

**APRIL 1<sup>ST</sup>, 2026**

Not Boring Supports is closing its doors. It's been 3 fabulous years, but we have to say goodbye. JOKES! Happy April Fool's Day!! You cannot be rid of us that easy, we would never leave you all! We've got lot's more planned for the year and hope you can continue being a part of it all. Coming up on April 17<sup>th</sup>, will be our very first networking event, held at Albion in our Not Boring Kitchen/Hub space. A great opportunity to network with others in the NDIS industry, and find out more about Not Boring Supports, and how we might be able to assist you.

**MARCH RE-CAP!**

March was a great Month... we said goodbye to Summer, and so are looking forward to some cooler weather. We enjoyed our first Weekend Retreat for the year at the Gold Coast... everyone had a blast, and memories were made, which is what it's all about! Our Women's Group are loving their activities... they had an op shopping outing, where everyone grabbed a few bargains, and another art session to finish off their butterfly masterpieces. Cam and Glen managed a little break in amongst the business, and we think they work hard so should do this more often! And in the biggest news of the month, we have had our first Not Boring baby join the family. One of our fabulous Support Workers, Vegeta, (and Grandma Jackie) welcomed his new little girl into the world...

Jasmine. She's tiny and adorable, and we're happy to have her as part of the Not Boring family.

**'Believe you can, and you are halfway there!'**

### **THIS MONTH'S RECIPE... DAVID'S BANANA BREAD**

**Ingredients:** 1  $\frac{3}{4}$  cup SR flour,  $\frac{1}{4}$  tsp bicarb soda,  $\frac{1}{4}$  tsp salt,  $\frac{1}{2}$  cup sugar, 2 eggs,  $\frac{1}{4}$  cup milk, 75g melted butter, 1 cup mashed banana.

**Method:** Heat oven to 200 degrees. Sift flour, bicarb soda and salt into a mixing bowl. Mix in the sugar. Beat the eggs in a separate bowl, then stir in milk, butter, and banana. Mix the wet ingredients into the dry ingredients, stirring gently until just combined. Line a loaf tin then pour the mixture into the tin. Bake in the oven for approximately 45 minutes. Leave in the tin for 10 minutes before turning out onto a wire rack to cool.

### **WHAT'S ON IN APRIL**

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.

Thursday's, we alternate Men's Club, and Women's Club; activities vary from week to week. This week the women are having an Easter craft and decorating session – involving lots of chocolate.

Friday afternoons are for socials – rotating between BBQ, pizza night, Mexican or Italian themed dinners. A great social afternoon, with dinner and good company. We're also looking to add in some new themes, so if you have a suggestion, let us know!

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

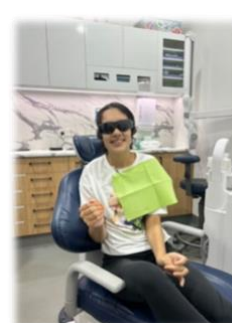
month we're aiming to get to The Butterfly House on Bribie Island, a visit into the city to have a ride on a City Cat, a walk along the waterfront at Shorncliffe followed by some fish and chips, and an afternoon of Ten Pin Bowling fun at Aspley Bowl – let us know if you're keen on anything and we can work out the details from there!

April 9th will be a Cam's Shout Dinner... And once again, we'll be trying somewhere new, and heading to the Chermside Bowls Club for their Rump, Chips, Salad & Gravy special. Numbers are capped at 30 so if you're keen to join us, let us know asap!

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 – 1pm, and if you are a client, Cam will shout you a free coffee!

**CONTACT US...**

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