

# Yorke Peninsula Leisure Options



Registered NDIS Provider

Newsletter - March 2021

Office Hours 9am to 4pm, Monday to Thursday

57 Main St. Minlaton SA 5575

Phone (08) 8853 3834 and Mobile : 0400 532 552

Centre Based Groups, Tuesday to Friday

Minlaton

Yorke town

Edithburgh

Hello Members, Carers, Volunteers and Staff Members,

It has been a fast paced start to 2021 with 2 new staff members and 2 new volunteers joining our YPLO Team in February. Thank you for everyone's support and patience while Tanya multi-tasked between coordinating and supporting transport and groups at the beginning of the year while undertaking a Strategic Management Course!

*Welcome Shania and Jaime and Jocelyn and Jenny!*

Shania is working Monday to Thursday, provide some much needed administration support to Tanya as well as supporting volunteers with Arts & Craft, Cooking, Living Skills and Fun & Games. Jaime is working Tuesday, Wednesday and Friday supporting Shania with administration and supporting volunteers with the Wood Shed group & Project group, Living Skills and Tree Propagation.

Jocelyn is volunteering with Arts & Craft, Cooking, Fun & Games and providing transport in to our SYP members.

Jenny completed her placement with YPLO a few years ago and has now returned to volunteer with our Fun & Games group each fortnight.

YPLO's Strategic Management Plan has been finalized and is available on YP Council's website or a printed copy can be provided by request. This document provides YPLO with 4 Goals that were created in collaboration with DSC's Dr Leighton Jay the final document was given a graphic design makeover by Emma Hackett Designs. Thank you to everyone involved with the consultation meetings and surveys, your feedback was highly valued when creating this plan.

We hope you enjoy the photos and updates from our YPLO services on the next few pages,

*Thank you from everyone in our YPLO Team!*

Living Skills members making the most of the fine weather. The group walked down to HJ Cook Reserve as an after lunch active activity.

L-R Clayton, Astrid, Kelli, Shania, Jess & Daniel.






**Wood Shed Group** held adjacent Minlaton Town Oval, West Terrace  
Every Tuesday–10am to 2.30pm



Our Wood Shed now have 4 brand new cordless drills, purchased from the funds raised from SAPOL & Willo's Cricket Bat Auction held last year!

Our Wood Shed environment is now set-up with individual workstations !  
Our partnership with Ballara and Willo has made this transformation possible. We are very thankful for the connections we have made and would encourage you to have a look at Will's story–Where There's A Will 

During this term some of the projects the group have made are; Stationery Desk Organisers, Easter Baskets and Utensil Holders. Volunteers Brian and Barry, cut materials and made jigs to hold materials in place ready for the group to start nailing the projects together. Barry and Brian provided a step-by-step demonstration so everyone could see how the pieces of wood would go together..

The group seemed to enjoy nailing the projects together and they all worked really hard. One of the group observations were that members had varying ways of holding the hammer. New 'Stubby' hammers were purchased assisting members to hold the hammer ergonomically.

Emily and Jaime did some research about future project ideas and found a planter and stand project a side table project for the group to work on next term. If you come across any wood project sheets please bring them along to group. Please keep in mind that we use recycled timbers wherever possible and our sales from our projects fund our materials!







**Living Skills Group** held at the Minlaton Town Hall  
Every Wednesday—10am to 4.00pm

We have started the year off with a focus on Healthy Eating, Technology and Relationships & Communication.

With conversations about how we can be a good friend and what behaviours our friends will not like to working together in a team to make some delicious and healthy meals!

Jarrad and Clayton made healthy chicken nuggets with chicken mince, 3 types of vegetables and rolled in crushed corn flakes. We paired these with roasted sweet potato chips and a colourful coleslaw and garden salad. They also made a healthy tomato dipping sauce!



This term we had Flinders Uni Dietetics & Nutrition student, Olivia, who is currently completing her final year studying attend our Living Skills group and present information about low glycaemic foods and present a healthy pizza recipe using low GI wraps as the base.



