



Newsletter Blast July 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.

School Holiday Fun At The Hut!

Despite the July school holidays being chilly and wet, there was loads of fun to be had at The Hut!

On July 12 we had a Funky Families Disco which was so much fun! There was music, games including limbo, the floor is lava, running under a giant parachute as well as loads of colourful dress ups for both kids and caregivers! It was a fantastic event with lots of good laughs.



On July 19 we had an epic Dungeons and Dragons One Shot Adventure with a small group of young people ranging from beginners to experienced players. Our hope is that those attending will return to The Hut for a longer campaign, with an ongoing game running over a several week period. This campaign is open to all, please get in touch if interested.



On July 18 GooRoo Animation returned to The Hut for a creative Lego Animation Workshop. In this session kids can make their own stop motion short film and then premiere them to parents and care givers at the end of the workshop. They also get uploaded to YouTube to be enjoyed by their family and friends. It is always interesting to see what the kids come up with and the films never disappoint! You can watch them [here](#).

New Technology for the Community Shed

The recent acquisition of a new laser etching and cutting machine will bring new opportunities for those with creative talents in working with wood, and other materials. If you are familiar with computer-based design and turning those ideas into reality with this new technology, then the Community Shed may be the place for you. Why not drop by and discuss your ideas on Tuesday or Thursday mornings. Funding for this machine has been provided by the Department of Human Services



Time to Join or Renew Your Membership and Have a Say!

We strongly believe that having the local community involved is vital for us to achieve our vision, mission and objectives and continue to stay relevant and accountable to our community. We therefore invite you to join as a member or renew your membership.

Membership is free and open to all people who subscribe to the [Objectives of The Hut](#). It lasts for 12 months.

Being a member entitles you to vote at the Annual General Meeting (AGM). It is critical for us to have a strong representation of the community on our membership base to help us maintain strong governance. This year we will have two vacancies on our Board to fill. These will be filled at the AGM with Members deciding who they want to represent them at Board level. Your say matters, and your vote counts!

To have the opportunity to vote at our next AGM please complete the membership form available [here](#).



Save The Date!

Get your friends together for our next quiz night!



Friday August 30th 7pm - 10pm

More details to come soon!

Tax Help at The Hut

Our Tax Help program is free and helps eligible people earning \$60,000 or less lodge their tax return online.

From August to October each year, an ATO accredited volunteer is available at The Hut each Thursday to help people lodge their tax returns online. The volunteer can also help you to:

- create a myGov account
- lodge an amendment to your tax return
- claim a refund of franking credits
- tell you if you don't need to lodge a tax return.

Please phone reception to book an appointment 8339 4400



Join in the Fun with Music Makers

Music Makers provides a fantastic opportunity for people to get together with an instructor to learn, play and perform music!

The skill level ranges from beginners to advanced, and members enjoy playing a range of instruments at their own level. Keyboards are available to use each week, but other instrumentalists provide their own.

The Music Makers group meets weekly during the school term at Grace Lutheran Church Bridgewater. The group performs at such venues as church guilds, aged care facilities, community centres and other venues. Every Tuesday from 9.30am to 12 noon.

Please contact The Hut on 8339 4400 for more information.



Handmade gifts available at The Hut

Pop into reception to have a look at the creative products we have available. Items include:

- Crochet blankets
- Beaded earrings
- Wooden toys, trays, candle sticks, paper pot press and more Pens
- Painted pots
- Knitted beanies and kids jumpers
- Fabric aprons, dog mats, shopping bags, cutlery holders • Plus more!

We also have bags of kindling available for purchase.

All proceeds help to fund the variety of programs provided here at The Hut. Thanks to the community members and Hut volunteers who share their skills and products.



We Want Your Bread Tags!

We are in need of bread tags to use in our food pantry!

Please collect and bring in your discarded bread tags so we can reuse them in our pantry service which provides food to vulnerable people in our community.

Research Study Participants Needed

Researchers at the University of Melbourne Centre for Health, Exercise and Sports Medicine are seeking male volunteers aged 45 and older to participate in one of three research studies for non-drug, non-surgical management strategies in lower limb osteoarthritis. Participants will only be able to join one of the below trials and will receive a

\$50 eGift voucher upon completion of the study. If you think you might be eligible or know someone who may be, please click the link below for more information and to register your interest, or contact the research coordinator at sarah.stratulate@unimelb.edu.au.

