

## Yorke Peninsula Leisure Options



## NEWSLETTER



# HELLO

FROM THE YPLO TEAM

*Already half way through 2023!*

*Time flies when you're having fun.*

This term we have connected with so many people in our community and even with some from interstate!

Our Individual Support, Cooking and Living Skills group members made healthy snacks and treats in preparation for the Biggest Morning Tea held on the 17th of May.

We had some very important guests visit during the event. Her Excellency, the Governor of SA, Mayor Darren Braund and Council's CEO, Andrew Cameron.

Our visitors chatted with the attendees and Jarrad shared his Chocolate Truffle recipe with Her Excellency, and she shared stories from the King's Coronation.

Our Tree Propagation team have been trying their hand at building! Together with Council Yorketown Depot Staff we built a Hot House for propagating cuttings to assist with revegetating the burn scar from the 2019 fires.

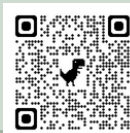
Our Wood Shed team have been busy with projects! Currently working on a large order of accessible garden beds for a community garden in Pt Pearce.

We hosted researchers from the University of Melbourne to assist with understanding about what makes an Inclusive Community. Dr Lyndal Hickey said she learnt so much from her visit to Minlaton and is looking forward to returning next term for the second wave of the workshops.

*Yorke Peninsula Leisure Options would like to acknowledge the Nharangga people, traditional custodians of the land on which we meet together as a group. We pay our respects to their elders past and present and respect the land on which we meet.*



YPLO Website QR Code





# WOODSHED

The Woodshed has been as busy as always putting together orders and individual projects. One of our biggest projects this term has been building accessible garden beds for Point Pearce. They have ordered 15 and the shed is in the process of fulfilling this order now.



Emily and Richelle have been busy helping construct laptop stands. These have been designed to ensure optimum comfort when working on a laptop for an extended period of time. They will be sold at the next market stall, alternatively contact Jaime and place an order. The group also made candle holders that will be painted in the holiday program and sold at our next market. There are still some art deco inspired ladders available, contact Jaime if you are interested.



Everyone has been working hard on their own projects this term alongside the group projects. Richelle has constructed 3 beautiful bar stools to go with her bar that she created last term.

Cameron has been working on his base for his mosaic, he will make clocks and side tables out of these. View his creations at the next stall.

Emily made a couple of scarf holders for herself and Richelle. They also made Candle Holders and laptop stands as a team \$30 each and Ladder Stools.



The woodshed has secured a \$8000 grant from the Australian Men's Shed Association. This grant will allow the group to make vital improvements to the outside area of the shed aiding accessibility. This will be done by designing a chill out space for members using a concreted area and natural elements to create a sense of calm.

YP Leisure Options MAGS Group	Minlaton	SA	Address health and safety- disability access, concrete path, landscaping	8000.00
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\$100



\$30



\$15

# ARTS & CRAFTS

The Arts & Crafts group has created many wonderful creations this term and had many laughs. Our first two groups were spent with Prince Alfred College, planting Australian natives in Hardwicke Bay and making decorations for the Biggest Morning Tea. The group made candles and bird houses in the third group for the term. The candles turned out great and will be sold at our next Market stall. Members have been playing around with digital art over the course of these weeks. It is so fun watching everyone experiment with different styles. We had a visit from Sandrine and Terina from Relationships Australia SA in our forth group. The first activity with them involved recounting an event that made them happy recently. Using prompts, all of the members came up with memories to depict. The second activity the members were tasked with was self portraits. Using printed photos they traced their key features on to a painted canvas. They then used National Geographic Magazines to add colour to these features. Everyone interpreted this task differently and it was awesome to see the different ways they did so. The final group of the term focused on items we can sell. This included sun prints and key chains using beads. Look out for these items at our next market stall.

In term 3 we will be focusing on artworks for an art exhibition. This event will be taking place mid August with more details coming soon! We invite members and volunteers to enter creations made in other groups or at home to enter.



