

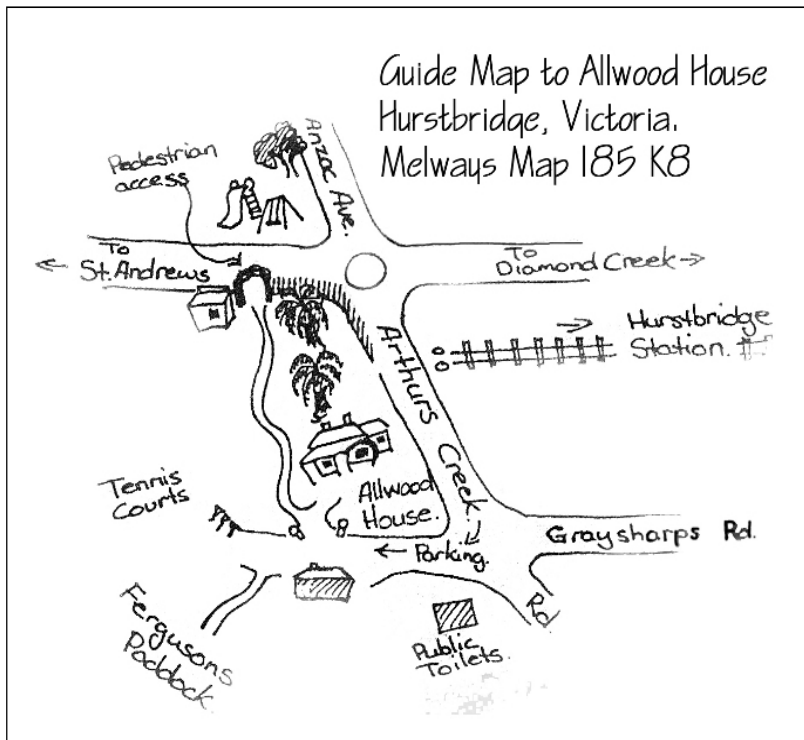


Allwood Neighbourhood House Incorporated

is a not-for-profit community organisation. Allwood House provides a range of community activities and services, and operates with community development principles. Allwood House has an open door policy, connecting people through affordable learning and social opportunities, regardless of age or background.

Supporting and empowering individuals, enhancing and strengthening the community

**Drop in to Allwood House - Monday to Wednesday
10am - 4pm - You are most welcome**



HURSTBRIDGE COMMUNITY MARKET

Allwood House Garden - 901 Main Road Hurstbridge

**Markets are held on (1st) Sunday of the month
and on Special Occasions**

Sunday Markets ~ 9 am - 2 pm



***BARGAIN ART & CRAFT, PLANTS,
BRIC-A-BRAC & MORE
STALLS WELCOME***

*Book now for Platypus Festival
Saturday 31st 1 - 6 pm*

Enquiries

Vicki: 9718 2717 / 0438 596 344

ALLWOOD NEIGHBOURHOOD HOUSE INCORPORATED

The historical Allwood House in the heart of Hurstbridge township is one of our best community resources. Established in 1985, Allwood House has been operating as a Neighbourhood House with assistance from the Shire of Nillumbik and with Neighbourhood House Co-ordination Program funding from the Department of Planning & Community Development.

Allwood's superb garden setting and Victorian old-world charm is relaxed and welcoming, creating a wonderful environment for learning. It is an excellent venue for trainers, facilitators and 'home grown experts' to share their talents, skills and knowledge.

Rooms can be hired at very reasonable rates to enable affordable practical courses and workshops that add value to participant's lives and to the spirit of community. Allwood House staff and committee are open to all ideas, suggestions and feedback on courses and other activities.

Please visit, phone or email us at Allwood House, help us to assist you and our community.

Allwood House aims to support and empower individuals, as well as strengthen and enhance our community as a whole.

