

Stir it up! Calendar of Catch ups

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Stir it up! Catch ups:

- Are held on the second Monday[^] of the month during school terms for 2 hours (10am to 12pm)
- [^]In June the catch up is on the 4th Monday
- Free childcare is provided but must be booked in advance

What do we do at Catch ups?

- 10am Arrive, grab a cuppa and some morning tea
- 10.15 Cook the dishes of the day
- 11.15 Share an early lunch and chat about the dishes and topics of the day
- 11.45 Clean and pack up
- 12pm Finish

2017

Stir it up! Catch ups provide an opportunity for Stir it up! volunteers to:

- Share ideas and experiences with other Stir it up! volunteers
- Keep up-to-date with healthy eating guidelines
- Keep up-to-date with Stir it up! news and resources
- Learn about healthy eating activities you can use in your community

Forgotten the dates and details of the Catch ups?

You can:

- Contact Robyn (details above)
- Look on the Food Fairness Illawarra website (see link below)

Stir it up! 2017 Calendar of Catch Ups

Day	Date	Time	What	Where	What to wear or bring	Childcare Bookings are essential	Will we feed you?
Monday	13 February	10am to 12pm	Salad Sensations! Make and taste some salad ideas that you can pass on to others in the community	Albion Park Rail Neighbourhood Centre, Corner Tongarra Road and Ash Avenue, Albion Park Rail	Apron, closed in shoes, container for leftovers	BYO toys and snacks for children	Morning Tea and whatever we cook
Monday	13 March	10am to 12pm	Fantastic Freezing! Learn the tips and tricks for saving time and leftovers	Albion Park Rail Neighbourhood Centre, Corner Tongarra Road and Ash Avenue, Albion Park Rail	Apron, closed in shoes, container for leftovers	BYO toys and snacks for children	Morning Tea and whatever we cook
Monday	8 May	10am to 12pm	Topics for the rest of the year will be decided after we've had a chance to talk to you about what you'd like to hear and see at catch ups.	Albion Park Rail Neighbourhood Centre, Corner Tongarra Road and Ash Avenue, Albion Park Rail	Apron, closed in shoes	BYO toys and snacks for children	Morning Tea and whatever we cook
Monday	26 June (4 th Monday of month)	10am to 12pm	We'll ask for your input in February and everyone who contributes will go into a draw for a Jamie Oliver Recipe Book (<i>Super Food Family Classics</i>)	Albion Park Rail Neighbourhood Centre, Corner Tongarra Road and Ash Avenue, Albion Park Rail	Apron, closed in shoes	BYO toys and snacks for children	Morning Tea and whatever we cook
Monday	14 August	10am to 12pm		Albion Park Rail Neighbourhood Centre, Corner Tongarra Road and Ash Avenue, Albion Park Rail	Apron, closed in shoes	BYO toys and snacks for children	Morning Tea and whatever we cook

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Day	Date	Time	What	Where	What to wear or bring	Childcare Bookings are essential	Will we feed you?
Monday	11 Sept	10am to 12pm	At each catch up we will cook and eat together and talk about the topic of the day while we have an early lunch.	Albion Park Rail Neighbourhood Centre, Corner Tongarra Road and Ash Avenue, Albion Park Rail	Apron, closed in shoes	BYO toys and snacks for children	Morning Tea and whatever we cook
Monday	9 October	10am to 12pm		Albion Park Rail Neighbourhood Centre, Corner Tongarra Road and Ash Avenue, Albion Park Rail	Apron, closed in shoes	BYO toys and snacks for children	Morning Tea and whatever we cook
Monday	13 November	10am to 12pm	<i>A possible date for the Celebration and Graduation</i>	Albion Park Rail Neighbourhood Centre, Corner Tongarra Road and Ash Avenue, Albion Park Rail	Apron, closed in shoes	BYO toys and snacks for children	Morning Tea and whatever we cook
TBA	TBA	TBA	Annual Celebration and Graduation of 2017 <i>Stir it up!</i> Volunteers	To Be Arranged	Neat casual dress	BYO toys and snacks for children	Catering provided

