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Newsletter Blast February 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.



Pizza Night at Sunset Sessions @The Station!

On Friday the 16th of February we had another successful Sunset Sessions event here at The Hut and somehow another evening of perfect weather. Over 70 people came out to enjoy live music by Gen 'n Tonix and fresh pizzas made by our team of volunteers. We hired two gas pizza ovens for this event and were kept busy making about 40 pizzas in an hour and a half! We are so grateful to The Crafers Bakehouse for providing the delicious pizza dough made fresh that day! On offer to those attending were homemade versions of the classics, Hawaiian, peperoni, vegetarian and BBQ chicken served with a side of pear and rocket salad or a cous cous salad.

A huge thank you to all the volunteers that make these events so successful, from set up through to food service and pack up.

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 four Sunset Session events, as well as the purchase of important equipment such as giant umbrellas for shade. So a big thank you to Foundation SA for your support!



OzHarvest delivers Nutritional Education program at the Village Well

We are now half way through our NEST (Nutritional Education Skills Training) being delivered by Grace from OzHarvest. Each session the class starts with a cook-up based on a low cost recipe provided by OzHarvest using rescued food. Participants get to learn cooking tips and learn from each other while creating a delicious and healthy meal. After the food is cooked, participants then engage in an interactive workshop around nutrition, budgeting and healthy eating habits. Finally, once the learning is done, it's time for enjoying

the food cooked earlier! So far the meals have included pizza, Thai Green Curry and Shepherds Pie.



SA Youth Week

15-24 March 2024



Youth Week 2024 at The Hut

The Hut has been successful in receiving a Youth Week grant, providing funding to run several events for the young people of the Adelaide Hills. Youth Week runs from March 15 until March 24 and the grant has a focus on disadvantaged groups of young people in the community and supporting them to be engaged in the planning of events they wish to participate in.

With this in mind, The Hut has teamed up with Headspace to run an exciting event in Aldgate, a silent disco! The theme is 'somewhere under the rainbow' and it invites young people to come along for a fun, inclusive and brightly coloured event. We will have several activities on offer including badge-making, games and face painting. This event is for young people aged 12-18 years and will be located at The Aldgate Memorial Hall on March 15.

Other Youth Week events include a Paint & Sip (alcohol free) and a Nature Journaling session with Zinia King.

For more information and booking details for these events, please see upcoming activities below or visit [here](#).



**Did you know that
one in three Australians
feel lonely?
We'd love you to be part
of finding solutions!**

Start the conversation
tinyurl.com/TheLonelinessProject

The Loneliness Project - Join The Conversation!

Thank you so much to everyone that has completed the survey so far or registered their interest to participate in interviews or our co-design workshops. It's heartwarming to know that loneliness is a concern in our community, and also that there is the energy out there to find solutions!

If you're not yet aware, The Hut is partnering with UniSA on a research and community co-design initiative to address loneliness and social isolation for women in their midlife. If you are a woman over 40 we would love your input, or please share this with someone you know who might like to participate. You don't have to be experiencing loneliness to have a unique perspective and some great ideas! Loneliness is common, and most people will experience loneliness at some point in their lives. The Loneliness Project aims to reduce the stigma associated with feeling lonely and encourage people to share their thoughts and perspectives to help us find solutions to increase social health in our community.

Get involved or find out more information here (link www.tinyurl.com/TheLonelinessProject) or you can contact Hayley Everuss on 8339 4400 or hayley@thehut.org.au.



Wrap With Love Morning Tea and Donation From 5C's

A morning tea was recently held at The Hut to bring knitters and crocheters together who have a connection with 'Wrap with Love'. It was fun and chatty morning with the sharing of stories and knitted creations.

We had a lovely surprise visit from the 5C's representative Niecy, who presented the group with \$200 of Spotlight Vouchers to be used for the purchase of needles and yarn.

Thank you to the 5C's and their support.

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. If you would like to be involved but can't come on a Monday, you can knit squares at home for us to make into wraps.

Contact The Hut for more details.



*Wrapping
people
in need*

Creating
warm wraps
for people in
need

Knit, sew, create

Join our knitting community

You can get involved by:

- **knitting at home**
- **crocheting wraps**
- **donating yarn or needles**

Phone The Hut

**For more
information
8339 4400**





Sensory Friendly Outdoor Playgroup Is Back For Term 1!

