

# WELCOME TO OUR Monthly Newsletter

## March at Yay Today – What's New?

As we step into a new month, we're excited to share exciting updates, program highlights, and upcoming events at Yay Today! March is all about growth, inclusion, and new opportunities, with new classes, special recognitions, and ways to stay connected.

In this edition, you'll find details about our new Thursday cooking class, a special recognition from WISE Employment, our Employee of the Month, upcoming community events, and important awareness days.

We encourage everyone to get involved and make the most of what's happening this month! Happy reading, and we look forward to another great month together.



## Employee of the Month - Keeara

This month, we celebrate Keeara for her **hard work, dedication, and incredible work ethic**. She consistently goes above and beyond to support our clients, always showing kindness, patience, and genuine care.

Keeara's compassionate nature makes a real difference in the lives of those she supports, and we are truly grateful to have her as part of the Yay Today team.

**Thank you, Keeara, for your commitment and the positive impact you bring every day!**



## Meet Sharon – Our Recruitment Coordinator

Sharon is a passionate and experienced recruitment professional with over 13 years in management and employment recruitment. She loves connecting with people and finding the perfect fit for every role.

Outside of work, Sharon enjoys cooking new recipes, staying active, and spending time with her family—including her two energetic boys who keep her on her toes!

We're grateful to have Sharon's expertise, warmth, and dedication on our team!



## Friendship at Yay

We love seeing our support workers build strong friendships beyond the workplace! A quick coffee catch-up, a shared laugh, and genuine connections make our team even stronger. Supporting others starts with supporting each other! Keep fostering these amazing friendships.



## A Special Visit from WISE Employment!

We're honoured to receive a certificate and flowers from WISE Employment, celebrating our commitment to inclusion in the workplace. Proud to support diversity and create an inclusive community!





## 3 March- World Hearing Day

A day to raise awareness about hearing loss and promote ear and hearing care worldwide. Let's support our community by encouraging regular hearing check-ups and breaking the stigma around hearing impairment.



## 21 March – World Down Syndrome Day

Show your support by wearing colourful or mismatched socks on this day! It's a global event that celebrates the lives of people with Down syndrome and promotes equal opportunities.



## 8 March – International Women's Day

We celebrate the achievements of women, including women with disabilities, and promote inclusivity in all spaces. This year's theme is Inspire Inclusion – how can we all work together to create a more inclusive world?



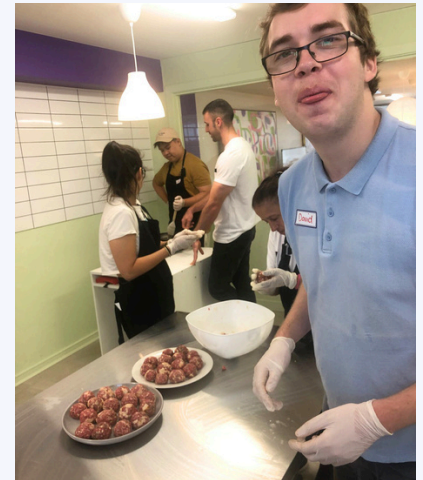
## 30 March – World Bipolar Day

A day to raise awareness and reduce stigma around bipolar disorder. Let's continue to foster understanding and support for mental health in our community.

**MARCH  
2025**



**YAY TODAY**  
Supporting you every step of the way



## Highlights from Our Cooking Class

Our cooking class has been a hit! Participants have been learning new recipes, building confidence in the kitchen, and having lots of fun along the way. Check out some great moments from our latest session! **Exciting news!** We're opening a **new Thursday class from 10 AM – 1 PM**. If you love cooking or want to learn, this is the perfect chance to get involved, meet new people, and enjoy delicious food!



## Highlights from Our Barista Class

Our Barista Class has been brewing up some fantastic skills! Participants have been hands-on, learning how to craft the perfect cup—from pulling espresso shots to creating smooth, velvety milk. It's been wonderful to see their enthusiasm and creativity in action!

Check out these snapshots of our talented baristas in the making! If you'd like to join us, get in touch for more details!

## Day Program Weekly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Cooking Class</b> <b>10am-1:30pm</b> Learn essential kitchen skills like chopping, following recipes, creating shopping lists, and enjoying the joy of making homemade meals.</p> <p><b>Art Class</b> <b>1:30pm-4:30pm</b> Explore your creativity through painting, drawing, and other artistic techniques in a fun and supportive environment.</p>	<p><b>Barista Class</b> <b>10am-1:30pm</b> Learn coffee-making skills, including brewing techniques, machine handling, and creating latte art, in a hands-on barista class.</p> <p><b>Cooking Class</b> <b>1:30pm-4:30pm</b> Learn essential kitchen skills like chopping, following recipes, creating shopping lists, and enjoying the joy of making homemade meals.</p>	<p><b>Cooking Class</b> <b>10am-1pm</b> <b>Creative workshop</b> <b>10am-1pm</b> Explore your creativity through hands-on projects like crafts, art, and DIY creations in a fun, supportive space.</p> <p><b>Pathway to Wellness</b> <b>1pm-4pm</b> Pathway to Wellness offers yoga, meditation, and self-exploration to nurture balance and inner peace.</p>	<p><b>Psychosocial Skills</b> <b>11am-2pm</b> Build confidence, improve communication, and develop life skills in a supportive environment through our Psychosocial Skills Program</p> <p><b>*Yay to Friday</b> <b>3pm-6pm</b> Enjoy fun social outings every Friday, with a different activity each week to connect, explore, and have a great time</p>	<p><b>Yay to Saturday</b> <b>1pm-4pm</b> Connect with others, make new friends, and explore exciting activities every Saturday, designed to inspire socialising and outdoor adventures</p>

\*Yay to Friday may include out-of-pocket fees.  
All other programs are billed through the NDIS plan.

**WE HAVE EXPERIENCED, TRAINED, AND QUALIFIED  
SUPPORT WORKERS READY TO ASSIST YOU.**

### Scam alert – beware of malicious SMS and email

WE ARE AWARE OF RECENT FRAUDULENT SMS AND EMAILS TARGETING SOME NDIS PARTICIPANTS. IF YOU THINK YOU MAY HAVE BEEN TARGETED PLEASE CALL THE NDIS FRAUD REPORTING AND SCAMS HELPLINE ON 1800 650 717.