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## Newsletter Blast November 2023

We recognise the Kaurua and Peramangk Peoples as the traditional owners of the Adelaide Hills and pay our respects to elders past, present and emerging.

Stirling  
Christmas  
Pageant  
& fair

**CELEBRATING**

30

YEARS

MAJOR SPONSOR  
**HARRIS**

BROUGHT TO YOU BY

SUN 3RD DEC FROM 11AM

Come and see Santa

<p style="font-size: 2em; font-family: cursive;">Live Music</p> <p>ATLANTIC STREET BAND 7 FOLD CHRISTMAS CAROLS HEATHFIELD RENEGADES SASAMBA</p>	<p>MARKET STALLS FOR CHRISTMAS GIFTS FOOD AND TREATS CAMEL RIDES SIDESHOWS FACE PAINTING</p>
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Free Activities

KIDS CHRISTMAS CRAFT • TABLE TENNIS • PETTING ZOO

PROUDLY SPONSORED BY

### Annual General Meeting

#### Caz's Story

The AGM was held this year at The Village Well. Apart from the usual presentation of reports and finances we created a video of Caz's story.

With the help of technology, Caz eloquently told the AGM attendees her experience with The Hut's staff and programs from first accessing the food pantry, her involvement as a Community Connections client to volunteering as a facilitator in a cooking class to now facilitating a monthly cooking on a budget class using produce from our pantry and community garden. Caz's story shines a light on the benefits she experienced when connecting with our services and programs, and what she recalls as the warmth and welcoming nature of our staff (both paid and volunteer).

Caz has very graciously given us permission to have this video on our website.

Click [here](#) to view the video.



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### Board Members

Many thanks to the Hut Members who came to the AGM to help us launch the donate campaign, hear Caz's story and welcome in new and returning Board members.

Our Board members for 2023/24 are:

David Rawnsley (Chair), Prof Deborah Turnbull (Deputy Chair), Greg Bussell (Treasurer), Dr Sarah Moulds, Pamela Patane, Ann Croser, Geoff Keynes, Sharon Maslen, Jenni Bottroff, Dr Tony Rogers,

A big shout out and thanks to Denny and Doris for making a delicious supper and the Croser family for providing beverages for the evening.

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**Make a Difference for our Community Campaign**

We have a new [Donate](#) button on our website!

This has been set up to raise funds to help us support people living in the Adelaide Hills. It will assist us to focus on two very insidious issues impacting on our community, cost of living and loneliness.

The **Make a Difference for our Community** Campaign runs until Christmas, raising money to help us run programs and provide services that:

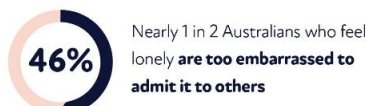
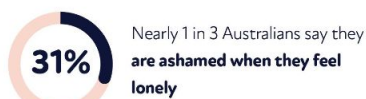
1. support people who are struggling with the ever increasing cost of living - through emergency financial assistance, referrals to support services and provision of food
2. reduce the incidence of loneliness and disconnection through facilitating programs that encourage connection and engagement.

I invite you to have a look on our website, press the red Donate button and help us make a difference for our community.

**New Project! Creating solutions to prevent loneliness with UniSA**

Did you know that someone who experiences loneliness is twice as likely to develop chronic disease and 4.6 times more likely to suffer from depression? The stigma associated with loneliness is known to prevent people from talking about their feelings of isolation and in turn they are less likely to seek connection. At The Hut we are dedicated to bringing loneliness into the spotlight and are excited to have been invited to be part of a pilot co-design research project with UniSA which will seek solutions to help prevent and address loneliness for women in midlife. With thanks to the National Women's Health Research, Translation and Impact Network we now have a Project Officer 3 days a week for the next 12 months working alongside UniSA. Early next year there will be opportunities for women in our community to be involved in the project through surveys, interviews and co-design workshops. Together with people with lived experience we will be creating innovative solutions to raise awareness about loneliness and enhance connection for women in our community. It is the aim that these initiatives will be rolled out to community centres across the country. Watch this space or speak with Hayley for more information about getting involved in this impactful project!

**TALKING ABOUT LONELINESS**



THE **STIGMA** ASSOCIATED WITH LONELINESS IS PREVENTING PEOPLE FROM TALKING ABOUT IT AND SEEKING THE CONNECTIONS THEY WANT.

**! FACT**



### The Community Shed with some great Christmas Gifts!

The members of the Community Shed have been very busy making beautiful wooden items just in time for Christmas. Volunteers braved the cooler weather on Sunday with a stall at the Stirling Market, and had a great day promoting the shed.

More items will be available to purchase at the market on Stirling Christmas Pageant Day on Sunday 3rd December 11am - 4pm on the Stirling Oval or get in touch with us at The Hut.



### 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. Niecy 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.



**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.

If you are not able to drop items into The Hut but you would still like to donate, there are three other drop off points in Stirling

- In the mall by Konditorei Cafe and Stirling Fruit Mart - setup by the Stirling Business Association
- Stirling GP
- Essence cafe will have one setup this week

Many thanks to all of these businesses for their support!

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#### Getting into the Christmas Spirit at the Book Sheds

Christmas stories are such a lovely way to share the joy of Christmas with the little ones. There are many beautiful Christmas books available to purchase at Stirling and Woodside, pop in and check out the range.

Opening times available [here](#)



### Author talk with Kelly Vincent

Adelaide Hills Council is thrilled to be hosting an author talk with [Kelly Vincent](#) next Wednesday, at our Coventry Library (Stirling), in celebration of International Day of People with Disability 2023.

