

Yorke Peninsula Leisure Options NEWSLETTER

DECEMBER 2023



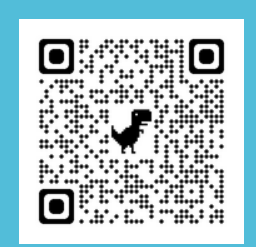
With only 9 weeks, term 4 has flown by (especially with the 2023 Annual Trip in the middle of it! I think I can speak on behalf of everyone and say what a brilliant time we have had this term! So many laughs have been had and so many great memories have been made!



We can't wait for you to see what we have been up to, as well as what Programs of Support we will be offering in 2024!



FROM ALL OF US AT YPLO WE HOPE THAT YOU
HAVE A MERRY & SAFE FESTIVE SEASON!



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



INDIVIDUAL SUPPORT

YPLO continued 1:1 support in term 4 on Mondays and Thursdays. This support is designed to help members reach their individual goals working alongside a support worker.

Clayton reached his goal of creating a video of questions for the Quiz night, unfortunately due to technology we were unable to play these questions. He did a wonderful job practicing the sentences and projecting his voice. Over the term he has become a lot more comfortable using the microphone. He debuted this confidence at one of our karaoke days where he performed 'The Gambler' for his best mate, Kane. Clayton has set goals further around speaking in public, stay tuned for these on our Facebook.

Jarrad has continued to find healthier alternatives for his favourite foods. One of the highlights has been a Caesar salad, incorporating eggs and bacon he was able to make a 'healthy' version, with home made dressing! Jarrad will continue to look at what makes up a balanced meal and how to apply this will foods he also enjoys.

Kane has goals around buying and making food at home. He has been making schnitzel and pasta with YPLO support. His goal is to build these skills to a point where he can confidently cook independently.



COORDINATORS 2023 WRAP UP



As we wrap up 'pun intended 😊' 2023, more than ever before, I am thankful for the kind and inclusive community that surrounds YPLO.

Working with others to showcase the skills and abilities of people living with a disability is one of our key goals. We have worked with so many local, state and interstate organisations this year, who have all commented about how wonderful our members are and our program too!

Our Living Skills program has been working with researchers from Melbourne University, sharing lived experiences of community inclusion. I would like to thank the parents and friends too, who contributed their insights to support the creation of a framework that will be shared nationwide!

Sandrine and Terina from Relationships SA, who provided art therapy within the Arts program during the Royal Commission years and shared with us so many calming and creative techniques that will stay within the program. We have all made an amazing friend through our connection to Nourished by Jo, thanks to another amazing person in our community Kate from the SYP Community Hub. All of the amazing programs, events and transport we provide would not be possible without an incredible team of volunteers who share their time so generously with us week after week. At our last meeting we had the Epilepsy Centre join us and to discuss different types of epilepsy as well as debunk some myths. Continual learning is a gift that keeps on giving and giving!

Our Vollies are a huge part of our YPLO family, and sadly sometimes we need to say goodbye so they can enjoy other parts of life that bring them joy. Speaking of joy, we have welcomed Lauri back to assist with supporting our programs at times when we need an extra smiley person to make the magic happen. And magic happening is where Jaime and Eleni shine bright like Christmas Stars, literally no tree is too big or idea to promote inclusion and the recognition of people of all abilities!!! Record Tree sales, Wood Shed sales and a Record Number of Community Events – they are the YPLO Legends!

To our amazing members, present and past, thank you for making this Coordinator want to reach for the stars and be a part of the magic. You are my comfort and joy!

