

Newsletter



HELLO
FROM THE YPLO TEAM!



This term has been jam packed full of activities and fun! Members have been working on a range of projects that showcase their skills and talents over the past three months.

Our groups have received great feedback over this time, we are proud to be a valuable part of the community. Read more about what the groups have been getting up to on the following pages and follow us on Facebook for regular updates!

With summer fast approaching it is important to remember to protect yourself from the sun! Please do these things prior to group.



SLIP



SLOP



SLAP



SEEK



SLIDE



For all the latest YPLO updates, check out our website!
Scan the QR code or search YP leisure options!



Yorke Peninsula Leisure Options

Quiz Night



**SATURDAY
OCT 7TH**

MINLATON TOWN HALL

DOORS OPEN AT : 5:30PM

QUIZ STARTS AT : 6PM

FINISHING AT : 9PM

BYO NIBBLES & DRINKS

\$10

CORKAGE FEES APPLY

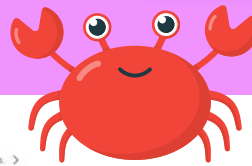


SCAN
ME

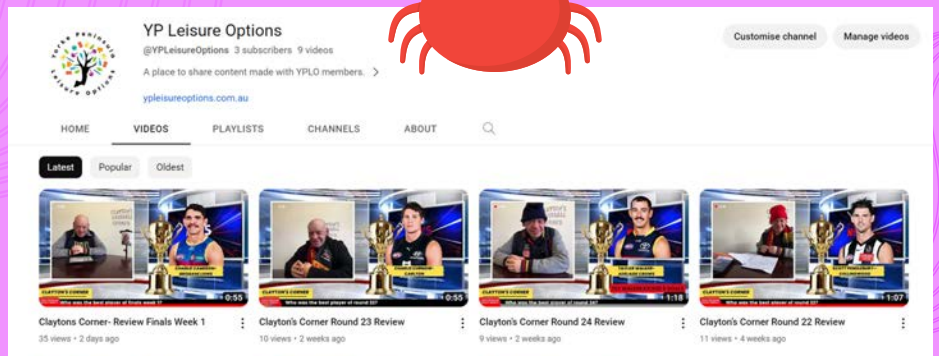
BOOK ON EVENTBRITE
OR CALL 8853 3832

**TICKETS STILL
AVAILABLE FOR THE
YPLO QUIZ NIGHT.
SCAN THE QR CODE TO
EVENTBRITE OR ASK
ONE OF THE YPLO STAFF!**

1:1 INDIVIDUAL SUPPORT



YPLO provides individual support each Monday. The aim of this support is to assist members in setting and reaching goals. Clayton has set goals around projecting his voice. In order to reach these goals we have set up a weekly sport podcast focusing on AFL & AFLW results and predictions. We are so proud of the effort and dedication he puts into this segment. Clayton also practiced and filmed his questions for the YPLO quiz night. Jarrad's goals are to improve his communication skills, build capacity with healthy food choices and to create opportunities to engage in exercise.



ARTS & CRAFTS



This term has gone so quickly for our Arts and Crafts group!

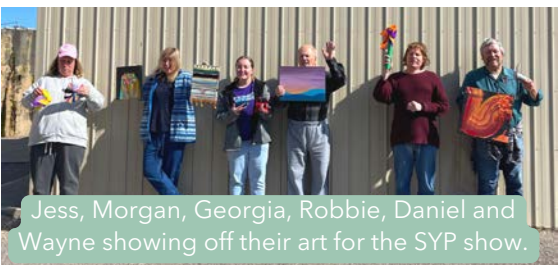
Tanya facilitated the first group, teaching the members the basics of photography with the iPads. Members toured around the hall taking self portraits and still images, they even played with the video features.

We were lucky enough to have the Prince Alfred College boys with us for the second and third art groups of the term. In the second week we looked at digital art, creating art pieces on Canva. We then went for a walk around Minlaton capturing nature photos. Members chose their favourite pieces and these were displayed around the town hall corridors.

In the following group we had a mini Olympics with the PAC students. The two groups were divided up into three teams and they competed in a variety of athletic events, everyone had a great day!

The last two art groups of the term were spent preparing items to enter into the Minlaton show. We focused on using recycled materials and items that we have had in the art cupboards for a long time. Everyone picked three items that would fit within the PWD entry criteria to enter. Fingers crossed they get some winners!

On the 18th of August we held a YPLO art exhibition in the townhall, this event was a part of the Grounded Twilight Markets. Members received great feedback about their art work and enjoyed showing it off to guests. We also had a stall at the markets with items Woodshed and the Living Skills group have produced. We raised just over \$500 from this event and can't wait for next year!



