

SPECIAL CARE  
AUSTRALIA®

WHERE CARE STARTS..

Featured Participant – Simon Johnston

## Simon – A Journey of Joy and Growth



After spending nearly 20 years at home, Simon has stepped into a new chapter – and he's embracing it with heart, humour, and an unshakable spirit. Now a regular face at our day centre from Monday to Thursday, Simon brings light and laughter to every corner of the room. Whether it's joining in activities, cracking a joke, or sharing stories about his beloved sister, his presence is a reminder of how far a little courage and a lot of love can go.

Simon's bond with his mum and sister is truly special – you can see the pride and joy in his eyes whenever he talks about his family. He is a powerful example of living fully, connecting deeply, and growing boldly. We're so proud to be part of his journey.

## Day Centre Insights

At SCA, participants came together to create something truly special for Father's Day. With colourful paper, glitter, stickers, and big smiles, the room was filled with creativity and care as everyone decorated heartfelt cards and crafts for the father figures in their lives. Each card and craft carried a personal touch – a symbol of love, gratitude, and the special bond shared with fathers.



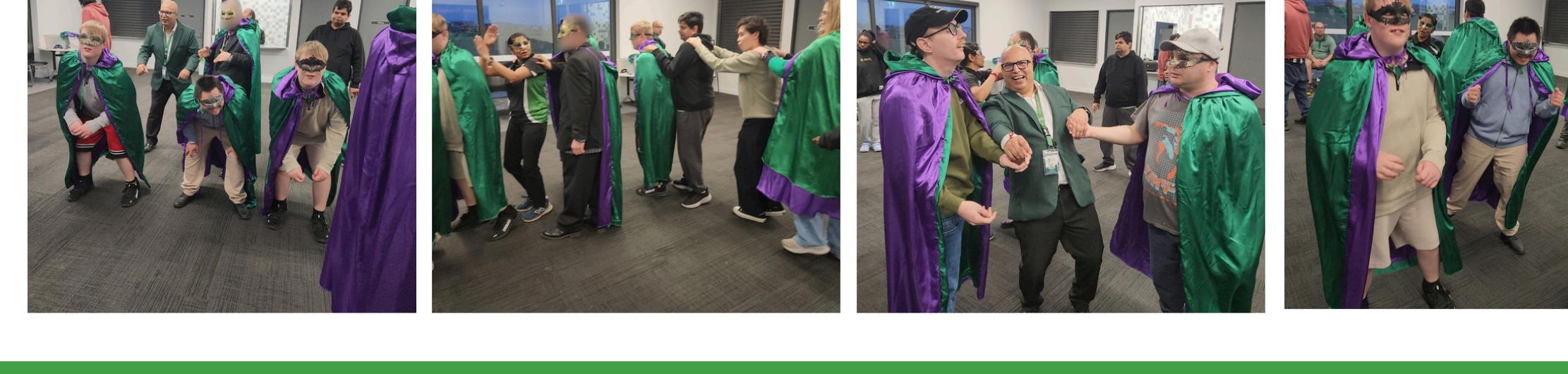
## YAMA Group Moments

Our visit to Myuna Farm was a heartwarming day filled with nature, connection, and fun. Participants enjoyed feeding and gently interacting with friendly farm animals, creating moments of joy and confidence. A peaceful farm ride offered a chance to take in the scenic views and added to the fun. It was a day full of fresh air, shared laughter, and meaningful experiences – leaving everyone with lasting memories and happy hearts.



## DISCO Delights

At SCA, the disco is where music, movement, and joy come together. Our Disco Program is more than just dancing – it's a space where everyone feels welcome, free, and celebrated. There's no right or wrong – just good energy and great company. These are the moments that lift spirits, build friendships, and bring our community together in the most joyful way.



