



# NEWSLETTER

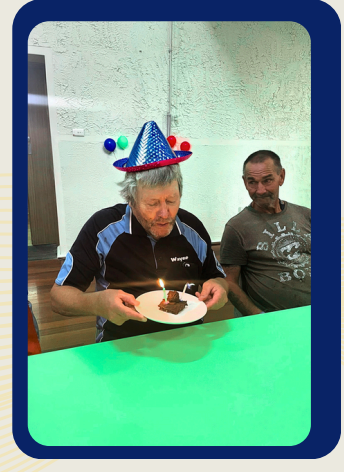


## HELLO FROM YPLO

What a massive first term back! We have said hello to some new (& old) friends and goodbye to others. Everyone has accomplished so much and we cannot wait for the rest of the year. You will have met Mary, our newest (short term) addition to the YPLO volunteer crew. Mary has been volunteering in all of the YPLO programs while she is venturing round Australia. She has been a wonderfully helpful addition thus far and we will be sad to see her go!

This newsletter sadly announces Jaime's departure from YPLO on May 10th. We wish her all the best at her future endeavours and we cannot thank her enough for all of the amazing work she has done over the past 3 years. Jaime's energy and enthusiasm will be missed in our programs, be sure to catch up with her before she leaves!

Amidst these changes, the team has received some good news as Lauri expands her role at YPLO, and Laura, our successful trainee applicant, steps into the vacant support worker position, working Monday to Friday. Be sure to say hello, and make her very welcome. Laura will be completing studies during her first year as well as hands-on learning working with YPLO. I am sure Laura will be making some memories that will last a lifetime too!



Keep an eye on our website and Facebook page for all updates  
Scan the QR code or search YP Leisure Options!

# Save THE Date NHARANGGA CULTURAL DAY

- Sunday 5<sup>th</sup> May 2024
- 10:30am to 1.30pm
- Minlagawi - Gum Flat Reserve, near Minlaton
- free entry
- lots of activities for all
- everyone is welcome



17th - 18th May 2024

## WALK THE YORKE FOR CHARITY

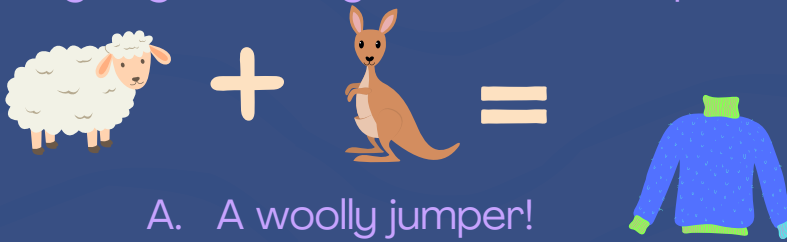


SCAN TO DONATE TODAY!



## Georgia's Jokes 🤣

Q. What do you get when you cross a sheep with a kangaroo?



A. A woolly jumper!



## COORDINATOR'S CORNER



The first term of the year has been eventful with the success of the 'Whale Tale' project. The 3m tall paper mache tail was transported to the Port Vincent Institute and was a very large feature in the Marine Art Exhibition, held during the Saltwater Classic weekend.

YPLO provided older people in our community with transport during this event.

The newly redesigned Tuesday programs have been off to a great start too, with more support in place to ensure everyone has a great day engaging in activities.

Eleni has been enjoying her university placement at the SYP Community Hub with Kate from Tuesday to Friday this term. She finds The Hub always buzzing with activity, and her experiences with supporting people with increasing their Digital Literacy has sparked many ideas to bring back with her.

The holiday program was filled with fun activities, including singing, dancing, a low sensory session of YorkOn, and a trip to Kadina to watch the new Ghostbusters movie!

We have also been busy working on this years Annual Trip, with members picking the Marion Caravan Park for this years event! The park has an amazing set-up, with a bowling alley, outdoor cinema and so much more. We have booked some cabins for the 19th to the 22nd of November.

Hope you enjoy reading all about our Term One!

Best wishes always, Tanya

Find the whale's tail on each page!



# ART & DIGITAL

In the first group of the year, the art group discussed the goals for the year and reflected on our past achievements in 2023.

The first activity involved members choosing plain and coloured pop sticks. They used Posca Pens and Sharpies to create different designs on each pop stick. We then discussed their creations and encouraged them to talk about the colours and lines they used and what they liked and didn't like. To further their creativity, we handed out coloured paper squares and encouraged them to come up with some fun designs. When completed, we talked about their artworks and how it made them feel.

