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Newsletter Blast March 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.



Harmony Week at Sunset Sessions @The Station

Well that's a wrap for our Sunset Sessions at the Station events for now! We have had three events with between 60 and 80 attending each event!

A BIG thank you to Foundation SA for providing funding for us to hold these events and provide an affordable, accessible and inclusive live music event for the Adelaide Hills community on our beautiful platform in Aldgate. Another HUGE thank you to our regular volunteers who have helped set up, pack up and cater for these events. Your time and dedication is greatly appreciated!

Sunset Sessions will be back in November with more catered live music events for the Adelaide Hills community.

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!



SA Youth Week

15-24 March 2024





Youth Week 'Somewhere Under The Rainbow' Silent Disco

On Friday the 15th of March The Hut teamed up with Headspace Mount Barker and Freddy Johns Presents to run a Silent Disco event for the young people of the Adelaide Hills.

Although we didn't quite have the numbers of young people attending as we hoped we would, it was an amazing event and for those who did attend. Our aim was to provide a safe, inclusive and fun disco with other activities including neon face painting, giant games and a polaroid photo booth. The feedback we received from the kids that did attend confirmed to us that we had achieved our goal.

"I'd like to say a big thank you. There were so many lovely thoughtful things which were incorporated into the evening and my kid thoroughly enjoyed herself. Being neuro-diverse means she doesn't have the opportunity to go out and enjoy events like this very often and it was a real treat.

I know the evening didn't have as many attendees as hoped for but wanted you to know that for the ones who went, it sounds like it was a lot of fun. Thanks again, it's great to have something like this in our area too."

We received funding to hold Youth Week events from the Department of Human Services with a focus on including young people in the planning of the events and supporting inclusion for young people from diverse backgrounds in the Adelaide Hills.



NEST Attendees Graduate!

Congratulations to all the graduates from the OzHarvest Nutrition Education & Skills Training 6 week program!

This program was funded by a Supporting Stronger Communities grant from Australian Neighbourhood Houses and Centres Association. Delivered by

OzHarvest, this program used rescued food to teach attendees to cook simple and healthy meals followed by education on nutrition and budgeting. Graduates received a cookbook with all the recipes used in the program upon completing the 6 weeks.



The Loneliness Project Update!

We're thrilled to share that we have now completed three co-design workshops with 22 lovely women who have shared with us their perspectives and experiences of loneliness.

'I do feel the project has also been a call to action for all of us to see how we can address loneliness in other ways in our own direct communities too. Whether it be through talking to neighbours more, attending more activities, shoulder tapping more women in our lives and looking out for each other more generally as women in this age group.' - The Loneliness Project Co-Design Workshop participant

We are excited that we'll soon be able to bring to life their ideas as we work together with the UniSA team to prevent and address this important topic - so watch this space, or you can contact hayley@thehut.org.au anytime to find out more.

A challenge that has been brought to our attention throughout the project is the lack of connection with our neighbours and the isolation that we feel when we don't have a relationship with them. Neighbours often aren't our closest friends but they can be a life line when you need an urgent favour or to feed your cat when you're going on holiday! They help us to feel more connected to our community and less isolated.

This Sunday 31st March is [Neighbour Day!](#) Is there something simple you can do this weekend to connect with your neighbour and make a difference in your community? Share some produce from your garden, invite them over for a coffee, or just say 'hello, how are you!'

“Belonging is
the innate human desire
to be a part of something
larger than us.”

Brenè Brown



Neighbours Every Day | *Relationships Australia.*

RESPECT

Respect In The Workplace

The new *Respect in the Workplace* legislation came into effect late last year. This means we are required to actively provide a safe place free from discrimination, bullying and harassment. We have developed a new *Respect in the Workplace* Policy and are implementing strategies to ensure we are compliant, but also to inform people of what we are doing in this space. Please have a look at this policy, and other Hut Policies, at <https://www.thehut.org.au/policies/>.

We pride ourselves in having developed and maintaining a safe and enjoyable place to be. If you notice anything that goes against our values of Respect, Community Spirit, Inclusivity and Excellence please let a staff member know or email our Executive Officer at deb@thehut.org.au .



Photo (right) L-R Former Trustees Deane Kowald & David Mussared and Board Deputy Chair Prof Deborah Turnbull & Chair, David Rawnsley at a recent community meeting to farewell the hall.