Happy, Safe and Joyous Holidays to you all. Best wishes always, Tanya

ART & CRAFT



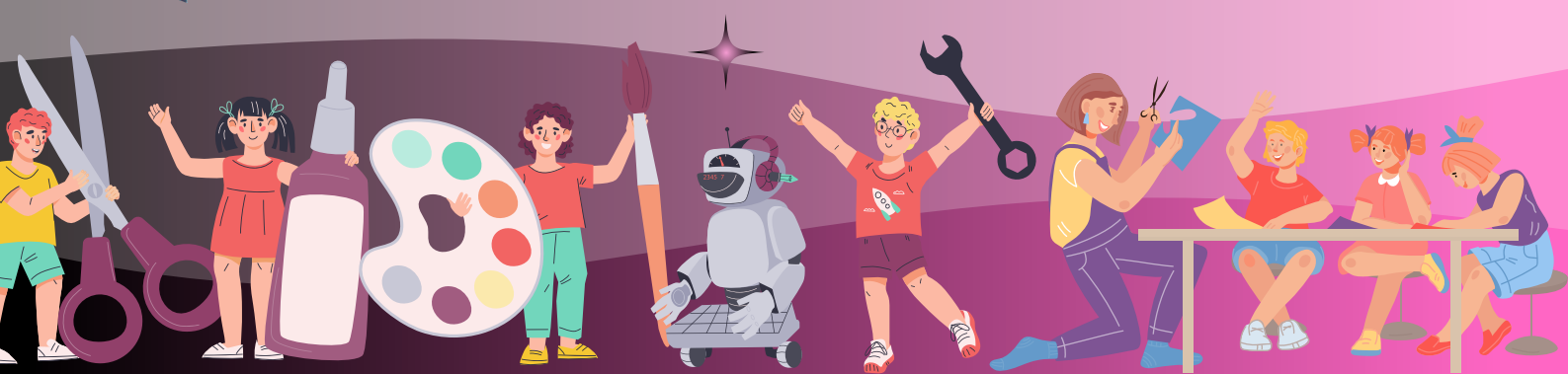
YPLO members & PAC boys racing against each other!

Members mingling with YAS staff & Hugo for International Day of People with Disabilities.

Playing card games with PAC.

The art group started the term with some unfortunately bad weather for our first group- a beach day with PAC. Instead of getting blown away at the Port. Rickaby we decided to set up some different activities with the boys in the hall. This included card games, get to know you activities and a quiz, the members showed the PAC group around the hall and explained the different groups. The following fortnight we held a Melbourne Cup Luncheon for the members and PAC crew. Members assisted in making salad and we played games & then watched the race to finish off the day. Members made Christmas crafts and presents in the following groups. They each designed some wrapping paper and an ornament, and had a lot of fun in doing so. In the final arts & crafts group of the year, the members attended a luncheon put on by Yorketown Area School to celebrate International Day of People with Disabilities. A presentation was given by Hugo Taheny and members enjoyed hearing about his wonderful accomplishments. They spent time with students and teachers and enjoyed the presentations.

We received some sad news at the end of the term- our art therapy sessions that were facilitated by Sandrine and Terina from Relationships Australia have come to an end. This program had limited funding as it was in conjunction with the Royal Commission. We miss their visits. We have learnt many new skills that we will incorporate into future activities. We are very grateful for the days we spent with them.



Woodshed

Before term had began we held a stall at the SYP Agricultural Show. Members loved interacting with the public, selling products and promoting our Annual Trip raffle. We even had a special visitor- Kyle Sandilands. He did a tour of the shed and expressed what a wonderful program we had.

There wasn't as much time as usual in the shed this term with events and the Annual Trip. When the group was there they spent their time constructing Christmas trees to fill orders. Our group has received an incredible amount of support for these trees over the past year, especially from our friends at the council. We currently have a tree decorated in the old chocolate shop for the Minlaton District Business Christmas display, make sure you check it out!

As many of you would know the Woodshed group is saying farewell to two of it's volunteers, creating a change in direction within the program. We are exploring options based on feedback from members and, are planning on providing a program based on health & wellness in the first term. We have some landscaping works to complete to improve access and safety to the Woodshed area that will be completed ready for a new start in the second term. Make sure you're following our Facebook page & website to keep up with any updates.

As mentioned above, we sadly say goodbye to two of our dedicated volunteers. Both Barry and Brian are retiring from their roles. We would like to thank them for all the hours of hard work they have put in over the years.

Brian has been volunteering with YPLO since 2015. He has shared many life skills with the members and has helped them improve their confidence with using tools through the creation of jigs. Brian was also the star in YPLO's SafeWork video as the SME, subject matter expert. In this role, Brian worked alongside Yorke Peninsula Councils WHS team to create SOPs, safe operating procedures for all of the tools in the shed. Brian has supported members on many annual trips over the years, and members have cherished his presence on these getaways. We look forward to hearing about Brian's adventures going forward. no doubt we will still see him out and about!

Barry has been volunteering with YPLO since 2017. He has shared his expertise with the group and has been a wonderfully caring individual who is dedicated to encouraging everyone to learn new skills in a safe environment. Barry makes wooden children's toys and sells them at Markets all over South Australia, his craftsmanship is divine. If you ever need a wooden children's gift, he's your man.



Jarrad, Kyle, Clayton, Robbie and Emily



Brian showing how tall our trees are!



Emily & Richelle busy at work.

Ronald McDonald House Charities South Australia wishes to thank you, Yorke Peninsula Leisure Options for your generous donation of Handmade Treasure Boxes.

