

JUNE 1ST, 2026

As we head into June, there's plenty to look forward to at Not Boring Supports. We're excited to be hosting another networking event in the Not Boring Kitchen, continuing to build strong community connections and create opportunities for collaboration and inclusion. Our cooking program continues to grow, with spots currently available for participants wanting to build confidence, independence, and practical kitchen skills in a fun and supportive environment. We're also looking forward to our upcoming "Cam's Shout" dinner event — a chance to come together, share great food, and enjoy a relaxed social evening with the Not Boring community. We can't wait to see what the month ahead brings!

**MAY RE-CAP!**

The past month at Not Boring Supports has been full of growth, connection, and plenty of meaningful moments... plus an adorable new team member 'Seven' the little Pug puppy. Across our programs and supports, we've loved seeing participants build confidence, independence, friendships, and new skills while having genuine fun along the way. From community outings and daily supports to behind-the-scenes improvements within our team, there's been a strong focus on creating experiences that are person-centred, engaging, and anything but boring,

our biggest news for the month being that our NDIS registration finally came through. Not forgetting another memorable Weekend Adventure that our group enjoyed in Stanthorpe! We are incredibly grateful to our participants, families, and staff for the energy, trust, and positivity you bring to our community every day, and we're excited for what the next month will bring!

'WHATEVER MAKES YOU UNCOMFORTABLE IS YOUR BIGGEST OPPORTUNITY FOR GROWTH'

THIS MONTH'S RECIPE... BEEF STROGANOFF.

Ingredients: 500g diced beef, 200g beef stock, 1x onion, diced, 250g sliced mushrooms, 30g butter, 2x tbsp tomato paste, 1x tbsp cornflour, 1x tsp Dijon mustard, 120g sour cream, 1x tbsspaprika, 1x tsp salt, ¼ tsp cayenne pepper.

Method: Preheat oven to 180 degrees. In an oven proof pot, melt butter and fry onion for 2-3 minutes. Add remaining ingredients and stir through well, then cover with a lid and place in the oven for approximately 1 hour. Check the beef is cooked and if not, return to the oven for another 15-20 minutes. Serve with rice!

WHAT'S ON IN JUNE?

Tuesday's is Create and Connect at the hub – morning tea and craft items are supplied.

Tuesday, Wednesday, Friday & Saturdays are Cooking with Confidence classes – reach out if you'd like more info on these. We have a few available spots on some days.

Thursday's, we alternate Men's Club and the Women's Group, where a variety of outings happen. We've done a movie day, city cat to go and explore the Sky Deck, opp shopping + more. Always a great morning and something you're welcome to commit to fortnightly or join casually.

Friday afternoons are for socials – rotating between BBQ, pizza night, spud night, or Italian themed dinners + more. A great social afternoon, with dinner and good company.

Weekend group activities depend on demand – it could be just you and a support worker, or a small group of others that are keen to join in. This month we're aiming to get to go on a few outdoor hikes to various places around Brisbane – let us know if you're keen to join in and we can work out the details from there! We'll also be holding another much loved, 'Cam's Shout' dinner back at the Stafford Tavern... June 11th. Numbers here are capped at 30 so if you want to come, let us know asap as this one books out quickly.

Some activities come with a cost and others are covered by us – if you have questions, just call the office and we can discuss details with you.

We also always welcome new suggestions, so if there is somewhere you'd like to go, let us know and we'll aim to get a group together.

Don't forget that you can pop down to the Not Boring Kitchen while with your supports from Tuesday – Saturday between 6am – 12pm, and if you are a client, Cam will shout you a free coffee!



CONTACT US...

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