

Yorke Peninsula Leisure Options



OCTOBER NEWSLETTER 2022



See what we have been up to!

HELLO FROM THE YPLO TEAM!

What an amazing term we have had, we can't wait to show you all that we have been up to!

We have a lot of things to look forward to in term 4, make sure you are keeping up with what we are doing using our calendar or Facebook page!



Find the Fairy Penguin

What's coming up?

- Holiday FUN program
- Minlaton Show
- Nharangga Cultural Day
- Annual Trip
- Christmas Party

Join us!

Birthdays!

- Eleni 2/1
- Jan 4/1
- Jess 6/12
- Henry 12/12
- Luke 14/12



YP Leisure Options has proudly been involved in the Open the Door to Nature project. We have been trialling the MT Push Chair at the hall and on some of our wonderful Walk The Yorke trails. Kane and Jarrad have done an excellent job working together to test the different surfaces. The MT Push and the E-Trike are available for public use for more information follow this QR code!





\$1,675
raised for
Cancer Research
in SA

SYP Agricultural Society Inc. Show Day 5th October 2022

YPLO Members, Jarrad & Kane are our induction partners. They showed members how to use the equipment around the showgrounds.

Emily taking part in the MT Push induction



Richelle with her First Prize ticket for the shoe rack she made at Wood Shed Group



Minlaton Show PWD Exhibition

WOODSHED

This term in Woodshed we made A LOT of chopping boards. We also focused on owl and bird boxes for local community areas. Plant stands, sign posts and saddle stands for the SYP Agricultural Show.

Members focused on safe work practices this term in preparation for safe work month! They looked at the appropriate PPE (personal protective equipment) they needed for specific jobs.

Any requests for future woodshed projects for next term, let Jaime know.

As part of National Safe Work Month we had Moggs Visuals in. He captured footage of members working safely within the Woodshed. This video will be uploaded to our Facebook page within the coming weeks, keep an eye out! A shout out to Brian who did an amazing job as the main star of the video! Also a massive thank you to Jules from council who helped out within the video.

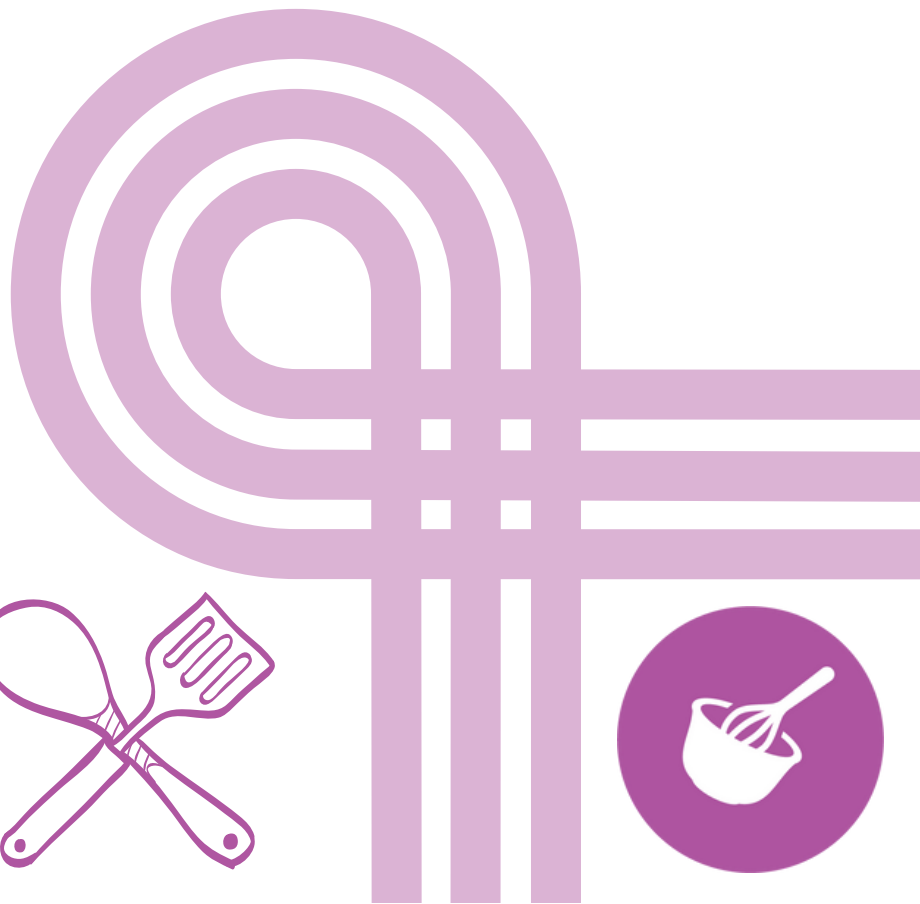


COOKING GROUP

This term in cooking group members came up with all the recipes they wanted to make. Everyone worked together in collaboration to prepare, cook and clean. It has been awesome seeing everyone's confidence grow. We have been practicing using new skills and will continue to do so!

