



## Newsletter Blast October 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.*

---



### Week of Ageing Well at The Hut!

To celebrate our community and SA's Week of Ageing Well, we had an event series with a range of activities. The purpose of these activities were to bring people together, share information and celebrate all the good things in life! Our week started with a brunch outside in the sunshine followed by a come and try knitting session with our Wrap With Love group. Later in the week, lots of conversations were held at the community lunch and craft session and valuable information shared at an Advanced Care Directive Session and Bank SA scams information session.

Thank you to everyone who visited The Hut during this week, we hope you had fun!

---



### **An update on the Dungeons and Dragons Campaign from Dungeon Master Victoria**

Dungeons and Dragons is a role play game played by a small group of people who develop unique and detailed characters. The game facilitates collaborative story telling and team work as the characters interact with each other and react to the story line developed by the Dungeon Master. We are currently hosting a campaign, an extended play that can last over several months. This extended play is an opportunity for added creativity, adaptability and for building social connections within the group.

Our team of adventurers at The Hut are a small group of young people who meet weekly to continue their campaign.

*Below is a taste of how the campaign has been going.*

A unexpected party comes together in the middle of a raid on Greenest: Dinwan Byoven, a human life cleric, Enguetel, a haunted fairy sorcerer, Datari Ironbrow, a dwarf wizard, and Kronin, a goliath tempest cleric. These four adventurers rescue a group of Greenest villagers, making their way to the Greenest Keep, encountering a demon which favors Dinwan on the way there. On arrival of the Keep, meets Governor Nighthill and Escobert the Red aiding them by securing a secret tunnel out of the keep.

However, the Keep has just been breached by a small raiding party.....

If you would like to join the adventure, you can register [here](#) and your character will become a part of this captivating campaign.

---



# Annual General Meeting

## CHANGE OF DATE

**Wednesday 20 November 2024**

### AGM - Update to AGM Date

Thank you for your interest, support and involvement with The Hut as a member, volunteer, participant or interested community member.

We extend an invitation for you to attend our 2024 AGM which will now be held on November 20 at the Stirling RSL clubrooms. This will be an opportunity to hear about the achievements of the past year and share a light supper and drinks. We will also be farewelling retiring, and welcoming new Board members.

---

### Community Connections Update: Discover Your Community Connections

The Community Connections Program is here to help you build meaningful relationships and enhance your life through connection and support.

Our program is designed to empower you to connect with others and achieve your personal goals. We can link you in with a range of services, supports and community programs and activities tailored to your needs, including:

- Volunteering Opportunities
- Support you to enhance your abilities and boost your confidence.
- Group and Individual Activities: Join like-minded individuals in a variety of fun and enriching activities.
- Engage with your community while making a positive impact, with an individual focus for each person.
- Link to Counselling Services – Financial Assistance or Support to contact other services.

Our program is for South Australians aged 18 to 64 who are looking to strengthen their social networks and connect with community services. If you're not currently receiving support from NDIS or My Aged Care, we invite you to join us on this journey of connection and growth.

Community Connections is also excited to be partnering with Spark to support the Spark

conversation catch up's across the Adelaide Hills - Take the opportunity to ignite conversations that matter and spark connections that last. If you or someone you know is looking to build your community please reach out.

Take the first step toward a more connected life! For more information, contact us today. Together, we can help you thrive.

[communityconnections@thehut.org.au](mailto:communityconnections@thehut.org.au)

---

### **Food Pantry Update**

The pantry is blooming, not only are the flowers in the community garden space in full colour but there are also new donors, new pantry members and new volunteers.

Research is showing that approximately 11% of the population is food insecure. For the Adelaide Hills area, that is equivalent to 4370 people. As we speak with the community, it is becoming more evident that there is a large and growing need for food assistance in the Adelaide Hills area. Twice weekly we are able to connect with a small portion of these people and assist them in ways that meet their immediate needs.

Feedback from one pantry member - 'I don't know where I would be without the pantry, it has helped me with food and also connecting with other people. The Hut is a great place that is always there to help.'

