

Not Boring Supports

Newsletter – Edition 23



June 1st, 2025

We're almost halfway through the year, wild!! Time flies when you're having fun, right?! And that is certainly what we are having all the time around here – fun! We also just want to shine to spotlight on our lovely Majella who celebrated her 60th birthday with us this Month... a Stafford Tavern Cam's shout of 30 people, our biggest group yet. Happy Birthday, Majella x



May re-cap!

With the coffee machine up and running at Albion, May saw the launch of the 'Coffee and Chat', and 'Behind the Counter' programs. Not only are we now able to make and sell coffees for the many people that continue to drop in asking for one, but we are also teaching those clients of ours that are keen, how to make and serve coffee. What a great way to increase social and practical skills. We are super proud of this new branch of Not Boring, and can't wait to see you down at Albion ordering a delicious coffee. We've also launched a 'Mens Club', hosted by our own Glen Baxter, aiming to get the blokes together to do some fun group activities on a Thursday... reach out if you'd like more info.

'The only disability in life is a bad attitude!'

This month's recipe... [SELF SAUCING CHOCOLATE MUG CAKE](#).

Ingredients: 3 tbsp plain flour, 3 tbsp sugar, 1 ½ tsp baking powder, 3 tbsp milk, 2 ½ tbsp oil (or melted butter), ¼ tsp vanilla essence, pinch salt, 1 tbsp cocoa powder, 3 tbsp boiling water.

Method: Boil the water in the kettle. Grease a microwave safe mug or dessert bowl and set aside. In a small bowl, mix flour, sugar, 1 ½ tbsp cocoa powder and baking powder until well combined. Add the milk, oil, vanilla and stir until smooth. Scrape the batter into the prepared mug or bowl, making sure it has space to rise during cooking. Sprinkle brown sugar and 1 tsp cocoa over the top. Carefully pour the hot water, over the back of a spoon, into the mug. Microwave for 80 seconds or until the cake rises and bounces back when touched. Serve warm with ice cream or cream. Now, it's worth noting that this recipe, as per the photo, spilled over the mug so be sure you either have a giant mug, or we'd recommend using a dessert bowl... it was messy, but tasted great, and besides, not every recipe can be a success, but can be an opportunity to learn and improve!



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