## Self Care Tips

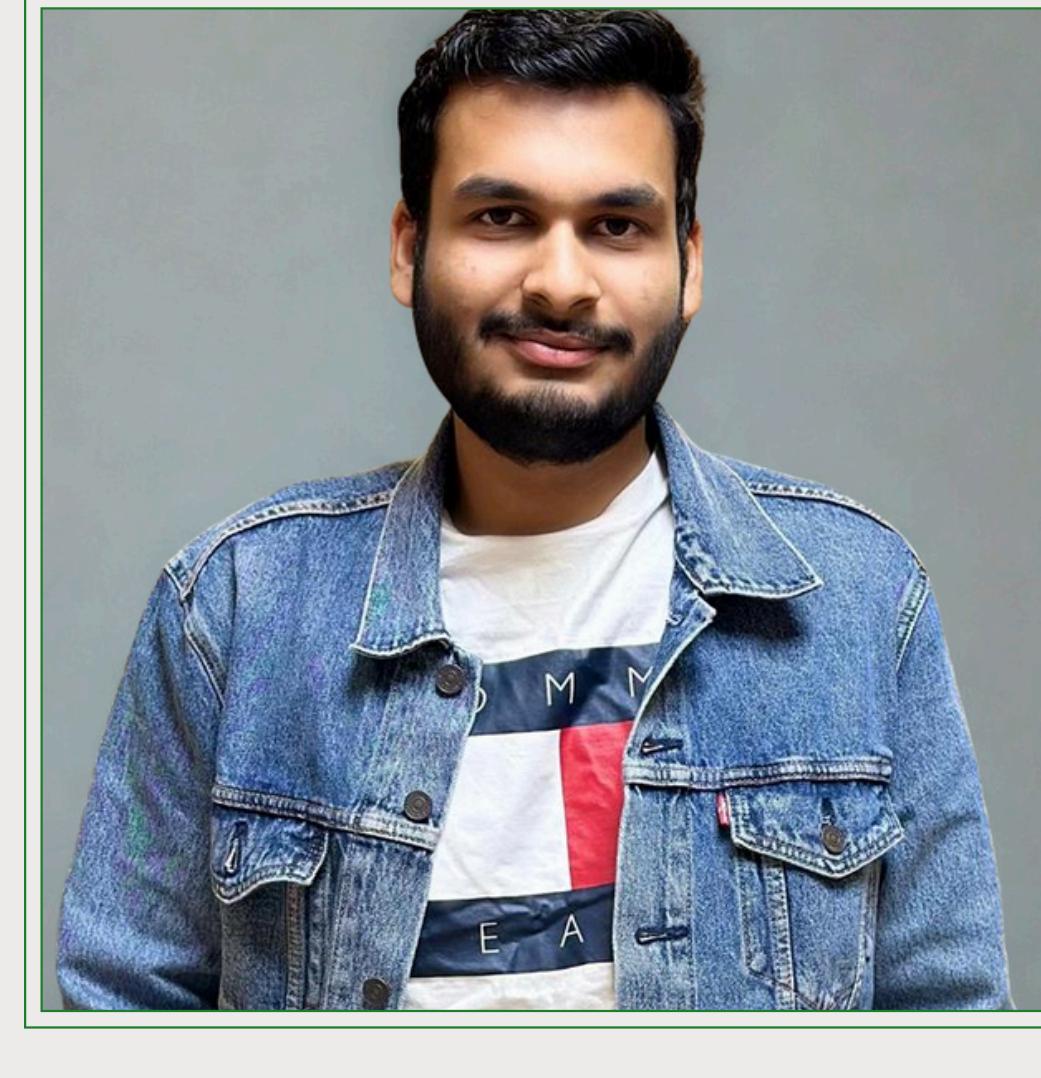
### Nourish Your Body, Nurture Your Soul

Eating well is an important part of taking care of yourself. It helps you feel stronger, think clearly, and have the energy to enjoy your day.

