

MEETING OF R & R NETWORK
Date: 06.06.18 **Opened:** 9.15am **Closed:** 12.00pm

Present: Dom, Simon, Ashleigh, Emma N, Ben S, Amy, Kiara, Mel M, Sarah T, Josie, David S, Simone, Anthony, Anna, Stephanie, Stefan G and Mary

Apologies: Tim, Hannah, Sam J, Jackson, Sarah L & Kimberley **Chairperson:** Kiara

ISSUES	DISCUSSION/ACTIONS
<p>Agenda</p>  <p>CHAIRPERSON</p>	<ol style="list-style-type: none"> 1. Food Cart update 2. Dealing with opportunities presented to us-How do we fit everything into our lives? 3. Program Review Day 4. R&R Network- Bendigo & Kyneton 5. Public Holiday-Simon 6. Demonstration of a Thermomix by Amy Dinsdale and a sample of pumpkin soup
  <p>All</p>	<ol style="list-style-type: none"> 1. Food Cart will go ahead on Friday, 8th June but fish and chips will not be offered. The Tri State Games Sausage Sizzle at Sunbury Bunnings will replace this. <i>There will be three Sausage Sizzles for Tri State Games.</i> -Stefan Stephanie explained that Food Cart make every effort to collect receipts however sometimes businesses don't supply one. This will continue to be requested. 2. There are a lot of opportunities being offered and sometimes we can't fit everything in. This was discussed. <i>This is something some of us struggle with.</i> -Stephanie Asking for help to prioritize was reinforced. 3. Program Review Day is 13th June. David S gave his apologies. Complaints Bingo will be offered at Lifestyle 1 and 2, starting at 10.30am. Simone and Ashleigh will lead the game at Lifestyle 1 and Emma and Dom, at Lifestyle 2. Activity sheets, including role-plays developed by R&R Network-Sunbury have also been made available. 4. R&R Network Bendigo are keen to meet for a joint meeting. It was suggested that we meet at Kyneton so that they too can join in. Due to the size of the Sunbury Network, not everybody will be able to participate.

	<p>Expressions of interest will be collected before the end of this Learning Block.</p> <p>5. There is a public holiday on Monday, 11th June (Queen's Birthday). D.O. will also be closed on Tuesday, 12th June.</p> <p>6. Amy Dinsdale visited and presented a Thermomix demonstration. The following was shared:</p> <ul style="list-style-type: none"> • The Thermomix has a 2.2 litre capacity • Favourite recipes include ice-cream, chili con carne, yogurt and sorbet. • Amy uses her Thermo to make her own stock paste. • There are many gluten free recipes • The use of additives is not necessary because everything can be made from scratch. • Doesn't bake bread but kneads it. • You can walk away and let it do its own thing. There's no more sticking at the bottom of the pan or boiling over • Recipe books are available but so is a cook key which is used to display the steps. R&R suggested it would be good if it could talk people through the recipe. <p>Some members joined in on the cooking and most people sampled a very delicious pumpkin soup. Kiara thanked Amy for visiting and demonstrating something lots of people have heard about. Further interest will be passed onto Amy.</p>
<p>Networking  Stephanie & Emma</p>	<p>Stephanie and Emma attended the Western Network meeting on Tuesday. Dates for VALID's 2019 Having a Say Conference have been announced. Dates are 4th/5th/6th February 2019.</p>
<p>Community Celebrations  ALL</p>	<p>The Sunbury McDonald's hedge at the drive thru exit has been cut back. Another great R&R Network outcome!</p>

<p>Community Concerns</p>  <p>ALL</p>	<p>Stephanie-<i>I'm finding the works out the front of the Memorial Hall hard. Things lying around on the footpath have meant that I've needed to go onto the road.</i> David will send another email to City of Hume.</p>
<p>Items for next meeting</p> <p>?</p>	<p>Program Review Day</p>
<p>PERSONAL BUSINESS</p> 	<p>Kiara- Last night I went to visit my old pa in a nursing home. He's not well. It's really upsetting me.</p> <p>Anthony –I have a new Apple watch.</p> <p>Ashleigh- I'm in a BoilOver performance. It's great.</p> <p>Amy-I've been playing cat music on my phone.</p> <p>Simon-I'm getting haircut. It is nine years for me at Bachaus on Friday.</p> <p>Anna- My knee has been hurting a lot but I am still going to CrossFit on Saturdays. I want to stay fit.</p> <p>Stefan-I'm going to the rugby on Sunday with friends from Echuca. It will be my 1st time.</p> <p>Mary-I have been busy knitting.</p> <p>Stephanie- Last Sunday I caught the train into Southern Cross by myself and met Mum in the city.</p> <p>Simone- There's two more rounds before Essendon and North play.</p> <p>Ben-Football was good.</p> <p>Dom- I'm staying home for the long weekend.</p>