

By St Michaels Association

From the CEO



John Gilpin

Welcome to our new look and feel bi-monthly newsletter, "The Independent". As you will see, the style and format of the newsletter is similar to our new website. If you have not seen the website, please feel free to visit us at www.stmichaels.asn.au.

To all of us, a picture paints a thousand words. Our cover picture of AB does just that! For those who know this young man who came to us confined to his wheelchair, I hope you are as inspired as we are in seeing him standing and dancing in this photo! Concentrating on what people can do rather than what we can't do creates these pictures in time that are priceless.

To continue the good news, our Devonport site, which only started a few months ago, has 15 new participants

and growing. Thank you Marcia and your team up there for giving choice to the northwest of Tasmania.

Congratulations goes to our partnered Australian Disability Enterprise nominees for their organisation and/or their employees nominated for the upcoming training awards:

St Vincent Industries - *Equity Employer of the Year*

Alanna Jansen and Alex Horsey from BlueLine Laundry - *Equity Trainee of the Year*

Natalie Williams from Vincent Industries - *Equity Vocational Student of the Year*

A special front page message of congratulations goes to our Jo Wallace for her dedicated 35 years of voluntary service at Masonic Care Tasmania. Fantastic achievement Jo, from all of us here at St Michaels! (See page 2 for more details).

There are many stories and pictures sprinkled throughout; I hope you enjoy reading this edition as much as we here at STMA have enjoyed supporting your loved ones.

Kindest regards,
John



Advertisement

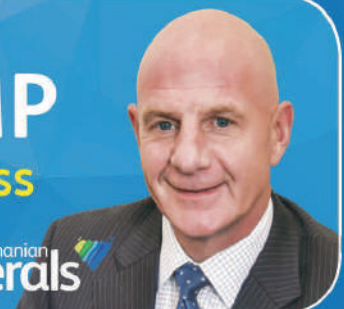
Peter Gutwein MP

Liberal Member for Bass

53 St John Street, Launceston 7250

Phone: (03) 6777 1007 or email: peter.gutwein@dpac.tas.gov.au

Tasmanian
Liberal



Congratulations to Joanne Wallace

A huge congratulations goes to Joanne Wallace who has been awarded a Certificate of Appreciation for her volunteering service at Masonic Care Tasmania.

Jo has been volunteering with Masonic Care Tasmania for 35 years. Her contribution and commitment to the organisation is sincerely appreciated and everyone regularly comments how great it is to see Jo's big smile around the organisation.

Jo's volunteer work is a reflection of the person she is: friendly, generous and always willing to help out. In addition to her work at Masonic, Jo regularly volunteers her time here at STMA in the kitchen to help prepare the Wednesday night In-Home Tenancy Support (IHTS) residents dinner.

Jo has recently returned from a well-deserved overseas holiday which she thoroughly enjoyed, and is already diving straight back into her volunteer work.

Thank you for your dedication to helping others and the time and effort you put in to the community.

Great job, Jo!



IHTS Residents Dinner



Great news from our Games Night team!

Our Games Night continues to operate every second Tuesday night from 5pm in the Merrington Centre and we have recently made some new additions to our game and console collection!

Working with the feedback from some of our participants and staff, a couple of our outdated consoles and games were traded into EB Games. The credit from this plus a very generous donation to the Day Program from Jo McLauchlan of Forest Road Apartments enabled us to purchase a PlayStation 4 (PS4), a number of new PS4 controllers, a Virtual Reality (VR) headset, 12 PS4 games and 6 Xbox One games.

Sincere thanks goes out to Jo; the participants (and staff) are very excited to have some new games to challenge one another with. We know many of

our participants are particularly excited about giving the new VR headset a try.

We would also like to express our thanks to Phil Southon for taking the lead on this and using his own time to make the purchases.

Some of the new games we have added to the collection are:

Soul Calibur VI, Crash Team Racing, Ride 2, Everybody's Golf VR, Naruto Shippuden: Ultimate Ninja Storm 4, Monopoly Family Fun Pack, Doom VFR, Dissidia Final Fantasy NT, Carmageddon: Max Damage, Dragonball Fighter Z, Marvel vs Capcom: Infinite, Team Sonic Racing and many more.

