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Newsletter Blast January 2024

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.



Welcome to 2024 from The Hut



Sunset Sessions @ The Station

Late in 2023 we received a generous grant from Foundation SA enabling us to fund our Sunset Sessions events. The aim of these events is to provide low cost entertainment and food to the local Adelaide Hills community while bringing in some income to The Hut to provide further support services to those in need. This grant will fund the next four Sunset Session events, as well as the purchase of important equipment we can use at events such as giant umbrellas for shade. So a big thank you to Foundation SA for your support!

On Friday the 19th of January we kicked off our first Sunset Sessions event for 2024. We had a great turnout of close to 70 people and the weather was absolutely perfect! Kaelin Haimes, a Mount Barker local, performed an array of originals and covers while we served an Aussie BBQ themed feast. Attendees enjoyed kangaroo, chicken pieces or veg skewers all seasoned with lemon myrtle and salt bush dukka. We also had BBQ must haves a cheesy potato bake and a green tossed salad. It was a fantastic event and we would like to thank all the volunteers and staff that made it possible!



Food Relief at The Hut

The cost of living is affecting so many in our community with food being one source of financial pressure individuals and families are facing.

Here at The Hut Community Centre we do our best to support people finding it tough to get nutritious food on the table. We have a busy Food Pantry service operating twice a week which has seen an increase in demand over the festive period. In response to the needs in our community, we have several initiatives that can help provide relief for those experiencing financial hardship in the Adelaide Hills.

Cooking With Caz

Join experienced Chef Caz to learn how to create nutritious meals based on what you can find at our pantry and in season in the garden or at the supermarket.

Lunch at the Hut

An opportunity to connect with people in your local Hills community over a delicious, nutritious two course home-cooked meal!

NEST with OzHarvest

OzHarvest's NEST program is a 2.5 hr x 6 week nutrition and cooking on a budget program!

A Year of Masterclasses in Sustainable Food Production

We at The Hut Community Centre have arranged a year of masterclasses in sustainable food production, a series of 4 (one each term) 5 week courses which are designed to be attended consecutively or individually. Course content will vary according to the seasons.

To find out more, enquire or book in for any of these programs, please see the programs section below or visit our website.

<https://www.thehut.org.au/community-workshops/upcoming-workshops/>



Photo credit to Adelaide Hills Council.

Tour Down Under hits the Hills!

The Santos Tour Down Under has brought a hive of activity across the Adelaide Hills over the last few weeks with the community coming out in the thousands to be a part of the action.

Our amazing volunteers from The Hut Community Centre cooked a BBQ fundraiser for the Schwalbe Men's Stage 6 finish line in Mount Lofty on Sunday the 21st of January. A big thank you to those who were able to help out on the day!



The Loneliness Project

Feeling lonely or know someone who is? Want to be part of finding a solution?

One in three Australians feel lonely. We want to start a conversation about loneliness in our community and how we might tackle it. If you are a woman aged over 40 we'd love your input. You don't have to be experiencing loneliness to have a unique perspective and some great ideas! Loneliness is everyone's problem and everyone's responsibility.

The Hut is working together with UniSA researchers to gather input into how we can shape community centres into the future, to help increase social connections – especially among women in midlife. In February and March we will be conducting one-on-one interviews to gather in-depth information and also will be facilitating a co-design workshop series – using creative methods to get people thinking about new ways to address loneliness. If you are interested in participating in either an interview or the workshops please contact Hayley Everuss 8339 4400 or

hayley@thehut.org.au

You can find out more about The Loneliness Project on our website here

: <https://www.thehut.org.au/volunteering/the-loneliness-project/>



Circus Skills School Holiday Workshop

These school holidays featured an entertaining and interactive circus workshop with Scott from Circus Elements that not only engaged the kids attending but also their parents and grandparents! The group learned tricks using flower sticks, a bean bag ball and a spinning plate. The session ended with all the kids passing a spinning plate on a stick around a circle. Great work guys!



