

Featured Participant – Ashot Elesina

Ashot – Brimming with Energy and Joy



Meet Ashot, one of the most vibrant additions to our day placement program. After beginning his journey with SCA through the Yama program, he recently joined the day program—and has been spreading smiles ever since! Tall, active, and full of life, Ashot loves movement and is always ready for the next adventure. Whether he’s riding a bike—something he’s great at—or jumping into group activities, his enthusiasm is truly contagious.

Known for his bright smile and warm personality, Ashot is often seen in his favourite sporty clothes, ready for action and always up for the next fun challenge. His energy, positivity, and presence make every day a little brighter!

Day Centre Insights

Every Tuesday, the pool comes alive with laughter, learning, and encouragement during our weekly swimming sessions at SCA. With tailored support and a safe, inclusive environment, participants of all abilities dive into more than just water. Whether it’s floating with assistance, learning basic strokes, or simply enjoying the calming sensation of water, each participant is supported to engage at their own pace.



YAMA Group Moments

Our recent visit to Village Cinemas was filled with excitement, smiles, and plenty of popcorn! Participants enjoyed The Karate Kid on the big screen—a movie packed with action, heart, and inspiring moments. With accessible seating and a sensory-friendly setup, the cinema provided a welcoming space for everyone. It was a wonderful mix of fun, laughter, and shared memories that will be cherished for a long time.



DISCO Delights

Our Disco Program is all about good music, great vibes, and having fun together. It offers a welcoming space where everyone can feel free to be themselves. It’s more than just a dance party—it’s a chance for participants to build confidence, make friends, and move their bodies in fun ways. With each beat, there’s joy, connection, and the freedom to shine in your own way.



Self Care Tips

😊 Be Kind to Yourself

Self-care starts with how you treat yourself. Being kind to yourself means accepting where you are, celebrating small wins, and speaking to yourself with the same compassion you’d offer a friend.

It’s a powerful way to build confidence and emotional strength. Here are some practical ways to practice self-kindness –

- **Celebrate Small Wins** : Recognise your efforts—no matter how small
- **Use Positive self-talk** : Replace critical thoughts with encouraging ones
- **Limit comparisons** : Your journey is your own — and that’s okay
- **Make space for Joy** : Allow time to do what makes you feel calm and happy
- **Note Gratitude** : Write down a few things you’re thankful for to shift your focus positively

Staff Spotlight:



Meet
Rajani
Active Support Staff

This month, we’re spotlighting Rajani! For over three years, she’s been a hardworking, compassionate, and positive part of our support team. As a young mother, Rajani brings care and empathy to her work, especially with participants who have complex needs, bringing comfort to families and smiles all around. Let’s get to know her better –