The following fortnight members kicked off the creative journey by planning a clay design plan, followed by gathering the right tools to bring it to life. The team donned their aprons, scrubbed their hands squeaky clean, and prepared their workstations with newspaper and chopping boards. Members took their time and created some wonderful masterpieces. The team discussed their creations and shared their ideas on how to showcase them.

In the third art group for the term we met the PAC boys at Port Rickaby, everyone introduced themselves with a fun fact: their name, hometown and the all-important question- "If you could have any superpower, what would it be?". Splitting into 5 groups, the challenge was set - to build the most epic sandcastle ever seen! Judges eagerly awaited the final results. After working up an appetite with all that sandcastle building, everyone sat down to enjoy their packed lunches. But, the day wasn't over yet! Groups were tasked with scouring the beach for potential art supplies like shells, driftwood and maybe even some rubbish. Members and boys chatted and bonded over the task, getting to know each other better. Finally, a group photo was snapped, and goodbyes were said.

In the following art group we had the PAC boys at the hall. Members did some introductions and gave the boys a tour of the hall. Now for the fun part - games! We played some games until lunchtime rolled around. After lunch, we split into small groups. Two members and two PAC students cooking up some delicious pancakes, while the rest of the group played get-to-know-you bingo. The students took turns asking members questions. Once the pancakes were ready and had cooled, it was time to get creative! We split up into even groups and had a competition in the kitchen and everyone decorated their pancakes. Tanya was our guest judge declaring Emily as the winner with her birthday cake pancake!

We celebrated Emily's birthday by adding some candles to her pancake and singing Happy Birthday!

In the final two groups of the term we created some gorgeous chalk art works. Members created an array of art works on the cement at the back of the town hall, as well as adding some more layers to the whale tail. The group worked on designing marine animals using recycled newspaper and card board. 'Jelly' our octopus was created in the last week. Jelly will be featured in our upcoming art exhibition, more details soon.

The digital art group has been working on creating art online, using sites like Canva. They learnt about the Cricut machine and designed an item to print. This group joined in with the art group for the PAC visit, it was a great opportunity to work together.



# NUTRITION, HEALTH & WELLBEING

Highlights in the cooking portion of this group included the sweet potato and feta salad, which got a 5/5. The cold rolls were also a hit, members loved trying this new dish and decided it would be great in summer. Jocelyn shared her scone tips and tricks, this was also highly appreciated in the dessert group.

When the groups are finished eating they work together to figure out the nutritional benefits of the mains meal. By doing this they decipher what the protein, carbohydrates and vegetables are. This assist in figuring out if the food they're eating is in fact helping maintain a balanced diet.

This term we trialled a new way of running the Cooking group, combining it with a new 'wellbeing' aspect run by Jaime. This has allowed members to explore other aspects of health, and nutrition. In these groups members learnt about what it means to have a balanced diet,

why it is important to keep active, what it means to have a 'healthy mind' and how to achieve this, and what yoga is and how to do it! Members shared the knowledge they learnt within these sessions with the mains and dessert groups. These sessions have not only been a great way to learn more about why we need to stay active but have helped members grow iPad and comprehension skills, as well as confidence with sharing information with their peers.



WAYNE

SWEET POTATO SALAD



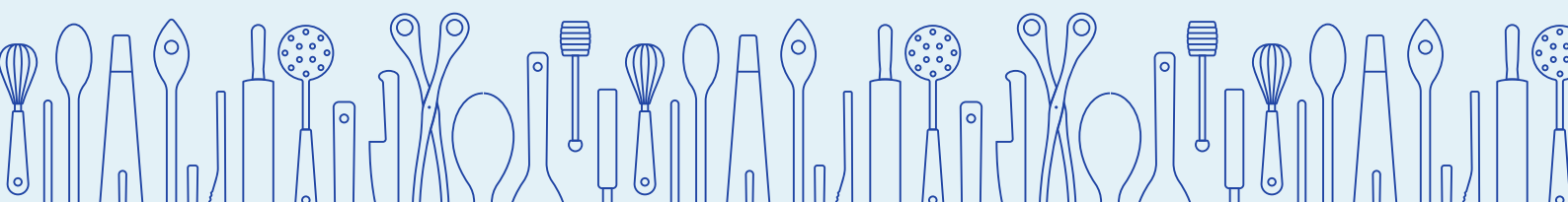
EM DRIZZLING PEANUT SAUCE



JESS POURING FUDGE



JOCELYN TEACHING TREV AND MORGAN HOW TO MAKE SCONES!



