

# WELCOME TO OUR Monthly Newsletter

## Hello August! – Let's Welcome New Possibilities

**Welcome to August – a month of colour, connection and community!**

This edition celebrates Homelessness Week and **Wear It Purple Day**, reminding us of the importance of inclusion and awareness.

We're sharing highlights from our **Dot Art class** and a fun-filled cooking session that brought everyone together in the kitchen.

Don't miss our **participant spotlight with Pandeli**, where he shares his journey with the YAY community.

Our **Saturday Program** continues to shine, and the **August Colour Challenge** is here to keep the creativity flowing!

Let's make this month bright, bold and inspiring – together.



## Employee of the Month - Daniella

Congratulations to Daniella, our Employee of the Month!

Daniella is a calm, caring, and reliable support worker who always puts clients first. She's known for her gentle approach, great communication, and for going the extra mile to make others feel supported and safe.

Her positivity and teamwork are appreciated by both clients and colleagues, and we're so grateful to have her as part of the YAY Today team. **Thank you, Daniella – and well done!**



## **From Coffee Making to Friendship Building – Pandeli's YAY Journey**

***A chat with Pandeli about building skills, confidence, and community at YAY Today.***



**Tell us a little bit about yourself and what you enjoy doing with YAY Today?**

*I like learning how to make different coffees and latte art. I also like hanging out and having a good talk with the other participants at staff at YAY.*

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

*The good company and having a good time with the group.*

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

*Being able to make a coffee from the beginning until the end, especially the latte art. I'm also proud of meeting people and making new friends!*

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

*Walking, going to the gym, and spending time with my family and support workers.*

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

*I would like to thank YAY Today and tell you lucky to find a place to improve my skills and have fun and laugh while I learn.*

**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](mailto:support@yaytoday.com.au), and we'll be in touch with the next steps!**



## Wear It Purple Day (August 29)

This August, we come together to celebrate **Wear It Purple Day**, a day that promotes inclusion, visibility, and support for LGBTQIA+ youth. Founded in 2010, Wear It Purple Day encourages people to wear purple to show that every young person has the right to be proud of who they are and feel safe, supported, and respected. This year's theme is **"Write Your Story"** — a reminder that everyone's journey is unique and deserves to be celebrated.



## Homelessness Week (5–11 August)

This August, we're recognising Homelessness Week, a time to raise awareness about the impacts of homelessness and the importance of safe, secure housing for all. The week highlights the growing need for action, understanding, and long-term solutions to housing insecurity across the country. Events and campaigns will take place nationwide to support the theme: **"Ending Homelessness Together." Everyone deserves a place to call home.**

## The Colour Challenge is Here - Let's Brighten August Together!

This month, we're inviting everyone to take part in The Colour Challenge! Choose a colour and find ways to surround yourself with it — in your clothes, your food, your drawings, your surroundings, or even your mood. Here are some ways to get started: wear something in your colour, take a photo of something that matches it, create a small artwork using only that colour, share how that colour makes you feel. Let's make this a month full of colour, creativity, and expression!

**And don't forget — we'll be finishing the month with a splash of purple for Wear It Purple Day on August 29!**



## Dot Art Class – A Calm & Creative Session

This month, participants enjoyed a relaxing Dot Art session inspired by the painting style of Pointillism. Using small, colourful dots, everyone explored their own creative flow while building focus and patience.

The class encouraged self-expression, mindfulness, and trying something new in a supportive space. It was a wonderful way to slow down, connect, and enjoy the simple joy of making art.

We're looking forward to exploring more creative techniques in our next session!



## Flavours of Brazil – Cooking Feijão Together!

This month's cooking class took us on a tasty trip to Brazil as we prepared **Feijão, a traditional Brazilian dish** made with black beans.

With delicious aromas filling the room, participants worked together to chop, stir, and season – learning about new ingredients and cultural traditions along the way.

It was more than just a meal – it was a celebration of connection, sharing stories, and discovering new flavours from around the world.

We finished with full bellies, happy smiles, and a few new cooking skills to take home!

## August Saturday Programs

### Saturday 2 August – Bark Salon & First Nations Art Gallery

Join us at The Ian Potter Centre to explore powerful First Nations artworks. A meaningful day of culture, creativity, and connection in the heart of Melbourne.

### Saturday 9 August – Goanna Golf Dingley (Mini-Golf)

Get ready for a fun-filled day of mini-golf and laughter! Challenge your friends and enjoy 18 holes of adventure.

### Saturday 16 August – GESAC (Pool & Leisure Centre)

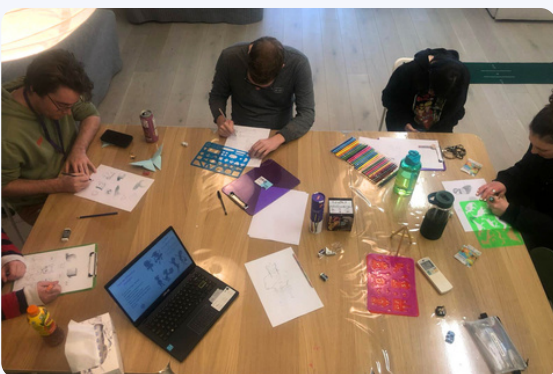
Splash into the weekend at GESAC! Enjoy the pool, leisure facilities, and a relaxing time with friends.

### Saturday 23 August – Distraction Art Exhibition

Explore the intersection of art, science, and curiosity at the Science Gallery Melbourne. A unique experience full of inspiration and wonder.

### Saturday 30 August – Dandenong Ranges National Park

Take in the beauty of nature with a peaceful bushwalk and fresh mountain air. A refreshing way to wrap up the month.



#### ☎ Need Someone to Talk To?

For immediate support, the following free services are available 24/7:

**Lifeline Australia – 13 11 14**

**Beyond Blue – 1300 22 4636**

**Kids Helpline – 1800 55 1800**

**Suicide Call Back Service – 1300 659 467**

Please don't hesitate to reach out – you are never alone.