Breast Feeding Education Class

Expecting a baby? Have you got questions about breastfeeding? Most babies breastfeed within an hour of being born, so it pays to learn what to do well before your baby is due. Come to a relaxed, information-packed Breastfeeding Education Class for expectant mothers and their partners.

Although breastfeeding is natural, it doesn't always come easily and is a learned art. Our classes

aim to provide expectant parents with the knowledge and confidence to successfully breastfeed. Our classes are a service offered by qualified breastfeeding counsellors and community educators who are volunteers in the Adelaide Hills area and are exclusive to Australian Breastfeeding Association members.

Classes are designed for expectant parents to prepare for the vital days, weeks and months after your baby's birth.

This class runs for about 3 hours and offers small-group interaction and a demonstration of a breastfeed by a new mum.

The next class will be held at The Hut on February 17th from 1pm.

Click the link below for more information and to register.

<https://www.eventbrite.com.au/e/772649163447?aff=oddtcreator>

BECOME A LOCAL LEADER IN PERSON-CENTRED EMERGENCY PREPAREDNESS (P-CEP)

Why Adelaide Hills needs you!

The Adelaide Hills Council (AHC) is inviting expressions of interest from people with disability to become Person-Centred Emergency Preparedness (P-CEP) Peer Leaders.

P-CEP Peer Leaders are people with disability helping raise awareness with other people with disability about P-CEP. The P-CEP is a framework and toolkit for people with disability to prepare for their safety and wellbeing in emergencies.

What you are invited to do

1. Be part of 2x workshops in February 2024 to learn about these action steps below to increase your emergency preparedness

1	Identify your strengths and support needs in everyday life	3	Plan for how you will manage your support needs in an emergency
2	Know your level of emergency preparedness and learn about your disaster risk	4	Communicate the plan with the people in your support network and address gaps through collaboration

2. Be a change maker and share P-CEP in your community

Tell other people with disability about how they can start to get ready and make a plan for an emergency.

3. Stay connected and share what you're learning

Interested peer leaders can join a P-CEP Learning Community when they finish the four workshops. This is a place to share your ideas, learnings, and tips about leading P-CEP in your local community. The Learning Community will include six online meetings starting in late 2023 through to mid-2024.

To apply, please complete the Expression of Interest here or scan the QR code.

Applications are open NOW

More information over the page.



This program is funded by the Department of Social Services (DSS) Information Linkages and Capacity Building program.

Preparedness (P-CEP) Peer Leaders

P-CEP Peer Leaders are people with disability helping raise awareness with other people with disability about P-CEP. The P-CEP is a framework and toolkit for people with disability to prepare for their safety and wellbeing in emergencies.

The Queensland Disability Network (QDN), together with AHC, will deliver their P-CEP Peer Leadership Program in February 2024, for people with a disability living in the Adelaide Hills.

Where: Adelaide Hills Council, 63 Mount Barker Rd, Stirling SA 5152

When: Workshop Part A - Wednesday 7 February 2024 10am - 1pm

Workshop Part B - Wednesday 14 February 2024 10am - 12:30pm

How is the program delivered?

QDN Facilitator will be online, and participants will be with the AHC Community Resilience team in Stirling. Participants can receive participation support from the AHC Team and South Australian P-CEP Peer Leader, Annette Holden.

They will work with you to ensure the workshops are accessible for you. Let us know how we can help you to actively participate in the workshops.

How to apply:

To apply, click on the link provided below, you are also welcome to contact the Council directly.

[Join the Person-Centred Emergency Preparedness \(P-CEP\) Peer Leadership Program! \(office.com\)](#)



**The first Wednesday
of each month
12noon**

**At The Hut Community Centre
1 Euston Road Aldgate**

\$5.00

for a two course meal

**To book please email
reception@thehut.org.au
or call 8339 4400**



REPAIR CAFE

Household items repaired by volunteer repair experts!

