

## From the CEO with John Gilpin



John Gilpin

Welcome to the 12th issue of The Independent. We hope you enjoy reading this issue as there has been an amazing amount of activity happening here for our clients of St Michaels Association.

However it would be remiss of me, not to mention first, the historic event for Tasmanians and Australians living with disabilities - the signing by the Prime Minister Julia Gillard and our State Premier Lara Giddings of an agreement to fully implement the National Disability Insurance Scheme (now known as Disability Care Australia) here at St Michaels.

An historic day, an historic event witnessed by our clients here! What makes me feel the proudest is that our clients (your loved ones) greeting of our hon-



*All Smiles - Federal Disability Services Minister Jenny Macklin, Prime Minister Julia Gillard, Federal Member for Bass Geoff Lyons, Dean Foreman, State Minister Casey O'Connor and Tasmanian Premier Lara Giddings*

oured guests as they were doing their activities. The warm welcoming by your loved ones was so natural, so well mannered that the guests were compelled to join in.

Picture above is Dean and our honoured guests as he is so house proud and showing all our guests his Independent Living Unit.

On to our clients as we continue to support their lives as they strive to gain their independence and participate in the Community.

Our Youthbreak Program (weekend respite) has seen the clients participate in Targa cars, Esk & Evandale Markets and even to Latrobe for some Kart

Magic, while continuing some fitness with the skate park and basketball training in conjunction with New Horizons.

Our Day Program (living and life skills) has had so many activities, too many to mention all, including lawn bowls, music, cooking, tennis, art, pottery croquet and are even doing technology with i-pads and our new Tapit interactive mobile white board.

Participation in our Saturday night social club continues to draw significant numbers from across all of our programs and the Community. Our staff do a wonderful job in making this club happen every Saturday night where our clients can have fun

### Funding and Donations Received

- ANZ—Imagine Art Program
- Skills Institute - Software upgrade
- Skills Institute - Portable Training Trailer

with activities and have an enjoyable meal together.

The upgrade to our BBQ area is underway with funding support from Myers and training in horticulture and warehousing is ongoing with our partners Rural & Equity Training, Chris & Judy Clark across the State. Thankyou Chris & Judy for your support and thankyou Skills Tas for the Skills Fund to support the learning needs of Tasmanian organisations employing supported employees. Momentum is gathering here at St Michaels as you can see from our client activities, our infrastructure and training. So I hope you enjoy reading this edition and wait with interest our next edition.

Happy reading & take care, John

**Peter GUTWEIN**  
Your Liberal member for Bass



I am always interested in your feedback on local issues that are important to you.

For help or assistance, please contact me :-  
Phone: (03) 6336 2671 Fax: (03) 6336 2255

**Email:**

**peter.gutwein@parliament.tas.gov.au**  
**Website: www.petergutwein.com**



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## A Quiet Word - with Senator Helen Polley



Senator Helen Polley

Just a few weeks ago, the nation's Treasurer Wayne Swan delivered his sixth Federal Budget. Amidst the multitude of figures contained in this document I can tell you that the Gillard Government has made sound choices for the future of the State.

You may have heard that the next phase of the \$60 billion Nation Building Program commits significant funds to major new projects, including some \$500 million going towards the Midland Highway Package. You may also have heard that schools in Tasmania will receive an additional \$400 million under the groundbreaking National Plan



*An Historic Day at St Michaels with the signing of the National Disability Insurance Scheme with Tasmanian Premier Lara Giddings and Prime Minister Julia Gillard.*

for School Improvement or that over \$10 billion will be spent on services to boost unemployment, an issue of key concern to many people across Tasmania.

But when I looked on as the Treasurer delivered his budget speech in the House of Representatives Chamber, I couldn't help but reflect on one aspect of the budget that I have taken a particular interest in - the National Disability Insurance Scheme, which has now been renamed Disability Care.

On numerous occasions

I have had the privilege of speaking in the Senate Chamber about the NDIS. As the Prime Minister demonstrated so poignantly when speaking on the legislation to raise the Medicare levy to fund this scheme, there is nothing more important to this Government than realising the full potential of Australians living with disabilities. Much has been said about the decision to raise the Medicare Levy, but I would like to remind people that it will cost each of us a sum equivalent to about two cups of coffee a week.

Surely this is a cost we are willing to pay.

This increase in the levy will ensure the level of support a person with a disability receives doesn't depend on where they live or how they acquired their disability.