Wednesday 6 December 2023 from 6:00pm – 7:00pm

Coventry Library, 63 Mount Barker Road, Stirling SA

Free | Bookings required (limited spaces): [Book Here](#)

Kelly's talk will be Auslan Interpreted





Former Member of the SA Parliament and disability rights advocate, Kelly Vincent will share her debut book, *Dandelion Heart*.

This book is a powerful collection of essays and poetry based on Kelly's experience as a physically disabled and autistic person, exploring themes from body image, sex and relationships, and mental health.

Kelly's talk will include her inspiration for writing *Dandelion Heart*, and the writing process. There will be copies of *Dandelion Heart* for sale on the day.

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#### Community Centres SA celebrating 40 years

We are delighted to share the highlights of The Community Centre SA 2023 Conference, which took place on the 9th of November. Themed "Prioritising Community Wellbeing," the conference aimed to foster an environment of shared knowledge, best practices, and expert insights to address the complex challenges of mental health. The Conference also celebrated the 40th anniversary of the Community Centres SA, a testament to four decades of dedicated service and community impact.

Four representatives from The Hut actively participated in various workshops, engaging panels, and in-depth discussions into practical approaches to nurturing mental health within our community.

The conference commenced with a Smoking Ceremony conducted by Uncle Tamaru, offering a cultural and spiritual welcome to the Country. Minister Nat Cook delivered the Opening Address, setting the tone for a day focused on the crucial topic of mental health. The highlight of the event the sealing of a Time Capsule, capturing the essence of our enduring commitment to community well-being.

Distinguished keynote speakers included John Mannion from Break Through Mental Health, Sarah Scammell representing Victim Support Service, and Andrew Plastow from Ngutu College. The Honourable Frances Adamson AC, the Governor of SA, graced the conference with a beautiful closing address, emphasizing the pivotal role of community centres in enhancing the well-being of individuals and supporting the broader community.



### 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, 6th

**December**

**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!



**Social Cuppa - Men's Morning**

**When:** 2nd Friday of each month, 8th

**December**

**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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**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 packup 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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Mariska Cowie  
Yoga



offering weekly yoga classes

### Join Mariska for Yoga in Aldgate

Come along on Wednesday nights at the Aldgate Oval Hall from 7 pm for a fun gentle yoga class. This class is not a beginners course, but is an ongoing weekly class and it is accessible for new students. Take advantage of a new student special which is your first 5 classes for \$55, to be used within two months. Bookings can be made at [www.mariskacowieyoga.com](http://www.mariskacowieyoga.com)

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### Recipe of the Month

Strawberries are sweet and plentiful, why not try making some jam!

#### Sugar Free Strawberry Jam

Makes a scant cup of jam.

400g strawberries, diced.

2 tbsp. water

1 tsp. chia seeds, ground – these are great for thickening anything in low carb cooking, including sauces.

1 tsp. lemon juice, add only if you want to store jam for longer than a week- it prevents the growth of bacteria.

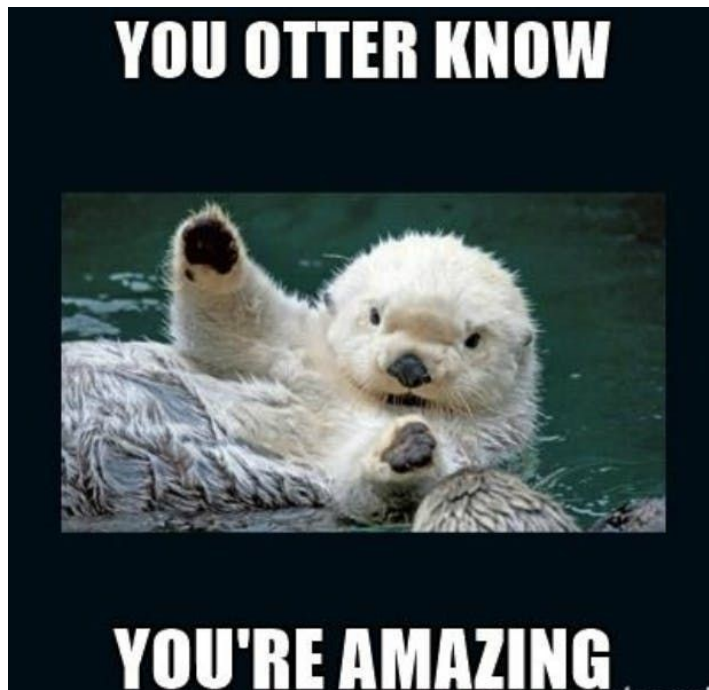
1 tbsp. natural powdered sweetener (erythritol) – use only if strawberries are not sweet.

1. Place diced strawberries and water in a saucepan. Bring to the boil (lid on), then turn heat down to medium and let it bubble away for 15 minutes. If using lemon juice, add at this time.
2. Mash the strawberries with a potato masher (or a fork), then continue to cook on low-medium for another 30 minutes until reduced by half. You want it to bubble peacefully. Bubbles will become smaller as the liquid evaporates. Stir regularly with a spatula to prevent the jam from burning. Towards the end of cooking, stir constantly.
3. Taste. If necessary, sweeten with powdered erythritol.

Please Note: The exact cooking time will depend on the saucepan you use and how hot your stovetop is. Simply cook until the jam is thick.

Enjoy!

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

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