Our focus over the coming two months is the Festive Food Drive. We already have a handful of local community schools, and organisations who are willing to be a drop off location. If your business would like to be a part of this collective, please get in touch with us. Alternatively individuals are able to drop off non perishable groceries to The Hut. We are looking forward to the festive season and the extra support that our local community is giving.



# The Hut Food Pantry

## FESTIVE FOOD DRIVE

### HOW CAN YOU HELP?!

Rally your colleagues, community, family or friends  
to collect and donate these much needed items.

No amount is too small or too big!

#### OUR WISH LIST...

Festive Foods, Mince Pies, Puddings & Special Snacks  
Breakfast Cereals, Weetbix, Rolled Oats, Muesli  
Pasta Sauces, Tinned Tomatoes & Pasta  
Long Life Milk  
Instant Coffee & Tea Bags  
Spreads, Vegemite, Peanut Butter & Honey  
Tinned Tuna and Tinned Vegetables  
Olive and Vegetable Oils  
Dishwashing Liquid, Toilet Paper & Washing Powder  
Shampoo, Conditioner & Body Wash

Donations will be gratefully received at  
The Hut, 1 Euston Road Aldgate  
by Tuesday 21st December

Please contact Izzy Rogers on 8339 4400  
or [financialwellbeing@thehut.org.au](mailto:financialwellbeing@thehut.org.au) with any enquiries.



2024 Raffle - Be in the running to win some fabulous prizes!

How fabulous would it be to stay for the weekend in one of the beautiful balcony rooms of the Stirling Hotel!

Christmas is almost upon us and thanks to the generosity of the Stirling Hotel, tickets are now on sale for The Hut's Christmas raffle.

We would love for our community to help us sell tickets. This raffle is a valuable opportunity for The Hut Community Centre to raise additional funds to support our programs and services.

Get in touch with reception if you would like to grab a book (or two).

Many thanks for your support.

---

# CHRISTMAS RAFFLE

3,000 tickets @ \$2.00 per ticket

## **MAJOR PRIZE: VALUE \$900**

### **WEEKEND AWAY FOR 2**

Includes two nights accommodation in one of the Stirling Hotel balcony rooms. Valued at \$900. *Booking subject to availability*

### **SECOND PRIZE**

#### **DINNER IN THE STIRLING HOTEL WINE BAR & DINING ROOM**

Valued at \$250

### **THIRD PRIZE**

#### **STIRLING HOTEL OR PATISSERIE VOUCHER**

Valued at \$100

---

**Spark**   
*Igniting human connection*

An initiative of



#### **The Loneliness Project - Spark Update**

We are igniting connection across the Hills with Spark's new initiatives launching NOW!

Sign up to the Spark newsletter to stay up to date or follow along on Spark Connection Facebook or Instagram

Newsletter - <http://eepurl.com/i0riPY>

Facebook - <https://www.facebook.com/profile.php?id=61563776548422>

Insta - <https://www.instagram.com/sparkconnection/>

🌟 **Spark Conversation:** All people are welcome to ignite connection and spark new friendships at our conversation sessions across the Hills.

**Mondays 1.00pm-2.30pm at The Olive Branch Cafe Balhannah**

**Tuesdays 10.00am-12.00pm The Oak and Iron Tavern Mount Barker**

**Wednesdays 10.00am-12.00pm The Britannia Kanmantoo**

**Thursdays 5.30-7.00pm Miss Perez Stirling**

🌟 **Spark Social:** Spark joy together through exploring common interests, experiences and fun activities! Our first gathering will be Saturday 2<sup>nd</sup> November 2pm-4pm location TBC

🌟 **Spark Self Connection:** An 8 week series for women to nurture yourself and ignite meaningful connection with others. Starting Friday 18<sup>th</sup> October (but you can still book and join in week 2!) Give us a call if you would like to join in 83394400 OR

[hayley@thehut.org.au](mailto:hayley@thehut.org.au)

🌟 **Calling for men to help us find solutions to loneliness!**

We are embarking upon new co-design workshops in November and are seeking men to share their perspectives and ideas. You don't need to have to be experiencing loneliness to have a valuable contribution. We would love to hear from you so find out more here or contact [hayley@thehut.org.au](mailto:hayley@thehut.org.au)

Men's project - [www.tinyurl.com/sparkformen](http://www.tinyurl.com/sparkformen)

---

### **Stirling Christmas Pageant - Invitation To Get Involved!**

The elves are busy preparing for the upcoming Stirling Community Christmas Pageant.