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.

This Playgroup will occur each Wednesday, 9:30am - 11:30am during school term.

Please just register once and then attend as often as you like.

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

Facilitated by Ann Kellet.

Cost: \$2 per child per session

For more info or to register click [here](#)

Thanks to Red Cacao Stirling for their generous donation to set up this program!

Staff Update - Community Connections Coordinator

It is with sadness that we announce that Ari Reid, Community Connections Coordinator will be leaving The Hut. Ari's last day is Thursday 22nd February. Ari hasn't been with us for long but has made a big impact on the team with her social work background, strong work ethic and infectious laugh. Ari has been offered a job as a Social Work Placement Supervisor, a role she has done before and loves. We wish you all the very best Ari!



COMMUNITY CONNECTIONS PROGRAM



REPAIR CAFE

Household items repaired by
volunteer repair experts!

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

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

Make Friends With Your Sewing Machine - A Repair Cafe Workshop

Are you looking to rekindle your love for sewing? Do you have a sewing machine that you just can't get going or isn't working how you want it too? If you answered yes, then this workshop is for you!

Your chance to learn new skills, be resourceful and do something good for the planet! Bring something you have been working on or something you are wanting to start along with your machine and its manual. Limited to a small group, so get in early!

Bring your own sewing machine and it's manual (if you still have it), machine needles, cotton and your own scissors plus a project if you have one.

The idea is to learn to repair something yourself and 'upskill' or refresh your skills with an 'Expert Repairer' on hand. If you are just unsure of how to work with your sewing machine, bring it along (with your manual if you have one) and have some fun with some like-minded people! This session is free however donations are appreciated.

As part of the Repair Café we are part of The Right to Repair movement around the world. Your chance to learn new skills, be resourceful and do something good for the planet – reduce landfill! Bring something basic or more complicated if you are confident.

Please note this is not a machine repair workshop.

Bookings essential. limited to 6 people.

Book [here](#)



**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**



How To Spot A Scam And What To Do Next

Keep up to date at Scamwatch. The ACCC's [Scamwatch website](#) has up-to-date information about scams and how to get help if you have been impacted by a scam.

What to do if you spot a scam

1. Contact your bank immediately.

2. [Seek support from IDCARE](#). 3. [Report the scam to Scamwatch](#). We use reports to identify new scams, disrupt scams, and warn consumers and business. We share some scam reports with law enforcement, banks, and other companies who can take steps to stop scammers. 4. [Find out where to get help](#) through Scamwatch. Sometimes you'll need to take steps to protect yourself from further scams.

Types of scams

The most well-known scams that you may come across include:

- Dating and romance: The scammer creates a fake profile to lure you into a relationship, then asks you for money or to invest in something.
- Investment scams: The scammer gets money from you for a fake investment opportunity.
- Buying or selling: The scammer creates fake online stores or classified ads to sell you a product that doesn't exist. Scammers may also send fake invoices for services or products that you did not order.
- Attempt to gain your personal information: The scammer tricks you into handing over banking or personal details, then uses these details to steal money or gain other like taking out loan in your name. These scams include hacking, phishing and remote access scams and identity theft.
- Threats and extortion: The scammer claims you have an unpaid bill, fine or debt, and uses threats to make you pay them. The scammer may pretend to be from the police or well-known fraud department and trick you into giving your personal or banking information or access to your computer or device.
- Travel, prizes and lottery scams: The scammer tricks you into giving them money or personal details to get a prize from a lottery, sweepstake or competition.

While anyone can be a victim of a scam, there are steps you can take to protect yourself.

The most important thing is to know that scams exist and be on the lookout for them.

- Always make sure you know who you are dealing with or talking to.
- If something seems too good to be true, it probably is. If you are not sure that an offer is genuine, do not go through with the purchase or share personal details.
- Check if the company is registered through the [ABN lookup website](#).
- Read reviews of the business and check for signs that it could be a scam.
- Use a credit card rather than a debit card or bank transfer so that you can ask your bank for a chargeback.

Information sourced from the ACCC website. To read more go to [protecting yourself](#).