Our colourful interlocking tables and flip tables were purchased from funds raised through our partnership with Ballara & Willo







**Fun & Games Group** is held at the Minlaton Town Hall  
Fortnightly on Thursday's-10am to 2.30pm

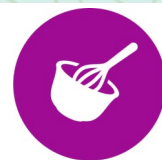
Our Fun & Games group is supported by Shania, Gabrielle, Jocelyn, Henry and Jenny.

This term members have been choosing their own activity from our resource room, Bingo, Uno and Wii Bowling are some of the most popular choices. One of the afternoon movies this term was My Octopus Teacher, a documentary on Netflix. Feedback from members and supports was very positive, the movie had a calming effect on those who were watching and they found the content informative and interesting.

Bingo is a great way of introducing numerical and literacy skills while having some fun! L-R Jenny and Daniel and Wayne and Gabrielle sitting at the table behind them.



Our **Cooking Group** is held at the Minlaton Town Hall  
Fortnightly on Tuesday's-10am to 2.30pm



Cooking group members had an excursion to PAC's Wambana camp. The students cooked a BBQ for YPLO members and they participated in a group Kindness activity and played cricket and basketball.





## Arts & Craft Group

is held at the Minlaton Town Hall

Fortnightly on Tuesday's—10am to 2.30pm

### EMU PASTELS



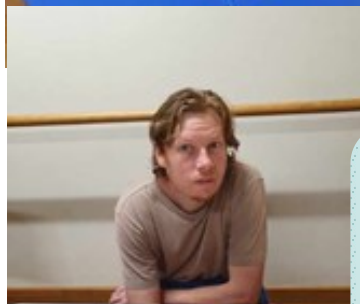
L-R

Wayne & Mary

Trevor & Morgan

Robbie

Jarrad's colourful pastel drawing.



### CANVAS FLOWER PAINTING



### POM POM FLOWERS



Arts & Craft are supported by Shania, Gabrielle, Jocelyn, Anita and Kathy.

PAC year 9 students joined the group and looked on as members painted their canvases using painting techniques we watched on YouTube, blending colours to add depth to their flower petals.

Members used Pom Poms to create some different types of flowers, free-drawing the stems by hand.

Members creating flower artwork, clockwise direction, (L) Morgan, Jarrad, Daniel, Clayton (PAC student), Wayne, Mary, Kelli and Anthony.

PAC Students will be joining us again next term on the 11th & 25th of May ☺





Our **Tree Propagation Group** is held behind Weaners Flat Hall, 37 Stansbury Road, Yorketown.

Each Friday – 10am to 2.30pm, except during school holidays.

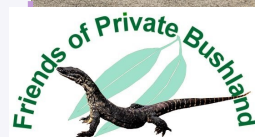
The Tree Propagation nursery is looking sensational. We have new signage, irrigation, gravel and a weather station!

Members are very hands-on with all aspects of propagation, including filling the pots with soil, hand watering stock after seeding, removing weeds, splitting stock and re-potting and learning about weather patterns and rainfall.

The team have decided that Friday, May 21st will be the date of our Annual Sale.

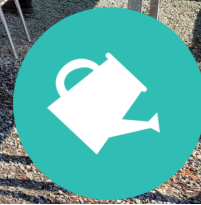
Please turn over to view our Stock Order Form

Our new Open flag and sandwich board, generously funded by the Friends of Private Bushland.



Clayton above holding the screen for the weather vane on top of the nursery and below hand watering stock

The team working together! Pots being filled, weeding and seedlings spilt and re-potted. Clayton, Karen, Robbie & Phil Luke, Jarrad, Karen, Jess & Brian





# An extract from YPLO’s Strategic Plan, 2021 to 2025

Our strategic plan is available to view on YP Council’s website, you can also request a printed copy.

## Linking into Council’s Vision

The development of this Plan links to Yorke Peninsula Council’s Strategic Management Plan 2021-2025 which determines our vision.

**THIS VISION:**

- Defines our purpose
- Helps build a clear image of what the future should look like for both Council and the community
- Describes what success will look like
- Evokes emotion.

## Linking into Council’s Strategic Goals

YPLO has been mindful to ensure that the identified goals align directly back to Councils SMP goals and strategies which include:

**SMP Goal 2 - Strategy 2.2** - Provide disability access infrastructure with an outcome of improved number of accessible buildings and public spaces.

