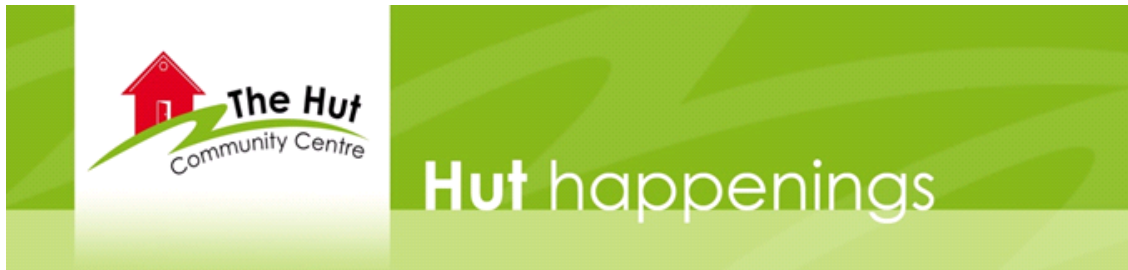


[View this email in your browser](#)



## Newsletter Blast October 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.*

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# ANNUAL GENERAL MEETING

## CHANGE OF DATE!

Thursday 16th November

Come along to hear the achievements of the past year.

A light supper and drinks will be provided.

We will also be farewelling retiring, and welcoming new Board members

.....  
**COMMENCES 6 PM**

**THE VILLAGE WELL**

**54 STRATHALBYN ROAD ALDGATE**

Please RSVP by 13th November, you can do so [here](#)



### Welcome Pravin!

My name is Pravin Bhatta. I am studying Bachelor's in Applied Social Science at Torrens University. I live in Stirling with my partner and our cat, Lenny. I started my placement in the Hut last month in September and will be here Tuesday - Thursday until December. I am having a great time engaging with the community and learning the ways I can be helpful for people in need. Among all the interesting projects of the Hut, I really enjoyed the music played by Rob and the coffee van by AHH on Tuesdays because music and coffee bring everyone together.

## Disability inclusive emergency planning information Sessions

Join us for a community information session focused on inclusive emergency planning, for people with disability, using the Person-Centred Emergency Planning (P-CEP) Toolkit!

Co-designed and tested by people with disability, P-CEP enables people to self-assess their preparedness, capabilities and support needs and develop a personal emergency plan for before, during and after a disaster.



Image credit: Volunteerability

### Session highlights

- Understand the importance of disability inclusive emergency planning
- Introduction to the P-CEP toolkit
- P-CEP peer leader and disability advocate, Annette Holden, will share her experience
- Where to access P-CEP resources and training
- Council's Disability Inclusive Emergency Planning project

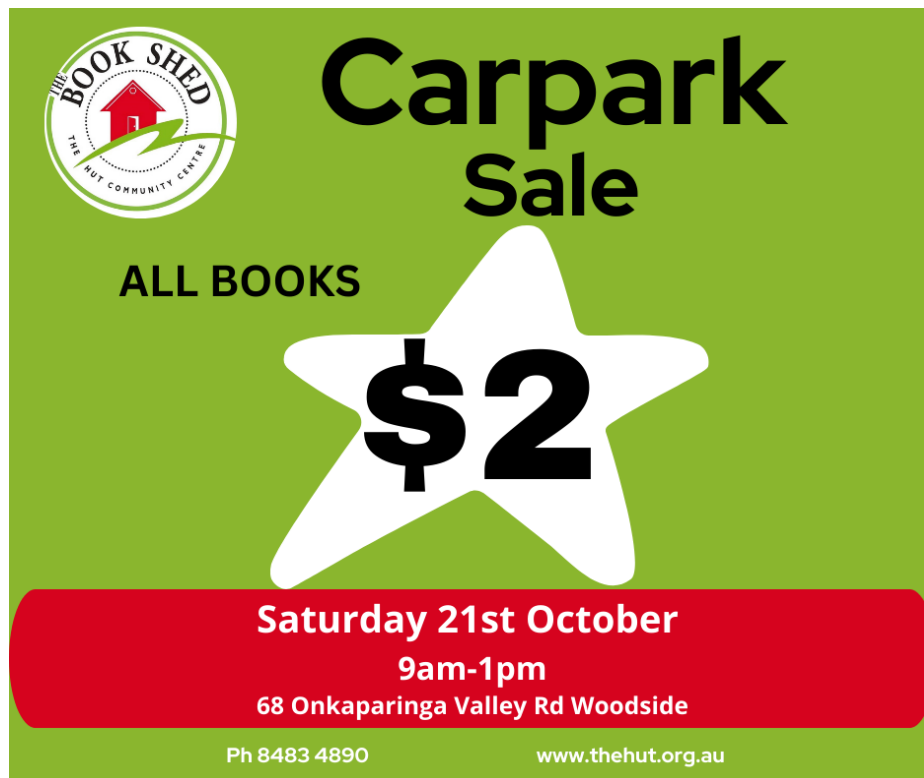
These sessions are for people living with disability, carers, friends and support workers - everybody is welcome!