Jess, Morgan, Georgia, Robbie, Daniel and Wayne showing off their art for the SYP show.



Georgia, Macca, Wayne, Morgan, Daniel and Jess showing off their team wristbands.



Macca's flower!



MACCA'S ART SPACE



Show entries!

**GROUND
ED**

**YP ART FESTIVAL
11-20 AUGUST 2023**

ypart.com.au

GROUND TWILIGHT MARKETS
YPLO STALL - 18TH OF AUGUST
(TANYA, JAIME, CAMERON, WAYNE,
RICHELLE AND ELENI.)



WOODSHED

This term the group had requests for paper roll holders, saddle stands, more kids pallet chairs and plant stands from our awesome customers. These orders took up the first part of the term, with members working on their individual projects as well. Richelle designed and made a beer holder stand and Cameron created a box.

We had a donation of an old, run down table at the start of the term. Members and volunteers worked extremely hard to restore it to a decent condition. It looks fabulous, and is now available for purchase from the woodshed for \$300.

Woodshed has been preparing for Christmas early this year! The group will be missing a few of our supports in term 4 so we thought we would start preparing some items ahead of time! Last year the group made some Christmas trees and they did so well we decided to do them again this year. These trees make a perfect outside decoration or a minimalist inside Christmas tree! The group has also been busy making Christmas Countdown clocks. Perfect for young families! All of these items will be available at the SYP agricultural show on October the 4th.

For any requests send Jaime an email - jaime.illman@yorke.sa.gov.au .



Makita Truck Excursion at Minlaton Hardware



Christmas trees



Richelle drilling holes in a paper towel holder.



Emily assembling paper towel holders.



Cam marking out measurements for his box.



Emily and Richelle building Christmas trees.

COOKING GROUP

Over the past term the group has experimented with 'cold weather recipes', focusing on hearty meals that provide great benefits. We have been breaking down the positive nutritional contents contained in all of the ingredients. From this we have looked at the parts of our bodies these benefit, e.g., heart, liver, blood sugar.

On the first group back we experimented with cake mixes. We used a 90c mix and a \$3 mix. Made exactly the same way, adding some frozen berries for some extra nutrients and naturally sweet flavour. The majority of members voted the tastiest cakes were the 90c packet mix!

The cooking group had one visit with PAC, we went to Wambana and hung out with the year 9's. Michelle organised a great challenge that pushed everyone to think outside the box. Members and students teamed up to protect an egg when dropped from a height. Everyone did a wonderful job coming up with creative ideas to stop their egg from cracking. The winner, Cameron, used google to assist his group in finding the most efficient way to drop the egg.

We have continued to refine recipes for the YPLO cookbook. Members have been rating the dishes out of 5, this will help with our selection process. The cookbook will be available for purchase at the end of the year (a great Christmas present!).

We finished the term off planning for term 4, we looked at lighter meals, as well as Christmas dishes. Members will continue to work through the YPLO cooking certificates when possible.



Cooking group digging in!



Morgan trying chicken noodle soup.



Egg drop test.



Cam with PAC student.



Richelle & Georgia showing the boys how it's done!



90c VS \$3 cake mix

LIVING SKILLS

As always we have had a jam packed term! Planning for the YPLO quiz night has taken up a majority of the term. Members have been searching for questions, fact checking them with multiple sources, emailing businesses, refreshing knowledge on money handling, putting up promotional material and planning the night! It has been an epic project and we can't wait to show off all of the hard work that has been put into this event.

Taking care of the environment is an ongoing focus in group. We are still working hard to grow our own veggie patch at the side of the town hall. Members planted native edible herbs, garlic and tomatoes this term. We also did another clean up day down at the town oval, gathering quite a bit of rubbish. We have found this as an awesome way to give back to our community.

In week 4 we learnt about France. We had croissants for lunch and looked at famous monuments as well as French words and facts. Eleni brought in Euros and pictures from her trip to Europe for the group to view.

The group learnt about checking in on friends on the 13th of September, acknowledging R U OK day. We learnt about the steps of checking up on someone and why it is so important to reach out. Members decorated a banner that we have displayed to the public to remind them to also check in with their mates.

For book week we went up to Kadina. Members dressed up as characters from their favourite books. We had lunch at the hotel and celebrated Clayton's 40th birthday! After lunch we went op-shopping, lots of goodies were found in our travels.

In our final group of the term we fine tuned all of our quiz questions and members read them to an audience using a microphone. We talked about how we would set up for the SYP show and a bit of a schedule. Tanya discussed the annual trip activities, sending home info packs for members. These info packs need to be back by Friday the 20th of October.