**SMP Goal 3 - Strategy 3.5** - Deliver projects and services that have direct environmental benefits. Our expanded Tree Propagation Nursery has capacity to propagate over 10,000 YP natives to assist with this goal.

**SMP Goal 5 - Strategy 5.3** - Meet legislative requirements - YPLO takes direction from the Disability Inclusion Act 2018 and the NDIS Act 2013.

## YPLO’s Mission

A mission is an action-oriented vision statement. It is a summary that explains why YPLO exists, what we are meant to do, why we are doing it and with whom.

**Aligning to the key elements of Council’s overarching mission, YPLO exists to make Central and Southern YP communities more inclusive and welcoming of all people.**

We do this by enabling people with disability and older people to belong and contribute to their communities; and we invest in communities through creative initiatives. Guided by the six Options elements below, people direct their own lives as they develop skills and friendships.



The mission for YPLO will be met through the achievement of four key strategic goals. These goals are underpinned by a series of outcomes and strategies that describe the priorities and how YPLO will implement the Plan.

# Yorke Peninsula Leisure Options



## Group Calendar



# April



Tue	Wed	Thu	Fri
		1 MAGS Shed from 10am	2 Good Friday
6 10am to 2.30pm Cooking/Wood Shed Project	7 10am to 4pm Living Skills	8 10am to 2.30pm Fun & Games	9 10am to 2.30pm Trees
13 10am to 2.30pm School Holiday FUN Activities	14 School Holiday FUN Excursion	15	16
20 10am to 2.30pm School Holiday FUN Activities	21 School Holiday FUN Excursion	22	23
27 10am to 2.30pm Arts & Crafts Wood Shed	28 10am to 4pm Living Skills	29 MAGS Shed from 10am	30 10am to 2.30pm Trees



# May



Tue	Wed	Thu	Fri
4 10am to 2.30pm Cooking/Wood Shed Project	5 10am to 4pm Living Skills	6 10am to 2.30pm Fun & Games	7 10am to 2.30pm Trees
11 10am to 2.30pm Arts & Crafts Wood Shed	12 10am to 4pm Living Skills	13 10am to 2.30pm MAGS Shed from 10am	14 10am to 2.30pm Trees
18 10am to 2.30pm Cooking/Wood Shed Project	19 10am to 4pm Living Skills	20 10am to 2.30pm Fun & Games	21 10am to 2.30pm Trees
25 10am to 2.30pm Arts & Crafts Wood Shed	26 10am to 4pm Living Skills	27 10am to 2.30pm MAGS Shed from 10am	28 10am to 2.30pm Trees



# Yorke Peninsula Leisure Options



## Tree Propagation Stock Order Form

	Banksia - 2 Varieties	Green Ti-Trees	
	Bottlebrush	Hakea -Mitchellii	
	Bursaria	Hakea -Laurina - Pin-Cushion Hakea	
	Callitris - Native Pine	Hardenbergia White/Purple - Climber	
	Clamatis - Old Mans Beard	Hop Bush- 3 Varieties	
	Euc - Woodwardii	Kangaroo Island Malles	
	Euc Macrocarpa	Lasiopetalum Behrii - Pink Velvet Bush	
	Euc Forrestiana - Fuchsia Gum	Myoporum - Ground Cover	
	Euc Diversifolia - Coastal White Mallee	Melaleuca Lanceolate - Dry Land Tea Tree	
	Euc Camaldulensis - Red Gum	Mixed acacias	
	Euc Porosa - Mallee Box	Mixed Malles	
	Euc -Erythrocorys - Red Cap Gum (WA)	Nobby Club Rush	
	Euc - Leucoxlyn - Blue Gum	Oleria - Native Daisy	
	Euc - Gracillis - Yorrell	Old Man Saltbush	
	Euc Youngiana - Large Fruited Mallee	Senna (Cassia)	
	Euc -Torquarta - Coral Gum	Sheoaks - Casuarina	
	Euc - Gillii	Templetonia - Cockies Tongue	
	Flinders Ranges Wattle	Yuccas	
	Flinders Wattle		
	Golden Wattle		