Four sessions are available throughout the hills, with a face to face at The Hut scheduled for Monday 30 October 10am-11.30am or online at 6.30pm

For more information and to book click [here](#)

### Woodside is overstocked with books

Come and grab a bargain at Woodside this Saturday, for our inaugural carpark sale. We are overstocked thanks to so many generous donations from the local community. We hope to see you there!



**Carpark Sale**

ALL BOOKS

**\$2**

**Saturday 21st October**  
**9am-1pm**  
**68 Onkaparinga Valley Rd Woodside**

Ph 8483 4890      www.thehut.org.au

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#### **Woodside Cottage - Available for Lease!**

If you, or someone you know is looking for one or two rooms, or an entire cottage for business purposes, we have just the place for you, right in the heart of Woodside and adjacent to our new Book Shed. We are offering very reasonable rates and, with great visibility in Main Street this could be an ideal opportunity for you to start, expand or move your business.

Enquiries to Nigel at Venture Commercial on 0414 257 999 or at [nigel@vcre.com.au](mailto:nigel@vcre.com.au)



### **Wrap With Love**

Wrap With Love spreads comfort around the world. It is a voluntary organisation that has been operating since 1992, volunteers involved in the project have given wraps to people in need in Australia and many countries around the world, dispatching over 30,000 each year for the relief of cold humanity.

The Hut Community Centre has recently taken over the coordination of the SA branch of Wrap With Love. The centre will be a drop off point for rugs and volunteers can gather together and connect with others whilst knitting, sewing and preparing rugs. There are four areas that make rugs within SA - Belair/Blackwood, Strathalbyn, Mount Barker and Corowood. The rugs will be delivered and processed at The Hut and sent to local people in need or transported to the Head Office in Sydney where they will go overseas.

If you would like to be involved come along to The Hut on Mondays 1-3pm.





#### **The 5C's Supporting the Festive Food Pantry for the Third Year**

We are so grateful to our friends the 5C's (Collecting Cash Convertible Containers for Charities) for again committing to support our Festive Food Pantry program this Christmas. This is the third year that the 5C's has provided us with a donation which will enable us to purchase special festive food items for people in the Adelaide Hills community who are in financial hardship. Niicy and this amazing group of people work diligently collecting 10c cans and bottles across the community and are a fantastic example of how each small contribution can add up to be extremely impactful and make a positive difference in people's lives. You can join the effort by dropping your containers and bottles into the bright red bin at the front of The Hut Community Centre during opening hours.

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**The Hut Food Pantry**  
**Festive Food Drive**  
 To make Christmas special  
 for our local community

**You can help by donating**

**Festive snacks,  
 puddings, mince pies,  
 nuts & treats!**

Plus...Breakfast Cereals  
 Pasta Sauces & Pasta  
 Long Life Milk  
 Coffee & Tea Bags  
 Vegemite, Peanut Butter,  
 Jams & Honey  
 Tinned Tuna  
 Tinned Vegetables  
 Savoury biscuits & snacks  
 Olive & Vegetable Oils

Food and cash donations will be gratefully  
 received at The Hut, 1 Euston Rd Aldgate  
 until Wed 20th December

 **The Hut**  
 Community Centre

### Festive Food Drive for the Food Pantry

If your school, sporting club, church or business would like to do something impactful to support our local hills community this Christmas, please consider organising a collection to support our Festive Food Drive! Donations and special festive items are distributed to families who in financial hardship in the week before Christmas. Please contact Hayley Everuss [hayley@thehut.org.au](mailto:hayley@thehut.org.au) or 8339 4400 if you would like to be sent a Festive Food Pantry poster to share with your organisation.

### Book Shed Sign in Stirling Main Street

We now have a new A-frame sign on the footpath in Stirling, to raise our profile and encourage the community to visit, browse and (hopefully) purchase our quality pre-loved books. Many thanks to the staff of Fairley's Shoe Store for kindly agreeing to store our sign overnight, to make the task of putting it out each morning and removing at the end of each day far less onerous for our volunteers.



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**Podcast Launch: Community conversations!**





**Community Conversations**

# Community Centres SA

**What is it?**

The Community Conversations Podcast will feature stories and information on community development efforts, the programs being run by our members and general community interest topics.

