

Newsletter Blast August 2023

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.

Save the Date

The Hut Annual General Meeting will be held on Thursday 12th October.

Save the date and more information will be distributed soon.

We hope to see you there!

The advertisement has a background of colorful, abstract watercolor splashes in shades of pink, blue, and white. At the top, the text 'Does your child benefit from structured sensory specific activities?' is written in a bold, black font. Below this is a photograph of three young children playing in a garden. The child on the left is a boy in a striped shirt, the middle child is a girl in blue overalls, and the child on the right is a boy in a grey t-shirt. They are gathered around a blue water table. Below the photo, the title 'Outdoor Playgroup' is written in a large, blue, serif font. Underneath the title, the text reads: '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)'. At the bottom, it says 'Supported by RED CACAO' with a small logo of a cacao pod. The final text is 'Wednesdays, 9.30 - 11.30am during school term from 26th July'.

Sensory Playgroup

Playgroup commenced this term and we have been blessed with fabulous weather on most Wednesdays.

Families have had lots of fun in the garden with playdough, crafts, reading in the tepee, games and physical activities.

Facilitated by Anne (retired teacher) and Kate (Autism specialist), we provide a safe and inclusive space for all families to come and enjoy the beautiful space.

Inclusive practices of this playgroup 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.



Did you know elephants are the only mammal who can't jump?

Whether you did or didn't, it doesn't matter because the next Quiz night will have a broad variety of questions! Grab together a group of friends and book a table or join another table to help raise

funds for The Hut's variety of programs including Financial Wellbeing, School holidays or Community Connection. Your support makes a difference!

When: Friday 22 September 2023

Time: 6.30 for 7pm start

Where: The Village Well, 54 Strathalbyn Road, Aldgate

Cost: \$20 per person. Individual tickets available or book of table of 8 or 10.

Bookings [here](#)



Lunch and Fun at The Hut!

An opportunity to connect with people in your local Hills community over a delicious, nutritious two course home-cooked meal! Join us at The Hut for lunch made with love by our volunteers, served with a welcoming smile, good company and fun!

On the first Wednesday of each month, with the next one on 6th September.

Cost is \$5 for a two course meal.

Book [here](#)



Paint and Sip

Everyone had a fabulous time at our Paint & Sip Sunday sessions. A diverse range of paintings were created in the Bob Burrigde style and will look wonderful hanging on the wall. Keep an eye out for the date of our next session.



Amplify Youth Forum

The Hut's Community Connections Coordinator Ari, spent time at the Hills Youth Forum last week. The forum, coordinated by Headspace, is a day for young people about young people. Ari was able to chat to attendees and share information about The Hut and the Community Connections program.



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





Join Our Reconciliation Committee

First Nations Community members are invited to join the Community Centres SA Reconciliation Sub Committee.

In 2021 Community Centres SA defined one of our [strategic goals](#) as "a just and reconciled South Australia". We recognise that there is much work to be done in this space and have previously taking steps through our [Reconciliation Action Plan \(2018 - 2020\)](#), the Conversation Series: Acknowledgement of Country and previous Reconciliation Workshops, to name a few.

We want to continue our momentum and have identified that having a Reconciliation Sub Committee will provide the support and guidance to help us achieve just that.

This is a perfect opportunity for an emerging leader to increase your skills in committee work.

This committee role is an unpaid voluntary position however, a mentor and some transport support can be provided. There is no expectation to be an elder or provide advice on behalf of others. Your participation is based on lived and work experience to contribute to the appropriate advocacy actions for this peak body.

The Reconciliation Sub Committee currently includes three of our Board members, as well as a CCSA staff member and one CCSA Member. They will meet approximately four times a year on an agreed day and time by the committee for about an hour.

Please submit your expression of interest via the email button below. Remember to include your name, organisation and a short statement on why you would like to be part of the Committee.

[Email Your EOI](#)

Expressions of Interest close on the 29th of September, 2023.

We welcome you to contact us if you have any questions on 8371 4622, or by replying to this email.

Kind Regards,

The Community Centres SA Team



GOVERNMENT HOUSE
ADELAIDE

LUNCH on the LAWNS

12PM - 2PM

LIVE MUSIC

OPEN GARDENS

•FREE ENTRY•

First Friday of every month

September 1	December 1	March 1
October 6	January 5	April 5
November 3	February 2	May 3

Visit Government House

From September 2023, on the first Friday of every month, Her Excellency the Governor is opening the grounds of Government House for the public to enjoy their lunch picnic-style on the lawns. Each month, visitors can enjoy a performance by a local band or orchestra.

Visitors are invited to explore the Government House gardens and bring their own food, beverages, chairs and picnic rugs.

The initiative reflects Her Excellency's commitment to welcoming as many people as possible into the Government House grounds.

For garden enthusiasts, earlier in the day tours of the garden will be conducted by guides from the Botanic Gardens of Adelaide. Participants will learn about how the Government House garden has developed over time, its oldest trees, the history of its statues and sculptures, and more.