Allwood House provides the following services

- * Information & Resource Centre
- * Referral Agency & Drop-In Centre
- * Computers and Internet Access
- * Community provider of Financial & Material Aid
- * Local History Display and Museum open days

Outreach Services available

- * General Counselling *Financial Counselling
- * Drug & Alcohol Counselling
- * Low Cost Counselling - Clinical Hypnotherapy
Iain Barclay - 9718 1044, 0407 514 384
- * Free Legal Advice ~ *Tuesday nights Ph: 9435 5700*
- * Flower Essence Therapist & Low Cost Counselling
Jackie Richards ~ 0410161099

(Appointments are required for all services)

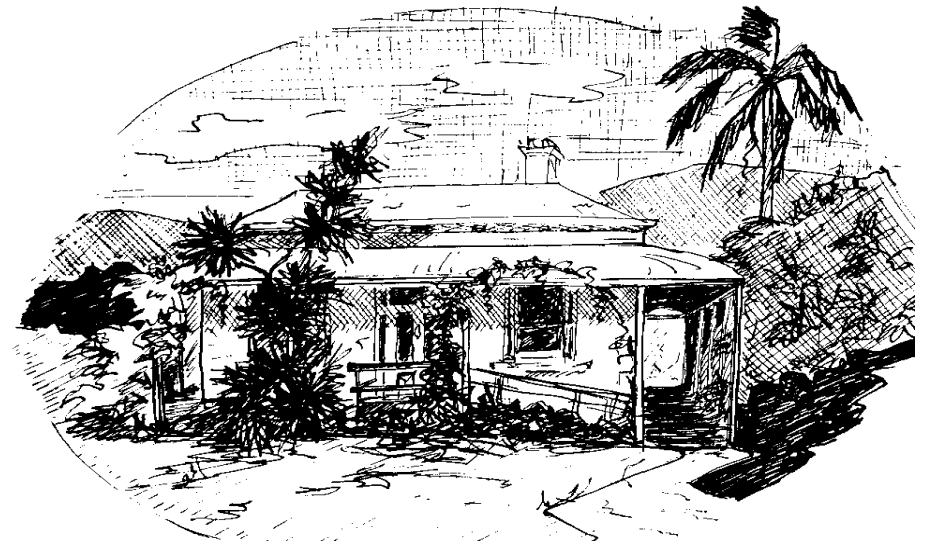
Allwood House is the base for the following groups

- *Alcoholics Anonymous - meets each Sunday 7.30pm
- *Hurstbridge & District Local History Group - Pam 9718 2271

ALLWOOD Neighbourhood House Inc.

Incorporated Association No. A0036876L

901 Main Road (P.O. Box 416) Hurstbridge 3099



COURSES & WORKSHOPS TERM 1 2012

6th February - 30th March

Phone: 9718 2717

Office Hours: 10 am to 5 pm (Monday, Tuesday, Wednesday)

e-mail: allwood@hurstbridge.org.au

Web site: hurstbridge.org.au

LASTING MEMORIES MOSIACS

Tutor: Chris Reade 0425 778 223

Dates: Tuesdays 7 - 9 pm ~ ongoing

Commences: 7th February

Venue: St. Andrews Community Centre

We work in a relaxed atmosphere amongst friendly, like minded people. If you live in the St Andrews area and would like to get involved, you are most welcome. You will be guided all the way through the process and given lots of inspiration and support.

We are working on a collective piece ~ (Natures Cycle) a large mosaic seat situated at the St Andrews Hall site.

All Welcome

KIDS' ART CLASS WITH LI'I EI

Tutor: El Naismith 0402 322 362

Dates: Mondays 3.30-5pm (7 wks)

Commences: 6th February

Cost: \$126 plus \$10 drawing starter kit

Drawing classes for kids, aged 8-12yrs.

Learn observation skills and drawing techniques, while having fun and being creative! No experience required, just a love of drawing and a willingness to learn!



QIGONG FOR THE SEASONS

Tutor: Jared 0430 172 660

Dates: Thursdays 7.30-8.30am / 10-11am

Commences: 9th February (9 weeks)

Cost: \$90.00

Learn a wonderful system of healing, health and personal growth. Qigong is an ancient Chinese art that draws on Traditional Chinese Medicine principles and is easy and simple to learn - and profound in its depth. This course will focus on supporting the health of the liver and heart, while building suppleness and subtle strength through the tendons and muscles.