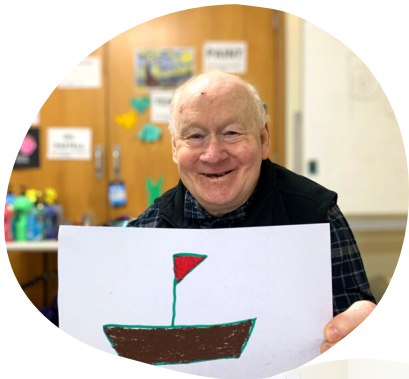
We sadly said goodbye to Astrid in cooking group. She has been an integral part of the success across the whole program and we will miss her insights, knowledge and support!

Please let Eleni know what you want to do in group for 2023 (recipes, projects & skills)!





ARTS & CRAFT GROUP



We have had a massive term in arts & crafts preparing for the SYP Agricultural Show! Each group focused on a different category within the PWD section of the show book. Members did a fantastic job using their imagination and creativity to design different artworks.



Sandrine and Terina came in to visit us from Relationships Australia. They assisted us with a range of activities, it was great to see the ways each member interpreted the ideas of emotions and art. Together they also did self portraits, YPLO members did the basic outlines of their face and then folded the paper into quarters, each quarter represented a different quality that they saw within themselves. This was an amazing activity to get the members thinking about how other people view them, as well as the positive ways in which they viewed their qualities. We had a lot of interesting reflective conversations that were very insightful.



The final activity for the day was to do with movement. Terina led the group through a series of different steps that made them use different parts of their bodies. This was challenging for some but everyone enjoyed it.



Our group worked in collaboration with the Woodshed group to create projects for the Minlaton Show! We will continue this going forward as it is a great way to cover the costs of materials for the group!

Please let Eleni know what kind of Arts & Crafts YOU would like to do in 2023.



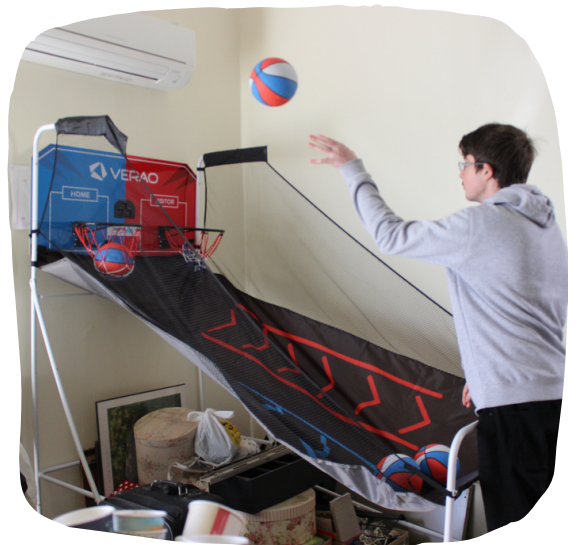
LIVING SKILLS

Our Living Skills group has been incredibly busy this term! We started off with a health and wellbeing day- focusing on mindfulness and yoga. Everyone loved these activities and we will definitely incorporate them into future groups! Recycling was our next focus, lots of engaging conversations were had about what can and can't be recycled! Our cultural day this term focused on Mexico, members enjoyed learning about the different festivals and landmarks that the country had to offer. We held our Longest Table event to raise money for cancer research within South Australia. A total of \$1675 was raised from this lunch! Other topics we learnt about included positive communication, continents and countries and advocacy. These themes led to very interesting discussions. As footy season came to an end so did our footy tipping competition. Well done to all who participated! What a great, friendly competition it was. We look forward to next year!



FUN & GAMES GROUP

We did a range of exciting activities this term in Fun & Games! We had a craft day with Jenny making designs with string and alfoil. We attempted to do some Origami, which was a bit of a challenge for us all. We had a free choice day where the group got to choose their own activity they wanted to do, some painted, coloured in and a couple choose to play bingo. We also had a Bingo afternoon with the Community Group down at the Community Group Centre, a great game that everyone loves doing together. We have also discovered the group likes to do a bit of chair Yoga!