Your support does not go unnoticed. Your generosity is much appreciated and has a positive impact on sick children and their families.



thank you

Brian & Barry!



Annual trip 2021



Hole in 1!



Work safe video



The woodshed crew!



Annual trip 2019

12 10 2019



Barry helping the girls



Quality control



Checking measurements twice!



COOKING GROUP

Starting the term program with chocolate was a popular choice with everyone! We made healthy chocolate truffles, with a hidden fruit containing vitamins C, E, K, B6 and healthy, beneficial fats, which can reduce snacking by keeping us feeling full. We have focused on understanding the health benefits from nutrient rich foods and how these nutrients support our health. We were welcomed to Wambana for the second cooking group of the term. The boys whipped up a BBQ for lunch and we played bingo and other get to know you games. After lunch members chose between Uno, table tennis and basketball. Everyone had a great day! The following fortnight we were begun our annual trip program, with a ferry ride across to the Eyre Peninsula. Together we made awesome memories and ate great food! In the final two groups of the term we made popcorn cauliflower & cowboy caviar, pavlova with berries, roasted veg salad and gingerbread. We managed to balance these dessert treats with having healthy mains filled with all the vitamins and minerals our bodies need to function! Members had a blast decorating their gingerbread, they added this to their Christmas gift bundle, along with their art & craft goodies.



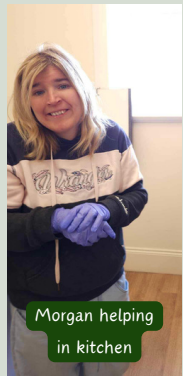
Macca doing the dishes



Macca enjoying chocolate truffle balls



Gingerbread!



Morgan helping in kitchen



Get to know you activity with PAC



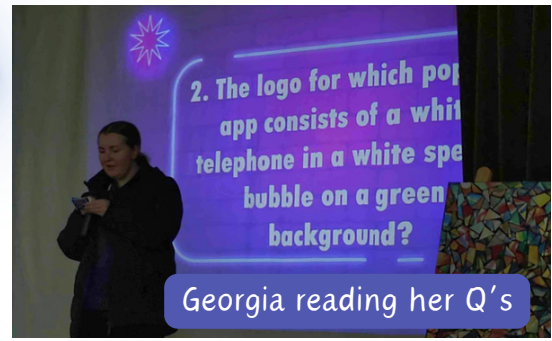
Cheese!

Living Skills

The YPLO quiz night was held in the school holidays. This event was member led and what a wonderful display of skills & abilities it was! We had plenty of technical difficulties but that did not stop the night from proceeding. We ended up fundraising over \$2000, with approximately 80 guests! This money went towards funding our annual trip.

Our Living Skills groups have gone by so fast this term. We started the term learning about healthy relationships. The group watched videos about what a respectful conversation looks like and how to be a better friend. In week 2 & week 8 we had Dr. Lyndal and Jen in to refine their findings on how inclusive the SYP communities are. We have now finished up with this project and we are looking forward to the research being published. Members received an \$100 Woolworths group gift card for their participation, they have enjoyed purchasing goodies online! In week 3 members learnt how to identify what can and can't be recycled by looking at the labels. As a group we did some research on swaps they could make for single-use alternatives. In the following groups we refined our cookbook a little bit more. Members suggested that we highlight what the protein, carbohydrates & veggies were in each recipe after a presentation from Flinder's University student, Marlee-Rose. When we got back from annual trip we learnt about Australia geography, specifically the different states and capital cities. Each of the members were given a state/territory to do a 'deep dive' on, using Google they researched the population, location and a fun fact. Tanya facilitated the group in the following week, members used similar researching techniques to find out information about Brazil. In the final group of the year we had a special visit from our friend Trevor! It was great catching up with him and seeing how he's going interstate. Members also reflected on the 'best bits' of the year and started work on tidying up the Living Skills and Art room spaces.

Throughout the term we had ongoing projects that included monitoring the garden, yoga/dance each afternoon & morning share. Each of these activities fits into the Living Skills core learning framework, ensuring that the members are reaching these components each week.



Georgia reading her Q's



QUIZ NIGHT!



