

Featured Participant – Jamie Reid

Jamie's Journey: A Story of Progress and Potential



Jamie has been one of the first participants at SCA, and his journey with us has been truly inspiring. He joined in January, shortly after Christmas, for a day placement and has since become an active, valued member of our community.

Jamie attends day placement every Saturday and fully engages in all activities, embracing every opportunity we offer. With the right support, he has achieved positive outcomes and continues to thrive.

We invested in larger vehicles and range of age appropriate resources, to better accommodate the needs of our participants, including Jamie. We're proud to support Jamie and look forward to the journey ahead.

Day Centre Insights

This Valentine's Day, we celebrated with our participants by hosting a fun and creative art and craft activity. Everyone had a great time making personalized cards, expressing their creativity, and sharing the joy of the occasion. It was a wonderful blend of learning, laughter, and connection, making the day memorable for all.



YAMA Group Moments

We had an incredible ice skating session last month, and it was a big hit with our participants! Everyone had a fantastic time gliding across the ice in a supportive and fun environment. With smiles and laughter all around, it was heartwarming to see everyone gain confidence and truly enjoy the experience.



DISCO Delights

The Monthly Disco program at SCA offers participants a fun and lively opportunity to dance, socialize, and enjoy music in a welcoming environment. Here's how we added excitement and joy to the month while fostering community and connection.



Self Care Tips

Mindfulness : Grounding Yourself in the Present

In our busy lives, it's easy to feel overwhelmed, but taking just a few minutes to practice mindfulness can make a big difference.

Mindfulness is about being fully present in the moment—free from distractions or judgment. Mindfulness can be done anytime, anywhere. Next time you're feeling stressed, try the 5-4-3-2-1 grounding exercise:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This helps you refocus and stay present, no matter what's going on around you. It's a quick way to reset and feel more centered.

Staff Spotlight:



Meet

Kanika

Day Care Supervisor

This month, we're excited to shine a spotlight on Kanika –Kanika has been a valued member of the SCA team for two years, bringing professionalism and warmth to her role as Day Care Supervisor. Recently returning from maternity leave after the birth of her second child, Kanika has seamlessly transitioned back into her role with the same dedication and passion she's always shown. Let's get to know her better –

Describe yourself in one word:

Diligent

What Sports did you play growing up?

Badminton

Who is your biggest inspiration in life?

My mother always inspired me with strength, love, and dedication.

What do people notice most about you?

My Optimism

Residential Highlights

Supreet has embraced a new structured routine, kicking off his day with a refreshing walk, followed by some exercise in the park.

He enjoys the cool morning breeze and finishes with a relaxing cup of tea in the community. His dedication to this healthy start is truly inspiring!



PUZZLE TIME – Spot the Difference

Find 10 Differences



YES Program : Car washing activity

The YES (Youth Employment Support) program at SCA is designed to provide meaningful work opportunities for young people with disabilities and special needs. This month, participants took part in a car washing activity, building skills in teamwork, responsibility, and work readiness while boosting their confidence.

