

# WELCOME TO OUR

## Monthly Newsletter

### Yay Today Update



We are excited to share all the latest from Yay Today! Recently, our team has been busy with fun events like the Halloween party and the launch of our cooking class recipe books. We have also expanded our support coordination services and welcomed new team members.

Looking ahead, November brings National Epilepsy Awareness Month activities and a Development Workshop on the 4th, along with more opportunities for clients to connect and engage. We would love to hear your feedback on recent programs and events - your thoughts help us make Yay Today even better!

Thank you for being a part of our journey. We are thrilled to keep growing and creating memorable experiences with all of you!

### Employee of the Month, Katherine

We are excited to celebrate Katherine as our Employee of the Month! A valued member of the Yay Today team, Katherine brings genuine care and dedication to her participants, making a meaningful impact every day. Her warmth, compassion, and commitment shine through in all she does.

Thank you, Katherine, for your hard work and for being an essential part of the Yay Today family. We are grateful to have you with us!





## Highlights from Our Group Activities

### ROCK CLIMBING ADVENTURES & EXPLORING THE DANDENONG RANGES

Our recent group activities have been all about adventure, teamwork, and connecting with nature! From reaching new heights at the rock climbing wall to exploring the beautiful trails of the Dandenong Ranges, our participants had an incredible time challenging themselves and building strong bonds with one another.

These outings are more than just activities - they are opportunities for personal growth, confidence building, and enjoying the outdoors together. A big thank you to everyone who joined us and made these experiences unforgettable. We can't wait to see where our next adventure takes us!



## Spooky Fun & Halloween Highlights

### HALLOWEEN PARTY FUN & FESTIVITIES

Our recent Halloween party was a fantastic celebration filled with creativity, costumes, and community! Participants and staff alike got into the spirit with fun costumes, festive decorations, and plenty of treats. It was a joyful event where everyone had a chance to connect, have fun, and showcase their unique Halloween style.

These moments together make our community stronger and bring out the best in everyone.

A big thank you to everyone who participated and helped make it a memorable Halloween. We are already looking forward to more fun celebrations ahead!



## Meet Our Support Coordinator, Ricky!



### WELCOMING NEW CLIENTS FOR SUPPORT COORDINATION

We are thrilled to introduce Ricky, our experienced Support Coordinator, who brings 15 years of expertise in the community health sector, including 8 years as a senior support coordinator. Ricky holds a Certificate IV in Community Service and specialises in managing neurological disorders, providing psychosocial support, and helping clients access NDIS housing.

Outside of work, Ricky is a talented guitarist who plays in local bands, enjoys amateur boxing, and loves exploring the outdoors with his Cocker Spaniel.

With capacity for new clients, Ricky is here to support you on your journey. Reach out to learn more about how we can help!



## Recipe Books Unveiled!

### COOKING CLASS PARTICIPANTS BEGIN THEIR CULINARY JOURNEY

We are delighted to share that our cooking class participants have now received their very own recipe books, designed to hold all the delicious recipes they've mastered in class! Each book is a personalised journey, ready to be filled with tasty creations and favourite dishes. Stay tuned for an upcoming event where participants will have the chance to cook and showcase one of their favourite recipes from class. It may even turn into a friendly competition, so get ready to cheer them on!



## National Epilepsy Awareness Month

### SPREADING AWARENESS AND SUPPORT FOR EPILEPSY

November is National Epilepsy Awareness Month - a time to raise awareness, promote understanding, and support those living with epilepsy. Together, we can help break down misconceptions and provide resources to improve the lives of individuals affected by epilepsy. Let's show our support by staying informed, advocating for understanding, and sharing valuable information.



## NDIS Research

### SEEKING PARTICIPANT TO IMPROVE NDIS PLANS FOR PEOPLE WITH DOWN SYNDROME OR INTELLECTUAL DISABILITY

The University of Melbourne is looking for NDIS participants aged between 15 to 24 years old with Down Syndrome or intellectual disability to take part in a research project.

The NDIA has asked the University of Melbourne to learn how people are using their NDIS plans to get the help they need, make more choices in their life, and be more involved in their community.

If you'd like to take part, you can provide feedback online or in person and bring a family member or allied health worker.

The feedback session will take approximately 1 hour and you will receive a **\$50 gift card** to thank you for your time.

If you are interested in this research project, please email [ndia-effectiveness@unimelb.edu.au](mailto:ndia-effectiveness@unimelb.edu.au) or call **(03) 8344 5366**.



## Development Workshop

### BUILDING CONFIDENCE, CONNECTION, AND COMMUNITY

We're excited to host a Development Workshop for our employees and Day Program students on 4/11. Led by Maryanne Mooney, a leadership coach who helps individuals connect with who they are and who they can become, this workshop will focus on building self-awareness to boost confidence, enhancing communication and teamwork skills, and strengthening our sense of community and shared purpose at Yay Today.

### Day Program Monthly Planner

Month: November Year: 2024					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Psychosocial Skills 10am-12pm Yay to Friday 3pm-6pm	Yay to Saturday Engage & Connect 1pm-4pm
	Public Holiday	Barista Class 10am-1:30pm Cooking Class 1:30pm-4:30pm	Creative Workshop 10am-12pm Psychosocial Skills 12pm-2pm Yay to Friday 3pm-6pm	Psychosocial Skills 12pm-2pm Yay to Friday 3pm-6pm	Yay to Saturday Engage & Connect 1pm-4pm
	Cooking Class 10am-1:30pm Art Class 1:30pm-4:30pm	Barista Class 10am-1:30pm Cooking Class 1:30pm-4:30pm	Creative Workshop 10am-12pm Psychosocial Skills 12pm-2pm Yay to Friday 3pm-6pm	Psychosocial Skills 12pm-2pm Yay to Friday 3pm-6pm	Yay to Saturday Engage & Connect 1pm-4pm
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## We Value Your Feedback!

We would love to hear your thoughts and suggestions to help us improve our services. Please click the link below to share your feedback with us