

Featured Participant – Rama Jermias

## Rama – Spreading Joy & Smiles



Rama is a fun-loving, cheerful young person who brings smiles wherever he goes. Known for his playful pranks and joyful spirit, he enjoys calling out the names of staff he’s especially fond of. He recently returned from a family holiday full of fun, and his thoughtful mum even baked a cake for the support team—such a kind gesture! Currently taking part in the YES Program and exploring Shopify, Rama shows great curiosity and creativity.

He enjoys writing and takes part in all activities with enthusiasm and a positive attitude. His positivity, creativity, and sense of humour are truly inspiring, and we’re proud to be part of his journey.

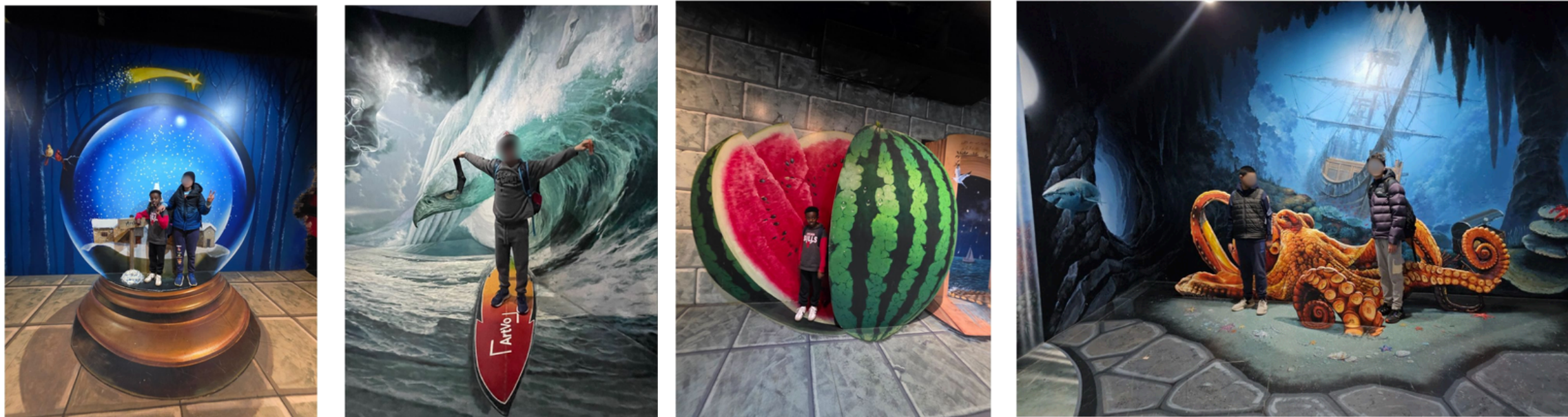
## Day Centre Insights

SCA’s cooking program offers participants a meaningful opportunity to explore independence through food. Together with the help of support staff, participants engage in a fun, hands-on experience — from selecting ingredients to assembling the final dish. This activity not only promotes life skills but builds confidence, sparks creativity, and fosters a sense of pride in an inclusive environment.



## YAMA Group Moments

Our recent visit to ArtVo was a day filled with creativity, laughter, and unforgettable moments! Participants had a fantastic time exploring and posing with larger-than-life 3D artworks and becoming part of the scenes themselves. From vibrant sea life to standing inside a giant snow globe, every room sparked imagination and joy. It was a fun-filled day of discovery, visual trickery and plenty of snapshots—creating joyful memories to last a lifetime.



## DISCO Delights

When the music starts, so does the magic. Our Disco Program is all about letting go, having fun, and just being yourself. Whether you’re dancing, swaying, or soaking up the good vibes, there’s a place for everyone. It’s not about the moves — it’s about the smiles, the laughter, and the freedom to shine. And at the end of the day, it’s those little moments of joy that make it all so special.



## Self Care Tips

### Express to Heal

Taking a few moments each day to express your thoughts—can make a big difference in your mental and emotional well-being.

Here are five simple ways to use journaling and voice notes as everyday self-care tools.

- **Write It Out** : Journaling for a few minutes a day can help clear your mind and ease stress
- **Express your Thoughts** : Use a notebook, phone, or voice recorder—whatever feels easiest and most accessible.
- **Notice patterns** : Regular entries can help you understand your moods, triggers, and progress.
- **Private Outlet** : Journals and voice notes give you a private way to express things you might not want to say out loud yet.
- **Creative Energy Flow** : Expressing yourself regularly can spark new ideas and help you see things in a new light

## Staff Spotlight:



Meet  
**Nga**  
Active Support Staff

This month, we’re shining the spotlight on Nga! Nga has been with us for almost two years and continues to impress with her dedication and strong work ethic. Known as a quick learner, Nga is transparent in her approach and communicates effectively with both colleagues and participants.

