

28th February



Bright Ideas!



Talk with your kids about what they have done to get ideas for activities to do with them. Keep a colouring book and pens in your bag for bored moments! Stacy



Swap Shop

Lindam door swing for baby, £5, see Kerry

Louise needs boxes of all sizes for moving house in March

Stacy has various baby toys and toy cars for anyone who wants them

Wooden dolls crib, see Laura

Anything you need, or things to pass on—advertise here!

Welcome to Mum & Me! Welcome to week 4 of Mum & Me! It is clear that everyone is enjoying their time at Mum & Me, making new friends and having time to relax. We made a start on some scrapbooks last week, and will continue with this over the coming weeks.

We would appreciate if you could leave £1 on the plate in the welcome gallery when you are on your way to Mum & Me time after lunch. This will help contribute towards our lunch costs!

Mum & Me

Mum & Me

meets every Tuesday
9.30am—1pm
St. Andrew's Church
Hamilton Green, Arbroath

Looking Ahead to Next Week.....

Activity: Dealing with challenges—feeding, potty training, tantrums...

We will also be mending clothes, so bring along anything you need mended, hems on etc. and learn new skills!

Lunch: Stovies

Contacts:

Church Office: 01241 431135

Gaynor: 07736115640

Kim: 07986447365



This weeks recipes.....Chilli

4 tablespoons vegetable oil	1 onion, chopped
1 pound beef mince	2 beef OXO cubes
2 cans chopped tomatoes	4 garlic cloves, crushed
8 tablespoons tomato puree	2 teaspoons chilli powder or flakes
2 tablespoons dried mixed herbs	Salt and pepper to season
1 can kidney beans, drained	

Heat oil in a pan, fry onion for 2 minutes, then add mince to brown. Crumble over OXO cubes, add chilli and garlic. Stir continuously for 2-3minutes. Add tomato puree and stir well, stir in cans of tomatoes, mixed herbs and kidney beans. Simmer with the lid off for around 30minutes, then season to taste.



Try serving sprinkled with cheese with rice, or baked potato, or tortilla chips, or wrapped in a soft flour tortilla. Try adding mushrooms, sweetcorn, peppers or more spices!

Local groups and activities to try!

- Cafe Project Toddlers, Monday, Wednesday and Friday 1.30—3pm.
- Sunday Club for children from birth to secondary school. Sunday 11am at St. Andrews Church.
- Mother and Toddlers at St. Andrews Church on Thursdays 10—11.30am.
- Rhyme Time at Arbroath Library every Friday, birth—14 months at 10.15—11am, 14months—3 years at 2.15 -3pm.
- Womens' Group Handbag and Accessories Party. 8pm on Friday, 2nd March in St Andrew's Church Hall.
- Family Fun Day at Letham Village Hall, Saturday 10th March, 10—2.

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If you have any more activities you would like to have included here, please let us know! Other activities we will keep you informed about include Messy Church and the Women's Group which run on a monthly basis.

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