**Why listen?**

The Podcast is aimed at highlighting the good work being done to make a difference at the grassroots level to address issues such as loneliness, social injustice and how to improve wellbeing of our communities.

**What guests will be on?**

We will be interviewing Community Centre members, community connection partners and community stakeholders who will share their experiences, activities and upcoming events.

**LISTEN NOW!**



**Also Available:**

Spotify



Apple Podcasts



### **Congratulations to our friends at Grandcarers SA**

For the first time ever, Grandcarers SA was one of the three finalists in the Outstanding Service; Non-government category of the South Australian Child Protection Awards.

Members of the Grandcarers SA team attended the awards ceremony at the Adelaide Oval on Friday 8 September where it was announced that there had been over 300 nominations across the 12 categories of the awards.

Mike Feszczak, CEO of Grandcarers SA, is proud of this achievement, "Whilst we didn't win, we are thrilled by this tremendous recognition of our small organisation. It gives validity to all our team who work hard to make a difference to children, by assisting their Grandcarers to provide a safe and nurturing environment through peer, personal and financial support."

Grandcarers SA meet at The Hut on the 2nd Wednesday of each month. We recently had a visit from the Ambassador for Grandcarers SA, loved media presenter Jane Reilly.



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### Men's Morning in October

It was another amazing day in Lovells Bakery, Woodside where men from all over the Hills showed up to meet new people while enjoying free coffee and cake. We had a big turn out this time with people of different age group who came together to relax and enjoy each other's company in a very casual setting. Men's morning happens every 2<sup>nd</sup> Friday of every month especially dedicated to the men of the Adelaide Hills to gather and have a friendly chat. We would like to see this group grow and invite you to our next men's morning on 2<sup>nd</sup> Friday of November which will be the last one for this year. We are keen to continue it next year in February after couple months break for the new year. So, plan your day or just show up at the café if you happen to be nearby and have a coffee and cake on us and enjoy.

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### Stirling Community Christmas Pageant - Sunday 3rd December 11am

Do you have any photos of the Stirling Pageant in the 90s? This year we'll be celebrating 30 years of this iconic hills event and will be creating a display of it's history.

Please bring any photos into The Hut Monday-Friday 9am-4pm for us to scan and add to the growing archive!

Bookings are also 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

### Upcoming Programs



#### Outdoor Playgroup - Sensory Based

When: Each Wednesday in school terms.

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.



#### Lunch at The Hut

When: 1st Wednesday of each month, 1st November

Time: 12 noon

Where: 1 Euston Road Aldgate

Cost: \$5

Bookings available [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!**

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### **Social Cuppa - Men's Morning**

**When:** 2nd Friday of each month, 10th November

**Time:** 10.30am

**Where:** Lovells Bakery, Woodside

**Cost:** Free

**Book [here](#) or just show up!**

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

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### **Weaving - an Introduction**

**When:** Saturday 28 October 2023

**Time:** 2 – 4.30pm

**Where:** Woorabinda Reserve – education centre

**Cost:** \$30

**Bookings available [here](#)**

**Gather in the beautiful surroundings of Woorabinda to learn the ancient craft of weaving.**

**This introductory session will open the wonders of weaving with raffia.**

**You will have a choice of the piece you create - coaster or earrings.**

**All materials are included.**

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### **Macrame Wall Hanging Workshop**

**When:** Friday 3rd November

**Time:** 5.30pm - 7.30pm

**Where:** The Hut Community Room

**Cost:** \$25

**Bookings available [here](#)**

Learn this ancient Egyptian art and create your own wall hanging, ready to decorate your home or gift to someone else.

You will be led through the process, step by step, in this beginner- friendly workshop.

All materials are supplied.



### Paint and Sip

**When:** Sunday 12th November

**Time:** 2.00pm - 4.00pm

**Where:** The Hut Community Room

**Cost:** \$35

Bookings available [here](#)

Facilitated by artist Bronya McGovern, this group will learn to paint in the Bob Burridge style using a variety of tools and equipment while sipping on a red or a white. Cost includes all materials, cheese and crackers and one glass of wine.

Participants will need to bring their own apron/smock/ or wear old clothes.

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## 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](http://thehut.org.au)

P: 8339 4400

E: [reception@thehut.org.au](mailto: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.

### Hut Volunteer Vacancies

Please email [volunteering@thehut.org.au](mailto: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.

#### Outdoor Playgroup

Held each Wednesday during school term from 9.30am - 11.30am, in the garden at The Hut. A volunteer is required to assist the coordinator with setup from 9am, any tasks throughout the session and pack up at 11.30am.