# Living Skills



TREVOR & ROB WITH AMY

To start off the term we set some goals as a group and reflected upon what we enjoyed throughout the previous year. Everyone was very excited to be back! The group also looked at what it meant to be cyber safe, looking at the different ways they use the internet.

The Living Skills group went to Gawler in week 3 to spend the vouchers they got for taking part in the Melbourne University Inclusion research. Everyone prepared a list of things they needed and wanted and after a delicious lunch at either Subway or Zambrero's they were set loose in BigW! It was awesome seeing the assortment of items purchased, such as a smart watch, bed linen, new shoes and chocolate!



CREW @ BIGW

In week 4, we had Flinders Uni student Amy, present information about Healthy Snacks. There was information about type II Diabetes, glucose, carbohydrates, low and high glycemic index foods, and lots of mini quizzes to help us all learn more about these topics. Amy also brought in a recipe for Bliss Balls and the ingredients for everyone to learn how to make these healthy low glycemic index snacks. We all took turns in rolling bliss balls, Jarrad helped Tim when it was his turn to try rolling. Great to see these friendships developing between members!

In week 6 we celebrated Clean-Up Australia Day by taking part in a clean-up with Minlaton's Tidy Towns member, Pam Bennet, tidying up around the walking trails. We loved creating connections with other community groups.



TIM AND JARRAD MAKING BLISS BALLS

Week 7 was our Culture Day. We learnt about New Zealand, watching travel videos, the All Blacks Haka video we tried Kiwi Fruit (some of us for the very first time) and finishing the culture day off with Worksheets.

Week 8 we recapped on our recycling from previous Living Skills days and what we remembered goes into which bins. We watched videos on plastic pollution and a Plastic Wave documentary on YouTube and discussed how we can change our habits on waste.

The Living Skills group held a market and car wash in week 9. This was a massively successful day, with sales equalling \$225. This sum of money will go towards our annual trip fund.

Week 10 we Geocached in Minlaton and then we revisited Australia Geographics.



TIM TENDING TO THE VEGGIE GARDEN

In the last group of the term Kathy, Trevor, Wayne and Robbie worked on the 'Whale's Tale' short story. Wayne narrated it and then this audio was added to pictures of the tail's construction.

Clayton has nominated himself to be in charge of the Footy Tipping this year. Members have opted to go back to paper tipping this year due to some issues with logging in electronically last year. So far it has been a very close competition. Keep an eye out for an update closer to Round 10 next month!

Tim has revitalised our garden project, with assistance from Mary. The group will continue to maintain this over the continuing year, hopefully with a great harvest!



CAR WASH!



GO DARRYL!



KANE, ROB & WAYNE RECORDING THE 'WHALE'S TALE'





EM & JAIME DANCING UP A STORM

ROB, JESS, WAYNE, CLAYTON, KANE AND JARRAD ORIENTEERING!



DAN WITH HIS CRAB



The first fun activity of the year kicked off with most of the group watching the movie "Champions," while Jarrad and Macca assisted Eleni in the art room with the marine project we are working on. Following lunch, the Community Group joined us for a few rounds of Bingo, which the members thoroughly enjoyed.

During the 2nd F&G group, we took advantage of the good weather and attempted some crabbing off the Stansbury jetty. Unfortunately, luck was not on our side, and we only caught one legal-size crab, but we had a great time. A big thank you to Matt and Shontay for generously volunteering their time and equipment to make this activity enjoyable for everyone. To top it off, we were even joined by a couple of seals on the rocks.

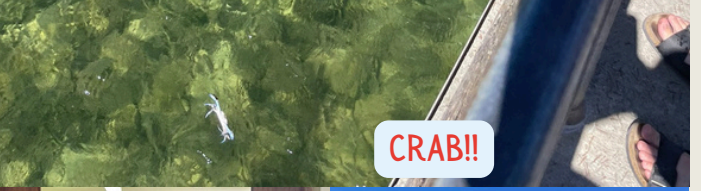
At the 3rd F&G group, we divided into two groups. One group played board games while the other group used the Cricut machine to create designs for their water bottles. It was a day filled with fun and entertainment. Later in the afternoon, half of the group jarred the olives that had been pickling for the last 6 months in preparation for the market.

Easter is approaching, and what a great way to celebrate than with a Fun and Games day filled with Easter activities and crafts! Our morning was full of excitement as we tackled obstacle courses with eggs on spoons, with everyone contributing to create a new course for each round.