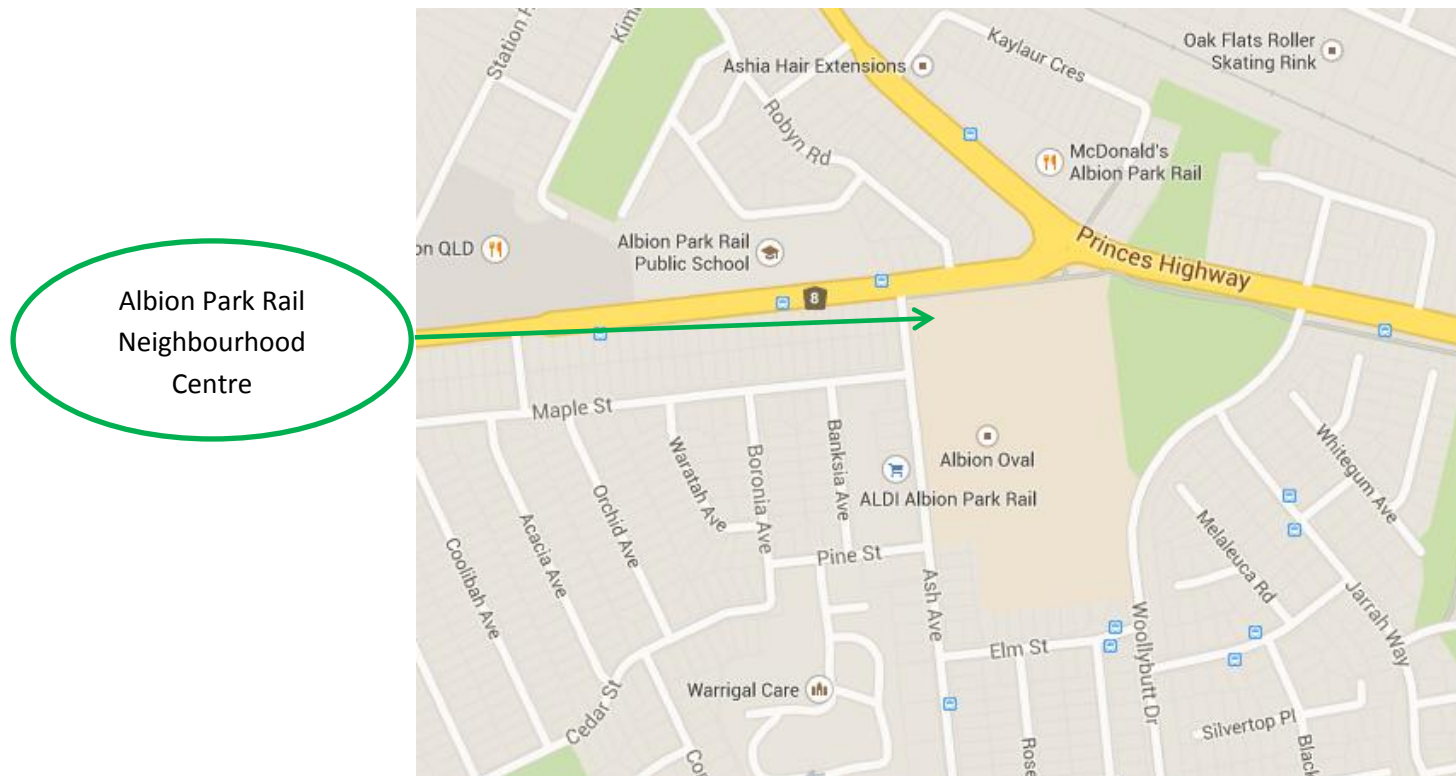
Reminders will be sent by email and text message before each catch up.

Robyn's contact details are below and on the front page.

Sophie's contact details are sophie@healthyillawarra.org.au or 4283 8111

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Directions for Albion Park Rail Neighbourhood Centre, Corner Ash and Tongarra Road, Albion Park Rail



[https://www.google.com.au/maps/place/The+Rail+Neighbourhood+Association/@-](https://www.google.com.au/maps/place/The+Rail+Neighbourhood+Association/@-34.5675843,150.8024385,17z/data=!4m18!1m15!4m14!1m6!1m2!1s0x0:0x71fa5ed9a1aed625!2sThe+Rail+Neighbourhood+Association!2m2!1d150.802582!2d-34.570108!1m6!1m2!1s0x6b1312ef12cb9181:0x71fa5ed9a1aed625!2sThe+Rail+Neighbourhood+Association,+LOT+1+Ash+Avenue,+Albion+Park+Rail+NSW+2527!2m2!1d150.802582!2d-34.570108!3m1!1s0x0000000000000000:0x71fa5ed9a1aed625)

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