TREES GROUP

The trees group has been incredibly productive this term with seeding! Everyone has done a fabulous job propagating next years natives.

YPLO received a water tank from Hillside mines, this will assist with irrigation. We are still in the process of putting together the hot house. This will allow us to propagate large quantities of natives, with a focus on the revegetation project mentioned in the last newsletter.

Jan, Phil and Astrid assisted us with the YPLO stall at the SYP Agricultural Show. We made \$200 on the day and got to show the community what we do in group!





Arts and Crafts Program Term 4

25/10 Facemasks

8/11 ANNUAL TRIP

TW* 22/11 Art with Kathy

TW* 6/12 Art with Nick



Cooking Group Program Term 4

18/10 San Choy Bow and Chocolate Crackles

PAC* 1/11 Melbourne Cup Luncheon
Roast chicken, salad and scones

15/11 Chickpea Fritters and banana & berry muffins

TW* 29/11 Tuna Mornay and Fruit Kebabs

13/12 BBQ Kebabs and Gingerbread



Living Skills Program Term 4

- 19/10 Week 1: Community Garden
- 16/10 Week 2: Cultural Day- ENGLAND
- 02/11 Week 3: Excursion to Stansbury- bring \$ for lunch
- 09/11 Week 4: ANNUAL TRIP!
- 16/11 Week 5: Nutrition with Flinders Uni Students
- 23/11 Week 6: Clean Up!
- 30/11 Week 7: Safety with Council
- 07/12 Week 8: Communication - Role Play
- 14/12 Week 9: BBQ and outing - more to be announced