This years theme is 'Christmas Around the World'

A great lineup of entertainment and family fun is in store for the day.

Would you like to be involved?

You can do so by having a gift stall or participate in the pageant. Click [here](#) for more information, or give us a call on 83394400



---

## Upcoming Activities

For all programs below use the booking link for each program or call The Hut on 83394400



### Sensory Friendly Outdoor Playgroup

**When:** Wednesdays weekly during term

**Session Time:** 9:30am – 11:30am

**Where:** The Hut Community Centre

**Cost:** \$2 per child per session

Register for your first session [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. This Playgroup will occur each Wednesday during school term. Please just register once and then attend as often as you like.

---





### **Dungeons & Dragons Campaign**

**When:** Wednesdays weekly

**Time:** 4:00pm – 5:30pm

**Where:** The Hut Community Centre

**Cost:** \$5 per person per session.

**Bookings essential** [here](#).

Calling back all our previous D&D players, new players are also welcome, to engage in a compelling long term campaign over 2 - 3 months. Dungeon Master Victoria will be your guide on this collaborative story telling adventure. Suitable for ages 12+.



Feel confident and prepared to breastfeed

### **Breastfeeding Education Class**

**When:** Saturday October 19

**Session Time:** 1:00pm – 4:00pm

**Where:** The Hut Community Centre

**Cost:** FREE

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

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! Facilitated by the Australian Breastfeeding Association.



### **Weathering a Cost of Living Crisis - Presentation**

**When:** Wednesday October 30

**Session Time:** 1:00pm – 2:00pm

**Where:** The Hut Community Centre

**Cost:** FREE

**Bookings essential** [here](#) or 8339 4400.

Following on from the scam's presentation, Relationships Australia would like to present 'Weathering A Cost of Living Crisis'



covering; budgeting tips; handling rental and mortgage stress; understanding consumer rights; bills and debts; financial hardship and; how to protect your credit rating. The presentation will be facilitated by two financial counsellors from the service and there will be the opportunity for questions.

---



### **Propagation Made Easy - 5 week Course**

**When:** Start Date Term 4 Thursday Oct 31

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

**Where:** The Hut Community Centre

**Cost:** \$70 per course (5 weeks)

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

Join Horticulture expert Tony Herve for a practical and comprehensive short course on all things plant propagation! Topics covered in this course will include and but are not limited to; steps to successful propagation; soil types; nutrients and use of; container gardening; growing media; plant propagation; glasshouse culture; plant selection; and other facets of home gardening.

---



### **Lunch At The Hut**

**When:** 1st Wednesday of each month

**Next Date:** Wednesday November 6

**Session Time:** 12:00pm – 2:00pm

**Where:** The Hut Community Centre

**Cost:** \$5.00 for two course meal

**Bookings essential:** 8339 4400.

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! On the first Wednesday of each month.

---



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

**When:** 2nd Friday of each month

**Next date:** Friday November 8

**Time:** 10.30am

**Where:** Lovells Bakery, Woodside

**Cost:** Buy your own coffee, we supply the cake

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

Enjoy a chance to meet new people in a relaxed, informal setting.

---



### **Sunset Sessions @ The Station - Italian Night**

**When:** Friday November 8

**Session Time:** 5:30pm – 8:00pm

**Where:** The Hut Community Centre

**Cost:** \$15 per person (includes entry and meal). Other ticket options available.

**Bookings essential** [here](#) or call The Hut on 8339 4400.

Italian inspired food available for purchase and live music on the Platform! Performance by members of Mambo Italiano! Enjoy Italian classics performed live by experienced and popular musicians from Mambo Italiano while enjoying pasta on the platform! Prices will be low cost and there will be a variety of food options available.