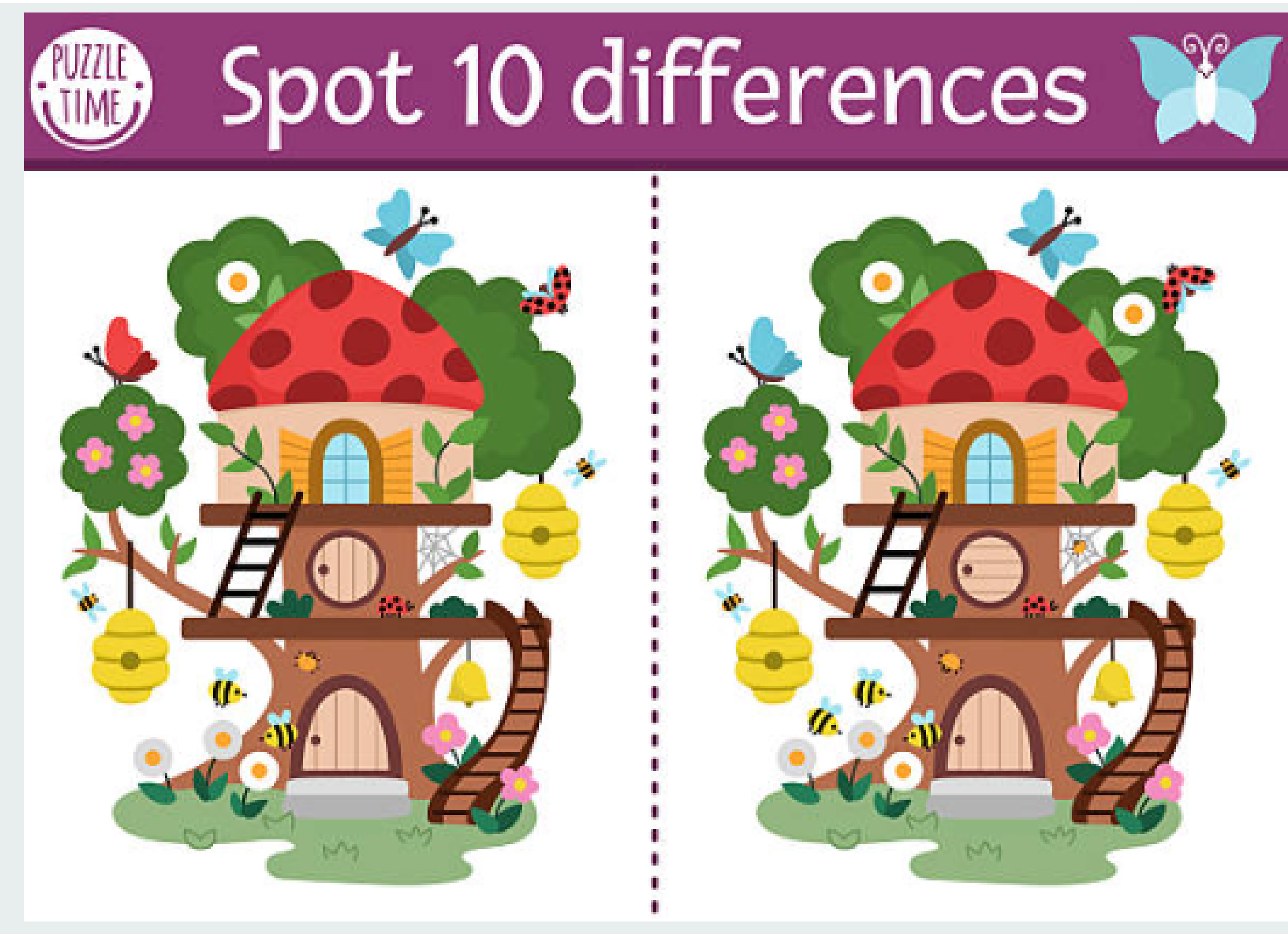
- Describe yourself in one word:
 - **Empathetic – I always try to understand and support others with care and kindness.**
- What Sports did you play growing up?
 - **I played hockey during my childhood. It taught me teamwork, discipline, and how to stay strong under pressure.**
- Who is your biggest inspiration in life?
 - **My mother – her strength, patience, and selflessness continue to inspire me every day, especially in my role as a support worker.**
- What do people notice most about you?
 - **People often notice my calm nature and genuine smile. They say I bring a peaceful and supportive presence wherever I go.**

Residential Highlights

At 16, Krisztian is known for his warm personality, bright smile, and great memory for names. He recently conquered his first bike ride—a proud milestone. He loves swimming with his mom, spends Saturdays with his dad, and looks forward to Treat Day on Fridays. At 6 feet tall, Krisztian shines with positivity and inspires those around him.



PUZZLE TIME – Spot the Difference



YES Program : Container Deposit Program

Through the Container Deposit initiative in our YES (Youth Employment Services) program, SCA participants are gaining valuable hands-on experience while learning about sustainability. They take part in collecting, sorting, and returning containers—developing responsibility, teamwork, and confidence along the way.