Working across both SCA and CAE, Nga consistently delivers high-quality results, always striving to do her best. We’re proud to have her on the team and are thrilled to see her dedication also leading to meaningful personal achievements along the way. Let’s get to know her better –

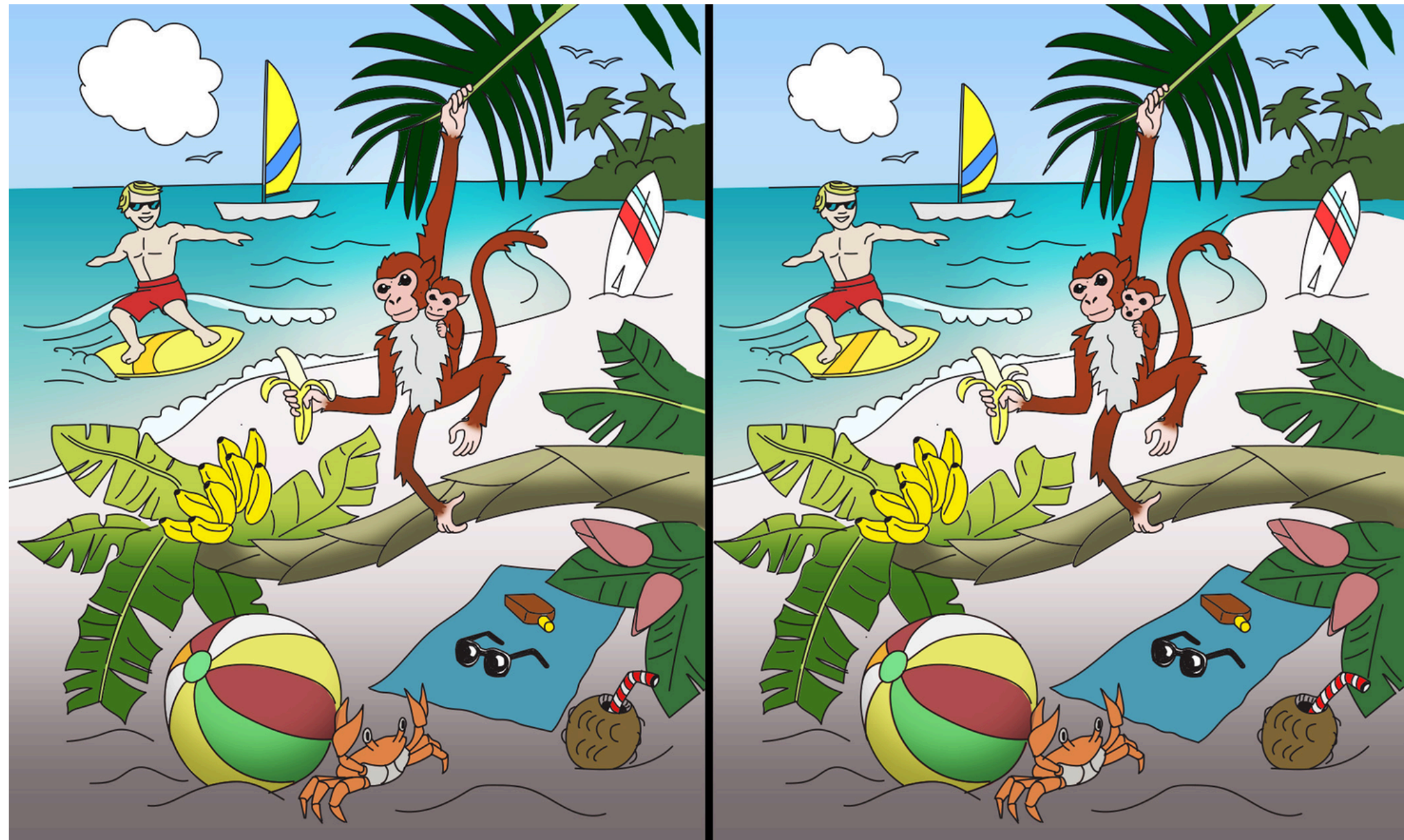
- Describe yourself in one word:  
• **Driven**
- What Sports did you play growing up?  
• **Basketball and Netball**
- Who is your biggest inspiration in life?  
• **My Parents**
- What do people notice most about you?  
• **People often notice that I am quiet and well-mannered.**

## Residential Highlights

Tommy is a fun-loving 13-year-old who enjoys the beach, swimming, train rides, and staying active with various activities. He attends school for a few hours each day but always looks forward to coming home—he loves his house and the support of the staff. Tommy for the first time joined the YES Program, proudly helping with catalogue distribution. Weekends are extra special, as he gets to spend time with his parents, which he truly enjoys.



## PUZZLE TIME - Spot the Difference (10)



## YES Program : Car Wash & Care Activity

Through the Car Wash initiative in our YES (Youth Employment Services) program, SCA participants of all abilities are actively involved in a meaningful, hands-on activity that builds practical skills and workplace readiness. By working together to clean vehicles, participants build teamwork skills, gain confidence, and feel proud of a job well done — all in an inclusive environment.