We would like to welcome back any of our previous attendees to come along and try some of the new games we have to offer.

The updated collection has already been a great success with our regular attendees at our most recent Games Night, with many of the games generating some friendly competition!

If you have never been to a Games Night before, please feel free to contact our Day Services team on 6331 7651 for more information on accessing this program.

Games Night is free to attend for the first 3 times for new Gamers and then funded through the NDIS. There is also a light meal available for \$5.00.

We look forward to seeing you there!



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Como Crescent - Supported Accommodation

With shorter daylight hours arriving, there has been a greater emphasis on cooking and trying new recipes, with recent efforts including silverside with peppercorn white sauce, chicken garlic kiev, chocolate brownies, chicken and mushroom risotto, and baked rigatoni with sundried tomatoes.

Village Cinemas has been well patronised as usual, with sessions including A Dog's Journey (feedback was "good, better than expected"), Toy Story 4 ("recommended, remained loyal to the franchise") and Aladdin ("charming, funny, colourful").

The annual Tamar Valley Cat Club show was an enjoyable opportunity to meet a variety of breeds of cats and their passionate owners. We learnt about the judging process and criteria, different competition classes, different coats, and the scoring system. Feedback was that ragdoll cats were the favourite of the show due to their silky coats and temperament. The visit also prompted an unintended discussion around the ethics of pet ownership, desexing and problems of anthropomorphism, with residents demonstrating critical thinking, ability to discuss abstract concepts,

higher-level language use and acceptance of conflicting ideas. A major compliment to an individual who is willing to listen and learn from others, reflect on these discussions and form their own opinion and express this respectfully, a sign of her growth, maturity, composure and thoughtfulness of late, and just a few of her positive qualities she's gaining confidence to share more frequently and openly, well done.

Ben Anderson,
Como Crescent Team Leader



Independent Services - Community Access

Wow! We are half way through the year already, how times flies when you are having fun.

With the onset of the winter weather, sometimes we are unable to run our Monday afternoon bike centre program however participants can choose a number of alternative activities. The group went shopping at Bunnings, on a trip to the museum and a competitive afternoon of Indoor Bowls.

Our regular Tuesday golf group that attends the Country Club Casino golf driving range also took advantage of the wet and cold days. Staying at Chant Street, they utilised the tennis courts for

their mini golf when the sun finally came out. There was also lots of laughter coming from the Chant Street hall whilst they were playing a variety of games.

Our budding artists were busy creating their masterpieces for the Sheffield Arts festival "Inspire Fest". This year six participants from Chant Street chose to enter their beautiful creations. The art group are extremely proud of their collaborative piece of work 'a wood block print' that they also have entered in the festival.

We welcomed new and old faces to Chant Street, with many making new

friendships while some were renewed.

We look forward to more fun, laughs and frivolity at Chant Street as the year continues.

Amanda Mallett,
Independent Services Team Leader



Wellington Street - Supported Accommodation

Engagement and networking with the larger community has been on the increase, with gym visits occurring 2 - 3 times a week. Emphasis has been on concentration, gym etiquette and following the program to completion, as well as successfully introducing warm-ups and dynamic stretching. There is evidence of strength and stamina increase and knowledge retention in all areas covered, along with social growth and improved confidence.

Aside from physical activity, lighting the wood heater has been a way to stay warm as winter arrived. Residents have been assisting with helping to bring in and stack wood each evening, as discussions took place around fire safety,

correct operation and how to reduce air pollution.

Gameforge host regular informal gaming sessions and we have been fortunate to attend two in the past few weeks, receiving our introduction to the subculture of tabletop RPG and card based strategy gaming. We were welcomed into a small yet loyal and burgeoning community, finding other players accepting, encouraging and willing to explain the complex rules and workings.

Feedback was it was a fun experience we would like to attend semi-regularly. It was discussed how successful gameplay requires good communication,

problem solving and teamwork, invaluable skills that can serve in so many areas of day-to-day life.

