

SEPTEMBER 2025



REGISTERED
NDIS
PROVIDER



YAY TODAY
Supporting you every step of the way

WELCOME TO OUR Monthly Newsletter

Hello September! – A Season of Renewal and Growth

Welcome to September – a month of fresh beginnings, blooming opportunities, and stronger connections! With spring in the air, we're reminded of the power of growth, community, and hope. **In this edition, we celebrate R U OK? Day and Dementia Action Week** – important reminders of the role awareness, inclusion, and support play in our everyday lives. **We're excited to share a special interview with Kimberly**, one of our dedicated Support Workers, who brings warmth and compassion to her role each day. **You'll also find highlights from our cooking class**, where participants created delicious dishes while learning and laughing together. **Plus, our Spring School Holiday Program and Saturday Program** are packed with fun activities and new adventures. September promises to be a season of joy, connection, and growth – together.



Isabelle employee of the month

Congratulations to Isabelle, our Employee of the Month! Isabelle is a compassionate, dedicated, and reliable support worker who always puts clients at the heart of everything she does. She is known for her kind approach, excellent communication skills, and her willingness to go above and beyond to ensure everyone feels supported and valued. Her positivity and strong teamwork make a real difference to both clients and colleagues, and we're so thankful to have her as part of the YAY Today family.



Thank you, Isabelle – and congratulations on this well-deserved recognition!

Meet Kimberly – Supporting with Care and Compassion

Discover Kimberly's journey and what inspires her in her role at YAY Today

What inspired you to become a support worker?

Having previously worked in the Early Childhood Education industry, I've always been passionate about helping others grow and feel supported. Over the years, I often heard about support work and found myself naturally drawn to it. The idea of being able to make a real difference in someone's everyday life really resonated with me, and it felt like a natural next step in my journey of supporting and empowering others.

What do you enjoy most about supporting participants at Yay Today?

Honestly, every day at Yay Today feels meaningful, but the most rewarding part of my role is witnessing my clients' growth and the pride they feel in both their achievements be it small or big. Being part of their journey, supporting them as they work toward their personal goals and celebrating every win along the way is what makes this work so special. Helping participants feel more empowered and confident in themselves is truly the highlight of supporting participants at Yay Today.

Can you share one memorable moment from your work that made you proud?

One memorable moment that really stands out for me was working with a client who, when I first met him, was struggling with motivation and confidence and spent most of his time at home living a very isolated life. With gentle encouragement, setting small, achievable goals, and celebrating every bit of progress, I watched him slowly gain confidence and start re-engaging with life. Now, fast forward to almost a year later, he looks forward to community outings, enjoys being physically active and has taken real steps toward a healthier and more fulfilling life. What made me most proud was when he thanked me for believing in him at a time when he didn't believe in himself. That moment reminded me how powerful support can be—and why I'm so passionate about this work.



What's one thing you've learned since joining the team?

Since becoming a support worker with Yay Today, I've learned that the journey isn't just about helping others grow, it's also about growing alongside them. Supporting my participants as they work towards their goals has been incredibly rewarding, but what I didn't expect was how much they would teach me in return. I've gained confidence, a deeper understanding of myself, and a true sense of purpose. Being part of this amazing team has shown me that when you truly love what you do, it doesn't feel like work- it feels like where you're meant to be.

How do you like to relax or spend time outside of work?

I love spending quality time with my family and getting my "aunty fix" whenever I can. When I'm not with family, I enjoy reading, watching a good documentary or tv series and going for hikes or walks with nice scenery when the weather is nice. Mostly, I just love spending quality time with the people I care about as it's what really helps me relax and recharge.

What's one thing people might be surprised to know about you?

I sing every chance I get, no matter where I am or who's around. Even when I'm grocery shopping, if a good song comes on over the speakers, I can't help but sing along and turn it into my own mini karaoke session. So if you ever hear someone randomly singing in the aisles at Cole's, that's probably me—haha!.

If you could describe yay today in 3 words what would they be?

Yay Today is a compassionate, supportive, and inclusive company committed to making a meaningful difference in the lives of those we support.

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!





R U OK? Day – 12 September

This September, we come together to recognise R U OK? Day, a national day of action that reminds us all to check in with the people around us.

The message is simple but powerful: A conversation could change a life. By asking “Are you OK?” and listening with care, we can help create a culture of connection and support.

This year’s theme encourages us to look out for one another, start meaningful conversations, and remind our friends, family, and community that no one has to face life’s challenges alone.

At YAY Today, we believe in the strength of community and the power of kindness. Let’s use R U OK? Day as a chance to open up, reach out, and show that we’re here for each other.



Dementia Action Week – 16 to 22 September

This September, we recognise Dementia Action Week, a time to raise awareness and understanding about dementia and its impact on individuals, families, and communities.

This year’s theme highlights the importance of supporting people living with dementia to live well, with dignity and inclusion.

It’s a reminder that small acts of kindness, patience, and understanding can make a big difference in someone’s daily life. At YAY Today, we’re committed to building a community where everyone feels respected and valued, no matter their journey.

By learning more and showing compassion, we can help reduce stigma and create a world that is more inclusive for people living with dementia and their carers.



