

# WELCOME TO OUR MONTHLY NEWSLETTER

## Happy Easter from the YAY Today team!

Easter is a wonderful time to slow down, relax, and enjoy the long weekend with family, friends, and doing the things you love. We hope everyone takes this time to recharge and have some well-deserved fun.

As we step into a new month, we're excited to share what's ahead at YAY Today. April brings fresh opportunities to connect, try new experiences, and continue building confidence and independence.

In this edition, you'll find highlights from last month, exciting program updates, our Employee of the Month, upcoming activities, and important awareness days.



## Employee of the Month – Gui

This month, we're proud to celebrate Gui as our Employee of the Month!

Gui has made a truly meaningful impact, with outstanding feedback highlighting the difference he brings to the lives of the people he supports. His dedication, strong work ethic, and genuine care shine through in everything he does.

Thank you, Gui, for the positive impact you make and for being such an important part of the YAY Today team.



## March Highlights

March was a busy and exciting month at YAY Today, filled with a variety of fun and meaningful activities. It's been wonderful to see our participants engaged, building confidence, and creating great memories together.

## Labour Day at ArtVo



## Cooking & Wellness Classes



**Interested to join? Get in touch to book your spot.**

## Free public transport across Victoria in April

All trains, trams & buses (including metro + regional) are FREE all April!

Free transport means more opportunities to get out, try new things, and stay connected to the community.

Our team of support workers can help you build confidence using public transport, from planning routes to travelling safely, developing your real-life independence skills along the way.

Whether it's heading to a class, visiting a new place, or catching up with friends, this is a great time to explore more of your community. Take advantage of this opportunity to build your confidence and enjoy new experiences along the way.



## Wellbeing Check-In: Take a mindful moment

Even a short pause in your day can help you feel calmer and more in control.

Try taking a few slow, deep breaths, focusing on what you can see or hear around you, or spending a few quiet minutes doing something you enjoy, like listening to music or sitting outside.

These small moments can help reduce stress and bring a sense of balance to your day.

If you'd like more ways to relax and recharge, chat with our team to get started with a wellness class.



## Be Prepared, Stay Safe: Practice Emergency Drills at Home

Emergencies can happen anytime, but a little preparation can help everyone feel more confident, calm, and safe.

This month, we're encouraging participants and support workers to take a few simple steps together at home:

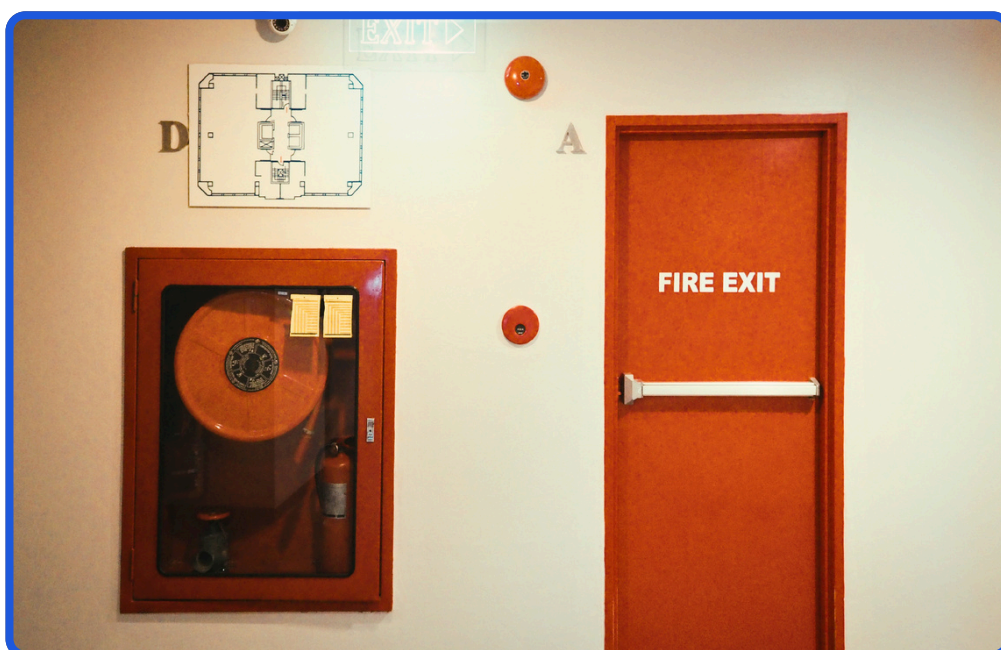
1. Identify safe exits in your home
2. Practice how to leave quickly and safely
3. Keep important phone numbers easy to access
4. Prepare a small emergency kit (medications, water, torch, key documents)
5. Talk through what to do in situations like fire or flood

### Did you know?

People with disability are at higher risk during emergencies, including home fires.