We envisage many good things to come in the future as our skills, confidence, and connections continue to develop. Credit is of course due to residents, who are willing to give most things a try, dedicated staff, and all supportive organisations and stakeholders working with us, as always, thankyou.

Ben Anderson,
Wellington Street Team Leader



Day Program - Community Access

The colder months haven't slowed us down at the Merrington Centre. Our workshop is turning out some fantastic projects and our participants are particularly proud of their bird houses.

Richard Kindred has been taking care of our garden on a daily basis, making sure it's consistently watered. Here he is showing off some of our fresh produce.

Bus travel groups are growing in popularity and we are having to form two groups to compensate the extra demand. Staff are assisting everyone to use their Metro Greencards and order a nice hot drink to warm them up in the winter months.

We also recently spent a lovely afternoon on the Tamar River Cruise which was fully paid for from the proceeds of our raffle that was well supported earlier in the year. It was a beautiful day out on the river and we all had a wonderful and relaxing afternoon.

Staff at the centre are working hard to encourage our participants to stay active and shoot for the stars in achieving their goals. We look forward to some more great achievements in the coming months.

Trish Wrigley,
Day Program Team Leader



Tamar River Cruise



East Devonport - Community Access & Personal Support

Hi everyone, greetings from the East Devonport Day Centre! First of all, we have some bitter sweet news...

For us here in Devonport it was a sad day on Friday 28th June 2019 and an exciting time for our Launceston colleagues as Theresa Roser leaves us and moves back to reside in Launceston. We are so sorry to see Theresa go as she is an absolute pleasure to be around and has become a part of the family. It is pleasing to know she will continue on with her extended family at St Michaels in Launceston.

We have also recently hosted a fundraiser for the Australia's Biggest Morning

Tea with approximately 35 local people throughout the community in attendance including the Senator, Steve Martin. Entertainment was also provided, a local singer/guitar player from the East Devonport Community House volunteered his time and this was thoroughly enjoyed by everyone. Our fundraising tallied to \$280.00, a great team effort!

We are pleased to share that we have some new participants on-board within our Day Program services. In light of this we have been able to commence a casual pool staff and have welcomed Deborah Bloom to the team.

Our programs and activities are grow-

ing and expanding to accommodate a wide variety of participants; alongside this we have been enjoying accessing the local community around Devonport – including the Library, Paranaple Arts Centre and the Devonport Regional Gallery.

It is pleasing to share that St Michaels in Devonport is continuing to grow and we will carry on with our marketing efforts to maximise all opportunities.

Marcia Lade,
Program Coordinator East Devonport



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Desmond Wood - Respite Transitional Accommodation

The last couple of months have seen students really start to work hard on improving their skills to build their independence. Bradie-Lee has been working really hard to wash her dishes after her meals and this has been a great step forward for her. She is finding ways that ensure she can complete this task with assistance from staff but a little less every time.

Brody is working hard on making sure he is ready for his work experience from ensuring he has a healthy packed lunch to all of his clothes being clean and ready and also appropriate.

Millie has been working hard at school and at home on recognising some Auslan signs and with staff help she will continue to develop these skills.

Harley has been staying with us for an extended period of time and in this time he has been working on his living skills, from separating washing and ensuring it is clean, dry and put away to cooking healthy meals and preparing for the next day. Harley has coped well during this time and has shown staff some great new ways to make wraps exciting and also cooking chicken. We hope Harley enjoyed his stay and look forward to having him again in the future.

Desmond Wood was a bit quieter during school holidays with some of our regulars away for a couple of weeks with their families.

Megan Thomas,
Desmond Wood Team Leader



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In Home Tenancy - Personal Support

Hello again to all. The IHTS participants have had a very eventful couple of months with the Crossroads Camp and Mother's Day.

I was fortunate enough to go on the Crossroads Camp with the participants and it was great to see all enjoying themselves and socialising with each other and fellow friends from other organisations. Our visit to the Beaconsfield gold mine was very exciting, with the participants panning for gold and the majority were fortunate enough to find gold, well done to all. We also went to the car museum, where the participants had a ride in the vehicles. It was priceless to see the joy and excitement on all their faces.