In Tasmania alone, the Gillard Government will contribute close to a quarter of a billion dollars by 2019. What this means is that over 11,000 Tasmanians will be eligible for support under Disability Care, a transformation that will change their lives for the better. As Australians I think we are all in this together, people with disabilities deserve the right to pursue their potential and live full lives. For the cost of just two cups of coffee a week you will be helping them do just that.

**Senator Helen Polley**  
Labor Senator for Tasmania  
Deputy Government Whip in the Senate

## St Michaels Association Inc - At a glance

St Michaels Association Inc. is a not-for-profit non-government organisation providing accommodation and support to people with intellectual and physical disabilities for over 47 years.

The vision of St Michaels is to *develop independence through maxi-*

*imising 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 fund raising to meet our clients needs.

All proceeds received are redistributed back into the St Michaels Association Inc. community.

If you feel you would like to make a donation, please complete the form **see page 14** and forward it to

[Rod.Campbell@stmichaels.asn.au](mailto:Rod.Campbell@stmichaels.asn.au) or post it to PO Box 306 Newstead, Tas. 7250

Thanking you for your consideration.

## Prime Minister - Julia Gillard Visit

Thursday, May 2, 2013 marked an historic occasion with the Prime Minister Julia Gillard visiting St Michaels Association Inc. as part of the National Disability Insurance Scheme announcement (NDIS).

During the visit Prime Minister Julia Gillard and Tasmanian Premier Lara Giddings signed an agreement committing federal and state government funding to a full rollout of a National Disability Insurance Scheme from 2013-2019 fully implemented and called Disability Care Australia. After which a Press Conference was held in the St Michaels Hall.

Prime Minister Gillard commented that the Disability Care Australia would be fully operational for about 11,000 Tasmanians living with a disability.

The Tasmanian Government had previously committed to the NDIS scheme as a launch site for the 15-24 year old cohort.

"Today we have reached an agreement to do more to ensure

that disability care is rolled out throughout Tasmania" Premier Giddings said.

The agreement means Tasmania will contribute \$134 million to the scheme over 6 years.

There were many VIP guests attending this historic event including Federal Disability Services Minister Jenny Macklin, National Disability Services State Manager David Clements, State Minister Casey O'Connor, Federal Member for Lyons Dick Adams, Federal Member for Bass Geoff Lyons to name a few.

Whilst on the tour of St Michaels, the Prime Minister met with Independent Living Unit Tenant Dean Foreman. Dean invited the Prime Minister in to see his unit. Prime Minister Gillard commented on how "beautiful the unit was" after the tour the Prime Minister and Guests were treated to a number of activities in the Day Program, including Pottery, science experiments and a technology presentation via the Tapit.



## St Michaels Association - Memberships

St Michaels Association Inc. has been serving the Tasmanian Community for over 47 years through the provision of care and accommodation services to those living with a an intellectual and or physical disability. St Michaels is

now calling for new members to join this innovative and trusted organisation.

There are 2 types of Memberships that are available including;

Member - full voting rights, cost \$25 pa.

Associate Member - non voting rights, cost \$10 pa.

Other benefits of being a St Michaels Association Member include access to St Michaels AGM and functions and being on the mailing list

of the bi monthly newsletter, The Independent.

If you would like to become a Member of St Michaels Association please contact Lisa or Maree for a membership form on 6331 7651.

## Youth Break - Update with Alison

April and May have been exciting times for Youth Break participants.

We had tickets to go along to the Country Club Casino to check out the Targa vehicles, and this was enjoyed by all. Sidonie, Sarah, Katherine, Menika, Jarret, Hamish, Aaron, and Aron were all stoked to get strapped into the cars.

There must be something in the water with racing this season, with Rhian, Dale, Kalvin, Alison, and Peter hooning around the track in Latrobe at Kart Magic (Alison won) (Rhian owes her two dollars) hahaha.

With the sunshine hanging on for an unusually long time, we've been taking advantage and hitting the outdoors as much as possible. Rhian is our resident football umpire for the Longford Football Club, so while he was earning his pocket money, we trekked all over the area looking at the parks and countryside in the Longford area. Rhian isn't our only sportsperson; several of the regular Youth Break attendees have been getting along to their New Horizons basketball training at Queechy on Saturday mornings, and we've also got some keen tenpin bowlers in our midst.

With the colder months upon us, we'll be rug-ging up and doing as much as we can to enjoy our community and to stay warm.