Community Singing Group

Tutor: Nerida Kirov

Dates: Mondays 9.30 - 11.30am

Commences: 6th February (7 weeks)

Cost: \$60.00 (\$52.00 concession)

**Come and discover that, yes,
you can sing!**

(No session 12 March)

Enjoy lots of beautiful songs from all over the world, Africa to Australia, from rounds to 3/4 and total well being.

part harmonies, original songs and lots of improvisation to free up the voice.

ACOUSTIC JAM NIGHT

Contact: Mark 0418993001

Wednesday nights - 7.30 pm

Commences: 8th February

All acoustic instruments are welcome

Be part of the local music community, bring your friends for a fun music making session. Come and along and enjoy a relaxed social evening.

There is no pressure to perform, just join in when you feel comfortable.

No amplification or microphones are used, just acoustic music in the round.

All experience levels catered for; beginners to advanced.

Entry is by gold coin donation.

BROADBAND FOR SENIORS

Funded by the Australian Government

Dates: Mon & Wed 10am - 4pm

Bookings: 9718 2717

Get connected for free with your local Broadband for Seniors internet kiosk.

The Broadband for Seniors kiosk gives you the opportunity to discover how the web can play a great part in helping you to stay in touch with friends and family, along with offering access to the wealth of information available online.

This is your chance to find out what all the excitement is about.

Beginners are welcome

MEDITATION CIRCLE

Date: Tuesdays 10 - 11am

Cost: \$10.00 a session (1st session free)

Commences: 7th February (8 weeks)

Join with us in the creation of group energy that encompasses both personal & planetary healing, using the medicine wheel.

In these meditations we use music, aromatherapy, stretching, breathing & creative visualisation techniques.

FELDENKRAIS

Tutor: Karen Murray Ph: 0407 037 324

Dates: Mondays 6 - 7pm (7 weeks)

Commences: 6th February **Cost:** \$80

(no session - 12th March)

These lessons are a series of gentle movements. The Feldenkrais process encourages people of all ages and abilities to abandon habitual patterns that may be stressful or predispose you to injury. Explore and learn more efficient, easier ways to move. *Beginners Welcome*

SINGING & TAPPING FOR JOY

Tutor: Sha 9459 7434 or 0414 322 915

Date: Sunday 12 February 2 - 4pm

Cost: \$15.00

"Tapping" (EFT), a technique that uses gentle tapping on specific points of the body, combined with song can help clear blockages and uplift your soul. We will be singing easy songs, native American and originals. All welcome.

MISS WATTLE'S UKULELE GROUP CLASS AND SING-A-LONG

Tutor: Miss Wattle Ph: 0409 790 319

Dates: Tuesdays - All ages 7-8pm

Commences: 7th February (8 weeks)

Cost: \$96.00 (\$15 sessional)

Come along and have a play .

Ukulele is much easier to learn than the guitar, so give it a go!

UKES FOR HIRE OR SALE

DRUM CONNECTION

Free come and try session in week one

Tutor: Annie Fletcher Ph: 9718 1002

Dates: Friday Beginners 1.30 - 2.30pm

Level 2: 2.00 - 3.30pm

Commences: 3rd February

Cost: \$110 - \$100 Conc (9 weeks)

Dates: Thursday Beginners 7.30~8.30pm

Level 2: 8.00 ~ 9.15 pm

Commences: 2nd February

Cost: \$110 - \$100 Conc (9 weeks)

Learn the basic techniques of African and Arabic hand drumming and great group rhythms in a fun and supportive circle.

Djembe drums are supplied and all other hand drums are most welcome.

Students will be given opportunities to perform with student ensemble, DOOWLLA.

BELLYDANCE

Tutor: Chris Price 0412 473 817

Dates: Fridays 11am - 12 noon

Commences: 10th February (8 weeks)

Cost: \$80.00

Bellydance is a joyous and inspiring dance that empowers women of all ages to increase confidence, femineity, grace and a sense of wellbeing.

Bellydance will strengthen and tone muscles, improve posture and flexibility and increase your creativity and spontaneity as you have fun and meet new friends.

You don't have to be co-ordinated, young, old, fit, experienced, flexible or a particular body type.

All women can Bellydance.

Come, lets dance and have fun.