---



### **Repair Cafe**

**When:** Sunday November 10

**Session Time:** 10:00am – 1:00pm

**Where:** The Hut Community Centre

**Cost:** FREE donations appreciated

**No Bookings required**

Don't throw it out, get it fixed and by our volunteer expert repairers! Services that may be available at our monthly Repair Café include fixing pushbikes, small electrical, wooden items as well as tool sharpening and sewing & darning. Hot drinks from Coffee Please coffee van will be available for purchase. Follow the Repair Cafe on Facebook for updates [here](#).



### **Mastering Your Sleep - Evening Information Session**

**Where:** The Hut Community Centre

**Session Time:** 7:00pm – 8:30pm

**When:** Thursday November 21

**Mastering Your Child's Sleep – Evening Information Session with Little Big Dreamers**

**Cost:** FREE

**Bookings essential** [here](#) or call The Hut on 8339 4400.

Unlock the secrets to restful nights with our workshop run by Mylee Zschech of Little Big Dreamers.

This session is suitable for anyone who has questions about how to improve their own or their loved ones sleep. This session includes a Q&A session with personalised advice with a certified family sleep consultant.

---

## **Ongoing Activities**

# 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	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 Call The Hut for location

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 Woorabinda Education Centre
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](mailto:volunteering@thehut.org.au) if interested in any of these roles

These are the only roles we are recruiting for at present;

### Receptionist

Opportunity exists to be part of the reception team and be one of the welcoming faces at The Hut. Good communication skills, basic computer skills, and ability to adapt to different situation and tasks are required. Weekly timeslots available.

The Hut can provide voluntary work opportunities for eligible job seekers.

### Repair Cafe Repairers

Join a vibrant group of 'Repairers' who help repair varied and interesting items that the community bring to the Repair Café – it is a highly rewarding activity which contributes and connects you to the community and to a great group of skilled people. The repair cafe is held on the 2nd Sunday of each month, 10am-1pm. We are in need of additional volunteer repairers, with an urgent need for an electrician and sewers, so if you have a skill that you would love to use to help others, please let us know.

### Home work Club Tutor

Do you have an interest in helping school aged children with homework, assignments, exam prep? Join us as a tutor with our Homework Club, offering free support to school aged children once per week after school.



## Recipe of the Month

## **Vietnamese rice paper rolls**

**100 gm vermicelli noodles**

**10 cooked prawns, coarsely chopped**

**½ cup each coarsely chopped coriander and mint**

**½ cucumber, cut into matchsticks**

**10 rice paper wrappers**

**5 lettuce leaves, halved**

**1 spring onion, thinly sliced**

### **Dipping sauce**

**1 small garlic clove, chopped**

**30 gm light palm sugar, crushed or castor sugar**

**90 ml lime juice**

**75 ml fish sauce**

**2 small red chillies, thinly sliced**

**1.**Place vermicelli in a large bowl, pour over enough boiling water to cover completely and stand until vermicelli are tender (2-4 minutes). Strain, drain well, then cut into rough 10cm lengths with scissors and place in a bowl. Add prawn, coriander, mint and cucumber, season to taste and set aside.

**2.**For dipping sauce, pound garlic in a mortar and pestle to a paste, pound in palm sugar to combine, then stir in remaining ingredients and set aside.

**3.**Fill a large bowl with hot water. Working with a wrapper at a time, submerge wrapper in water to soften (10-30 seconds), then transfer to a clean damp tea towel. Working quickly, spoon about 1/4-cup prawn mixture along the centre of the wrapper, add half an oak lettuce leaf and some spring onion, fold in ends, then roll to form a sealed cylinder. Place on a tray lined with baking paper and cover with a damp tea towel. Serve with dipping sauce.

---



---

***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

*Copyright © 2024 The Hut Community Centre, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