The Aldgate Valley Hall - The End Of An Era

The Aldgate Valley Community Hall (AVCH) and land was gifted to The Hut by the former Trustees of Aldgate Valley Recreational Grounds Inc. after the committee wound up in 2010. The land was initially donated by the Nation family, a local family living in the Aldgate Valley.

The condition of the 'gifting' was that the property be used for community purposes for as long as it is viable to do so. It has been used for this purpose for the past 14 years. Unfortunately, due to the declining condition of the hall, its use by the community has declined significantly over the past several years and is now not

viable to keep.

The Hut Board have been investigating options for the use of the hall and land for several years, brainstorming potential opportunities and considering options to keep the hall in the hands of community but haven't been able to land on anything that is financially viable, as the outlay to do anything would be out of our reach. Therefore, the Board has made a decision to sell AVCH.

Proceeds of the sale of the property will benefit four local groups/organisations as was requested by the previous trustees: The Hut, The Village Well, Heathfield High School Chaplaincy and the Aldgate Valley Landcare group.

The property will be sold by Auction.



you're invited to
THE HUT COMMUNITY CENTRE'S
QUIZ NIGHT

at the
Village Well
54 Strathabyn Road
Aldgate

Friday
12 April
7pm

\$20 per
person

BYO Food
& Drinks
alcohol permitted

To book scan the
QR code below or call
The Hut on 8339 4400.

Test your knowledge and join us for a fun evening with games, prizes and more!



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

Is Ageing on your mind? Come and share with a group of like minded locals.

This FREE conversation series, 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.

Starting Friday May 3 from 10:00am - 12:30pm and occurring weekly for 8 weeks.

The final session is on June 21.

Bookings via the link below all call The Hut on 8339 4400n to register. Morning tea will be provided. [Book Here](#)



Fruit Share Adelaide - We need your help!

Fruit Share Adelaide are an organisation that finds unloved fruit trees around Adelaide and the hills, and redistribute the fruit to the community.

They aim to prevent food waste, create community connections and provide food relief to people in need and have been donating this food to The Hut Pantry.

They are on the look out for more volunteers to help them harvest trees so if you are interested in learning more, email them at fruitshareadelaide@gmail.com or call Brett on 0408 914 139.



Foundation 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 0411 401 416 or see us on Facebook under Fountain Meditation Group.



What is the Hidden Disabilities Sunflower?

The Hidden Disabilities Sunflower is a simple tool for the wearer to voluntarily share that they have a disability or condition that may not be immediately apparent – and that they may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.

Just because you can't see it, doesn't mean it is not there. Globally 1 in 7 of us live with a disability. That is approximately 1.3 billion people. But while some of us experience a disability that is visible, many have a non-visible condition or experience a combination of both visible and non-visible conditions. These disabilities can be temporary, situational or permanent. They can be neurological, cognitive and neurodevelopmental as well as physical, visual, auditory and include sensory and processing difficulties. They can also be respiratory as well as chronic health conditions such as arthritis and diabetes, chronic pain and sleep disorders. The Hidden Disabilities Sunflower was created to encourage inclusivity, acceptance and understanding. Simply by wearing the Sunflower, the person is just letting everyone know that they might need extra help, understanding, or just more time. For more information <https://hdsunflower.com/au/>



Exciting Volunteer Community Engagement Opportunity with the University of Adelaide

The University of Adelaide's Admissions Working Group is now inviting expressions of interest for volunteer community member positions. The Admissions Working Group is responsible for the design and academic oversight of the admissions process for entry into the Bachelor of Medical Studies/Doctor of Medicine, Bachelor of Dentistry and Bachelor of Oral Health programs for domestic, international, and Indigenous applicants at The University of Adelaide.

Your role would be to participate and contribute to discussions related to the design

of the admissions process and be able to interview in multiple sessions for applicants for Medicine, Dentistry and Oral Health in November- December. It is expected that the Working Group will meet approximately 20 times a year (fortnightly) via Zoom on Tuesdays 9 – 10 am.

No specific knowledge or experience is required. Prospective community members from all workplace and volunteering backgrounds are welcome to apply. Also welcomed are applications from Aboriginal and Torres Strait Islander peoples, people from CALD communities and other diverse backgrounds.