A special thankyou to the staff who helped organise the participants and getting them set for their adventure and also thank you to the Crossroads volunteers and staff for making the camp memorable for each and every one that attended, we greatly appreci-

ate it.

It's been very frosty, rainy and foggy this season, but this has not stopped IHTS participants getting out and about and doing activities that they want to do. Leigh enjoyed a day out at the QV museum to look at the dinosaur displays.

Several participants decided they would all like to go to Beauty Point for lunch; they all said they had a fantastic day. As you can see, Leigh, John, Lyn, Jo and Apples were all smiles.

Staff are working alongside participants to ensure they are maintaining optimal health and wellbeing during these cold months. Staff are supporting the participants with healthy nutritional choices and also ensuring their units are warm and ramps outside are safe for the frosty mornings.

Until our next newsletter, stay safe and take care.

Carolyn Cousins,
IHTS Support Worker



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Penquite Road - Supported Accommodation

Penquite participants have enjoyed several picnics and BBQs at different parks to enjoy the fresh air and sunshine.

Kathy and Robyn enjoyed a BBQ and making Frogs in a Pond at the Cataract Gorge, while Gary enjoyed a hike around the trails.

Paul has been to visit his parents overnight on two occasions, which he has enjoyed very much working in his Dad's wood shed.

Kathy and Gary went to Bunnings to purchase seeds to plant to invite the butterflies into the garden.

Kathy and Robyn are becoming movie buffs! This time they went to see Rocket-

man. Both ladies appeared to enjoy the movie with lots of singing and dancing in their seats. They then enjoyed a yummy lunch at the Star Theatre after the movie.

Hollywood Night at Social Club was a great success. There was dancing, singing and dress ups to put on and have your photo taken. Robyn and Kathy had a wonderful time. Everyone enjoyed fish and chips for dinner followed by fruit salad and ice-cream.

Robyn has been learning self-defence with pool noodles, giving Mark a run for his money.

Ade Doyle,
Penquite Road Team Leader



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Youth Break - Respite, Life Skills & Community Access

While the weather hasn't been on our side during the colder months, that hasn't stopped us from embracing the winter chills, rugging up in our coats and heading out into the community.

The last couple of months has seen the Youth Break groups shown new skills with a lot of the focus being on money handling, including working hard on identifying the coins and notes they have, if the item is value for money and also if they have been given the correct change. Participants have also been working hard on interacting with the staff behind the counter; this has seen each participant grow in confidence and all have really enjoyed the experience.

There have been a lot of the regular activities such as 10 pin bowling, mov-

ies and barbecues but we also enjoyed a day of geocaching which enabled participants to use phones and GPS to search for hidden treasures and also leave treasures for others to find; this assists with everyone's languages skills, reading and also correct usage of mobile devices.

We have also enjoyed visiting some local historical places, with the Ross Female Factory being a favourite; this experience led the participants to realise how fortunate we are today. We were also lucky enough to be given a tour by a local teacher at Campbell Town of their original school building that is now set up for their cooking program.

One of the most rewarding aspects of working with Youth Break is watching

the joy and excitement of catching up with mates from previous respite and also watching new friendships emerge. We have been lucky to have a number of new participants over the last couple of months that have enabled some great friendships to form.

Despite the cold, it has been a great two months here in Youth Break. We look forward to sharing some more great stories and photos next time plus also welcoming new participants on-board as the weather gets warmer.

Rachael Evans & Jennifer Holmes,
Youth Break Support Workers



Kenneth Court - Supported Accommodation

Kenneth has had a great two months.

Nick spent two weeks in Sydney with his mother visiting family and catching up with old friends. Nick spent time relaxing and going to different church events, some with his mother and some by himself. Once Nick returned back to Kenneth, he was eager to tell his housemates what he had got up to and how much fun he had while away.

Nick has been cooking more in the house developing new skills. Nick has enjoyed cooking for his housemates; he says the best part is seeing how much his housemates are enjoying what he has cooked.

Val spent time with her family visiting her nephews and catching up with her two sisters. Val has been setting up photos in her room and updating her photo albums.