- ✂ Pushbikes
- ✂ Small Electrical
- ✂ Wooden Items
- ✂ Tool Sharpening
- ✂ Sewing & Darning

Second Sunday Each Month
10:00am - 1:00pm
1 Euston Road Aldgate

Coffee Please!
 Coffee and hot beverages available for purchase from Coffee please mobile cafe.

DONATIONS APPRECIATED



Repair Cafe

The Repair Cafe is back for 2024!

Bring all your small electrical items, household items and garden tools to be repaired and sharpened by our dedicated volunteers.

You can find us every second Sunday in the Community Shed at 1 Euston Road in Aldgate.

Upcoming Activities



NICE. EASY. SIMPLE. TIPS.



Learn to Cook Easy, Cheap & Healthy Meals with Oz Harvest – 6 week program

Still 2 places available

When: Monday 29th January

Time: 12:00pm – 2:30pm

Where: The Village Well - 54 Strathalbyn Road, Aldgate.

Cost: FREE

Bookings essential [here](#)

OzHarvest’s NEST program is a 2.5 hr x 6 week nutrition and cooking on a budget program! Come along to build your knowledge and skills in this hands-on, welcoming and fun environment. Lunch will be provided each week, and you will receive your own OzHarvest Everyday Cookbook at the end of the 6 weeks. We encourage participants to attend as many of the sessions as possible.



Social Cuppa - Men's Morning

When: 2nd Friday of each month, 9th February 2024

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!



Sunset Sessions @The Station - Pizza Night

When: Friday February 16

Session Time: 5:30pm – 8:00pm

Where: The Hut Community Centre

Cost: \$15 includes Entry & Meal

Bookings essential [here](#)

Relax & unwind at a stunning heritage railway station with tunes by Gen 'n Tonix and pizza available for purchase. Enjoy a range of freshly made pizzas while enjoying an evening of rocking tunes!



A Year of Masterclasses in Sustainable Food Production - A Series of 5 week courses

When: Start Date Thursday February 22

Session Time: Thursdays 10:00am – 2:00pm

Where: The Hut Community Centre

Cost: \$60 per course (5 weeks)

Bookings essential [here](#)

Learn to grow your own food at home or in a community garden! The Hut Community Centre have arranged 'a year of masterclasses in sustainable food production', a series of 4 (one each term) of 5 week courses which are designed to be attended consecutively or individually. Course content will vary relevant to the

seasons. Book in for the full series or each course individually.



Advanced Care Directive Information Session

When: Monday March 25

Session Time: 9:30am - 12:00pm

Where: The Hut Community Centre

Cost: FREE

Bookings essential [here](#)

An Advance Care Directive empowers you to make clear legal arrangements for your future health care, end of life, preferred living arrangements and other personal matters.

You're invited to a free information session to gain the resources you need and how to complete an Advance Care Directive. All resources provided are FREE

***Please note: these sessions are for information ONLY**

Ongoing Activities

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.

Hut 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.

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](#).



Recipe of the Month

Caramel Cheesecake Bites

If you need an easy and delicious dessert to take to your summer BBQ's then give this simple recipe a go. It's sure to be a hit.

Serves 8-10 (double if you think everyone will want more)

1 packet of Arnott's Butternut Snap Biscuits

250g of cream cheese

Caramel Topping

for best results prepare about 4 hours prior to serving to allow biscuits to soften

Mix cream cheese until smooth using a blender, food processor or mixer. Add caramel topping into the cream cheese a table spoon at a time and continue to mix until the caramel has flavoured the cream cheese to the desired taste.

Apply the cream cheese mix to the underside of a buttersnap biscuit, about a table spoon, and then add another biscuit on top, like a sandwich. Press together lightly to allow the cream cheese to fill out to the edges of the biscuits and neaten with a butter knife around the sides. Continue until all biscuits are used.

You could even dip them in white chocolate for an added treat, as seen in the image above.

Store in the fridge for between 4 - 8 hours before serving. The longer they are stored, the softer the biscuits will become.



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



The Hut Community Centre is registered as a charity with the Australian Charities and Not-for-profits Commission. ABN 28 609 761 525

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