## Cross Roads - Holiday Weekend

Recently a number of St Michaels participants and staff were invited to attend the Crossroads Holiday Weekend, held at the River Front Motel and Villas in Berridale, Hobart.

Some of the activities on the weekend included a sailing trip on the Derwent, visiting the museum of old and modern art - Mona and general sight seeing in and around Hobart.

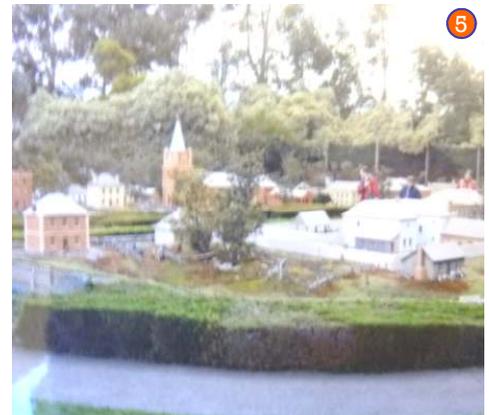
After these activities the participants enjoyed having their meals together in various locations.

On Sunday the group shared in workshops with a local congregation before having some lunch and returning to Launceston.

By all accounts the group had a fantastic time and can't wait to go again.

The group from St Michaels included Ashley Davenport, Chris Gipson, Damian Colpo, Andrew Barnard, Stephen Faye, Val Tweedie, David Neil, John Reisz, Paul Cooper, Daniel Henry, Emma Malouf, Sue Lowe, Ian Cables, David Lynch and Louise Rowbottom accompanied by support workers Regina Lim and Marilyn Stuart.

Thankyou Regina and Marilyn for your support over the whole weekend.



## Staff Recognition

Congratulations to all of the recipients of the recent Staff Awards.

Staff members were nominated by their Team Leaders and Managers for going above and beyond their normal duties.

CEO John Gilpin congratulated all staff for their efforts over the last 6 months and commented "there had been a lot of activity at St Michaels in the last few months and that it was great to be able recognise and reward the nominated staff for their outstanding work."

The recipients included support workers Rodney Stockman, Abi Acharya, Paul Cousins, Team Leader Andrea Stagg and Payroll Administrator Maree Medwin.

Each recipient received a gift voucher and letter of appreciation for their achievements.

An open invitation to all staff were invited to an afternoon tea in the Desmond Wood Complex to mark the occasion.



*St Michaels CEO with the recipients of the staff awards - Rodney Stockman, Abi Acharya, Paul Cousins, Maree Medwin and Andrea Stagg*



## Training - St Michaels

St Michaels Association Inc. in partnership with Rural & Equity Training Services is currently delivering specialised training that is nationally recognised to people with disabilities in their workplace. Certificate I and Certificate II

in Warehousing Operations, Certificate I in AgriFood Operations and Certificate II in Horticulture are currently being offered. Other qualifications may be available in 2013. If you require further information or details

please phone 6331 7651.

### **Traineeships and Apprenticeships**

Thanks to the support from Skills Tasmania we are able to offer Traineeships for existing employees or

Apprenticeships to new employees to those employed within an Australian Disability Enterprise or an enterprise whose employees have a disability as deemed by Centrelink.

## Rolling Along

Thanks to our Board Members Glen Cornish and Brian Dunham for their assistance in compacting the road surface at the back of the St Michaels Independent Living Units.

The upgraded roadway has now made it easier to access the back of the units.

Thanks also goes to Kennards Hire for the vibrating roller which was used to great effect.



## Myers corner courtyard - Underway

Funding received from Myer Community fund corporate and Launceston store staff is being utilised to revamp and upgrade the existing courtyard and barbecue area in the Desmond Wood Complex.

Construction has commenced with revamping the entrance/exit ramp in to the DW complex and extending the hard surface around the BBQ area.

Thanks goes to RMB Construction for their assistance and to St Michaels Maintenance Groundsman Mark Jones.

There is more to come on this project in the next edition.



## Eagle's Edge - with Fenton Jones



Fenton Jones

### Defamation

So you've just been dumped by your ex, and you want to get even. You are unhappy with your work-mates, your boss or your friends and you feel that a comment or two wouldn't hurt. What to do? Well, you turn on your computer, go online, and take out your frustrations via Facebook and Twitter, maybe as well posting a picture that paints them in a bad light. Your friends and followers get a good laugh, they 'like' or re-tweet your postings, and you get your long sought after revenge.