- A remotely delivered Tai Chi study for knee pain (6 months duration)

<https://redcap.unimelb.edu.au/surveys/?s=CKXHYYD933DHCPMY>

- A web-based study for hip pain (6 months duration) www.myhipstudy.org
- An insole study for big toe pain (3 months duration)

<https://redcap.unimelb.edu.au/surveys/?s=HJR37X8YY8KRH8NC>

Each of these trials have been approved by the University of Melbourne's Human Research Ethics Committee.



Upcoming Activities

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



Lunch At The Hut

When: 1st Wednesday of each month
Next Date: Wed August 7
Session Time: 12:00pm – 2:00pm
Where: The Hut Community Centre
Cost: \$5.00 for two course meal
Bookings essential. Call The Hut on 8339 4400.

An opportunity to connect with people in your local Hills community over a delicious, nutritious two course home-cooked meal! On the first Wednesday of each month.



Social Cuppa - Men's Morning

When: 2nd Friday of each month
Next date: Friday August 9
Time: 10.30am
Where: Lovells Bakery, Woodside
Cost: Free
Book **at** Reception or just show up!
Enjoy a chance to meet new people
in a relaxed, informal setting.



Repair Cafe

When: Sunday August 11
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.



Make Greater Friends With Your Sewing Machine - Repair Cafe Workshop

When: Sunday August 11
Session Time: 10:00am – 12:00pm
Where: The Hut Community Centre
Cost: FREE donations appreciated
Bookings essential call The Hut on 8339 4400.
Back for another workshop! Wanting to explore more with your sewing machine? 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 to any of these questions, then this workshop is for you!
Your chance to learn new skills, be resourceful and do something good for the planet!



[Mastering Your Child's Sleep - Information Session with Little Big Dreamers](#)

When: Tuesday August 13

Session Time: 10:00pm – 11:30pm

Where: The Hut Community Centre

Cost: FREE

Bookings essential call The Hut on 8339 4400.

Are you interested in learning more about your child's sleep? Are you struggling with your child's sleep? Do you want to understand how to help your little one get better rest? Join us for workshop designed just for you! This session is suitable for parents with kids of all ages and includes a Q&A session with personalised advice with a certified family sleep consultant.



[Mastering Your Sleep - Information Session with Little Big Dreamers](#)

When: Tuesday August 20

Session Time: 10:00pm – 11:30pm

Where: The Hut Community Centre

Cost: FREE

Bookings essential call The Hut on 8339 4400.

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

Learn insights into common sleep challenges, establish game-changing sleep hygiene practices, and learn daytime habits that directly enhance your nighttime rest. This session is suitable for adults of all ages and includes a Q&A session with personalised advice with a certified family sleep consultant.



Deliciously Thrifty Cooking Classes

When: Wednesday August 21

Session Time: 12:30pm – 3:00pm

Where: The Hut Community Centre

Cost: FREE. Bookings essential call The Hut on 8339 4400.

Learn to cook on a budget using in-season food that is low cost, tasty and good for you! Join us at The Hut each month to learn how to create delicious and nutritious meals based on what you can find at our pantry, in the garden or in season at the supermarket.



Learn To Make Your Own Beeswax Wrap

When: Tuesday October 1

Session Time: 11:00am – 12:00pm

Where: The Hut Community Centre

Cost: FREE. Bookings essential call The Hut on 8339 4400.

Make your own plastic free alternative to cling wrap! Beeswax wraps are a fantastic way to reduce waste and create something beautiful, practical and eco- friendly! Run in collaboration with the Hills Environment Centre.



Breastfeeding Education Class

When: Saturday October 19

Session Time: 1:00pm – 4:00pm

Where: The Hut Community Centre

Cost: FREE. For bookings call The Breastfeeding Assoc. 8223 6833

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.

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 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 if interested in any of these roles

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

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.

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.

