



MEDIA RELEASE

IMMEDIATE

16TH February 2010

SUNNY SIZZLE PUTS INTERCHANGE ON THE MENU

The Great Australian Sunny Sizzle is a month long campaign which aims to bring people together over a barbecue to share good food, good company and good conversation, including talking about the great work Interchange does in the community, how to get involved through volunteering and disability issues in general.

“We would love everyone - supporters, general public and Interchange membership - to really get behind this campaign over March, it’s such an easy thing to do” said Sandra Leehy, publicity officer for Interchange Outer East. “We’ve produced a ‘Hold Your Own Sizzle Pack’ so even if you have no previous knowledge of Interchange, you can still support us. Included in the pack is some information on Interchange - what we do, how to get involved, a quick quiz, stories etc. We are hoping this will encourage discussion and thereby raise awareness of Interchange, volunteering opportunities and disability issues in general.”

Campaign ambassador Iain ‘Huey’ Hewitson agrees “Bringing together family and friends for a BBQ is a favourite Australian past time and a great way to share delicious food and you can help bring change to the lives of people with a disability at the same time.”

To celebrate the launch of the Sunny Sizzle campaign Interchange agencies from across the state will be holding an all day, festival style event at Federation Square on Friday 26th February. Activities begin with a Sunny Sizzle Business Breakfast and then move outside to the Main Square from 10am-7pm. Amidst the smell of cooking sausages, there will be live performances from some great Melbourne bands as well as children’s activities, beach games, face painting and plenty more. Local personalities will join host Iain ‘Huey’ Hewitson for a live Celebrity Sizzle Off on the Main Stage at midday. This is an open public event and we invite everyone to come along to join us for a fun day.

Interchange is a not for profit organisation committed to providing flexible respite, social and recreational opportunities for people with a disability and their families. Largely assisted by

volunteers, Interchange is a unique, community spirited organisation that believes in working together to assist people to achieve the life they want.

To find out more about holding your own Sunny Sizzle or about Interchange Outer East services and volunteering opportunities please call 03 9758 5522, email ioe@ioe.org.au or visit www.ioe.org.au

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