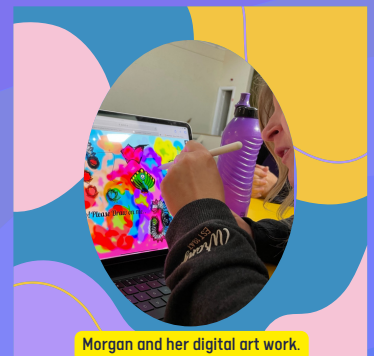
Jocelyn creating an artwork for group jigsaw.



PAC and YPLO group after planting trees.



Sandrine, Georgia, Jess, Wayne, Morgan, Terina and Daniel holding artworks.



Morgan and her digital art work.



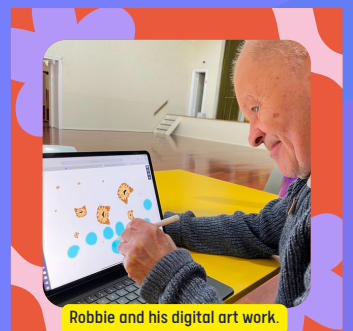
YPLO & PAC GROUP making decorations for Biggest Morning Tea.



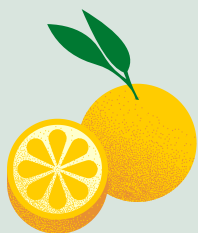
Candles drying.



Morgan and Georgia stirring wax for candles.



Robbie and his digital art work.



# COOKING GROUP



The first two weeks of cooking group we spent preparing food for the Biggest Morning Tea Event. Members learnt how to prepare food to freeze to ensure it will still be the best of quality. The PAC group assisted us to make dishes in the second cooking group. It was awesome to see everyone in the kitchen cooking up a storm. In the third week of cooking members made Minestrone Soup, which was a great winter warmer! The desert group made apple and zucchini muffins, these are always a fan favourite (and very healthy)! In week 4 members made pumpkin curry with rice and poppadums' for mains and peanut butter cups for desert. Both dishes were amazing. In the final week the mains group cooked a healthy tuna mornay that warmed everyone up. The dessert group baked cupcakes and everyone got the opportunity to decorate their cupcake however they wanted in the afternoon. They used fondant, icing pens and butter cream to create their designs. This was lots of fun, messy and tasty!

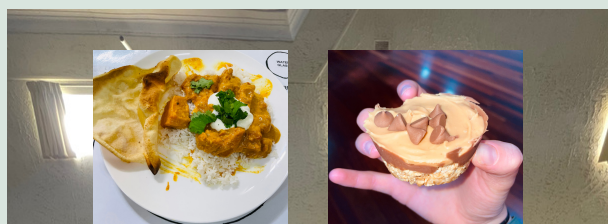
We have been dehydrating fruit to sell at upcoming markets over the term. These are a great addition to cocktails or sweet treats. Look out for them over the coming months!



L-R Macca, Cupcakes, Robbie, Jess, Wayne.

Serving Lunch Robbie, Georgia and Jess.

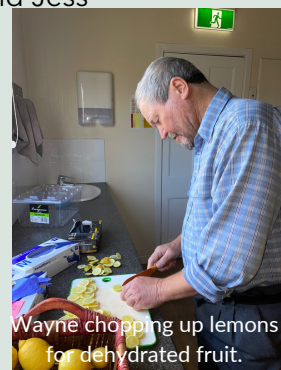
Food Reviews: Daniel and Jess



Robbie stirring spice mix.



Jess and her cupcakes.



Wayne chopping up lemons for dehydrated fruit.



Robbie and Georgia serving Jess curry.

I liked the pumpkin curry, especially the papadums.  
-Daniel



We made Gluten Free Sweet Potato and Feta Rolls (for the Biggest Morning Tea), they were tasty.  
-Jess





# LIVING SKILLS

## YPLO raises funds for Cancer Council

YORKSHIRE Peninsula Leisure Options held a Biggest Morning Tea event, raising more than \$2400 for the Cancer Council, on Wednesday May 17.

YPLO support worker Elise Lancelot said: "YPLO members, staff and volunteers were a fantastic team and we were able to incorporate what they had learned into the previous event to ensure it was more successful this time around."

"They were able to incorporate what they had learned into the previous event to ensure it was more successful this time around," Lancelot said.

"We have used skills we learned through tickets, coffee and online donations to support the Cancer Council and the public on prevention measures."