You don't need fancy meals – just simple, balanced food choices can make a big difference. Try these five easy ways to nourish your body:

- **Eat Regular Meals** : Have breakfast, lunch, and dinner each day to keep your body fuelled
- **Pick Easy, Healthy Foods** : Go for simple and easy to cook options like fruit, yogurt, eggs, or soups
- **Stay Hydrated** : Keep a water bottle nearby and sip throughout the day. Add a slice of lemon or a splash of juice if needed
- **Don't Skip Meals** : Use reminders if needed – regular meals support steady energy.
- **Enjoy What You Eat** : Choose foods you like and what makes you feel good

## Staff Spotlight:



Meet  
**Akash**  
Active Support Staff

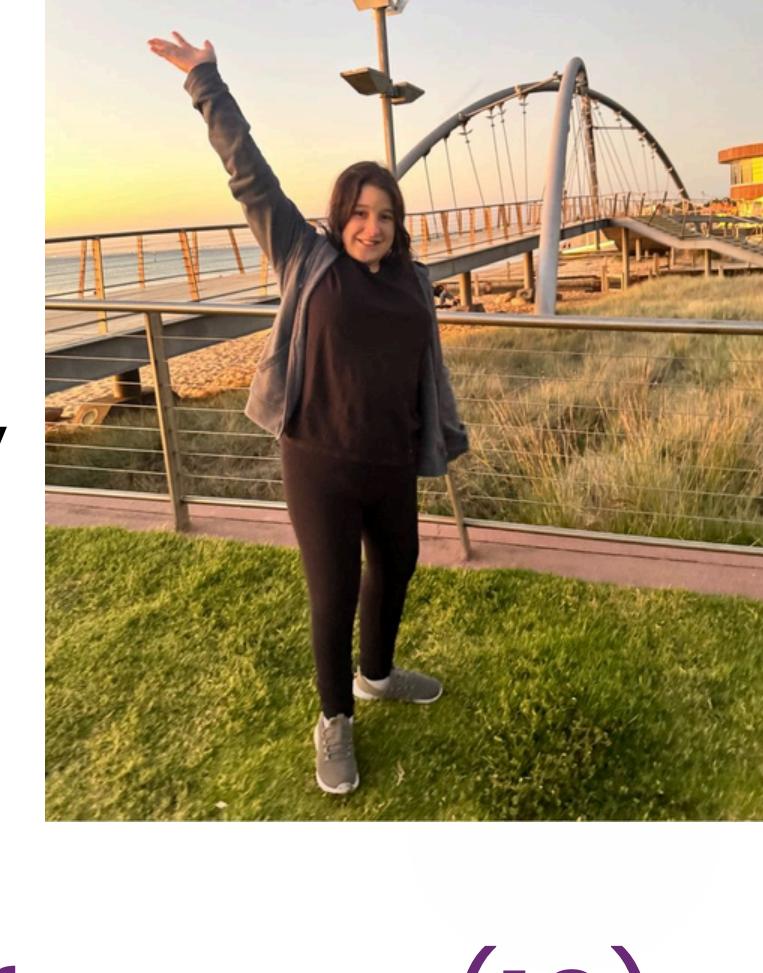
This month, we're shining the spotlight on Akash, a dedicated 25-year-old who plays a vital role in supporting minors with care and commitment. He handles challenging situations with calm and confidence, always stepping up when needed. Akash also assists with transportation and house moves, ready to lend a hand wherever required.

Hardworking and committed, he's also pursuing further studies – showing great commitment to both personal and professional growth! We're truly glad to have Akash as part of our team! Let's get to know him better –