Andrew, Stephen and Val went to the last ever York Place luncheon to help celebrate all the good times they have had there while going over the years.

All participants have been enjoying Cross-roads and Speak Out, making new friends and reconnecting with old ones.

I look forward to the next two months to see the skills they develop, friendships that are made and the exciting things they get up to.

Nathan Avery,
Kenneth Court Team Leader



Audit + Assurance

Self-Managed Superannuation Funds

Financial Reporting

Bookkeeping

auditing & accounting
SOLUTIONS

Registered Company Auditor
Registered SMSF Auditor

Luke Salmon M: 0407 131 686
E: luke@salmonaccounting.com.au

Sayer Street - Supported Accommodation

What a great few months the participants in Sayer Street have had!

Sam has recently started playing Dungeons and Dragons at Scenic Isle Gaming on a Thursday night; this started off as being supported by staff, then to having staff stay for half the session and now being dropped off at start time then being picked up when the session has finished. This has been a fantastic progression in Sam's independence.

Sam has made new friendships while attending Scenic Isle Gaming on the Thursday nights and while attending through the day playing Magic with

larger groups. It has been passed on to staff by the owner that Sam interacts well with others that attend and has some good banter with the group.

Sam celebrated his 20th birthday with friends and family at the house which he organised himself, inviting his newly made friends from Scenic Isle Gaming and planning the food and cake for his Mum's birthday as well. Well done Sam!

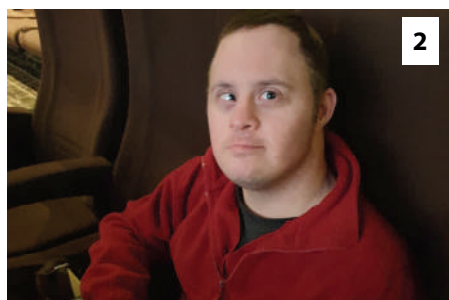
Kevin has been doing extremely well! He is now used to the house routines and will do most of his jobs without being asked, open to splitting house chores with his housemate Sam while

having a joke with house staff.

Kevin was most excited for the Tuesday games night when consoles and games had been updated. Now being able to play multi-player, Kevin shares around the fun and enjoys a good versus match.

Kevin is participating in more activities at the house and building a rapport with both staff and his housemate. Keep up the good work Kevin!

Nathan Avery,
Sayer Street Team Leader



Hawthorn Street - Supported Accommodation

It has been an action packed couple of months for the guys at Hawthorn.

Sarah C has continued to make her Origami flowers. Over the last few months staff have been learning new origami designs including making a large elephant. Everyone has learned how to make butterflies which have been appearing around the house.

All of the participants at Hawthorn have once again updated their photo wall in the lounge room. A mug with recent photos was also printed at this time. Sarah C and Hannah made collages from photos they liked and Hannah took some of the older photos of herself from the lounge and combined them

with some new photos to create her own photo wall in her room.

Heath has been enjoying trips to the cinema and finishing the story on one of his PS4 games. They also made a trip out to Deloraine to check out the 50s theme restaurant for dinner.

Sarah C has been working with staff on her personal budget and has made some exciting progress towards her saving goals.

All of the guys have saved money from their grocery funds over the last six months. Sarah H is headed off to Ireland at the end of the month with family and will be taking her portion of savings

with her. Our other three housemates are using these saved funds to go on a holiday together to Hobart with staff at the same time. Everyone is very excited about this upcoming event.

Jareth Redman,
Hawthorn Street Support Worker



Merton House - Supported Accommodation

The past couple of months have been eventful for the residents at Merton House, who have engaged in various activities, including the chance to run a Hollywood themed Social Club, while also working hard in the house and in their day programs.

George has been busy these past few months working hard towards his goal of independence. He had been studying hard toward the learner's test which paid off as he recently passed the test to get his learner's licence.

Brandon has enjoyed the opportunity to look at the different modes of transport that the world has to offer. From motorbikes to race cars, from fire engines to police cars, Brandon has been learning a lot about transport, even getting to ride on the tram at Inveresk.