Practicing a simple plan can make a big difference in staying safe.

**Small steps today can create safer, more confident tomorrows!**





**2 Apr**  
**World Autism  
Awareness Day**

World Autism Awareness Day is a time to celebrate diversity, inclusion and understanding. It's an opportunity to recognise and support individuals on the autism spectrum, creating a more inclusive and supportive community.



**5 April**  
**Daylight Savings  
Ends**

Daylight savings ends this month, giving us an extra hour in the day. It's a great chance to slow down, reset routines, and make the most of brighter mornings.



**25 April**  
**ANZAC day**

On April 25, we recognise ANZAC Day, a time to reflect, remember, and honour those who have served. It's a moment for our community to come together in respect and appreciation.



**22 April**  
**Earth Day**

Earth Day is a great reminder to care for our planet and the environment around us. It's about making small, positive choices every day, from getting outdoors to staying connected with nature and our community.

# April Saturday Programs

## Saturday 4 April – Berwick Easter Fair

Hop into the Easter spirit at the Berwick Easter Fair, then unwind with a lovely picnic in the park.

## Saturday 11 April – Day at Rippon Lea Estate

Spend the day exploring the beautiful gardens, relaxing in nature, and enjoying a peaceful outing at Rippon Lea Estate.

## Saturday 18 April – Day at Albert Park Lake

Join us for a relaxing day by the lake, with fresh air, scenic views, and great company.

## Saturday 25 April – Evening at the LIT Festival at Wyndham Park

Experience a vibrant evening at the LIT Festival, filled with lights, entertainment, and a lively atmosphere.

### Day Program April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Barista Class</b> 10am-1:30pm <b>Cooking Class</b> 1:30pm-4:30pm 1	<b>Creative Workshop</b> 10am-1pm <b>Cooking Class</b> 10am-1pm <b>Wellness Class</b> 1pm-4pm 2	<b>Chocolate Easter fun</b> 10am-4pm 3	<b>Berwick Easter Fair</b> 10am-4pm 4
<b>KCC Park Easter Festival</b> 10am-4pm 6	<b>Cooking Class</b> 10am-1:30pm <b>Art Class</b> 1:30pm-4:30pm 7	<b>Barista Class</b> 10am-1:30pm <b>Cooking Class</b> 1:30pm-4:30pm 8	<b>Creative Workshop</b> 10am-1pm <b>Wellness Class</b> 1pm-4pm 9	<b>St Kilda Sea Baths &amp; Pier</b> 10am-2pm <b>Psychosocial Skills</b> 11am-2pm 10	<b>Day at Rippon Lea Estate</b> 10am-2pm 11
<b>Sports Day</b> 10am-2pm 13	<b>Cooking Class</b> 10am-1:30pm <b>Art Class</b> 1:30pm-4:30pm 14	<b>Barista Class</b> 10am-1:30pm <b>Cooking Class</b> 1:30pm-4:30pm 15	<b>Creative Workshop</b> 10am-1pm <b>Wellness Class</b> 1pm-4pm 16	<b>Bounce Glen Iris</b> 11am-2pm <b>Psychosocial Skills</b> 11am-2pm 17	<b>Day at Albert Park Lake</b> 10am-2pm 18
	<b>Cooking Class</b> 10am-1:30pm <b>Art Class</b> 1:30pm-4:30pm 21	<b>Barista Class</b> 10am-1:30pm <b>Cooking Class</b> 1:30pm-4:30pm 22	<b>Creative Workshop</b> 10am-1pm <b>Cooking Class</b> 10am-1pm <b>Wellness Class</b> 1pm-4pm 23	<b>Psychosocial Skills</b> 11am-2pm <b>Yay to Friday</b> 2pm-6pm 24	<b>LIT Festival at Wyndham Park</b> 6pm-9pm 25
	<b>Cooking Class</b> 10am-1:30pm <b>Art Class</b> 1:30pm-4:30pm 28				



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