YOGA

Tutor: Sarah Bedgood 0409 419 383
Dates: Monday 7.15 - 8.45 pm (7 weeks)
Commences: 6th February Cost: \$98
Dates: Wednesday 9-10.30am (8 weeks)
Commences: 8th February Cost: \$112
Dates: Friday 9 - 10.30am (8 weeks)
Commences: 10th February Cost: \$112
Dates: Monday 6.40 - 7.45am (7 weeks)
Commences: 6th February Cost : \$98
Venue: Hurstbridge Community Centre
Dates: Thursday 7 - 8.30pm (8 weeks)
Commences: 9th February Cost : \$112
Venue: Hurstbridge Community Centre
(no sessions on 12th March)

Yoga can enhance your health and outlook on life.

A range of postures and breathing exercises will work on the body to stretch, tone and calm your body and mind.

Please bring a non-stick mat and blanket.



LIFE DRAWING

Tutor: El Naismith 0402322362
Dates: Tuesdays 1-3 pm
Commences: 7th February (9 weeks)
Cost: \$180.00 (includes Life Model hire)
Improve your drawing and observation skills through the study of the human form, under the guidance of local artist El Naismith.
Whether you are a beginner or you are an artist who is looking for technical practice. This short course is an ideal way to express yourself and develop your drawing skills, in a positive and creative environment.



Reiki Group/Exchange

Dates: 1st & 3rd Tuesday of the month
Time: 7.00 - 9.30 pm
Commences: 7th February
Cost: By donation **Info:** 9718 1919
We are an informal group of people who love to give & receive Reiki.
Do you feel stressed? Would you like to increase your vitality? Are you curious?
Visit us and sample the Reiki experience.
Those who have Reiki Level I, II, & III can deepen their skills and healing.
Please wear loose comfortable clothes.

FELDENKRAIS PELVIC POWER

Tutor: Karen Murray 0407 037 324
Dates: Every 2nd Saturday
Commences: 11th February
Cost: \$12 per session
Explore and learn the importance of the pelvic floor and its connection to the rest of the body.
Pelvic Power will help improve bladder and bowel efficiency, incontinence, and will help to reduce back, pelvis and hip pain.
Pelvic Power will also alleviate abdominal pain and discomfort.
A safe and easy way to understand and help your body's core support.

Tutors Wanted

*Have you a skill to share
with others?
Would you like to become a tutor
at Allwood Neighbourhood House?
Contact the office staff
and discuss your ideas
Phone: 9718 2717
Mon - Wed*

REIKI I & II HEALING

Tutor: Julie Moorfoot Ph: 9718 1919
Time: 9 am ~ 5 pm **Cost:** \$100
Contact tutor for next training date
Reiki is a self - empowering hands - on healing modality.
Through the power of Reiki you will progress further towards enlightenment whilst gaining personal insight and healing powers.
Levels I, II, III are available.
(BYO Lunch to Share)

WELCOME PLATYPUS FESTIVAL

*Come and celebrate
Community
Arts and Environment
SATURDAY
31ST MARCH: 1 - 9 PM
Share in the family fun*



**Kid's Art workshops &
Entertainment
Healthy Food & Drinks
History Display
Environmental Displays
Dance & Drum workshops
Music Stage
Rock Climbing Wall
& lots more!
Stalls Welcome
For information contact**

THE SHED

Facilitator: Ted Grimshaw
Dates: Wednesdays 1 - 4.30pm
Commences: 8th February (9 weeks)
Men - Join our informal get together each Wednesday to chat about issues that may be important to you, and to explore the medium of wood.
Bring your ideas and skills to share with others or learn new ones, this group is directed by the members.
Come along to our regular Men's Shed BBQ days, on the first Wednesday of each month. All Welcome

BWA

BWA is a new social group ~ A casual get together to explore friendships & creative projects with like minded souls.



Contact: Ruth ~ 97148347 - 0438530034
BWA - Bank Restoration Day
Our home needs tender, loving care.
Working bee - Interior painting and whatever it takes to set up the space.
Sunday 5th Feb 11am - 4pm
BYO Lunch to Share

WORKSHOPS

Come and create Banners and other decorations for the Welcome Platypus Festival, all materials provided.
Saturdays 11th & 25th Feb 2-5pm
17th March 1 - 3 pm ~ Herbal Ointments
Learn how to make a simple herbal ointments from natural ingredients. Bring a jar to take the products home with you.