To wrap up the term, we enjoyed music, karaoke, and even a bit of yoga. It's amazing how we sing and dance as if nobody is watching or listening. Everyone is willing to join in without hesitation. We always appreciate the song selections and active participation from everyone.



JENNY & ROB DANCING



CRAB!!



JARRAD PULLING IN THE CRAB POT



WAYNE & JENNY SINGING



RACING!



TRAFFIC CONTROLLER, MACCA!



KANE & CLAYTON DO KARAOKE



CLAYTON, KANE AND MATT FISHING

# TREES GROUP

Trees have been busy this term, prepping our stock for the massive sale season ahead! With many projects to come, this may be our biggest year yet and we cannot wait for you to come along on the journey.

Highlights have included: preparing Pittosporum for seeding, splitting tube stock, researching native plant species and having a lot of laughs with friends!

Don't forget we are open every Friday, including school holidays, from 11am-2pm. Our tube stock is \$3, with the exception of Quandong which are \$20. We have the ability to do discounts on large orders so don't hesitate to ask!

## DID YOU KNOW?



Pittosporum (Native Apricot/Gumbi Gumbi) is a fire retardant plant? Fire retardant plants do not burn in the first wave of a bush fire (may burn once dried out). The weeping branches catch embers, assisting to stop the fire travelling further.



Jan teaching Tim how to split



Astrid, Clayton, Tim, Ivy and Jarrad.



Trees crew, Adele and Amy.



Astrid assisting Clayton



Clayton & Tim busy at work!



Darryl & Tim filling pots.



# A Whale's Tale

It was a sunny, clear day looking over the Bunbu beach (Point Turton) when we saw some water spurting and whales coming out of the blue water. We were excited to see them! Their tails were thumping the sea water. The baby whale stayed close to it's mother. The whales stayed for a while before moving north. The whales stayed for a while before moving north. The people enjoyed them splashing around feeding on the plankton, working their way towards Barker's Rocks. When a group of people hopped in their boats and came in for a closer viewing of them playing, The whales were having none of this so they changed direction, moving south. They were headed to Ngannibba Nhildidji (Corny Point) then across to Stenhouse Bay. They came close to Karta Pintingga (Kangaroo Island) before making their way to Ramong (Victor Harbour). They stayed there for a week, frolicking around the water. Many people admired their size and beauty from afar.



Scan code for video!



Our Whale's tail & tale were on display at the Port Vincent Salt Water Classic over the weekend of 13/14 of April.

YPLO will be planning our own exhibition later in the year where you will be able to come and see the impressive 3m tail in person. Scan the QR code to watch our Whale's Tale video!



Trevor & Wayne reading 'Whale's Tale' script



Eleni & Tim building up tail



Jess dry brushing tail



Jarrad & Clayton applying first coat of paint

\*Aboriginal names sourced from NAPA website.



THANK YOU



JAIIME!



2021



GOOD TIMES

2022
























2023





















2024



# MAY

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	1  Living Skills	2  Fun & Games	3  Tree Propagation	4	5
6  Individual Support	7  Art & Crafts	8  Living Skills	9	10  Tree Propagation	11	12
13  Individual Support	14  Cooking	15  Living Skills	16  Fun & Games	17  Tree Propagation	18	19
20  Individual Support	21  Art & Crafts	22  Living Skills	23	24  Tree Propagation	25	26
27  Individual Support	28  Cooking	29  Living Skills	30  Fun & Games	31  Tree Propagation	1	2

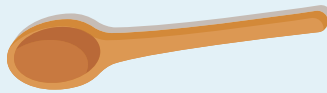
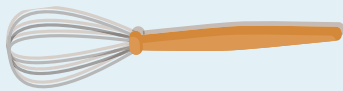
# JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	31	1	2
3  Individual Support	4  Art & Crafts	5  Living Skills	6	7  Tree Propagation	8	9
10  Individual Support	11  Cooking	12  Living Skills	13  Fun & Games	14  Tree Propagation	15	16
17  Individual Support	18  Art & Crafts	19  Living Skills	20	21  Tree Propagation	22	23
24  Individual Support	25  Cooking	26  Living Skills	27  Fun & Games	28  Tree Propagation	29	30