Wayne dressed as Batman, Jarrad dressed as a Blue Brother, Emily dressed as the Queen, Kane dressed as a cowboy, Robbie dressed as Harry Potter, Eleni dressed as Frida Kahlo, Clayton dressed as Shrek, Jaime dressed as the author of the YPLO cookbook, Georgia dressed as Wednesday Adams and Jess dressed as cowgirl Barbie!



Fun & Games

What a wonderful term the fun & games group has had!

The first group made sea animals out of shells. These artworks were absolutely adorable! They were put on display at the Grounded Art Festival Twilight Markets and received many compliments.

Members gave mosaics a go in the following group. Everyone was really engaged in this task, planning out their designs and executing them. We will have these pots available for purchase at the SYP agricultural show on the 4th of October.

In the third F&G for the term we watched Matilda the musical in the morning and cut out potato stamps for painting. This activity was very messy but fun!

The group tried candle making in the following group. Jaime brought in all of her professional supplies & equipment and members experimented with different scents, colours and sizes.

In the last group we went on an excursion to Stansbury. We had a BBQ on the foreshore and then went to the jetty to catch dinner. We saw plenty of marine life including: fish, sting rays and seals. Members caught 5 crabs in total and had the best time.



Kane's upside down beer candle.



Wayne, Jarrad and Daniel working on their mosaics.



Cameron showing Ivy his process.



Jenny assisting Kane and Clayton.



Finished candles!



TREES GROUP



The group spent the first half of the term preparing the nursery for seeding. This involved weeding, tidying and filling trays with dirt. The group has implemented a new way of storing seeds, we have purchased tic-tac like containers. Jess and Astrid spent a couple weeks sorting these seeds out and labelling them. This new storage solution will free up a massive amount of space in our shed! We have started utilising the greenhouse space to grow cuttings. Cameron has been doing a brilliant job of looking after them. In the final half of the term we started seeding. Members have been making great progress of this massive job, however, we still have some left to do.

YPLO will have a small range of native trees available to purchase at the Minlaton Show(4/10). YPLO will have a stall at the Nature festival (Guranna Wilba Minlagawingga (12/10), showcasing the wonderful work that members do. As always we are open every Friday for sales at our Weaners Flat Nursery from 11-2.



Jess & Macca labelling new seed containers.



Wayne preparing cuttings



Jan and Karen assisting Clayton to seed.



Yvette and Jarrad filling trays.

This year we will be experiencing a particularly bad heatwave with El Niño announced recently. We use a gazebo year round to protect our members from the harsh Australian UV rays, but there will be times when they are not under this protection. We ask that members are wearing appropriate clothing at all times, this means their long sleeved trees shirt. We ask that they bring hats that are inkeeping with the SunSmart guidelines, wear sunglasses and sunscreen to group. We will assist members with reapplying sunscreen every 2 hours.

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

Recommended hat brim width measurements^{1,2}

Indicative age group	Head-wear size	Minimum brim width		
		Broad-brimmed hat	Bucket hat	Legionnaire hat
Adults				
S/M	56–57cm	7.5cm	6cm	7.5cm
M/L	57–59cm	7.5cm	6cm	7.5cm
L/XL	59–61cm	7.5cm	6cm	7.5cm
XXL	62–63cm	7.5cm	6cm	7.5cm

YPLO

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

BEACHES
 NATIONALPARK
 MARINA
 PTLINCOLN
 FRIENDS
 ANIMALS
 ANNUALTRIP
 FUN
 FERRY
 HOLIDAY
 BBQ
 SHOPPING
 KARAOKE
 MAZE
 PUTTPUTT
 GLENFORREST



HAPPY 40TH 
BIRTHDAY CLAYTON



THANKS FOR BEING YOU!



HOLIDAY FUN PROGRAM



OCTOBER

10-2:30

Tuesday 3rd of October

Preparation for the Minlaton Show!
Bring lunch



10-4

Wednesday 4th of October

Minlaton Show!

Bring money for lunch and show ticket.

If you want to go on any rides or purchase anything at the show you will need to bring extra money.



5:30-9

Saturday 7th of October

Quiz Night!! Bring snacks and water, soft drink will be available for purchase.



10-2:30

Tuesday 11th of October

Movie and Games day!
Bring comfy clothes and lunch.



10-2:30

Thursday 12th of October

Nature Festival! Bring lunch and wear appropriate clothing.



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.