Fun & Games Term 4

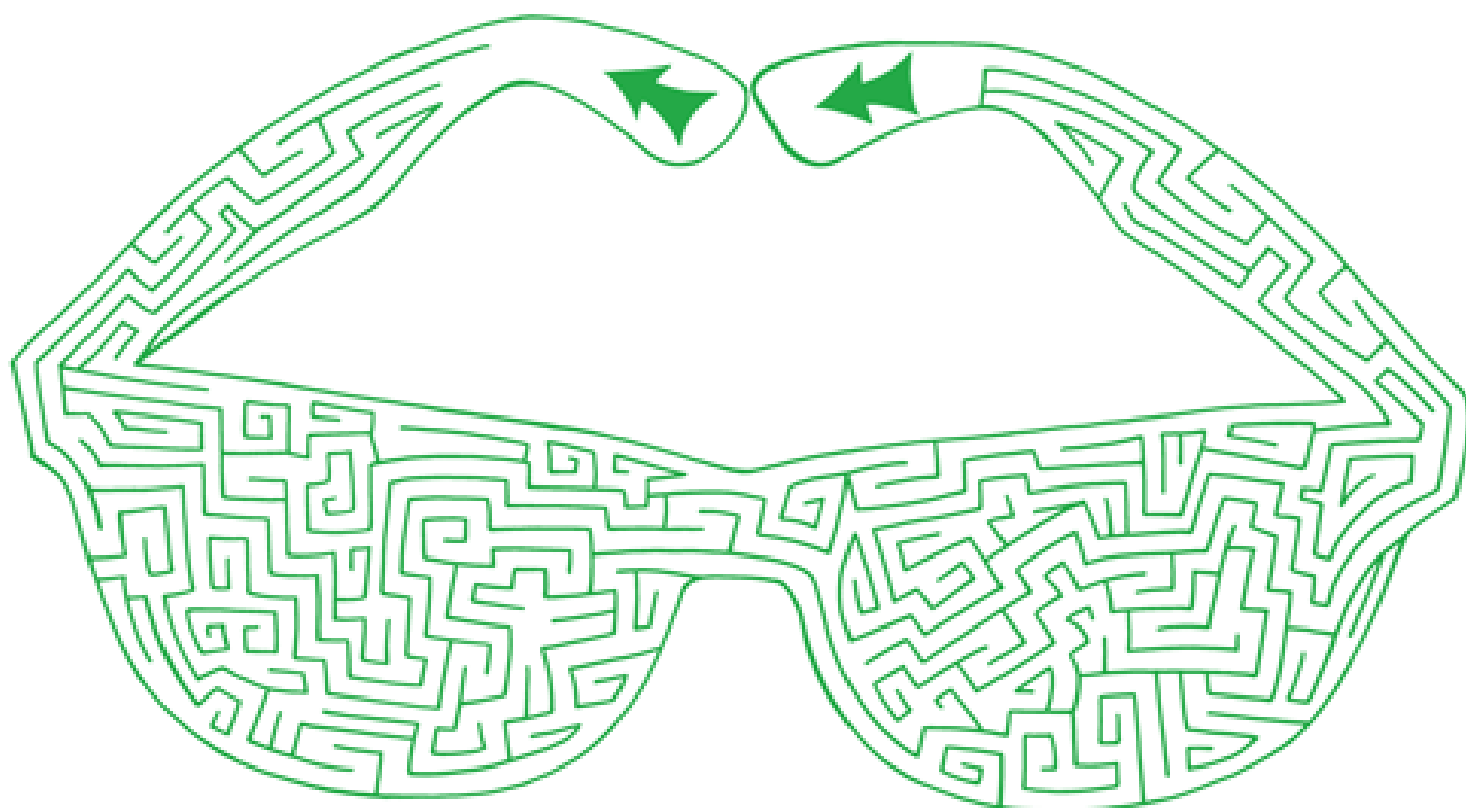


- 20/10 Week 1: (am) Yoga/Music &
(pm) Marble Paper Art
- 03/11 Week 3: (am) Paper Mache &
(pm) Movie - "Home Sweet Home Alone"
- 17/11 Week 5: (am) Paper Mache & Christmas cards
(pm) Bingo with the Community Group
- 1/12 Week 7: (am) Christmas Shopping & \$2 BBQ Lunch
(pm) Decorate Hall for Christmas
- 15/12 Week 9: YPLO Christmas Party



October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31					1
2	3	4 Holiday FUN 10am to 2.30pm	5 Holiday FUN 10am to 4pm	6	7 Trees 10am to 2.30pm	8
9	10	11 Holiday FUN 10am to 2.30pm	12 Holiday FUN 10am to 4pm	13 Nature Festival Guranna Wilba Minlagawingga A Good Day @ Minlaton 10am to 1pm	14 Trees 10am to 2.30pm	15
16	17	18 Cooking/Wood Shed Project 10am to 2.30pm	19 Living Skills 10am to 4pm	20 Fun & Games 10am to 2.30pm	21 Trees 10am to 2.30pm	22
23	24	25 Wambana Visit Arts & Crafts Wood Shed 10am to 2.30pm	26 Living Skills 10am to 4pm	27	28 Trees 10am to 2.30pm	29



November 2022

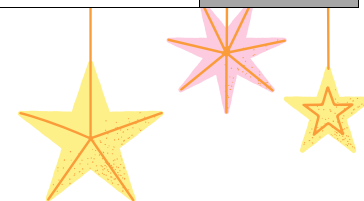


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  Melbourne Cup Cooking/Wood Shed Project 10am to 2.30pm 	2 Living Skills 10am to 4pm 	3 Fun & Games 10am to 2.30pm 	4 Trees 10am to 2.30pm 	5
6	7	8  YPLO Annual Trip 4 Days & 3 Nights at Victor Harbour	9	10	11 	12
13	14	15 Cooking/Wood Shed Project 10am to 2.30pm  	16 Living Skills 10am to 4pm 	17 Fun & Games 10am to 2.30pm 	18 Trees 10am to 2.30pm 	19
20	21	22 Arts & Crafts Wood Shed 10am to 2.30pm  	23 Living Skills 10am to 4pm 	24	25 Trees 10am to 2.30pm 	26
27	28	29 Cooking/Wood Shed Project 10am to 2.30pm  	30 Living Skills 10am to 4pm 			

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Fun & Games 10am to 2.30pm 	2 Trees 10am to 2.30pm 	3
4	5	6 Cooking/Wood Shed Project 10am to 2.30pm  	7 Living Skills 10am to 4pm 	8	9 Trees 10am to 2.30pm 	10
11	12	13 Arts & Crafts Wood Shed 10am to 2.30pm  	14 Living Skills 10am to 4pm 	15 End Of Year Party 10am to 2.30pm 	16 Trees 10am to 2.30pm 	17 
18	19	20	21	22	23	24
25	26	27	28	29	30	

YP Leisure Options group services will resume mid-January
2023
Please contact us on 8853 0000 for any individual support
needs.

