



Bellyful updates

Bellyful Porirua • Issue #1, April 2011 • www.bellyful.org.nz



(Above) Westpac chose Bellyful as a local charity to be the recipients of a \$500 donation.

Welcome to the very first Bellyful Porirua newsletter!

Bellyful NZ is very pleased to welcome Tracie Lane, as coordinator for one of our newest branches, Porirua. Here's a message from Tracie:

What I love about Bellyful is that we are ordinary mums working together to get the job done. We give freely of our time to help families that are struggling in those difficult early days with a newborn, or with a sick baby. I love that we are setting a positive example to our children at the same time. Being a mum that suffered from post natal depression with each of my children, I realised how much of a great part other people played in my recovery and continued wellness. I would like to give back by playing my part in helping others in tough times.

Porirua Bellyful is a baby at the moment, and to get this initiative up and running successfully, we need support and sponsorship from our wonderful local businesses and fantastic mums to volunteer for fundraising, cooking, delivering meals, and to promote Bellyful.

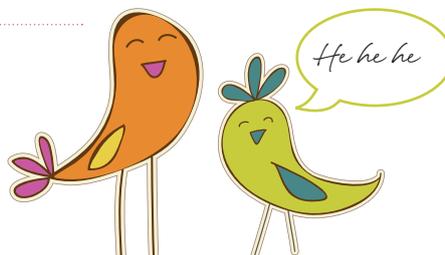
Tracie Lane - Coordinator for Bellyful Porirua

Come and learn about Bellyful...

We're having a meeting for anyone who is interested in finding out more about Bellyful and possibly becoming a volunteer. It will be held at the Kiwi Room Conference Facility situated on the 4th floor of the North City Shopping Centre, on Friday the 6th of May at 1pm. Please email tracie.lane@bellyful.org.nz if you'd like to attend.

A HUGE thanks to the following for their generosity this month:
KIWI ROOM CONFERENCE FACILITY, AMORA HOTEL WELLINGTON, and APEX RENTAL CARS.

Providing meals for families with newborn babies, and families in crisis. Comfort food from mum to mum. www.bellyful.org.nz



FUNNY STORY

My 4 year old was trying to convince me that he was old enough to be allowed to ride his scooter up and down our street. Being that it's a quiet cul-de-sac with lots of families that we all know well, I said that it was okay. I kept poking my head out the window every few minutes and all was fine... until I saw him standing on top of the neighbours letterbox drinking the dregs out of the beer bottles from their recycling bin!! I got such a shock that I yelled "What ARE you doing?" to which he looked at me with a completely innocent expression and said "Am I not allowed too?"

Scrumptious Smokey Scones

3 cups of self raising flour
1/4 teaspoon of salt
50 grams of butter
1 1/4 cups of milk/cream
1/2 cup of parmesan cheese
Half an onion
Half a pepper
1/2 cup of Tasty cheese
Smoked Paprika

DIRECTIONS:

Put the flour & cold chopped butter into food processor and blend till resembles fine breadcrumbs. Put into large bowl and add finely chopped onion, capsicum, cheese (tasty) and smoked paprika, add milk/cream and mix with hands into a dough. Turn out onto a floured tray and mould into a round flat shape like a frisbee. Sprinkle the top with parmesan cheese and smoked paprika then cut into triangles and put into hot oven at 220c. Check initially after 10 minutes and then every 5 minutes until ready. Let it rest before serving warm with butter.



Lynda Schoen (Bellyful West Auckland), made these scrumptious scones for our first West Auckland meeting, and they were such a hit we thought we'd share the recipe with all of you!

If you would like to submit a favourite recipe or funny story please email: joanne.jowsey@bellyful.org.nz



Testimonial

Our baby was born 8 weeks premature and also has a very rare heart condition so we were immediately in a state of crisis as we have a 3 year old too. Our baby had an operation as soon as she was born and then had open heart surgery to close the large hole in her heart. We don't have any family in Auckland so trying to visit our baby in hospital as much as possible and keep our 3 year old as comfortable as possible has been a challenge. Our baby is now over 11 weeks old and is still in intensive care at Starship Hospital as her lungs are so damaged and is struggling to breathe without some form of assistance. Unfortunately we still have a long road ahead of us as she needs 2 more operations before she can leave Starship. It's encouraging that the heart surgeon at Starship is one of the best in the world and the nurses have been amazing.

The most difficult part of the day is getting the evening meals organised as I need to continue working and my wife spends the days at the hospital. Our neighbour in Green Bay told us about Bellyful and I had seen you on TV. In the following week, our daughter's kindy said they were contacting Bellyful for us so I was delighted after I spoke to you and you were able to help us.

Your communication has been great throughout and the meals arrived when you said they would. The meals were perfect for us and everyone in the family enjoyed them so please pass on thanks to everyone who has helped make this happen.

Bellyful has certainly taken a huge amount of pressure off us by keeping us fed with healthy hearty meals when we need it most.

Bellyful meal recipients - *West Auckland*

“The power of sisterhood can change not only your life but generations to come”

Vera Kasevich

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What is Bellyful?

Bellyful was founded by four Mums who have all experienced how difficult it can be to have a new baby in the family. Many Mums with new babies find that the most difficult time of the day is dinner time; especially if you have other children that need feeding!

Bellyful have meals that have been previously prepared and frozen and when called upon, one of our Mums will hand deliver one of these meals. As we mums know, that meal can be a real sanity saver!

All of the ingredients we bought with funds we have raised or are donated by businesses or people in your community and meals are provided at no cost to those that receive them.

What's the catch?

Isn't it terrible that we wonder this? But we all think it, so let's just get it out of the way now.... There isn't one! We are just doing this because we want to make someone else's life just a little bit easier.

Regardless of your household income, if you think we can help you (or someone you know), we probably can - so please get in touch.

And if all it takes is a couple of meals - great!

Who is Bellyful for?

Families with babies under three months old.

Particularly those who are struggling to get dinner on the table whilst juggling a newborn or are new to the community and therefore don't know many people.

Families in crisis.

Particularly those who have a child or parent in hospital or have a terminal or very ill child or parent or are going through a very difficult time due to personal circumstances.

If this sounds like you or someone you know please get in touch to discuss how we can help with provision of a meal or two.

How can you help?

If you know of a family who could use our service then please get in touch.

Donations, donations, donations! OK so we're not shy to ask! Bellyful is a service that is dependant on the generosity of people and businesses in your community. We gratefully accept supermarket vouchers or cash.

If you'd like to donate your time to this service please call to find out ways in which you can help.

Contact details for your local branch can be found on our website - www.bellyful.org.nz or email jacqui.ritchie@bellyful.org.nz