Over the past couple of months, Ashlee has really worked hard towards understanding what it means to live in shared accommodation. Not only is she

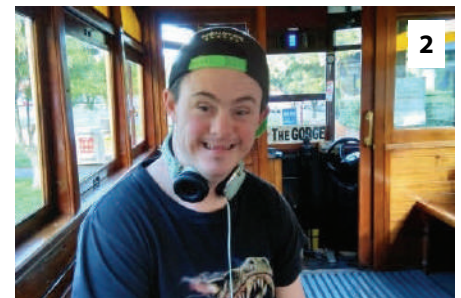
beginning to understand the concept of sharing, Ashlee has even started enjoying cooking delicious meals for the residents at Merton.

Towards the end of June, Jacob celebrated his birthday with his housemates by opening up some presents and sharing some cake with his friends.

Ben has also enjoyed participating in his outings of a weekend, using the time for retail therapy and to enjoy lunch with some friends.

Thank you to everyone who has supported the participants at Merton House. Your work does not go unnoticed and you are improving the lives of our residents each day you come to visit. Congratulations to all staff and participants for making the last two months eventful, exciting and challenging.

Juanita Hack,
Merton House Acting Team Leader



Barton Street - Supported Accommodation

The past two months have been busy for Krystal. There have been a lot of changes which Krystal has taken on a positive note. Barton Street now has a new Team Leader and some more new staff to join the team, to help support Krystal and Mya in their home. Krystal has adjusted well to the changes and of course, Mya is loving all the attention and pats from new people.

Krystal has been hard at work earning more than one certificate of achievement every day, attending Independent Services and doing the crafts that she loves most. Krystal has made lots of new friends at her day support to share

her hobbies of cooking and crafts with.

Krystal has been on a mission making a lot of placemats, for herself and also for her friends.

Krystal does such an amazing job with her crafts; it's wonderful to see her enjoying herself.

We all look forward to the next few months and the adventure that awaits us.

Abigail Theobald,
Barton Street Team Leader



RTO Update

It has been a busy couple of months in the RTO with quite a few programs completing and new ones commencing.

We recently presented a group of five STMA employees with their certificates for successfully completing the Food Safety Program. Well done to Mandy Mallett, Trish Wrigley, Satya Springer, Neelam Chhetri and Charlotte Hastings.

Our first group of six Self Help Workplace learners also completed their Food Safety Program and were presented with their certificates with fellow employees along with friends and fami-

ly attending to help celebrate. Congratulations to Lyn Tanner, Robert Smith, Karmen Hardy, Michael Rosier, Karen Armstrong and Adrian Tew.

Both groups have really enjoyed the program and working with our fantastic trainer Garry Harvey.

We have also had two groups of learners from Blueline Laundry Hobart complete their Certificate I in Warehousing and Certificate II in Process Manufacturing, we will be presenting their certificates at the end of July.

In June we saw a second group of 10

STMA staff commence the Food Safety Program and 20 STMA staff commence the Digitals Skills Programs.

We have again been successful in gaining Skills Funding for programs that will commence later in the year for both STMA employees and with our partner organisations.

We will be meeting with all our partner organisations in the coming months to discuss potential training opportunities and funding options for 2020 programs.

Kim Dean,
RTO Manager



Our Assets

The Asset's team have been busy with several projects over the recent months.

Our new North West facility in Devonport is now running smoothly with a number of new participants accessing the wonderful facilities on a daily basis. There is a plan at some stage to expand the services in the North West to replicate those offered in the North at the Launceston site, 22 Hoblers Bridge Road, Newstead.

St Michaels has been providing supports to Tasmanians living with a disability for over 50 years with a number of new initiatives and growth particularly around independent living, accommodation services and in home tenancy

support in recent years. I look forward to seeing what the Association looks like in another 10 years!