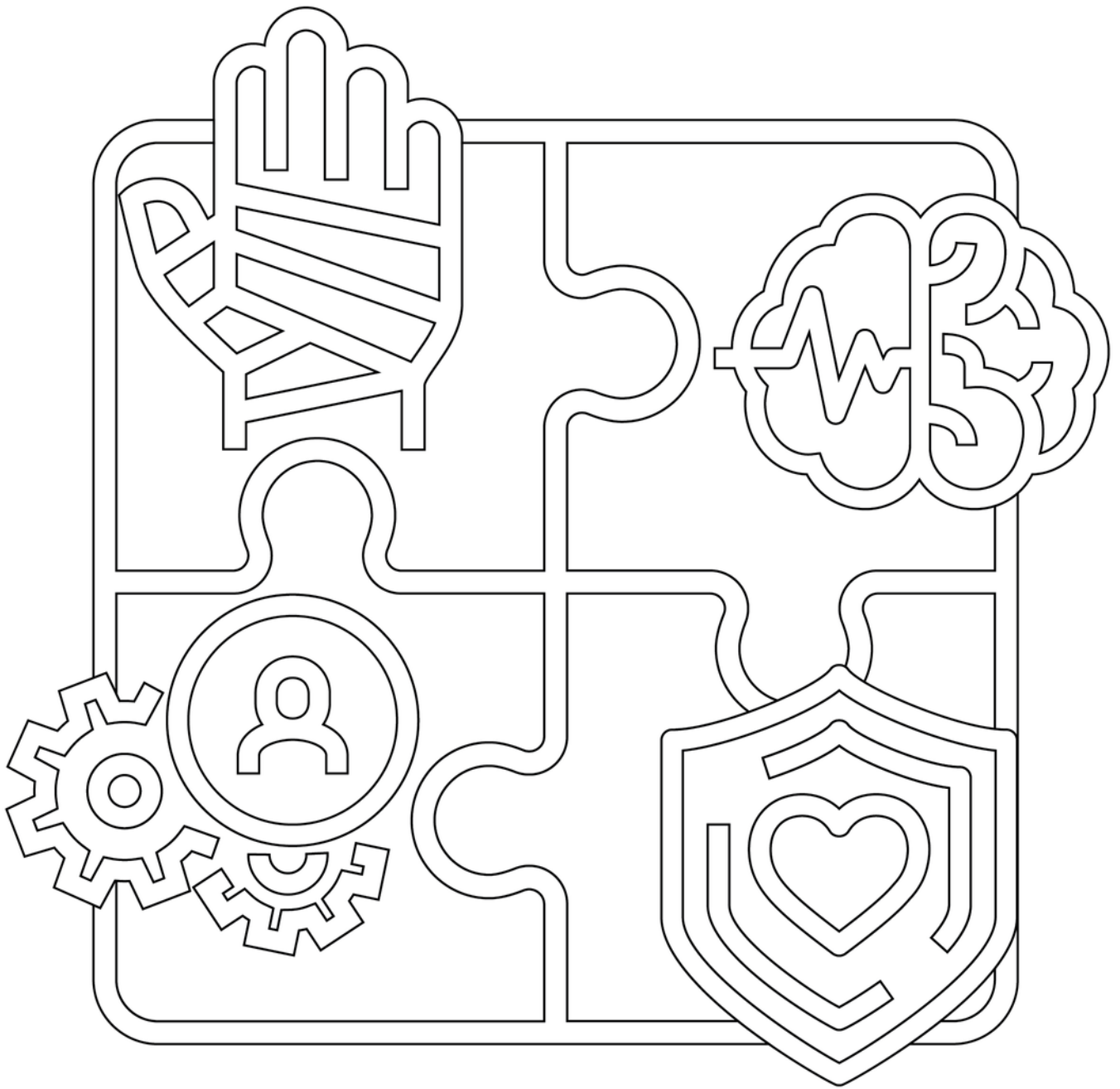




know safety
work safely

 national safe work month
2022

 safe work australia



October is National Safe Work Month

Instructions

- Print this page out as many times as you need it
- Colour in and have fun!
- Ask a parent/guardian to take a photo of your drawing and share it on social media using the hashtags **#KnowSafety #WorkSafely**



