

JUNE
2025



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Supporting you every step of the way

WELCOME TO OUR Monthly Newsletter

Hello June – Let's Make it Meaningful

As we step into the cosy winter month of June, we're excited to share the latest highlights, activities, and updates from across YAY Today. This month is all about **creativity, connection, and community spirit**. In this edition, you'll get a sneak peek at our upcoming **NAIDOC Week celebrations**, explore the latest creations from our **Art Class**, and take part in our heartwarming **Kindness Challenge**. We'll also share a beautiful spotlight on Liz from Accounts, our **Employee of the Month**, and invite you along to the exciting outings in our **Saturday Social Program**. There's something for everyone – so grab a warm drink, get comfy, and enjoy this month's edition. Here's to a joyful and connected June!



Employee of the Month - Liz

A big congratulations to Liz from the **Accounts Department** – our Employee of the Month!

Liz is reliable, detail-oriented, and always happy to help. Her work behind the scenes keeps everything running smoothly, and her calm, positive attitude makes her a joy to work with.

Thank you, Liz, for all that you do—we appreciate you!



Finding Friendship and Belonging at YAY Today – Meet JC

***A chat with JC – one of our wonderful
community members***



Can you tell us a little bit about yourself and what you enjoy doing with YAY Today?

I enjoy interacting with the other people in the activities and engaging in conversations.

What do you enjoy the most when you're with our team?

Having friendly and social support workers within the office and during outings.

What's something you're really proud of doing recently?

I'm really proud of building strong relationships with the friends and people I've met at YAY Today. I've made an effort to connect with others and support them, and in return they've been there for me when I needed it most.

What are your favourite things to do in your free time?

Relaxing with friends I made at YAY Today and hanging out with them outside of the programs.

Is there anything you'd like to share with our YAY Today community?

The YAY Today community is a place where I won't be judged. I feel loved by the YAY Today community and feel that I will always have a place at YAY Today, I'm happy to be a part of the community with everyone.

We'd love to share your story.

If you're open to being part of the New Section, simply email us at support@yaytoday.com.au, and we'll be in touch with the next steps!

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Winter Wellness Tips

As the weather gets colder, it's important to take care of your body and mind. Enjoy warm, nourishing meals, stay active with indoor hobbies, and keep connected with others. Don't forget to book your free flu shot through your GP or pharmacist. A little mindfulness—like stretching, journaling, or a few deep breaths—can go a long way to beat the winter blues. Stay warm, stay well, and reach out if you need support this season!

NAIDOC Week (7–14 July)

This July, we proudly join the nation in celebrating **NAIDOC Week 2025**—a special time to recognise and honour the history, culture, and achievements of **Aboriginal and Torres Strait Islander peoples**.

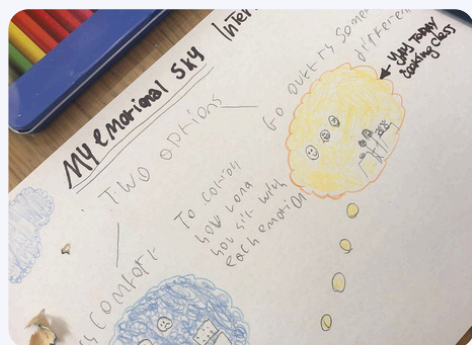
This year's theme is **"Keep the Fire Burning! Blak, Loud & Proud"**, which celebrates the enduring strength, culture, and voice of First Nations people. It's a call to keep the spirit of community and resistance strong—and to celebrate with pride.

Men's Health Week (9–15 June)



Men's Health Week is a great reminder to look after both physical and mental wellbeing. Staying healthy starts with small steps—like going for a walk, eating well, staying connected with mates, and talking about how you're feeling. It's OK to ask for help, and support is always available through services like Lifeline (13 11 14) or MensLine (1300 78 99 78). Let's check in with ourselves and each other this week and keep the conversation going.

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Exploring Emotions Through Art: Our Creative Expression Class

This month, our talented participants explored the theme of **"Internal Weather"**—a creative way to understand and express emotions through colour, drawing, and painting.

Using a mix of paints, pencils, and powerful imagination, everyone created personal "Emotional Sky" artworks, showing how our moods can feel like sunshine, clouds, or even a storm—and how things like good news or connection can help us feel calm again.

These beautiful artworks are more than just pictures - they're windows into how we experience and manage emotions. We're so proud of the thoughtful, honest, and vibrant pieces created by everyone involved!

Art Class runs every Tuesday from 1:30pm – 4:30pm

All abilities welcome, no experience needed—just bring your curiosity and willingness to explore.

Kindness Challenge – Small Acts, Big Impact

This month, we're encouraging everyone—clients, carers, and staff—to take part in our **Kindness Challenge**. It's all about doing small acts of kindness that can brighten someone's day. Whether it's a smile, a kind word, helping a friend, or writing a thank-you note—every act of kindness makes a difference.

You can even set a goal: **1 kind act a day for a week!**

Grab your **Kindness Challenge sheet** from the office and tick off each act as you complete it. It's a fun and simple way to spread positivity and feel good.

Let's fill June with kindness, connection, and community spirit.

June Saturday Programs

Saturday 7 June – Mind, Body & Spirit Festival

Discover something new at Melbourne's biggest wellness event! Explore healing therapies, spiritual readings, healthy living products, and more in a vibrant, inclusive atmosphere.

Saturday 14 June – Movies at Showbiz Cinema

Sit back, relax, and enjoy a movie with friends! We'll head to Showbiz Cinemas for an afternoon of big-screen entertainment. Popcorn optional – laughs guaranteed!

Saturday 21 June – Flow Climbing (Rock Climbing)

Challenge yourself with indoor rock climbing at Flow Climbing. Whether you're a beginner or a pro, it's all about having fun and moving your body.

Saturday 28 June – Melbourne Museum + Joy Exhibition

Enjoy a day of discovery at the Melbourne Museum. We'll explore the fascinating Joy Exhibition—a colourful, uplifting celebration of happiness and human connection.



Special Day Trip – Kryal Castle Adventure!

Step into a world of magic, knights, and unicorns on our exciting day trip to Kryal Castle!

From unicorn rides and face painting to jousting shows, potion making, and Knight School, this is a day full of fun and fantasy for all ages. You'll also enjoy mascots, crafts, a puppet show, and the magical Unicorn Liberty Display.

To arrange a support worker, please contact Einat on 0466 986 540.

Monday 09/06 -9am- 4pm Day Trip to Kryal Castle

Join us for a magical day with Unicorn Rides, mascots, hair braiding, a puppet show, crafts, and face painting! Enjoy live jousts, the Unicorn Liberty Display, and fun medieval activities like Knight School, archery, and potion making.

• Please bring your own lunch and water bottle.

To arrange a support worker, contact Einat
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