Your subject discovers the ridicule that he or she is subjected to, and as a consequence, friends, work-mates or and anyone that has any connection with him or her is subjecting that person to the same type of ridicule in the real world, lowering their reputation.

You might be feeling good about all this but he or she isn't impressed and just as quickly, accuses you of defamation.

**"Defamation occurs where one person communicates, by words, photographs, video, il-**

**lustrations or other means, material which has the effect or tendency of damaging the reputation of another." That traditional definition is now expanded to cover publication over the Internet.**

It's defamatory to:

- state that someone is corrupt, dishonest, or disloyal
- state that someone is suspected of committing, or alleged to have committed an illegal act
- ridiculing an individual
- state that someone has a contagious disease, is suffering from insanity, or say something that is likely to cause the person to be shunned or avoided, even if there is no suggestion of bad character.

### Examples

In South Africa, a Johannesburg man successfully prosecuted his ex-girlfriend from slandering him on Facebook and a Judge ordered her to remove the posts from her Facebook page's wall.

A far north Queensland councilor recently launched a \$350,000 defamation lawsuit against a local blogger for comments posted on CairnsBlog.net.

A regional Queensland newspaper, which published photos of two teachers posted on a private Facebook page, also was forced to write an apology and a retraction.

An Adelaide teenager was convicted of criminal defamation after posting false and malicious material about a country police officer on Facebook.

The alleged Brisbane creator of the anti-corruption website The Haig Report is

facing four counts of using the Net to menace or harass.

A UK travel agent was sacked for calling a colleague a "brown-nosing cow" on Facebook.

A young American juror took things a bit further by predicting a guilty verdict on the social networking site, before the trial was over. According to the *Star Tribune*, on a day off from the trial which concerned a case of resisting arrest, an unsympathetic 20-year-old juror wrote on Facebook that it was "gonna be fun to tell the defendant they're guilty". She was removed as a Juror and caused a re-trial.

### Defences

There are also a number of defences to defamation.

The first is honest opinion. This means that if the person was simply giving their opinion, it is not considered defamatory.

Another defence is the defence of privilege. There are certain communications which are privileged such as statements made in parliament, under oath in court or in a professional report which has privileged status.

Other defences may include triviality, the defence of truth, that the plaintiff has died, the plaintiff agreed to publication or that the matter was the subject of political debate.

In Australia, there are also now uniform defamation laws which apply across every state of Australia and mean that the defamation law is that same in every state. The way that defamation is punished is usually through civil damages. These can be com-

pensatory damages by payment of a sum of money to put the plaintiff back in the position that they would have been in had it not occurred.

### Conclusion

Claims for defamation are often time consuming and expensive, and should not be commenced without careful consideration of the facts and expert legal advice. Given the time it takes for litigation to run its course, the action is decided long after the publication was made (and in some cases forgotten.)

Sometimes the most appropriate remedy is the correct type of apology (which a court cannot order). You should keep this in mind, and whether the satisfaction of "winning the case" or receiving financial compensation will cure the damage caused.

Yes, it may seem harmless to post that drunken picture of your ex or work-mate and comment on their private lives in a derogatory manner but you have to keep in mind that your actions may have defamed him or her as well. By being proactive, experienced and discrete, Bishops Solicitors can help obtain the best outcome for you. Whether you have been defamed or you have been alleged to have defamed someone else.

**If you find yourself in a similar situation and need assistance call Fenton, Luke Brett or Hannah Hughes today on 6334 1667. The friendly team at Bishops Barristers & Solicitors will only be too happy to help.**

## Bishops Barristers & Solicitors - *Your friends-in-law*

Bishops Barristers & Solicitors has been providing legal services and support to their clients and the community for over 23 years, with a reputation as "The Friendly Firm"

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## Things we do...



Would you like a copy of a photo? See P14 for details

## Things we do...



Would you like a copy of a photo? See P14 for details

## St Michaels Memorabilia

St Michaels now have access to a full range of personalised memorabilia options including

**Inspire Wall Art**

**Calendars**

**Canvas Prints**

**Cards**

**Photo Books**

**Photo Gifts**

**Photo Mugs**

**Photo Prints**

**Posters**

Simply select and notify us of an image or send us an image that you would like transformed and we will do the rest. Simply contact Rod to arrange and discuss processing.

\*Not all photos that are taken during our programs and or events are published, please contact us if you would like to preview any of the images from the events. Yes, the images of your family members can be used to create any number of family memorabilia.