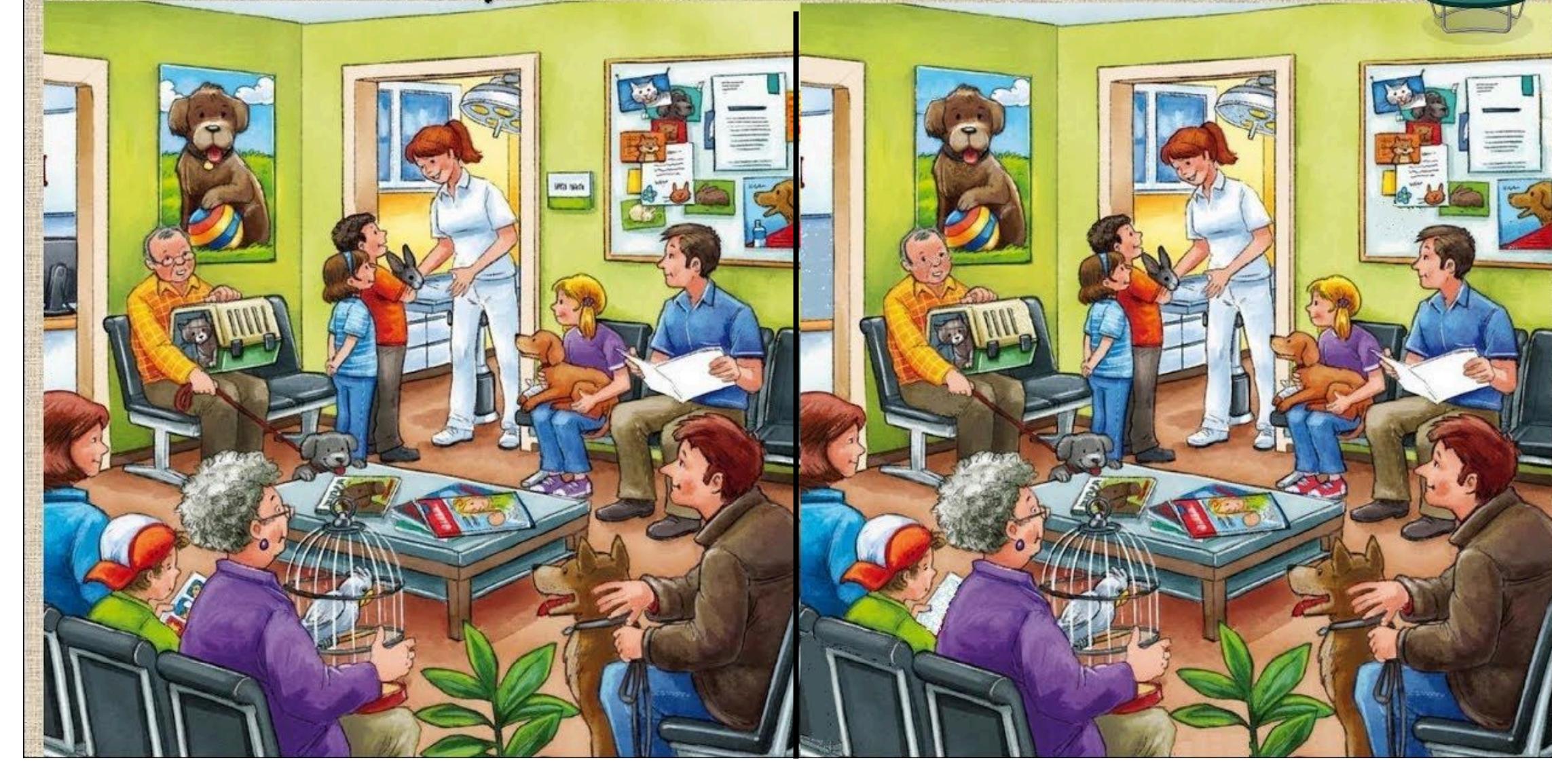
- Describe yourself in one word:  
**Adaptable**
- What Sports did you play growing up?  
**Cricket**
- Who is your biggest inspiration in life?  
**My Papa**
- What do people notice most about you?  
**People often notice that I'm collaborative by nature**

## Residential Highlights

Melina, a vibrant young woman in her 20s, is our first female resident at the home, having joined SCA in January. Living independently, she brings warmth and energy to the space, often mingling with respite participants and engaging in daily activities with enthusiasm. She enjoys grocery shopping with staff, cooking, baking and takes great pride in her everyday living skills.



## PUZZLE TIME – Spot the Difference (10)



## YES Program : Catalogue Distribution

As part of our YES (Youth Employment Services) program, the Catalogue Distribution initiative gives SCA participants of all abilities the chance to take part in a real, hands-on job. By preparing and delivering catalogues, they build skills like planning and time management in a supportive, inclusive environment that encourages teamwork and confidence.