"The Cancer Council said that the money raised directly to the Cancer Council SA."

"The Health Minister thanked them for their support and many other local businesses who helped support the event."



FUNDRAISER - Jess, Emily, Georgia and Thomas sit down after serving all of the guests at York Peninsula Leisure Option's Biggest Morning Tea fundraiser.

Our living skills group has been busy learning, growing and engaging this term. Some of the highlights included the Biggest Morning Tea event, picking olives and eating sushi!

In week 1 we started to plan for the trivia night, members picked a date and time. Everyone volunteered for a different category to present and research. We can't wait for our community to see the result!

Week 2 we spent preparing for the Biggest Morning tea by baking. In week 3 the event was held. This brought 40+ members of the community in and raised \$2430+ for the Cancer Council.

In week 4 members learnt about National Reconciliation week as well as the history of First Nations communities within Australia. Everyone was very engaged in learning and reflection. We also had visitors from Melbourne University in who are researching what makes an inclusive community. Members shared their lived experiences as people who have disabilities.

The following weeks we had excursions. The first being to Yorketown for lunch and op-shopping! Members discovered that this is a sustainable and cheaper way to shop for good quality clothing. The next week we went to a farm near Brentwood to collect olives and lemons. Our friend Gianni let us run free in his yard and then taught us about how to prepare olives for eating. This project is something we will be working with over the term.

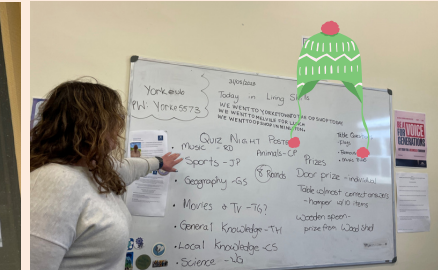
In week 7 we had a Japanese cultural day. Members learnt about Japanese culture, traditions and food. For lunch we tried Miso Soup, Vegetable Pancakes, Sushi and Aloe Vera juice. Most of the group thoroughly enjoyed these new dishes!

In week 8 we had Kerry in from Asthma Australia to teach us about asthma first aid and the importance of a spacer! This was a really informative talk and we all learnt a lot from it.

In week 9 we had Aunty Daphne in to teach members about traditional First Nations Dot painting. We learnt about different symbols and how to put them together to make a story.

Throughout the term members have been monitoring the veggie gardens down the side of the town hall. Jess, Emily and Jarrad helped plant native herbs, saltbush, pig face and lettuce. We cannot wait to incorporate this in our cooking.

In the final week we looked at technology. Members learnt about how to use google to their advantage, how to be safe online and how to find good apps using the app store. We will continue to cover these topics over following terms.





# Fun & Games



Fun & games has been full of new experiences and activities this term. The group purchased quite a few new games to play with in the school holidays so the group tested these out in the first week back. Members loved the beanbag toss and memory games. They met up with the community group and played bingo. Everyone had a lot of fun and we look forward to joining their group in the future.

The following week fun and games members dressed up in their pyjamas and watched movies. They picked *Fantastic Mr. Fox* and *School of Rock*, these were both excellent selections.

In the third fun & games group for the term members made items to sell at our next market. These items included: flower bombs, dog toys, hair growth serum, bath salts and rosemary oil. Members had a blast being creative in the kitchen and making sustainable products to sell to our community.

Jaime and Matt hosted everyone at their house for the next group. They had a fire and toasted marshmallows. They also cooked a BBQ and fresh eggs Jarrad and Wayne collected from the chickens. This was definitely a highlight for the members this term!

The final group for term 2 focused on movement. We started the day by doing some chair yoga, then went for a walk down to the community garden to look at the produce. After lunch members danced and did some karaoke alongside their favourite songs. Everyone had a brilliant day!



# TREES GROUP

Term 2 has gone so fast for the tree group! We started the term with the greenhouse being put up. This was an awesome feat that was accomplished with help by the SYP community hub, volunteers, council workers and members. We still need to get benches put into the main greenhouse in order to start propagating. Members assisted gathering flowers and leaves to make a wreath for ANZAC day. We displayed this at the front of the town hall. Throughout the term we have focused on splitting seedlings and preparing for planting seeds. The volunteers erected the small greenhouse midway through the term. Members gathered sand from the council yard to line the structure. The next step will be connecting water and power.

