

Featured Participant – Rayne Antony

Rayne – Calm, Kind, and Steady



Rayne began his journey with SCA through the YAMA Weekend Program, quickly becoming a valued and enthusiastic participant. Since joining the Day Centre in 2023, he has embraced every opportunity—from daily activities and disco parties to enjoying respite services. Now also part of the YES (Youth Employment Services) program, Rayne is building real-life skills with great enthusiasm.

Whether dancing, learning, or socialising, Rayne brings joy and energy to every SCA experience! From weekends to weekdays, discos to day programs, Rayne’s journey reflects everything we aim for at SCA—inclusion, growth, joy, and opportunity.

Day Centre Insights

Our recent bike ride at Casey Fields was filled with fresh air, movement, and proud smiles. With adaptive bikes and a safe space, participants of all abilities enjoyed the ride—whether independently or with support. The activity boosted physical strength, coordination, and self-confidence. More than just a ride, it was a celebration of inclusion, achievement, and the joy of trying something new.



YAMA Group Moments

Our recent visit to the Australian Centre for the Moving Image (ACMI) was a fun and exciting day for our participants. The colourful displays, hands-on activities, and amazing stories helped the children learn in a way that was both fun and creative. ACMI’s sensory-friendly approach ensured accessibility and comfort for all. It was a day full of smiles, discovery, and joy.



DISCO Delights

The Disco Program at SCA is the perfect blend of fun, learning, and social connection. Participants enjoy music, dancing, and games in a vibrant, inclusive space that encourages self-expression, confidence, and social interaction. Beyond the fun, the program also supports movement, rhythm, and coordination skills, while promoting a sense of belonging and joy in every beat!



Self Care Tips

Physical Health & Movement

Staying active is important for everyone, including those with disabilities. Regular movement boosts strength, flexibility, balance, and overall well-being.

Here are some simple tips to support safe and effective physical activity tailored for your needs.

- **Gentle Daily Exercise** – Stretch or walk slowly to keep muscles flexible and joints moving
- **Use Support Tools** – Use adaptive equipment to move safely and comfortably
- **Take Regular Breaks** – Rest often to avoid tiredness and overexertion
- **Practice Balance** – Do exercises that improve stability and reduce falls
- **Stay Consistent** – Maintain a routine to improve strength and mobility

Staff Spotlight:



Meet
Amarinder
Active Support Staff

This month, the spotlight is on Amarinder, who has been an integral part of the SCA team for the past 2 years. Supporting participants across a range of settings—from minor care to SIL houses at different sites—he approaches each day with a positive attitude and a genuine willingness to help. We are grateful to have Amarinder as part of the SCA family, where his hard work and kindness truly make a lasting impact. Let’s get to know her better –

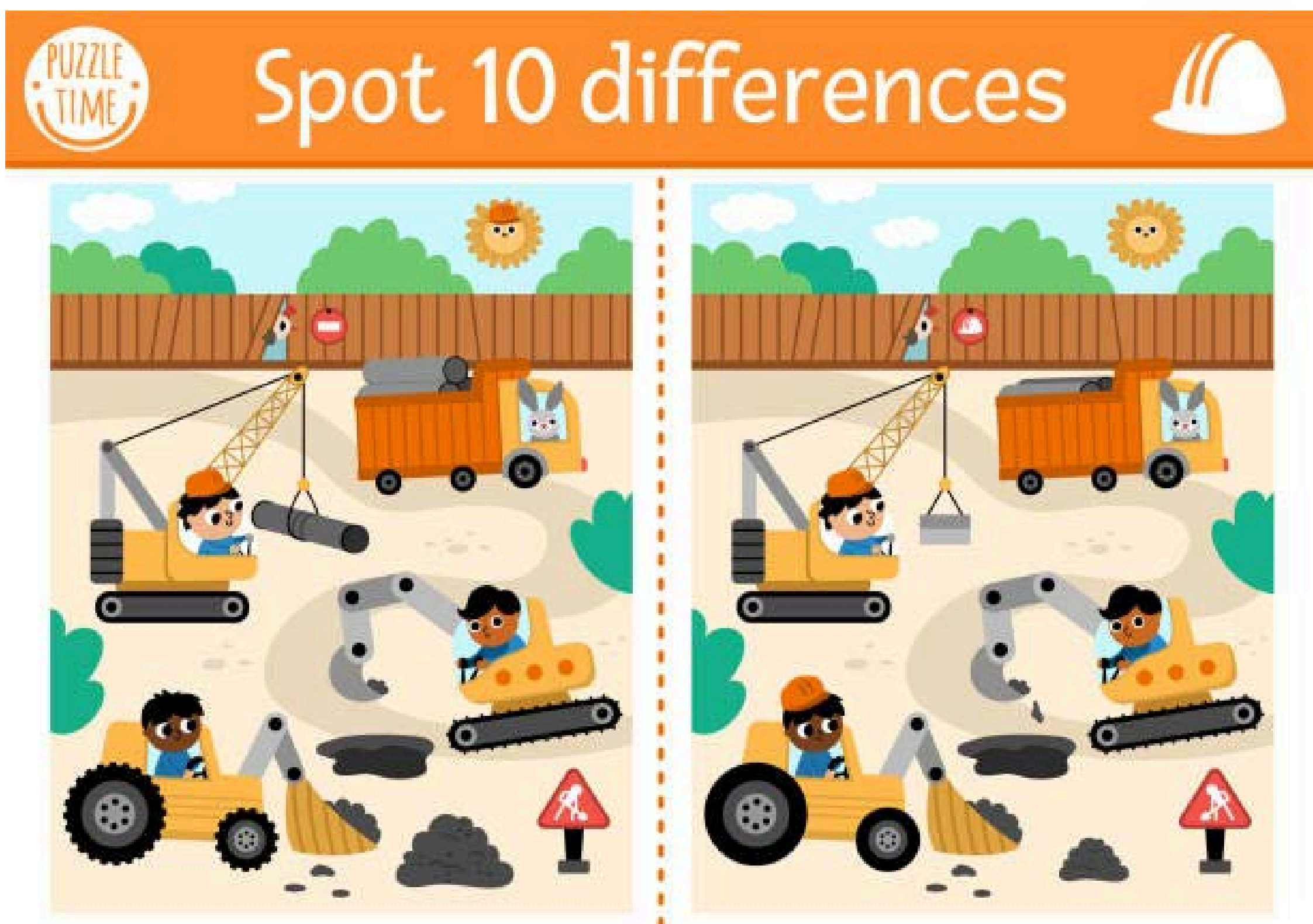
- Describe yourself in one word:
 - **Kind-hearted**
- What Sports did you play growing up?
 - **Basketball has been the sport of my childhood**
- Who is your biggest inspiration in life?
 - **Hardworking and successful people have always inspired me the most**
- What do people notice most about you?
 - **Politeness and positivity are always my strengths**

Residential Highlights

Samuel, 19, recently celebrated his birthday with family and peers, marking a joyful milestone. Once hesitant to join activities, he now participates with growing confidence. He recently enjoyed visiting the train station and Puffing Billy. With support from his mum and the SCA team, Sam continues to explore new experiences and thrive every day.



PUZZLE TIME – Spot the Difference (10)



YES Program : Hands-On Car Wash

As part of our YES (Youth Employment Services) program, SCA participants are building real-world skills through a car washing activity that encourages teamwork, responsibility, and attention to detail. Tasks like washing, drying, and vacuuming help build routine and confidence. Receiving their paycheck is a proud and rewarding moment, reinforcing their independence and growth.