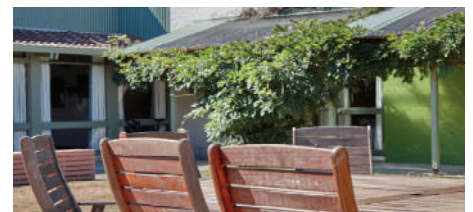
The Asset team located in North continue to focus on maintaining the SMTA facilities including community access, group homes, transitional accommodation, independent living units, short term respite and administration. We are also responsible for the maintenance of thousands of smaller essential assets such as electronic equipment, this includes regular tagging of this equipment used across the Association.

We have a fleet of 20 vehicles which we ensure is maintained to the highest standard as they are used to provide

support to our participants living in accommodation services, in home tenancy support and community access programs.

I would like to take this opportunity to recognise the Board of Management, our CEO John Gilpin and all staff who have given time and effort to help STMA become what it is today.

Paul Westgarth,
Asset Supervisor



Family Liaison Committee

St Michaels Parent Support Group Coffee and Chat



The St Michaels Parent Support group was established as an incentive of St Michaels Board of Management as a means of improving communication with the St Michael's Community. It began in 2017 under the guidance of the two parents on the Board of Management and currently meets every two months.

Since the group was established, we have invited guest speakers to address a range of subjects such as: NDIS preparation, obtaining Power of Attorney and Guardianship, improving health outcomes through better communication with the health system, and Palliative

care. These were very informative and well received. We are also able to raise issues of concern with the Board.

The one thing that unites us is our concern for our loved one with a disability, so sharing our experiences and giving mutual support are real positives of the group. That and the chance to socialize over a cup of tea or coffee (and cake).

Membership is not limited to parents. Carers and friends are also welcome.

Brief minutes are kept and distributed to members, plus a short summary of the meeting is prepared for the St Michael's newsletter – all to help keep you informed.

WE NEED MORE MEMBERS!

The Parent Support Group is a good way for parents to keep in touch with events at St Michaels and to have easy

access to the Board of Management. But in order for it to be truly effective, we need an increased size of membership.

The current conveners, Brian and Cheryl, have decided to hold over the scheduled September meeting for two weeks until after the AGM (October 10th) specifically to invite those attending the AGM to attend our next meeting:

6.30 pm Thursday, October 10 2019
at the Merrington Centre
22 Hoblers Bridge Road, Newstead

Please RSVP to Brian Dunham or Cheryl Scott.

Cheryl: ckscott13@hotmail.com,

Brian: bdunham@bigpond.net.au or
phone 0418 137 461

St Michaels - At a Glance

St Michaels Association is a not-for-profit non-government organisation providing accommodation and support to people with intellectual and physical disabilities for over 50 years.

The vision of St Michaels is to develop independence through maximising the individual qualities of Tasmanians living with a disability.

Our Mission is to support the physical

and emotional needs of our clients and their families through the provision of personalised care programs, training and a variety of accommodation services.

St Michaels relies heavily on grants, local community support, donations and fundraising to meet our clients needs.

All proceeds received are redistributed back into the St Michaels Association

community.

If you feel you would like to make a donation, please contact Rod Campbell on 6331 7651 or complete the form on page 17 and forward to 22 Hoblers Bridge Road, Newstead.

Thanking you for your consideration.

St Michaels is supported by the Crown through the Department of Health and Human Services.



Services Offered at St Michaels - All NDIA Registered Supports

Co-ordination of Supports - Support coordination is designed to minimise the complexity of negotiating with service providers, government agencies and accommodation providers.

Community Access - The program incorporates support to enable a participant to independently engage in community, social and recreational activities during the week and operates from 9 to 3 pm Monday to Friday from our City and Newstead Campuses.

Merton House - Support incorporates assistance with and/or supervising tasks of daily life in a shared living environment, which is either temporary or ongoing, with a focus on developing the skills of each individual to live as autonomously as possible. This program operates from our accommodation facility from 3 pm to 9 am Monday to Friday and 24 hours Saturday and Sunday.

In Home Tenancy Support - Supports provide assistance with and/or supervising personal tasks of daily life to develop skills of the participant to live as autonomously as possible. This program operates seven days a week.

Group Homes - Currently there are three group homes located in the broader community. Services provided incorporate assisting with and/or supervising tasks of daily life to develop the skills of an individual with either low standard support or high needs to live

autonomously as possible. This program operates seven days a week.

