: 5.30pm - 7.30pm

Where: The Hut Community Room

Cost: \$20

Bookings essential: [here](#)

Wind down from your week in this friendly, creative atmosphere while you learn about

the craft of Macramé.

Enjoy creating a pot hanger (pot included), all ready to add to your home of garden.

All materials supplied.

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 3rd Sunday of month 11am-3

Program/Event	Details	Date/Time
Creative Writing Group	Develop your writing skills with local writer Tony Rogers	Tuesdays 3.30pm—5pm 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 9am-12 & 1-4pm & 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
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 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

Bus Outings

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.

We are specifically needing volunteers for Sundays, If this sounds like the right role for you then we would love to hear from you.



Recipe of the month

Sesame Chicken Meatballs- serves 4-6

For the meatballs:

500g chicken mince

3 spring onions, chopped, plus a few more for garnish.

1 egg, beaten.

¼ cup breadcrumbs

1 garlic clove finely chopped.

2 tsp. toasted sesame oil, or just regular sesame oil

1 tbsp. Low salt soy sauce

Freshly ground black pepper

For the Sauce:

2 tsp. cornflour

¼ cup chicken stock

2 tbsp. low salt soy sauce

1 garlic clove, chopped.

2cm piece ginger, finely chopped.

1 tbsp. rice vinegar

¼ cup honey

1 tsp. sesame oil

Cooked rice, toasted sesame seeds and chopped spring onions to serve-chopped red chili if you like.

Step 1: Combine chicken, spring onions, egg, breadcrumbs, garlic, sesame oil and soy sauce in a bowl. Season with pepper. Form 10 meatballs. Heat non-stick pan add a splash of oil, add meatballs and fry until cooked through. (15-20mins)

Step 2: Meanwhile make sauce- Whisk together cornflour and 2 tps. of water into a saucepan. Whisk in the stock, honey, soy sauce, garlic, ginger vinegar, and sesame oil. Cook over med-low heat, whisking, until mixture bubbles and begins to thicken, 1-2 minutes. Remove from heat. Add meatballs and toss to coat. Serve over rice, garnished with spring onions, sesame seeds and red chili.

Enjoy!



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



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