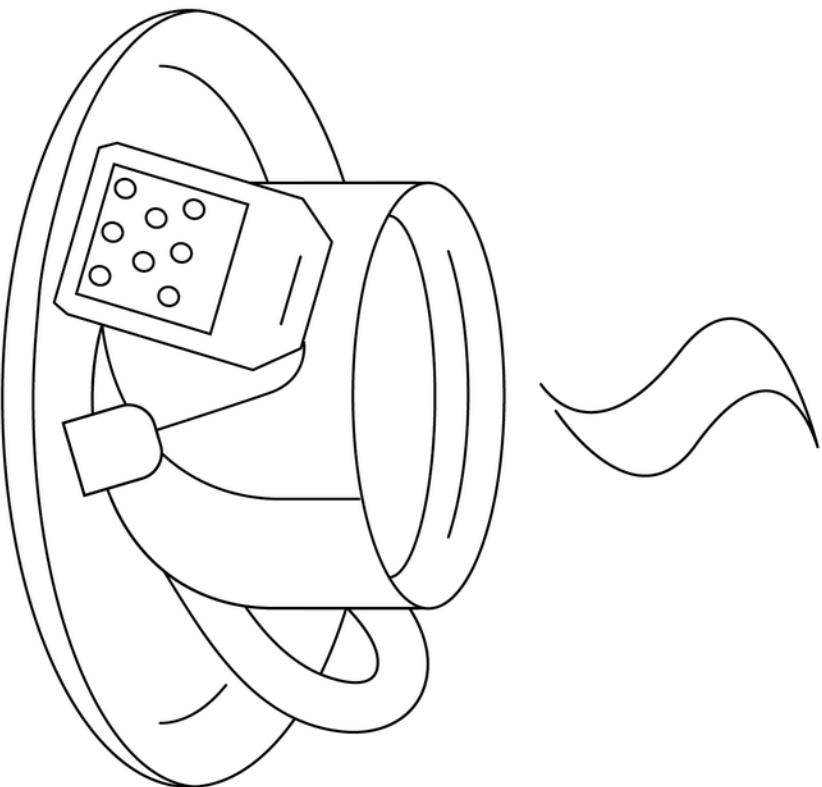
safeworkmonth.swa.gov.au
#KnowSafety #WorkSafely



**Know Safety
Work Safely**

Instructions

- Print this page out as many times as you need it
- Colour in the teacup and/or draw in the box someone being safe at work
- Ask a parent/guardian to take a photo of your drawing and share it on social media using the hashtags **#KnowSafety #WorkSafely**



**October is
National Safe Work Month**



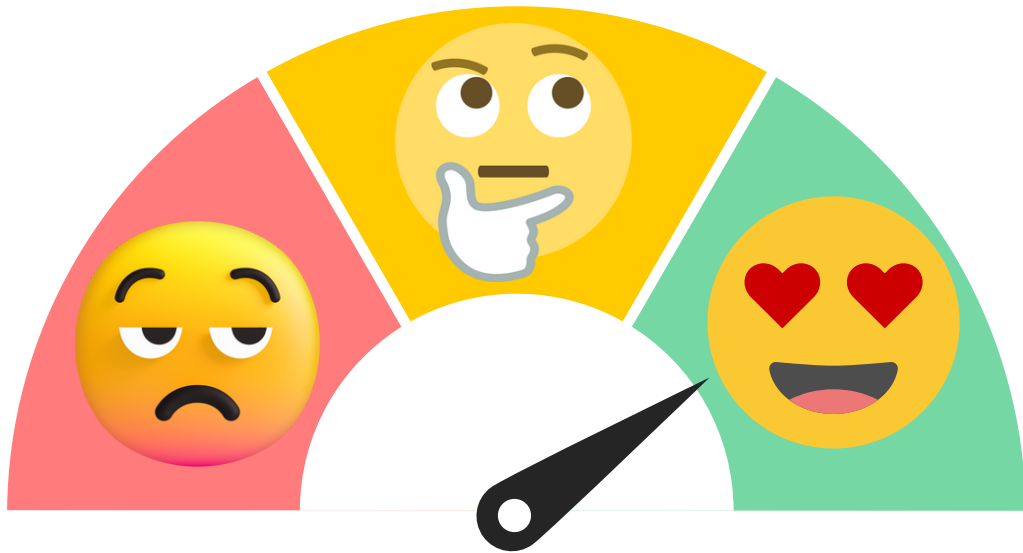
**national safe work month
2022**

**safe work month.swa.gov.au
#KnowSafety #WorkSafely**



safe work australia

HELP US IMPROVE!



TELL US WHAT YOU THINK

The Best

The Average

The It Could Be Better



Share your feedback by sending a photo of your responses to YP Leisure Options via email at ypleisureoptions@yorke.sa.gov.au
via mobile on 0400 532 552
at the Minlaton Town Hall - Feedback Box in Foyer
or through our social media pages