DETAILS:

Dates: September 1 2023, October 6 2023, November 3 2023, December 1 2024, January 5 2024, February 2 2024, March 1 2024, and May 3 2024.

Lunch on the Lawns

Gates open from 12-2pm, corner North Terrace and King William Road.

Entry is free, no bookings required. Visitors must bring their own food, rugs etc.

Garden tours

10.45am-11.45am.

Entry is free, bookings are required: tel 08 8203 9800.



Fountain Meditation Group

Fountain Meditation Group meets on the first and third Thursdays of each month at 7:30pm in the hall at the cricket ground on Churinga Road (just up the road a bit from the Hut).

The objective is to spread healing, creative and beneficial energy for community healing. We do this by sending love to our "focal points"....the Fountain in Alec Johnson Park in Hahndorf, the Victoria Square Fountain and the Obelisk at Port Elliot.

We have no formal membership and no religious or political affiliations, we simply send good thoughts to any or all of our focal points whenever we can. The energy field we create by doing this is measurable...it encourages new levels of awareness and more positive, caring thoughts and actions in the community.

Come along and meet interesting "like minded" people....any questions? Ring Trev on 041 140 1416 or see us on Facebook under Fountain Meditation Group.



Stirling Community Christmas Pageant - Sunday 3rd December 11am

Celebrating 30 years of Christmas fun in Stirling, this year will be an extra special event.

Bookings are now open for stall and float registrations, if you would like to be a part of this event, please

book in as soon as you can. If you would like more info please give us a call on 83394400.

Float Registration

Stall Registration



Seeking a Garden Shed

The Hut is seeking a garden shed with a double door to house a ride on mower at The Book Shed Woodside. Before we buy one I thought I would put a call out to see if someone had one they were keen to part with. (Approximately 3m x 2.5m) Please get in touch if you do, many thanks!

Entertainment

Support our fundraising

While you save money on everyday shopping



Entertainment Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best local restaurants, cafes, attractions, hotel accommodation, travel and much more.



Support our fundraising - buy your Entertainment Membership and 20% comes directly to our fundraising cause

15% off




Dining at Home
15% off. Up to \$60

25% off



HireAce
25% off. Up to \$30

10% off



Hello Molly
10% off

\$100 off



Snap Fitness
\$100 off

Show your support today and purchase an Entertainment Membership

[Join now](#)



The Entertainment Book is Back!

Available to purchase now is the App or if you prefer to look through an actual book, then we can arrange this for you.

You can order the new edition App [here](#) or get in touch if you would like to order a book.

Help us to continue to provide our valuable services through the purchase of an Entertainment Book!

Upcoming Programs



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).



Lunch at The Hut

When: Wednesday 6th September

Time: 12 noon

Where: 1 Euston Road Aldgate

Cost: \$5

Book [here](#)

An opportunity to connect with people in your local Hills community over a delicious, nutritious two course home-cooked meal! Join us at The Hut for lunch made with love by our volunteers, served with a welcoming smile, good company and fun!



Social Cuppa - Men's Morning

When: Friday 8th September

Time: 10.30am

Where: Lovells Bakery, Woodside

Cost: Free

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!



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 or garden.

All materials supplied.



Quiz Night

When: Friday 22 September 2023

Time: 6.30 for 7pm start

Where: The Village Well, 54 Strathalbyn Road, Aldgate

Cost: \$20 per person. Individual tickets available or book of table of 8 or 10.

Book [here](#)



Create a Pressed Flower masterpiece

When: Wednesday 27 September

Time: 10am – 12

Where: The Hut Community Centre: 1 Euston Rd Aldgate

Cost: \$45

Book [here](#)

This workshop will include all you need to create a pressed flower masterpiece: a quality 20x20cm wooden frame, a variety of pressed flowers to choose from, tips and tricks to collect and press your own flower PLUS a starter pack of 3 blank greeting cards and a flower posy to take home. Refreshments will also be provided.

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 Wednesday 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

Drivers and helpers required for backup. The bus program takes seniors shopping and on

social outings.

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 3rd Sunday of month, If this sounds like the right role for you then we would love to hear from you.



Recipe of the month

Blueberry Yoghurt Cake

Blueberries:

375g fresh blueberries

1 tbsp plain flour

Wet:

275g castor sugar

165ml or 2/3cup canola oil

2 eggs

1 tbsp grated lemon rind

¼ cup lemon juice

250g plain Greek yoghurt

Dry:

2 ¼ cups flour

4 tsp baking powder

pinch of salt

1. Preheat oven 180C. Grease a 22cm springform, line base with baking paper.

2. Rinse blueberries, set aside about 1/3 (for topping cake) Toss remaining blueberries in flour, set aside.
3. Whisk Wet into large bowl, add flour and salt, sprinkle over the baking powder.
4. Whisk until just combined – a few small lumps are fine. Stir through the blueberries. Pour into pan, top with remaining berries.
5. Place in oven and bake for 45-50 minutes or until skewer comes out clean. Remove sides of springform and cool on a rack
6. Sprinkle with icing sugar.

Note: If using Frozen blueberries: use frozen, do not defrost, they will weep into batter.

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
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