October Holiday Attendance

TUESDAY 3/10

Minlaton Show Prep

WEDNESDAY 4/10

Minlaton Show

SATURDAY 7/10

Quiz night

TUESDAY 10/10

Movie & Games

THURSDAY 12/10

Nature Festival

Tick if you are coming or cross if you are not.

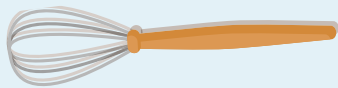


Name:

Signature:

COOKING GROUP

	WEEK 1 17/10	*PAC* WEEK 2 31/10	WEEK 3 14/11	WEEK 4 28/11	WEEK 5 12/12
MAIN	Sundried tomato chicken pasta	Wambana Excursion!	Annual trip!!	Popcorn Cauliflower & Cowboy Caviar	Roast veg salad
DESSERT	Healthy chocolate truffles	Lunch provided	No group	Pavlova	Gingerbread

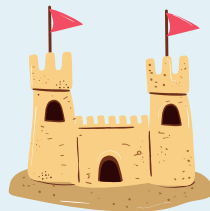


ARTS & CRAFTS

WEEK 1

BEACH DAY!

PAC 24/10



WEEK 2

MELBOURNE CUP LUNCHEON

PAC 7/11 YPLO will provide lunch



WEEK 3

PRESENT MAKING

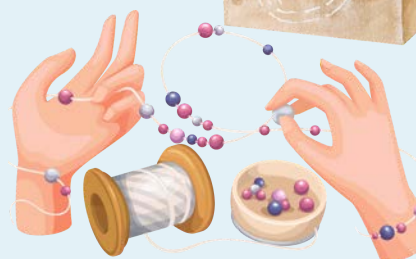
21/11



WEEK 4

CHRISTMAS CRAFT

5/12



LIVING SKILLS



WEEK 1
18/10
**HEALTHY RELATIONSHIPS
& CONSENT**



WEEK 6
22/11
AUSTRALIAN GEOGRAPHY

WEEK 2
25/10
**TOWARDS INCLUSION
RESEARCH**



WEEK 7
29/11
FINALIZE COOKBOOK

WEEK 3
1/11
RECYCLING



WEEK 8
6/12
**TOWARDS INCLUSION
RESEARCH**

WEEK 4
8/11
BRAZIL CULTURAL DAY



WEEK 9
13/12
**2023 YEAR IN REVIEW
& 2024 PLANNING**

WEEK 5
15/11
ANNUAL TRIP



FUN & GAMES

WEEK 1
19/10
Yoga, Music & Bingo



WEEK 3
2/11
Outdoor Activities



WEEK 5
15/11
ANNUAL TRIP - PT LINCOLN



WEEK 7
30/11
Christmas Shopping



WEEK 9
14/12
Christmas Party





WOODSHED

WEEK 1 Wooden Signs (In the Hall)
17/10

WEEK 2 Beach Excursion with PAC
24/10

WEEK 3 Excursion to Wambana
31/10

WEEK 4 Melbourne Cup Lunch and Games with PAC (In the Hall)
7/11

WEEK 5 Annual Trip - Port Lincoln
14/11

WEEK 6 Key Racks
21/11

WEEK 7 Project of Choice
28/11

WEEK 8 Beverage Holders
5/12

WEEK 9 Woodshed Lunch Breakup
12/12


















TREES GROUP

- Seeding
- Cuttings
- Work on edible gardens
- Keeping seedlings alive
- Weeding
- Snake awareness training
- Safety Training
- End of year break up



OCTOBER

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



2023

Yorke Peninsula Leisure Options





NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 LIVING SKILLS 10AM TO 4PM 	2 FUN & GAMES 	3 TREE PROPAGATION 	4	5
6 WOOD SHED ARTS & CRAFT	7 LIVING SKILLS 10AM TO 4PM	8 LIVING SKILLS 10AM TO 4PM	9 TREE PROPAGATION	10 TREE PROPAGATION	11	12
13 	14 A N N U A L	15 T R I P 2 0 2 3	16 - P O R T	17 L I N C O L N	18	19
20 WOOD SHED ARTS & CRAFT	21 LIVING SKILLS 10AM TO 4PM	22 LIVING SKILLS 10AM TO 4PM	23 	24 TREE PROPAGATION	25	26
27 WOOD SHED PROJECT COOKING	28 LIVING SKILLS 10AM TO 4PM	29 LIVING SKILLS 10AM TO 4PM	30 FUN & GAMES 			

2023

DECEMBER

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



CHECK OUT YPLO'S NEWSLETTER FOR THE
SUMMER
HOLIDAY FUN PROGRAM

2023