[Person Specification for Volunteer Community Engagement Member](#)

Your involvement will help to shape the future of health care in South Australia.

If you are interested in joining the Admissions Working Group, please send an expression of interest with your Curriculum Vitae to Dr Alexia Peña (Chair, Admissions Working Group) at alexia.pena@adelaide.edu.au by COB Friday 5th April 2024.

After Hours Medical Care

Have you found yourself needing after hours non urgent medical care and don't feel comfortable sitting in a hospital waiting room for an extended period of time?

Your doctor or clinic may provide some after-hours care or have another doctor that they recommend after-hours. You can find out by calling your clinic or visiting their website.

Alternatively, you can contact your state's medical deputising service. These services are available after-hours if you can't reach your doctor, your doctor is unable to see you or you don't have a regular doctor. Medical deputising services can offer you telehealth appointments, and they are usually bulk billed.

Here are some of the medical deputising services you can contact:

- Home Doctor, on 13 74 25. Go to homedoctor.com.au for operating hours and to check if your location is covered.
- Call the Doctor, on 1300 640 471. This service is available for people in Hobart and Adelaide, go to call-the-doctor.com.au for operating hours.

A Josh Teague MP Seniors Forum

Ageing Well

10am - 12:30pm, Tuesday 23 April

Anne Jolly Hall, Crafers

www.trybooking.com/CQFIZ

FREE



Join Josh Teague MP, Member for Heysen
Penny Pratt MP, Shadow Minister for Ageing
Legal Services Commission, on wills,
Advance Care Directives and Powers of Attorney
Retirement Living Council of Australia
Aged Rights Advocacy Service

JOSH TEAGUE MP
MEMBER FOR HEYSEN
8339 5077 - heysen@parliament.sa.gov.au

Staff/Volunteer Updates

Welcome to new employee Cally Tierney!

We are very excited to welcome Cally Tierney to The Hut team. Cally has been employed as our new Community Connections Coordinator, coming to us with a wealth of experience having worked in the program for the western region of SA. Cally starts with us on Tuesday 2nd April and will be working part-time, with her normal hours spread between Monday - Thursday.

Farewell to two long term volunteers

Anita Aspinall AM, who has been a long time supporter of The Hut through her volunteering (over 20 years) and advocacy, was instrumental in ensuring The Hut had longevity through her time as Mayor of the Adelaide Hills Council and on The Hut Board. Amongst other things, Anita lobbied to secure the Aldgate Railway Station building as The Hut's home base.

Anita has decided to retire from her volunteering after a long history of working in our Book Shed in Stirling and we thank her very much for her involvement and commitment to the Stirling community and to The Hut.

Thank you also to Chris Patten, another long term volunteer who has decided to hang up her volunteering boots. Chris has volunteered in various roles with us for over 12 years, finding particular enjoyment on the community bus, supporting clients with their weekly shopping and social outings.



Writing Group

Develop your writing skills in a supportive group setting while exploring your own unique style and interests in writing.

Facilitated by experienced local writer Tony Rogers.

Register your interest, call 8339 4400



Location: The Hut Community Centre, 1 Euston Road Aldgate

Upcoming Activities



Social Cuppa - Men's Morning

When: 2nd Friday of each month, 12th

April 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.



The Hut Community Centre Quiz Night

When: Friday April 12

Session Time: arrive 6:30pm for a 7pm start

Where: The Village Well

Cost: \$20 per person. Table bookings available

Bookings essential [here](#)

Test your knowledge and join us for a fun evening with games, prizes and more! Funds raised from this event will support our low income support programs including our food pantry and emergency financial assistance relief program. This event is BYO food and drink (alcohol permitted).



Make Friends With Your Sewing Machine - Repair Cafe Workshop

When: Sunday April 14

Session Time: 10:00pm – 12:00pm

Where: The Hut Community Shed, 1 Euston Road Aldgate.

Cost: FREE.

Bookings essential [here](#).

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 quick!



School Holidays Disco Dance Party

When: Wednesday April 17

Session Time: 1:30pm – 2:45pm

Where: The Aldgate Oval Hall

Cost: \$12 per child. Children under 2 free.

Bookings essential [here](#). Suitable for kids aged 1 - 12.

Come and groove along these holidays with Tony from Cool 4 Kids! Get dressed up, play fun games and dance the silly's out with the whole family! Parents will be required to stay for the duration of this session, and you are most welcome to join in the fun! Kids can come dressed up already or we will have some props available.