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

Italian Apple and Lemon Cake

Got lots of lemons? Apples? Here is a little Italian Apple and Lemon Cake you could whip up! Serves 6

1 cup self-raising flour

½ cup sugar

1 lemon, rind and juice- ok so only 1

lemon!!!! 3 large eggs, lightly beaten

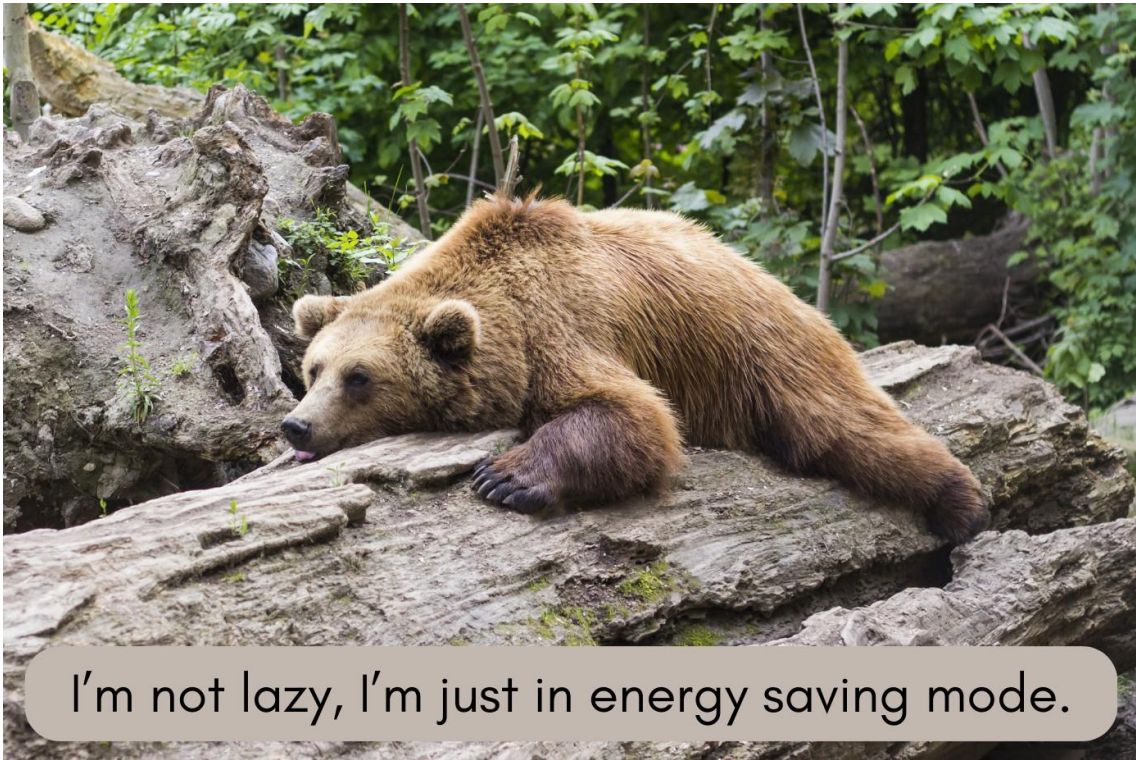
½ cup butter, melted or ½ cup oil

3-4 apples depending on size, usually Granny Smith, peeled & thinly sliced 1 tsp. cinnamon

Icing sugar for sprinkling at the end

To serve: whipped cream, ice cream or custard

- Pre-heat oven to 180 C
 - Line a 20cm round cake pan with baking paper and lightly grease with butter or spray with oil
 - Zest and juice the lemon and set the zest aside. Put the sliced apples in a bowl and pour the lemon juice over them.
 - Combine the flour, sugar and lemon zest together in a large bowl, then add the eggs, melted butter, cinnamon and 2/3 of the apples. Stir until just combined.
 - Tip the batter into the cake pan and smooth on top, then arrange the rest of the sliced apples on the top in a circle pattern. Sprinkle over extra cinnamon.
 - Bake for approx. 40 minutes, or until a skewer comes out clean.
 - Cool, then sprinkle with a bit of icing sugar before serving. Serve slightly warm or cold alone or with whipped cream or ice cream.
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***Until Next Time, Stay Safe, Stay Well
From The Hut Team***



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