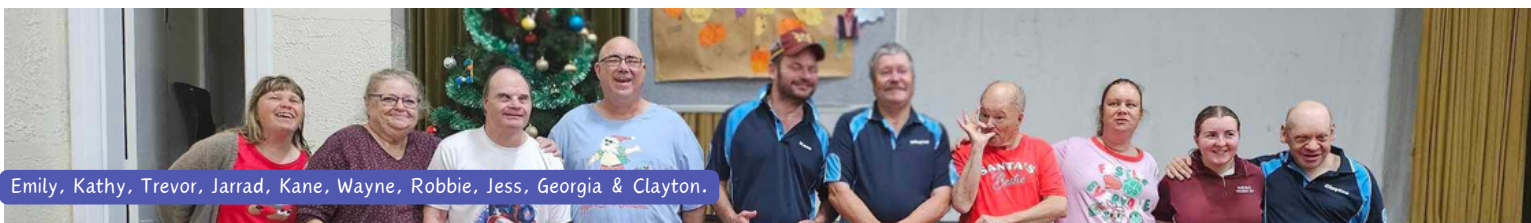
Dr. Lyndal, Emily, Georgia, Jarrad, Richelle, Wayne, Clayton, Kane, Robbie, Jess, Jen and Tanya.



Jess working on YPLO annual trip shirts.



Clayton & Trev



Emily, Kathy, Trevor, Jarrad, Kane, Wayne, Robbie, Jess, Georgia & Clayton.

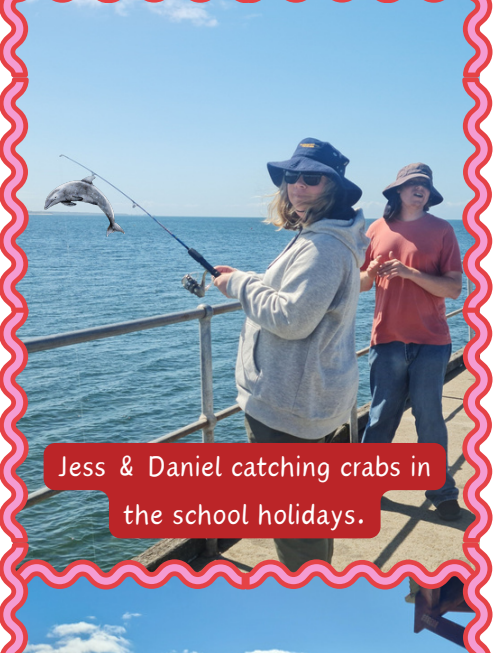
Fun & Games

We did a variety of activities in the school holiday, most notably going fishing and attending the 'Good Day at Minlagawi' festival. Members were able to hold a variety of native animals, which made for some awesome photos!

What a festive term we have had in fun and games! We started the term listening to music and dancing, doing yoga and playing bingo. Members thoroughly enjoyed the variety of the day. The next fortnight we headed outside and challenged ourselves to a variety of different sports and activities, we did an obstacle course and finished the day off having cake for Eleni's birthday. We were on annual trip for the next group and members participated in a range of activities. Some of the highlights included Glen Forrest Park, the museum, karaoke, swimming, the national park, going out shopping and a quiz night at Mark Ruccito's hotel! We have received awesome feedback from this trip and I am sure that the memories the members made will be lifelong! We have also already started planning out next year, so stay tuned! For the final two groups we explored the shops in Minlaton for our secret Santa gifts and celebrated the holidays at our annual Christmas party. Everyone dressed up and got into the holiday spirit. Happy holidays everyone!



Kane dribbling ball around cones.



Jess & Daniel catching crabs in the school holidays.



Thank you Port Vincent foreshore caravan park for your donation!



Kane & Clayton cuddling animals.



Jarrad holding a baby croc!



Jules, Jess, Luke and Wayne on the ferry.

TREES GROUP

There has been a lot of progress with the green house in our trees group this term.

We now have benches thanks to MJ welding! This is going to be an awesome addition to our group and allow us to propagate many more trees, all year round!

We had a few issues with the watering system, members were making sure the plants were getting a good soak on Fridays. Jaime worked out the sprinkler system and fixed these issues so we shouldn't have any plants die of the holidays. All of the stock is currently looking fabulous!

Members have been splitting and weeding over the past few weeks, preparing for the holiday break. We will have our end of year break up on the 15th of December and resume group on the 19th of January.

We had a record 2023, with approximately \$10,000 worth of sales. This was such an awesome achievement for the group and we cannot wait to have a brilliant 2024! Don't forget that you can purchase trees all year long at the nursery in Yorketown. We are open Fridays from 10:30am -2:00pm. All stock is \$3, with the exception of Quandongs.

















Jess, Jarrad and Lauri splitting trees.






















JANUARY

2024

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

FEBRUARY

2024

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

MARCH

2024

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

APRIL

2024

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