

MARCH 1ST, 2026

Not Boring Supports isn't just about outings, socials and what you see on social media, not everything needs to be content, and some things are best left private. Not everyone is capable of coming to a cooking class or creating a piece of art. What we offer, is a variety of supports, tailored to whatever it is that you need to help support your goals. We are not boring, but we are professional, caring and here to help you with whatever you need.

**FEBRUARY RE-CAP!**

February was busy! We've had some new Support Workers join our team, and some new clients. We've added in an extra cooking class and started up a new session... Women's Club, alternating on Thursdays with Men's Club. They had their first couple of sessions with a lovely local artist, Preston, who ran an art class which they all loved! We also ventured out to a new dinner venue for 'Cam's shout'... to North Devils Leagues Club which everyone loved. Also in exciting news is that the Weekend Adventures are starting back up with the full year's schedule now out, our first one being to The Gold Coast on March 28th. A couple of spots are already booked so be sure to get in quick if you're keen to join us – or call the office phone for more info on future weekends! We hope you can join us for one or more this year!

'Every day may not be good, but there is something good in every day!'

THIS MONTH'S RECIPE... PORK BAHN MI

Ingredients: 700g pork fillet, ½ cup hoisin sauce, 1 tsp Chinese five spice, ½ tsp salt and pepper. Rolls: 4 crusty rolls, 1 pate, ½ cup mayonnaise, 1 cucumber, 1 carrot, fresh coriander, maggi seasoning, 1 fresh red chilli.

Method: Heat oven to 200 degrees. Place pork fillet in a baking tray and cover with hoisin sauce, five spice and salt and pepper. Cover with foil and place in the oven for 20 minutes. Remove foil and cook a further 10 minutes. While pork is cooking, slice carrot and cucumber into long, thin strips. Slice pork into thin slices, spoon over some of the sauce. Prepare rolls by cutting open, spread a good layer of pate and then mayo. Top with sliced pork, carrot, cucumber, coriander & chilli. Splash a little maggi seasoning over the top. Wrap each roll in foil and toast the roll in oven/airfryer when ready to serve.

WHAT'S ON IN MARCH?

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 going on shopping so there is much excitement for ahead for this outing.

Friday afternoons are for socials – rotating between BBQ, pizza night, Mexican or Italian themed dinners. A great social afternoon, with dinner and good company. This coming Friday will be at HQ with some Funkateers pizza's!

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 to City Hall to do the clock tour, a walk out at Redcliffe and a visit to the Redcliffe markets, 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!

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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