The group has also had visits from two different groups this term. The first being the Coastal Garden Landscape workshop, members sat in on this and learnt what to plant and what not to plant in our local area. The second group that visited us was from the Salt Lakes Tour. We had a few of them purchase trees following on from the tour. Jo prepared lunch for the participants and the members were invited to be apart as well.

## Yorke Peninsula's coastline set to be reinvigorated

NEW revegetation efforts along Yorke Peninsula's coastline are set to begin in June, with thousands of native species to be planted in an effort to reinvigorate the coastal environment.

Work will commence at more than 25 locations, including cliffs, sand dunes and wetlands, in an attempt to improve biodiversity, stabilise the soil and create healthy coastal habitat for

fauna and flora in the area. The work is part of the Dyulda-wawa Badja project led by the Northern Yorke and Landscape Board, with involvement from project partners Greening Australia, Trees for Life, SYP Community Hub and Yorke Peninsula Council.

Northern and Yorke Landscape Board Dyulda-wawa Badja project lead-

er Janet Moore said the partners had been busy for several months collecting seeds, propagating seedlings and performing site inspections. "Much work has been going on behind the scenes to get ready for the huge task of revegetating such a large expanse of coastline," she said.

Ms Moore said the revegetation efforts would develop the coastline's

resilience in more ways than one. "Increasing native vegetation cover, stabilising soil and sand and connecting fragmented areas is one way we can build resilience into coastal ecosystems," she said.

Around 5500 seedlings will be planted across the area, with southern Yorke Peninsula school students to assist in these efforts as part of their bushfire

recovery program. All plants will come from locally sourced seed and cuttings of indigenous species, such as drooping sheoak, coast golden wattle, baybark, cockat's tongue, boobialla and pig face. Revegetation locations include Cape Elizabeth, Burners Beach and Start Bay, with planning expected to take two months.



**COLLECTION...** Trees for Life crew collect eucalyptus seeds on southern Yorke Peninsula as part of their ongoing revegetation efforts.



**GREEN THUMBS...** Kate Martin, Peter Stockings and Gary Dinham at the YP Leisure Options nursery, where seedlings are waiting for the upcoming planting days.

The trees group has been propagating trees for the Yorketown/Edithburgh fire scar revegetation project. The first round of natives were picked up on the 2nd of June. The St Columba's Memorial School planted these on the 8th of June. The following round is due to be planted in early July by Yorketown Area School. We are so happy to have been a part of such a wonderful project.



# BIGGEST MORNING TEA!

The Living Skills group hosted our Biggest Morning Tea event on the 17th of May. All of the food was prepared prior to the event by the Cooking group and through individual support. Decorations for the day were created in Arts & Crafts in collaboration with the PAC boys. We ended up serving more than 40 people at the event and raising \$2435 for the Cancer Council through tickets, raffles and online donations. The Woodshed donated items to raffle off as well as Minlaton Foodland and other local business'.

The Cancer Council will use the money raised for further research, supporting individuals receiving treatment, and educating the public on preventative measures. The feedback from everyone was so positive, our members enjoyed being a part of the event, from greeting people as they arrived to serving meals and drawing raffle tickets. YPLO would like to continue to host events where our members are able to plan and carry out tasks they enjoy. Having a role in these events has assisted members to try different jobs and tasks, learning new skills and confidence. Representation of people living with disabilities in meaningful roles within their community is important to all of us at YPLO, showcasing their talents is always at the forefront of what we do!

We want as much feedback from the event as possible (good or bad)! Let us know via the QR code to the right or jump on our Facebook page, the link has been posted.





# EXPERIMENTING!



The Holiday FUN Program did a bit of experimenting with bread. Bread number **1** was touched by all members, they did not wash their hands beforehand. Bread number **2** was touched after washing hands for twenty seconds they did not touch anything before touching bread. Bread **3** was touched after everyone had washed their hands and sanitized. The bread was then left for two weeks. As you can see there is a vast difference between the bread **1** and **3**. This experiment highlights the need for good hand hygiene, especially coming into cold and flu season!