St Michaels Memorabilia will make a wonderful gift and is a fantastic idea for those special occasions. For example

**Christmas**

**Easter**

**Mothers Day**

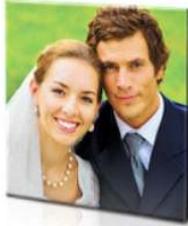
**Father's Day**

**Valentine's Day,**

**Birthday's**

**Anniversaries**

If you would like to find out more about St Michaels Merchandising options and costs please contact Rod Campbell on 6331 7651 today.



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## Time to Revive - with Luke Porsbro-Pedersen



Luke Porsbro-Pedersen



### 5 handy tips to keep you training when the going gets tough

**Tip 1** – Have Clear Goals And Deadlines – if you don't know where your going how will you know when you get there? Set a date to lose that weight or to Increase that lift etc

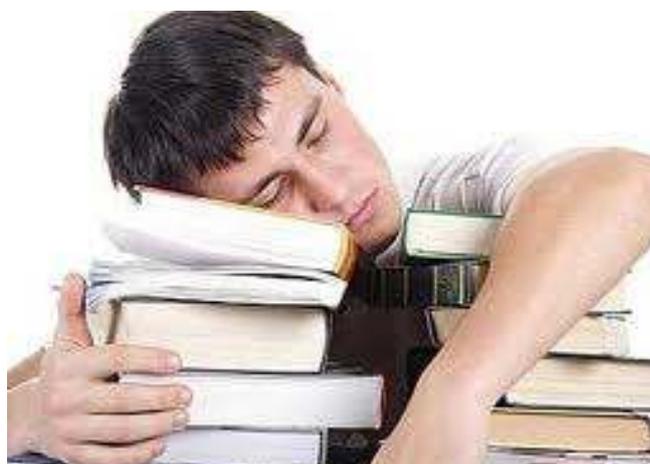
**Tip 2** – Train Smart if you did a hard leg workout today don't go running the tomorrow morning, using the same muscle groups day after day without rest leads to a multitude of problems and wastes your gains building muscle burns fat too.

**Tip 3** – Sleep – SLEEP! It is absolutely imperative to get rest it allows your entire body to recover when your energetic eating right is easier as is everything else when your run down from lack of sleep

chances are your not training

**Tip 4** – Get a mate to work out with everyone gets more competitive when someone else is watching especially men 'just don't do anything stupid' you will train harder with a gym buddy.

**Tip 5** – Set a rigid routine once something becomes habit it is immeasurably easier to do on a regular basis same day same time every week 'whenever possible.



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## Recipes to make your mouth water



### Savoury Lamb's Fry

Compliments of Jan Rice

#### Ingredients

1 Lamb's Fry  
Juice of 1 lemon  
Cold water  
Seasoned flour  
100gm tomato paste  
1 1/2 cups boiling water  
1 chicken stock cube  
1 cup milk  
150gm button mushrooms  
Salt and pepper

#### Method

Wash lamb's fry, soak in bowl with lemon juice and sufficient cold water to cover, leave 1 hour, drain well, remove outside skin, cut into slices, drain and toss in seasoned flour.

Heat butter in large pan, cook lamb's fry quickly on both sides. Add tomato paste, boiling water, stock cube, mushrooms and milk, blend well.

Bring to boil, reduce heat, simmer 15-20 mins.

Season to taste.



### Tom Kha Gai - Thai Chicken Soup

Compliments of Maree Medwin

#### Ingredients

1/2 tbs vegetable oil  
1 1/2 tbs Thai red curry paste  
3 cups strong chicken stock  
3 cups unsweetened coconut milk  
1 large lemongrass stalk, trimmed and cut into 2-inch pieces  
6 thin slices fresh galangal or ginger  
2 Thai chillies, seeded cut in thin slices  
3 tbs fresh lime juice  
2 tbs fish sauce  
1 lb chicken breast cut into strips  
1 cup white button mushrooms, sliced thinly  
1/4 cup fresh basil leaves (Thai if you can get them), thinly sliced  
Coriander leaves for garnish.

#### Method

Warm oil in soup pot over medium heat, add curry paste, stirring until fragrant add the chicken stock, coconut milk, lemongrass, ginger, chillies, lime juice, and fish sauce and bring to simmer, about 5 min. Add the chicken strips and simmer for 15 min. Add the mushrooms and the 1/4 cup basil and simmer for another 5 min. Add salt to taste if needed. Remove the lemongrass or ginger and serve immediately, garnished with fresh basil or coriander leaves.