Desmond Wood - Services include integrated support for self-care, accommodation, food and activities for short periods. This program operates 5 nights per week. This is a short term respite program which provides 24 hour support.

Youthbreak - This program is a respite program provided to young people from the ages of 15-25 and operates out of the Desmond Wood Complex from 3pm Friday to 3pm Sunday. Conditions apply for eligibility.

Individual Support - This type of support is specific to the needs of the individual, and may include enabling a participant to independently engage in community, social and recreational activities, personal care, educational assistance, living and life skills. Support can be provided 24/7 365 days a year and can be delivered in home or at STMA.

Our Home - Currently there are four Our Home facilities located in the broader community. Services provided incorporate minimal assistance in meeting daily life requirements and to develop the skills of an individual with standard support needs to live autonomously as possible. This program operates 7 days a week.

Social Club - Social Club is held in the hall at STMA every Saturday Night from 6 pm to 9.30 pm. This is a time for cli-

ents to get together for a meal, socialise and engage in leisure activities of their choice such as cards or board games, singing, dancing or enjoying a footy match on TV with a friend.

Independent Living Units - The 44 Independent Living Units are currently fully occupied with a tenant/landlord agreement in place. The units provide independent living in a safe, supported environment. The units are more suited to clients with higher skills, requiring minimal assistance and can incorporate assistance with self-care activities (see In Home Tenancy Support). Please note there is a specific criteria that is required to be eligible for this service.

Registered Training Organisation (60067) - St Michaels is a Skills Tasmania Endorsed RTO providing accredited training for Tasmanians with a disability and individuals working in the disability sector.

We offer blended learning opportunities through on-the job traineeships in MSM20116 Certificate II in Process Manufacturing and TLI11215 Certificate I in Warehousing Operations.

Skill sets offered include:

- Food safety and basic cooking
- Horticulture
- Digital skills
- Leadership



Ham, Broccoli and Sweet Potato Frittata

Ingredients

- 450g orange sweet potato, peeled, cut into 1.5cm cubes
- olive oil spray
- black pepper, to season
- 1 leek, trimmed, white part only, thinly sliced
- 2 cloves garlic, crushed
- 100g lean ham, thinly sliced
- 200g broccoli, cut into small florets
- 5 eggs
- 2 egg whites
- 2 tablespoons trim milk
- 100g reduced-fat mozzarella, sliced
- salad leaves, to serve

Instructions

Step 1

Preheat oven to 200°C. Line a large baking tray with non-stick baking paper.

Place sweet potato on tray, spray with olive oil and season with freshly ground black pepper. Bake for 20 minutes or until golden. Set aside.

Step 2

Meanwhile, heat a large non-stick frying pan over medium heat and spray with olive oil. Add leek and cook, stirring occasionally, for 5 minutes or until soft. Add garlic and cook, stirring, for 1 minute. Add ham and stir to combine. Remove from heat.

Step 3

Blanch broccoli in a saucepan of boiling water until bright green and tender crisp. Drain well.

Step 4

Line the base and sides of a 20cm round cake tin with a single piece of non-stick baking paper. Arrange sweet potato, leek mixture and broccoli over the base

of the tin. Whisk together eggs, egg whites and milk in a bowl. Pour over the vegetables and top with slices of mozzarella.

Step 5

Bake for 25-30 minutes or until frittata is golden, puffed and set in the middle. Cut into wedges and serve with salad leaves.

Variations

This is an excellent way to use up leftover vegies, meat and cheese, so vary the ingredients depending on what you have.



Mango, Berry and Banana Smoothie

Ingredients

- 1 very ripe peeled banana (preferably frozen)
- 2 Medjool dates, pitted
- 1 cup frozen mango chunks
- 3/4 cup coconut water
- 1/2 cup frozen blueberries
- 1/4 cup plain yoghurt
- 1 tablespoon ground flaxseeds

Instructions

Step 1

Purée banana, dates, mango, coconut water, blackberries, yogurt, and flaxseeds in a blender until smooth. Serve.

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Highlights





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