

# WELCOME TO OUR Monthly Newsletter

# March at Yay Today – What's New?

As we step into a new month, we're excited to share the latest updates, highlights, and upcoming events happening at **Yay Today.** April is all about connection, reflection, and fun – with special programs for **Easter and ANZAC Day**, exciting community outings, and new ways to get involved. In this edition, you'll meet our Director in our brand new **Staff Q&A** section, catch a glimpse of our Yay to Friday adventures, and discover opportunities to join in on upcoming activities.

We invite everyone to get involved, stay connected, and enjoy everything April has to offer.

Happy reading – and here's to another great month together!



#### **Meet Adrian – Our Clinical Lead**

Adrian leads our **Support Coordination and Recovery Coaching team**. With degrees in psychology, law and economics, he brings both knowledge and real-world experience to his work.

He's worked in a range of roles – including as a psychologist, author, and even a sports umpire! Adrian has supported many individuals and families living with disability, including in his own family.

Clients and carers value Adrian's down-to-earth advice and his ability to make the NDIS feel simple and accessible.







# New Section Alert! Member Q&A – This Month: Our Director

Each month, we're featuring someone from our community — a participant, staff member, or someone connected to YAY: to help others get to know the real people who make our YAY community so special. This month we are starting with someone very close to home — our thoughtful Director, Priscilla!



#### 1. What do you love most about your role?

Being able to show up for people when they need. Life can be tough at times, and if I can help by making YAY Today being a soft landing when someone is struggling, or a place where they feel safe and respected, that means everything to me.

#### 2. What's one thing people might not know about you?

When I was 15yo I was in a coma for a few days and the chances of waking up weren't looking great. But -spoiler alert- I did wake up - as you can probably tell and it completely changed my perspective on life. That day, I intuitively made a promise to live life to the fullest and spread love and kindness wherever I can.

#### 3. How do you like to relax after a busy week?

Spending quality time with family, especially with my son... I also like to take it slow on weekend mornings, making tasty breakfasts, then the usual laundry, house cleaning, driving the little one to soccer and basketball games, stuff like that  $\Theta$  it helps me feel grounded and organised.

#### 4. Favourite quote or motto you live by?

"Be kind. Everyone is fighting a battle you can't see" I wish more people would live by this mantra.

#### 5. If you could have any superpower, what would it be?

Does it has to be 1? I'd love to teleport, being able to show up for someone instantly, no traffic, no distance.. I'd also love to eat chocolates and digest it as if it was broccoli, how great would that be? And to remove mean actions from mean people. The world doesn't need that stuff.

#### We'd love to share your story.

If you're open to being part of the New Section, simply email us at <a href="mailto:support@yaytoday.com.au">support@yaytoday.com.au</a>, and we'll be in touch with the next steps!







# Easter Holiday Wishes & Program

Wishing all our clients, carers, and staff a safe and happy Easter! Whether you're spending time with family, enjoying a quiet moment, or tucking into a chocolate egg or two — we hope this holiday brings you joy and rest.

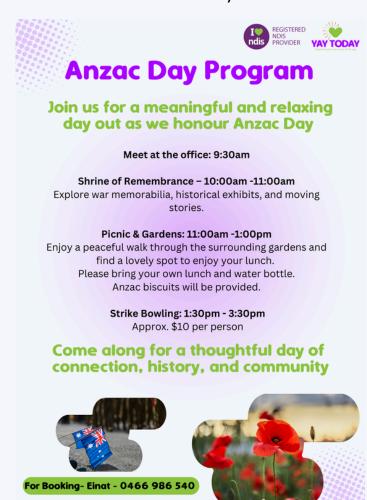
We're excited to offer a fun and inclusive **Easter Holiday Program** for clients who'd like to join in! Activities may include Easter crafts, baking, games, movie afternoons, and more. It's a great way to stay social and enjoy the season together.

\*Places are limited, so please contact us to book your spot.



**ANZAC Day – 25 April** 

ANZAC Day is a time to reflect, remember, and honour those who have served. We're offering a special **ANZAC Day Program** for clients who would like to take part in meaningful activities on the day.













### **Highlights from Our Art Class**

Our art class took a colourful turn as we stepped outside and found inspiration in nature!

It was a beautiful day in the park, filled with creativity, laughter, and connection.

We enjoyed experimenting with paints and pencils while soaking up the sunshine and fresh air.

We love seeing everyone's unique creations come to life!







## **Highlights From Yay To Friday**

Our Yay to Friday group has been getting out and about, making the most of the sunshine with sports in the park and some friendly competition at the bowling alley! From kicking goals to rolling strikes, everyone brought great energy and plenty of smiles.

It's been fantastic to see the group staying active, building confidence, and enjoying time together.

Check out these great snapshots from our recent outings!





### **Easter Holiday Program**





#### **Easter Holiday Fun! Day Trip to Sky High Mount** Dandenong

Join us for a fun day out at Sky High Mount Dandenong! Explore the beautiful gardens, enjoy the fresh air, and make great memories with friends.

#### Wednesday 16/04 10am- 4pm

- · Please bring your own lunch and water bottle.
- · Please bring your Companion Card if you have one

To arrange a support workercontact Einat - 0466 986 540







### **Easter Monday Day Trip! Enchanted Adventure Theme**

Join us for an exciting day at the Enchanted Adventure Theme Park! Explore mazes, slides, and gardens - it's the perfect mix of fun and adventure with friends.

**Monday 21/04** 

- · Please bring your own lunch and water bottle.
- Please bring your Companion Card if you have one.

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