Father's Day – 7 September

This month, we celebrate Father's Day – a special time to honour dads, father figures, and all those who provide care, love, and guidance in our lives. It's a day to show gratitude for the big and small things they do every day – from words of wisdom to acts of kindness that shape our families and communities.

At YAY Today, we recognise that family comes in many forms, and Father's Day is a wonderful opportunity to celebrate all the people who step into that role with love and dedication. Let's take a moment to say thank you, share stories, and make meaningful memories with the people who make a difference in our lives.



Highlight from our cooking class

Our recent cooking class was filled with laughter, learning, and plenty of delicious food! Participants came together to try new recipes, sharpen their cooking skills, and share a meal they created with pride.

Beyond the food, it was a wonderful chance to connect, build confidence in the kitchen, and celebrate the joy of cooking together. Everyone left with full tummies, new skills, and big smiles!



NDIS Changes Announced – Impact on Children with Autism and Learning Delays

The federal government has announced major reforms to the NDIS, affecting more than 100,000 children with mild to moderate autism and developmental delays.

Instead of receiving support under the NDIS, these children will gradually transition to a new program called “Thriving Kids”, set to begin in July 2027. The aim is to provide more specialised early intervention services while reducing the rapid cost growth of the NDIS.

Key points from the announcement:

- NDIS growth will be reduced from 8% to 6% per year.
- Children will remain supported until the new system is fully operational, with transitions happening during regular assessments.
- Concerns remain that autism is a lifelong condition, and families fear losing critical support.
- The government argues that the reform will save billions of dollars while ensuring more targeted care.
- Issues were also raised about unregistered providers (93% of them), leading to risks of poor service quality, conflicts of interest, and limited oversight.



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.

SEPTEMBER 2025



REGISTERED
NDIS
PROVIDER



YAY TODAY
Supporting you every step of the way

Spring School Holiday Program – September 22 to October 4

Get ready for an exciting Spring Holiday Program packed with fun, creativity, and adventure! Over two weeks, participants can enjoy a wide range of activities – from learning and cooking to games, crafts, and new experiences. With something fresh happening every day, it's the perfect opportunity to build new skills, make friends, and celebrate the best of springtime together.



Public Holiday Day Trip – Day Down By The Peninsula

This spring, come along for a full-day coastal adventure as we explore the Mornington Peninsula's stunning sights and hidden gems!

It's the perfect chance to enjoy fresh air, connect with others, and soak up the beauty of nature together. Don't miss out!



Saturday Adventures This September

Saturday 6 September – The Makers and Shakers Market

Spend the day exploring local designers, makers, and tasty treats at the Royal Exhibition Building in Carlton. A creative market full of inspiration and unique finds!

Saturday 13 September – Tolarno Galleries

Discover contemporary art and exhibitions at the Tolarno Galleries in Melbourne. A relaxed afternoon of creativity and culture.

Saturday 20 September – Taste of Combat & St Kilda Botanical Gardens

Experience an action-packed session at the Shrine of Remembrance with Taste of Combat. Then, wind down with a peaceful stroll through the beautiful St Kilda Botanical Gardens.

Saturday 27 September – Cherry Hill Orchards Blossom Festival

Celebrate spring surrounded by breathtaking blossom trees in Wandin East. A magical day of fresh air, nature, and stunning photo opportunities.

Day Program Monthly Planner					
Month: September Year: 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	Cooking Class- 10am-1:30pm Art Class- 1:30pm-4:30pm 2	Barista Class- 10am-1:30pm Cooking Class- 1:30pm-4:30pm 3	Creative Workshop 10am-1pm Cooking Class- 10am-1pm Pathway to Wellness 1pm-4pm 4	Psychosocial Skills- 11am-2pm Yay to Friday 3pm-6pm 5	The Makers and Shakers Market 12pm-3pm 6
8	"A Day Down By The Peninsula" Day Trip 10am- 4pm 9	Barista Class- 10am-1:30pm Cooking Class- 1:30pm-4:30pm 10	Creative Workshop 10am-1pm Cooking Class- 10am-1pm Pathway to Wellness 1pm-4pm 11	Psychosocial Skills- 11am-2pm Yay to Friday 3pm-6pm 12	Tolarno Galleries 12pm-3pm 13
 15	Cooking Class- 10am-1:30pm Art Class- 1:30pm-4:30pm 16	Barista Class- 10am-1:30pm Cooking Class- 1:30pm-4:30pm 17	Creative Workshop 10am-1pm Cooking Class- 10am-1pm Pathway to Wellness 1pm-4pm 18	Psychosocial Skills- 11am-2pm Yay to Friday 3pm-6pm 19	Taste of Combat and Royal Botanical Gardens 12pm-3pm 20
School Holiday Program 22	Cooking Class- 10am-1:30pm Art Class- 1:30pm-4:30pm 23	Barista Class- 10am-1:30pm Cooking Class- 1:30pm-4:30pm 24	Creative Workshop 10am-1pm Cooking Class- 10am-1pm Pathway to Wellness 1pm-4pm 25	Psychosocial Skills- 11am-2pm Yay to Friday 3pm-6pm 26	Cherry Hill Orchards Blossom Festival 12pm-3pm 27
School Holiday Program 29	Cooking Class- 10am-1:30pm Art Class- 1:30pm-4:30pm 30	 1	 2	 3	 4