Yorke Peninsula Leisure Options

## Quiz Night

**SATURDAY  
OCT 7TH**

MINLATON TOWN HALL

DOORS OPEN AT : 5:30PM

QUIZ STARTS AT : 6PM

FINISHING AT : 9PM

BOOK ON EVENTBRITE

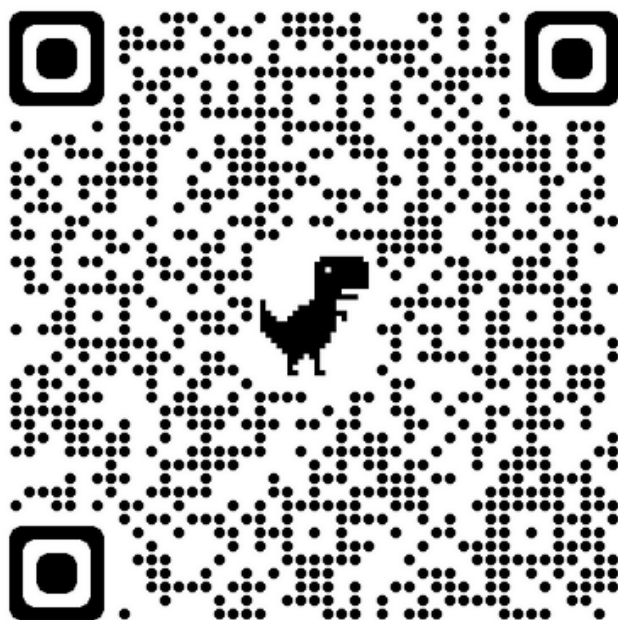
**\$10**

BYO NIBBLES & DRINKS  
\*CORKAGE FEES APPLY\*

ALL MONEY GOING TOWARDS YPLO ANNUAL TRIP ACTIVITIES!

**BUY NOW**

**SCAN QR CODE**





# HOLIDAY FUN PROGRAM

## JULY



Tuesday 11th of July \*\*10am-2:30pm\*\*

### Painting Day

Bring lunch



Wednesday 12th of July \*\*10am-2:30pm\*\*

### Science Day

Bring lunch



Tuesday 18th of July \*\*10am-2:30pm\*\*

### Hanging out with Jo

Bring lunch





Wednesday 19th of July \*\*10am-4pm\*\*

### Kadina Trip

Bring \$ for lunch and activities

Trees will be running as usual over the two weeks. Make sure you are wearing comfortable clothing & sun screen for each group, bring a bottle of water and a hat.

## July Holiday Attendance

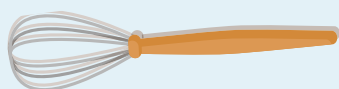
TUESDAY 11/7	Painting Day	<input type="checkbox"/>	Tick if you are coming or cross if you are not.  
WEDNESDAY 12/7	Science Day	<input type="checkbox"/>	
TUESDAY 18/7	Hanging with Jo	<input type="checkbox"/>	
WEDNESDAY 19/7	Kadina Trip	<input type="checkbox"/>	

Name:

Signature:

# COOKING GROUP

	<b>WEEK 1</b> 25/7	<b>WEEK 2</b> 8/8	<b>*PAC*</b> <b>WEEK 3</b> 22/8	<b>WEEK 4</b> 5/9	<b>WEEK 5</b> 19/9
<b>MAIN</b>	Chicken Noodle Soup	Stuffed Capsicum	Wambana Excursion	Shepard's Pie	Quiche
<b>DESSERT</b>	Butterscotch Pudding	Apple Strudel		Waffles	Custard with Fruit