Upcoming Activities



Getting Older, Let's Talk About It! 8 Week Conversation Series

When: Start date Tuesday March 5

Session Time: 10:00pm – 12:00pm

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

Cost: FREE

Bookings essential [here](#) or register your interest by calling 8339 4400. Limited places available.

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.



Garden to Gourmet - Growing Your Own Food Easily, Cheaply and Sustainably!

When: Start Date Thursday March 7

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.



Social Cuppa - Men's Morning

When: 2nd Friday of each month, 8th March 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!

Youth Week Event



Youth Week Silent Disco

When: Friday March 15

Session Time: 6:30pm – 8:30pm

Where: The Aldgate Memorial Hall, Aldgate.
Cost: \$10 per person. Includes food, drinks and activities. This is an alcohol-free event.

Bookings essential [here](#)

Aged between 12 and 18 years and looking for a fun place to hang out with friends on a Friday night?

Come check out our 'Somewhere Under The Rainbow' themed silent disco!

The Hut have teamed up with Headspace and Freddy Johns Presents to bring the young people of the Adelaide Hills a fun and inclusive event. Activities include badgemaking, temporary tattoos, giant games and more!



Youth Week Nature Journaling with Zinia King

When: Wednesday March 20

Session Time: 4:00pm – 5:30pm

Where: The Hut Community Centre, Aldgate

Cost: \$10 per child. Suitable for children 8+ years.

Book your place [here](#)

Connect with nature, relax and unwind in this nature journaling workshop for beginners.

Facilitated by local artist Zinia King, this is a great activity for young people to get outdoors with their friends and meet new people in their community.



Sunset Sessions @The Station - Harmony Week

When: Friday March 22

Session Time: 5:00pm – 8:00pm

Where: The Hut Community Centre

Cost: \$15 includes Entry & Meal

Bookings essential [here](#)

Relax & unwind at a stunning heritage railway station with a range of performances to celebrate Harmony Week!

Join us on the platform for a delicious Curry made by our amazing volunteers and live performances! So far our line up features Dave Booth performing with his Yidaki (didgeridoo) and a local hills ukulele group performance. More details to come soon!

Youth Week Event



Youth Week Paint & Sip

When: Saturday March 23

Session Time: 2:00pm – 4:00pm

Where: The Hut Community Centre, Aldgate.

Cost: \$10 per person. Includes food, drinks and materials. This is an alcohol-free event.

Bookings essential [here](#)

This Paint & Sip session will be held at the Hut Community Centre on Saturday March 23 from 2 - 4pm. Facilitated by artist Mikayla Reid, this group will put their own unique take on a classic painting using a variety of tools and equipment while enjoying some tasty snacks and refreshing drinks.

ADVANCE CARE DIRECTIVE



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
Sensory Friendly Outdoor Playgroup	This playgroup has a wide range of sensory friendly activities set in our nature play space at The Hut.	Wednesdays during term 9:30am - 11:30am at The Hut Community centre
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
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.

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

Is anyone sick of Zucchini yet?? If not this one's for you 😊

Zucchini and Mozzarella Bruschetta

Ingredients

- 500g zucchini, halved, sliced on an angle.
- 2 tbs extra virgin olive oil, plus extra to drizzle
- Juice of 1/2 a lemon
- 1/2 cup mint leaves, chopped, plus extra leaves to serve.
- 4 thick slices mixed seed sourdough

- 1 garlic clove, halved.
- 250g buffalo mozzarella ball, torn. (You could use Fetta or Ricotta)

Method

- Place zucchini in a bowl and sprinkle with salt. Toss to coat and set aside for 30 minutes to draw out excess liquid. Rinse, then pat dry with paper towel.
- Heat oil in a large frypan over medium heat. Add zucchini and season. Cook, stirring occasionally, for 10 minutes or until softened and sweet. Remove from heat, drizzle over lemon juice and extra olive oil, and toss with mint leaves.
- Meanwhile, heat a chargrill pan or barbecue to high heat. Grill bread for 2 minutes each side or until charred. Rub hot bread with the cut sides of the garlic.
- Divide mozzarella among toast. Top with zucchini mixture and mint to serve.

Enjoy! 😊



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



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