A range of art and craft, music, and other fun activities are held during the session. Parents are



always in attendance. Seeking a volunteer who loves working with children, is aware of inclusive practices and can make a regular commitment. If this sounds like a role that suits you, please get in touch.

### Wrap With Love

Do you love knitting, crocheting and sewing?

Join us on Mondays 1-3pm for Wrap With Love. Volunteers are needed to help knit, stitch together, sew on labels and tidy rugs ready to be sent to those in need. See the Wrap with Love article earlier in this edition for more information about Wrap With Love.

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### Adelaide Rally - Coming up in November

Each year the Shannons Adelaide Rally gathers an army of more than 300 volunteer officials who keep the event running smoothly. Officials get an insider's perspective of one of the largest tarmac rally events in the world. See the action up close and play a vital role in this iconic event, with opportunities to progress as a motorsport official. We'll provide training and accreditation, plus all volunteers get goodie bags including an event t-shirt. Apply for the event on November 17 to 19 at <https://www.adelaiderrally.com.au/volunteers>



### Salvage and Save

Another great initiative in the Adelaide Hills, that helps to reduce waste going to landfill whilst also providing meaningful employment to people living with disability.



salvage & save

## Say hello to the team at Windmill Hill

Part of Mobo Group, Salvage and Save Windmill Hill employs people living with a disability in meaningful employment and is dedicated to recycling activities that divert quality items and materials away from landfill.

From pickup and delivery of large items to the sale of handmade, recycled and quality goods through our thrift shop. Visit Salvage and Save Windmill Hill for all of your recycling needs.



1 Windmill Lane | enquiries@mobogroup.com.au | 08 8388 1837



### Recipe of the Month

Spring into spring with yummy Spring Vegetable Soup, add a can of chickpeas for extra protein!

1 tbsp olive oil

1 med onion finely diced – or you could use a leek (white part)

1 large celery stalk, diced.

2 medium carrots, sliced.

3 medium potatoes peeled and diced.

4 cups vegetable stock

½ tsp. dried thyme – or fresh if you have it growing

Salt & pepper to your taste

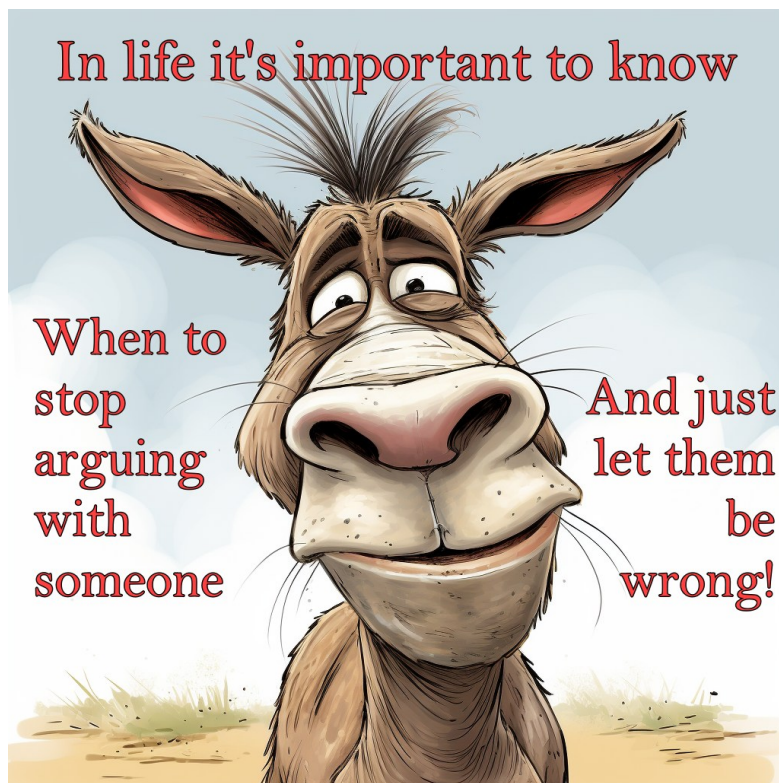
1 cup frozen peas or fresh ones if you prefer.

Optional:

A handful of small pasta or noodles (you break up some spaghetti into small pieces) If you decide to use you may need to add a bit more stock as pasta will thicken the soup.

1. Heat oil in a pot and add onion and celery. Sauté on low heat until the onion is translucent, about 3 minutes.
2. Add the carrots, potatoes, stock, and thyme, salt and pepper. Stir and cover with a lid. Increase heat and bring to a boil. Reduce heat and simmer for 15 minutes.
3. Add peas and pasta, (chickpeas if using) and cook for a further 5 minutes, making sure the pasta and veg are soft before you turn off the heat.

Enjoy 😊



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

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