# ARTS & CRAFTS

## WEEK 1

1/8

Photography Challenge

## WEEK 2

**\*PAC\*** 15/8

Digital Art

## WEEK 3

**\*PAC\*** 29/8

Games day

## WEEK 4

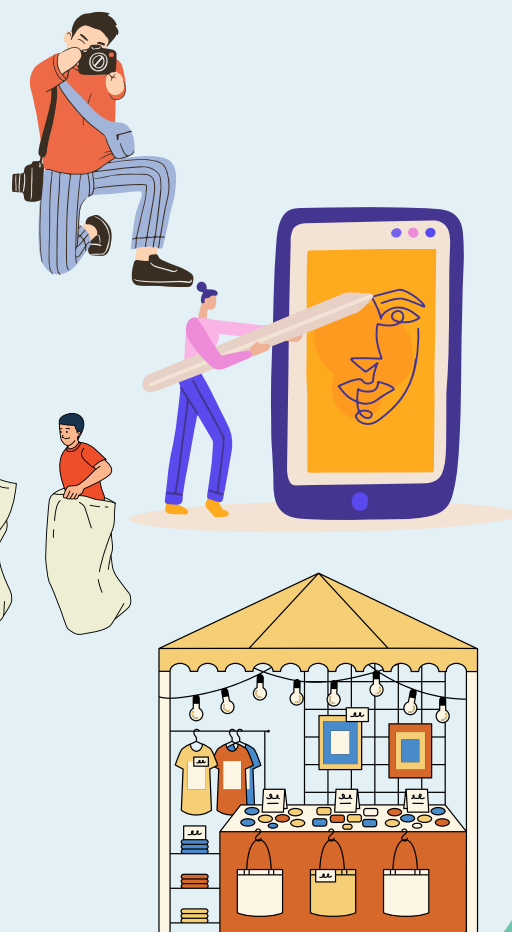
12/9

Relationships Australia

## WEEK 5

26/9

Making Items to sell



# LIVING SKILLS

## WEEK 1

26th of July

### PREP FOR QUIZ



## WEEK 2

2nd of August

### HEALTHY RELATIONSHIPS & CONSENT



## WEEK 3

9th of August

### KEEP AUS BEAUTIFUL/ RECYCLING



## WEEK 4

16th of August

### FRANCE CULTURAL DAY



## WEEK 5

23rd of August \*\* dress up \*\*

### BOOK WEEK

Lunch out for Clayton's Birthday



## WEEK 6

30th of August

### COOKBOOK



## WEEK 7

6th of September

### HELP WITH MONEY



## WEEK 8

13th of September

### R U OK DAY



## WEEK 9

20th of September

### HEALTHY EATING

## WEEK 10

27th of September

### PREPARATION FOR SHOW

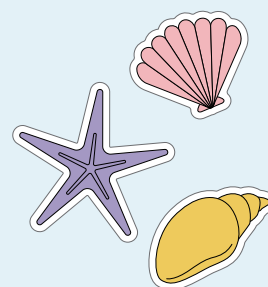


# FUN & GAMES

## WEEK 1

27th July

### Be Creative with Shells



## WEEK 2

10th Aug

### Mosaic Pots



## WEEK 3

24th Aug

### Movie/ Potato Painting



## WEEK 4

7th Sept

### Outing & BBQ - To be advised



## WEEK 5

21st Sept

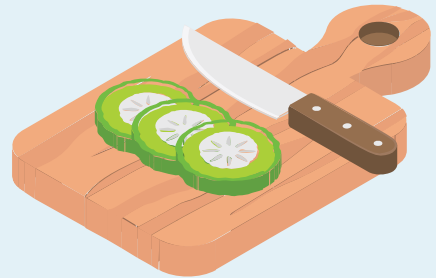
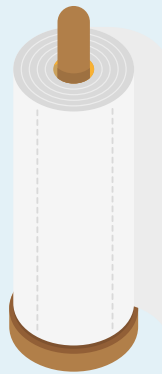
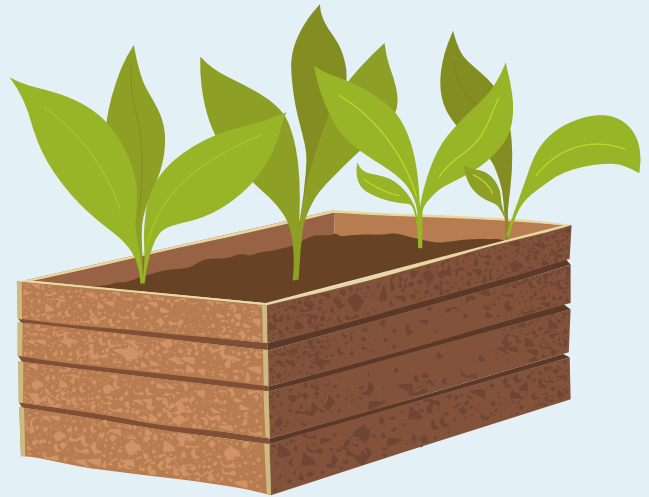
### Candle Making