School Holidays Claymation

When: Monday April 22

Session Time: 1:00pm – 4:00pm

Where: The Hut Community Centre

Cost: \$25 per child. Suitable for children 7+

Bookings essential [here](#)

Join us at The Hut Community Centre in Aldgate for an action-packed workshop and make your own Whiteboard Animation movie.



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

When: Start date Friday May 3

Session Time: 10:00pm – 12:30pm

Where: The Hut Community Centre

Cost: FREE

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

Thinking about ageing? This conversation series 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.



Understanding Autism

When: Tuesday 7th May

Session Time: 6.30pm - 7.30pm with question time afterwards

Where: The Hut Community Centre

Cost: Free

Bookings essential : Register your interest
83394400

Join Autism Specialist Kate Exner for an introduction to understanding life on the spectrum. Key topics will include terminology, diagnostic domains, common strengths and key support tools. There will be an opportunity to ask questions after the session. Suitable for parents, grandparents, interested workers.



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

When: Start Date Term 2 Thursday May 9

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.

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	Taking expressions of interest
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 9:30am - 12:30pm 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.

Chess Player/Teacher

Volunteer needed to facilitate regular kids chess sessions. Must be knowledgeable on all things chess and be able to create a fun, relaxed environment.



Recipe of the Month

Fudgy Gluten Free Brownies- an Easter treat!

50g unsalted butter, melted.

54g (1/4 cup) olive oil, or any oil of your choice

50g (1/2 cup) regular unsweetened cocoa powder

100g dark chocolate- I use Lind 70%

200g (1 cup) sugar

2 large eggs, room temp

2 tsp vanilla extract

30g (1/4 cup) tapioca flour also called tapioca starch.

1/2 tsp salt 130g (3/4 cup) chopped walnuts or pecans

Preheat oven 180 degrees grease and line a 20cm x 20cm baking pan.

In a saucepan over medium heat, melt the butter.

When just melted, mix in the chopped chocolate to melt. Leave it aside to cool.

In a mixing bowl using whisk or electric mixer, beat the sugar and eggs until mixture turns creamy and pale, whisk for a minute.

Then mix in vanilla, followed by the butter and chocolate mixture.

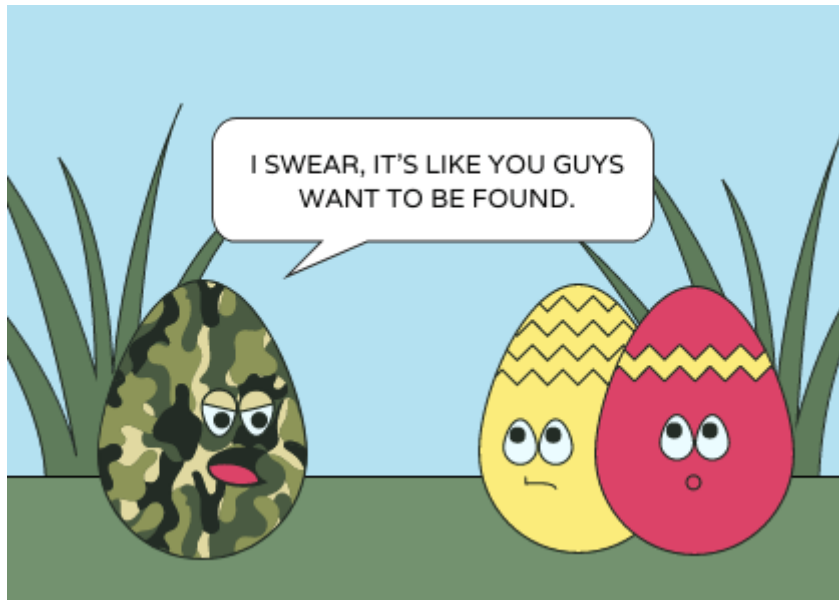
Once smooth, add in the tapioca flour and salt and mix to combine.

Fold in the nuts (I always like to roast them first)

Pour batter into the prepared pan and spread even.

Bake for 20-25minutes, then allow brownies to cool at room temp about 30 minutes then lift out of pan and slice. May be sticky, so maybe grease knife in between cuts.

Hippity Hop everyone 😊



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



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