Also lovely with fish instead of chicken, don't cook the fish for as long.

***Do you have a recipe you would like to share?***

*If so,  
please send your  
recipe with a photo  
to [admin@stmichaels.asn.au](mailto:admin@stmichaels.asn.au)*

## Photos

Yes, I would like to purchase copy of a photo/s (please indicate page number, caption details, size and how many copies)

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- 6x8" = \$3      No. of copies.....      Page Number.....      Photo ID Number.....
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- 12x8" = \$10      No. of copies.....      Page Number.....      Photo ID Number.....

**TOTAL = \$**      **includes postage delivery**

### Payment options

Cash in person at St Michaels Association office, 22 Hoblers Bridge Road or by EFTPOS Ph. 6331 7651

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Cheque/Money order made payable to St Michaels Association Inc. or

Credit Card     Visa     Mastercard    Card Number

Expiry Date:   

Card Holder: .....      Signature.....

### Details

Mr/Mrs/Ms/Miss    First Name.....      Surname.....

Address.....      Suburb.....      Postcode.....

Phone:.....      Mobile:.....      Email:.....

## Donations

**Tax Tip**

**"even a \$2 donation can be used as a tax deduction!"**

Yes, I would like to make a tax deductible gift to St Michaels Association Inc

- \$5     \$25     \$50     \$75     \$100     \$1000     \$2500     \$5000     Other.....

1 time contribution

Ongoing contribution     Monthly x      months     Quarterly x      years     Annual x      years

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Electronically BSB 017042 Account Number: 002398139 or by

Cheque/Money order made payable to St Michaels Association Inc. or

Credit Card     Visa     Mastercard    Card Number

Expiry Date:   

Card Holder: .....      Signature.....

Yes, please contact me to discuss other ways I may be able to help St Michaels Association

### Details

Mr/Mrs/Ms/Miss    First Name.....      Surname.....

Address.....      Suburb.....      Postcode.....

Phone:.....      Mobile:.....      Email:.....

## Services offered at St Michaels

**St. Michaels Association Day Program** is an adult training program for people with special needs that require support in the development of the life skills that they may require to live independently in the community. The program operates from Monday to Friday, 8.30 am to 3 pm, most weeks of the year.

**Merton House Adult Accommodation** is a transitional program that provides accommodation and training for adults who are preparing to live independently in the community. The program operates overnight from 3.00 pm to 9.00 am Monday to Friday and 3.30 pm to 9.30 am Saturday and Sunday. The residents attend day programs within and outside the organisation.

**Community Outreach Program** started in 1995. The goals in this program are to give people assistance in their own home environment in the areas of life skills, personal care and budgeting and banking to maintain and develop their independent skills.

**Community Housing**  
The Association also supports two Community Homes as a part of the Community Integration Program (CIP). Each

home accommodates 4 residents who are supported overnight 3.30 pm to 9.30 am, 7 days a week, with day support provided on Saturday and Sunday and the residents attending their day programs during the week.

**Desmond Wood Complex** – is a multi purpose facility that provides:

**Student Accommodation** for students under the age of sixteen who are attending special units in the education department. Accommodation is provided from Sunday evening to Friday morning during school terms.

**Youthbreak** is provided to young people up to the age of 25 in the Desmond Wood Complex from Friday 4.00 pm to Sundays at 4.00 pm when funding is available.

**DW Units** are 3 independent units that are an extension of the Desmond Wood Complex and are accommodated by clients that are in the need of long term support in all areas of their care.

**Individual Programs**  
St Michaels Association provides contracted support to individuals to meet their specific needs.

This support may be in their home, day or night, or at an educational or work facility. This program currently extends through to the Southern Region where we provide support to young children with accessing their educational programs.

**Social Club** is held in the hall at St Michaels Association every Saturday Night from 6.00 pm to 9.30 pm. This is a time for clients to get together for a meal and engage in leisure activities of their choice such as card or board games, singing, dancing or enjoying a footy match on TV with a friend.

**Independent Living Units** are the most recent development at St Michaels Association. Each of the units provide independent living in a safe, supported environment. These units are more suited to clients with higher skills, requiring minimal assistance.

### Did you know?

The St Michaels Hall and kitchen facilities are available for hire.

If you are interested in hiring the facilities please call Lisa on 6331 7651

### Details

The Independent will be distributed electronically on a bi-monthly basis.

General Display and Classified Display Advertising space is available if you would like to advertise your business. Please contact Rod Campbell on 6331 7651

### Contact Details

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