

WELCOME TO OUR Monthly Newsletter

This October – Awareness, Fun & Connection

As spring blossoms all around us, October is a time to celebrate awareness, creativity, and community. This month we recognise Mental Health Month and honour the incredible dedication of carers during National Carers Week.

We're also excited to share highlights from our programs – from delicious creations in the Cooking Class, to colourful crochet and craft characters in the Creative Workshop, and David's inspiring Recycling Project that gives back to both charity and our YAY Today family. And of course, we can't forget our Halloween Party 🎃 – a fun-filled night of costumes, laughter, and celebration. At YAY Today, we believe every smile and shared moment makes our community stronger. Let's make October a month of kindness, joy, and connection.



Employee of the Month - Maria

Congratulations to Maria, our Employee of the Month! 🎉

Maria is a compassionate and dedicated support worker who always puts her clients first. She is known for her patience, positivity, and the way she makes everyone feel valued and included.

Her teamwork and commitment shine through in everything she does, and we're so grateful to have her as part of the YAY Today family. 💜



Cooking Up Friendship – Maria & Nikita

This month, we're shining a spotlight on one of our favourite YAY Today duos – **Maria (Support Worker) and Nikita (Participant).**

They've been working together for a few months now, and whether it's in the kitchen or out and about, their time together is always filled with laughter, creativity, and plenty of fun. We asked them a few light-hearted questions about their journey – here's what they had to say!



Maria – Support Worker

What's the best thing about working with Nikita?

Nikita is a lovely girl who fills the room with her energy and smile.

Can you share a fun or memorable moment you've had together?

We've had so many special moments that it's hard to choose, but I would say my favourite times are when we cook together and then dance.

Nikita – Participant

What do you like most about spending time with Maria?

I feel good when I'm with Maria.

What's the funniest or happiest moment you've shared together?

The happiest times are when we cook together.

If you and Maria were to cook your dream meal, what would it be?

A milkshake!

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!



Mental Health Month – October 2025

October is Mental Health Month, a time to focus on our wellbeing and remind each other that we're not alone.

This year's theme is belonging and connection – showing how important it is to feel supported and included.

Even small acts of kindness, a friendly chat, or simply listening can make a real difference.

On 10 October, we join the world in recognising World Mental Health Day – encouraging open conversations, reducing stigma, and reminding each other that it's always OK to ask for help.



Carers Week – 16 to 22 October

Carers Week celebrates the amazing people who support loved ones with disability or mental health challenges.

It's a time to recognise their patience, love, and resilience.

At YAY Today, we thank carers for the difference they make every day.

This week, let's show our appreciation for their vital role.

Care for a
CARER 

David's Recycling Project

Meet David, one of our amazing participants and team members at YAY Today. Each week, he collects cans and bottles to recycle.

The money is split – half goes to charity and half helps fund our end-of-year party.

David's efforts show how one small act can make a big difference for our community.



**OCTOBER
2025**



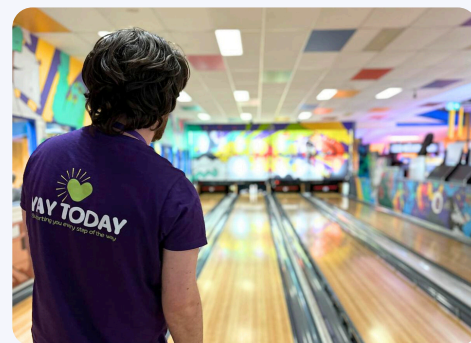
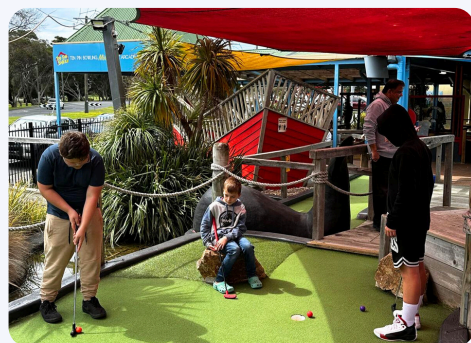
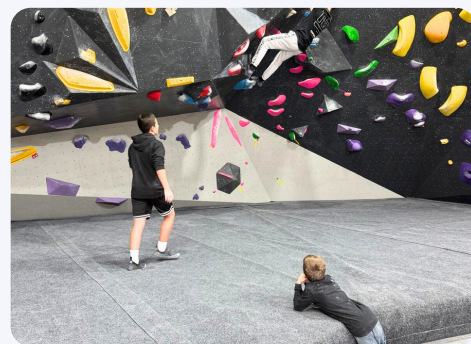
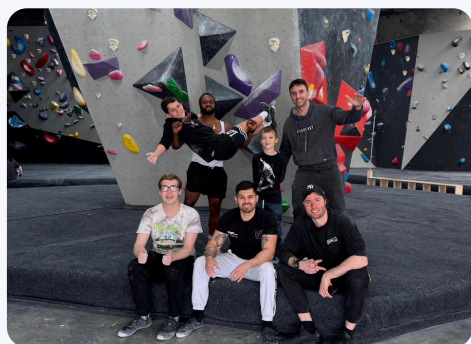
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Highlights from Our Spring Holiday Program

Our Spring Holiday Program was full of energy and adventure. From bowling and visiting the art gallery to bouncing high at Bounce and climbing to new heights on the rock wall – our participants had an incredible time!

These photos capture the laughter, courage, and teamwork that made each day so special. Thank you to everyone who joined us and helped make this program unforgettable.



Join Us For Our Next Event!

Get ready for more fun! Our next event is the Halloween Party on November 1st! Join us for spooky games, creative costumes, and lots of treats as we celebrate the season in style. Don't miss out on the fun - see you there!





Cooking Up Connection

Our recent cooking class was full of laughter, learning, and delicious smells! Participants worked side by side – chopping, stirring, tasting, and sharing ideas.

It was wonderful to see everyone so engaged, trying new recipes, and building confidence in the kitchen. More than just food, the class was about teamwork, friendship, and enjoying the simple joy of creating something together.

Everyone left with full tummies, big smiles, and a sense of achievement, proof that cooking really does bring people together!



Creative Workshop – Crochet & Craft Characters

Our Creative Workshop was full of colour, creativity, and laughter! Participants tried their hand at crochet and also built their very own craft characters – fun cube-style creations that brought favourite cartoons to life.

It was inspiring to see everyone engaged, sharing ideas, and proudly showing off their handmade pieces. More than just making crafts, the workshop was about teamwork, imagination, and the joy of creating something unique together.

October Saturday Programs

Saturday 4 October – GESAC

Dive into a day of swimming, splashing, and water play at Glen Eira Sports and Aquatic Centre, just bring your towel and jump in!

Saturday 11 October – Victorian Festival of Diwali

Join in the 20th annual Victorian Festival of Diwali for music, dance, food, workshops, fireworks and fun right in the heart of Melbourne!

Saturday 18 October – Italian Festa and Expo

Enjoy live music, cooking demos, art and fashion exhibits, sports games, youth amusements, and the very first Italian Jazz Festival. Explore it all alongside 150+ vibrant stalls offering food and more!

Saturday 25 October – Bowling at STRIKE

Enjoy bowling and games at STRIKE for an action-packed good time!