# WOODSHED

## Projects for Term 3

- Raised Garden Beds
- Paper Towel Holders
- Planter Boxes
- Chopping Boards
- Christmas Trees
- Key Rack
- Foot Rests



# TREES GROUP

- Greenhouse
- Finalise order for Soxy
- Excursion TBA
- Preparing trays for seeding
- Seed order
- Collecting seed from local areas
- Learn how to propagate cuttings
































# Yorke Peninsula Leisure Options



# JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3  WOOD SHED ARTS & CRAFT	4  WOOD SHED ARTS & CRAFT	5  LIVING SKILLS 10AM TO 4PM	6  TREE PROPAGATION End of Term Two	7  TREE PROPAGATION End of Term Two	8  TREE PROPAGATION End of Term Two	9  TREE PROPAGATION End of Term Two
10  WOOD SHED ARTS & CRAFT	11  WOOD SHED ARTS & CRAFT	12  LIVING SKILLS 10AM TO 4PM	13  WINTER HOLIDAY FUN PROGRAM	14  TREE PROPAGATION End of Term Two	15  TREE PROPAGATION End of Term Two	16  TREE PROPAGATION End of Term Two
17  WOOD SHED ARTS & CRAFT	18  WOOD SHED ARTS & CRAFT	19  LIVING SKILLS 10AM TO 4PM	20  WINTER HOLIDAY FUN PROGRAM	21  TREE PROPAGATION End of Term Two	22  TREE PROPAGATION End of Term Two	23  TREE PROPAGATION End of Term Two
24  WOOD SHED ARTS & CRAFT	25  WOOD SHED ARTS & CRAFT	26  LIVING SKILLS 10AM TO 4PM	27  WINTER HOLIDAY FUN PROGRAM	28  TREE PROPAGATION End of Term Two	29  TREE PROPAGATION End of Term Two	30  TREE PROPAGATION End of Term Two
31  WOOD SHED ARTS & CRAFT						

2023

# AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 WOOD SHED ARTS & CRAFT	2 LIVING SKILLS 10AM TO 4PM	3	4 TREE PROPAGATION	5	6
7	8 WOOD SHED PROJECT COOKING		10 FUN & GAMES	11 TREE PROPAGATION	12	13
14	15 WOOD SHED ARTS & CRAFT	16 LIVING SKILLS 10AM TO 4PM	17	18 TREE PROPAGATION	19	20
21	22 WOOD SHED PROJECT COOKING	23 LIVING SKILLS 10AM TO 4PM	24 FUN & GAMES	25 TREE PROPAGATION	26	27
28	29 WOOD SHED ARTS & CRAFT	30 LIVING SKILLS 10AM TO 4PM	31			



2023

## Yorke Peninsula Leisure Options



# SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 	2	3 <i>Father's Day</i>
4  WOOD SHED PROJECT COOKING	5  WOOD SHED PROJECT COOKING	6  LIVING SKILLS 10AM TO 4PM	7  FUN & GAMES	8  TREE PROPAGATION	9	10
11  WOOD SHED ARTS & CRAFT	12  WOOD SHED ARTS & CRAFT	13  LIVING SKILLS 10AM TO 4PM	14  FUN & GAMES	15  TREE PROPAGATION	16	17
18  WOOD SHED PROJECT COOKING	19  WOOD SHED PROJECT COOKING	20  LIVING SKILLS 10AM TO 4PM	21  FUN & GAMES	22  TREE PROPAGATION	23	24
25  WOOD SHED ARTS & CRAFT	26  WOOD SHED ARTS & CRAFT	27  LIVING SKILLS 10AM TO 4PM	28	29  TREE PROPAGATION End of Term Three	30	

# 2023