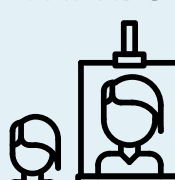


2024

# NUTRITION, HEALTH & WELLBEING

	<b>WEEK 1</b> 30th of April	<small>*PAC*</small> <b>WEEK 2</b> 14th of May	<b>WEEK 3</b> 28th of May	<b>WEEK 4</b> 11th of June	<b>WEEK 5</b> 25th of June
<b>MAINS</b>	Tune patties and salad	<b>PAC</b>	Sweet Potato Salad	Cashew chicken	Stuffed capsicums
<b>DESSERT</b>	ANZAC biscuits	<b>LUNCH @ WAMBANA</b>	Apple crumble	Chocolate Peanut Butter Fudge	Sticky date pudding
<b>SKILLS</b>	Heart health		Mindfulness	Benefits of walking	Healthy eating plate



# ART & DIGITAL

	<b>WEEK 1</b> 7th of May	<b>WEEK 2</b> 21st of May	<b>WEEK 3</b> 4th of June	<b>WEEK 4</b> 18th of June	<b>WEEK 5</b> 2nd of July
<b>ART</b>	<b>PAC</b>	<b>PAC</b>	<b>GROUP PROJECT- JELLYFISH</b> 	<b>INDIVIDUAL PROJECT- WATER MARBLING</b> 	<b>GROUP- STAINED GLASS WINDOWS</b> 
<b>DIGITAL</b>	<b>PORTRAIT DRAWING</b> 	<b>GAMES DAY!</b> 	<b>CRICUT MACHINE PART 1</b>	<b>CRICUT MACHINE PART 2</b>	<b>FREE CHOICE DIGITAL ART</b> 

# LIVING SKILLS

**WEEK 1** 1st of May

**Sun safety**



**WEEK 2** 8th of May

**Gardening day**



**WEEK 3** 15th of May

**Cultural day - Cambodia**



**WEEK 4** 22nd of May

**Healthy Eating**



**WEEK 5** 29th of May

**Amazing Scavenger  
Adventure - BBQ**



**WEEK 6** 5th of June

**Domestic Living**

**WEEK 7** 12th of June  
Bring \$ for lunch at  
Minlaton Hotel

**Prepare a raffle**

**WEEK 8** 19th of June

**Privacy and consent**



**WEEK 9** 26th of June

**Cookbook**



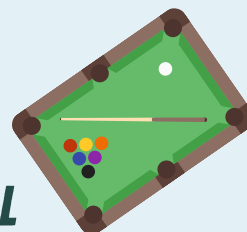
**WEEK 10** 3rd of July

**Plan semester 2**

# FUN & GAMES

**WEEK 1**  
2nd of May

***OUTING BBQ FOR LUNCH AND PLAY POOL***



**WEEK 2**  
16th of May

***COLOUR IN & BINGO AT COMMUNITY GROUP***



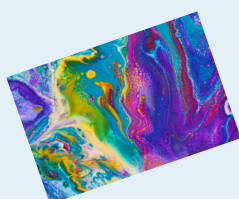
**WEEK 3**  
30th of May

***FLAG MAKING***



**WEEK 4**  
13th of June

***ART AND UNO WITH COMMUNITY GROUP  
AT HALL***



**WEEK 5**  
27th of June

***INDOOR GAMES (BOWLS ETC)***



What is heavy going forward but not going backward?



COMING SOON

Free Workshop

## My Relationships



This workshop helps you to learn about your body, your rights, and how to have healthy relationships.

This workshop covers many important topics including:

- Public and private places.
- Your body.
- Ok and Not Ok Touch.
- Sexuality.
- Building healthy relationships.
- Consent.

Free for people with intellectual disability

Register:



Date: Wednesday 19 June 2024.

Where: YP Leisure Options, 57 Main Street, Minlaton, SA 5575.

Time: 2pm – 4pm.

Register: <https://events.humanitix.com/my-relationships-workshop-at-yplo>

If this date or time does not work for you contact SACID to express your interest in future workshops.

Funded by the Australian Government Department of Social Services – ILC Grants.

Location: 302 South Road, Hilton SA 5033  
Phone: 08 8352 4416  
Email: [admin@sacid.org.au](mailto:admin@sacid.org.au)



Leading Through Inclusion



HAPPY EARTH DAY!

N C P A P E R O V M G K  
F I Z D H X U T R E E W  
Y B A G S L Q M C J P O  
G N K F T R E U S E V H  
L Q E L P C S X I B M D  
A J V O H F K N G Z U A  
S I B W A T E R O P C Y  
S M G E X D Z A H L Q F  
O P U R S W C L E A N T  
K Y M S A G P B V N I Z  
C E A R T H F O D T J U  
W P L N K S A V E M Y R

BAGS	FLOWERS	REUSE
CLEAN	GLASS	SAVE
DAY	PAPER	TREE
EARTH	PLANT	WATER

