

Featured Participant – Shane Sullivan

## Shane: Embracing Strength Every Day



Meet Shane, one of our wonderful participants, whose presence brings quiet strength and resilience to our community. Though non-verbal, he engages with a wide range of activities alongside our team, always supported in ways that respect his needs and comfort. He especially enjoys his time in the water, swimming with the help of a life jacket and supported by staff who ensure he has a safe and positive experience.

His family has shared their appreciation for the care he receives, and we’re honoured to be part of his journey. With thoughtful adjustments—like staying indoors on hot days and wearing a helmet for added safety—he continues to experience each day with dignity and care. We feel privileged to support him and celebrate his unique strengths.

## Day Centre Insights

Our participants recently enjoyed a peaceful and scenic outing to Belgrave Lake, surrounded by nature and fresh air. It was a wonderful opportunity to relax, explore the outdoors, and connect with each other in a calm and supportive environment. From taking in the natural beauty to simply enjoying the sunshine, the visit was a refreshing change of pace for everyone involved.



## YAMA Group Moments

Our participants recently had the opportunity to visit Melbourne’s Shrine of Remembrance, a place of reflection and honour. The visit offered a quiet moment to explore the beautifully maintained grounds and learn more about Australia’s history and those who served. Staff supported participants in taking in the peaceful surroundings. We’re proud to help create opportunities for connection with community, culture, and history.



## 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

### Clear Space, Clear Mind

A clutter-free space can do wonders for your mental clarity and mood. This month, we’re focusing on how small, mindful tidying can lead to a calmer, more focused you.

The simple tips below can help you get started on creating a more peaceful space, one step at a time.

- **Start Small** : Begin with one drawer, shelf, or corner — small wins build momentum.
- **Sort with Purpose** : Keep what you use and love, let go of what no longer serves you.
- **Wipe it Down** : A quick clean makes the space feel refreshed instantly.
- **Pause and Breathe** : Take a moment to enjoy the calm your tidy space brings.
- **Keep It Simple** : A clear space doesn’t have to be perfect — just peaceful.

## Staff Spotlight:



Meet  
**Jagdeep**  
Active Support Staff

This month, we’re excited to shine the spotlight on Jagdeep, With over 4 years of dedicated service, Jagdeep is a highly valued and experienced member of our team. He supports both Day Centre and residential participants and often assists with transportation as well.

Jagdeep’s positivity is infectious and his beautiful smile brightens every shift. We’re so grateful to have him as part of the SCA family! Let’s get to know him better -

- Describe yourself in one word:  
■ **Active**
- What Sports did you play growing up?  
■ **I played Cricket growing up**
- Who is your biggest inspiration in life?  
■ **My friend Sukhwinder Singh. He always has a smile on his face and is well respected. He’s always ready to help others and gives more than what he receives.**
- What do people notice most about you?  
■ **People often notice that I am always happy and smiling. Another thing I usually get told from others is that I have positive energy.**

## Residential Highlights

Angelica, a confident, fun loving and energetic 18-year-old, has been attending respite at SCA every weekend from the past year. She’s a familiar and much-loved part of our community, having built strong friendships with fellow participants. With exceptional cognitive skills, Angelica engages easily in conversations and activities. From singing and dancing to swimming, bowling, and baking, she brings enthusiasm in everything she tries.



## PUZZLE TIME – Spot the Difference (10)



## YES Program : Bottle and Can Recycling

As part of our YES (Youth Employment Services) program, the Can and Bottle Recycling initiative gives SCA participants of all abilities the opportunity to engage in a real-world, hands-on activity. It helps them build important life and job skills, learn about caring for the environment, and feel a strong sense of achievement in a friendly and supportive space.

