

From the CEO with John Gilpin



John Gilpin

Welcome to the mid-year edition of our newsletter "The Independent". As you will see it has been another busy couple of months for the Association.

May I start the newsletter letter with a small reminder our members or a call to "arms" as memberships (including new members) are now due for renewal and acceptance. The member's contribution for the Association, if remitted shortly will allow members voting rights at our next Annual General Meeting (AGM).

Congratulations to two of our participants Kaylene Barnard & Ashley Smith in receiving awards for their artwork in the recently held "Arts Inspirefest" held at Sheffield. The artwork they and our other participants do are truly amazing and inspiring.

Congratulations to another organisation with who we have a privileged working relationship, Self Help Workplace on being named as an Employer of Choice Award Recipient. We are very fortunate to work the GM, Donna Bain, the Board and staff of Self Help as their Registered Training Organisation partner and look forward to the ongoing work we do in partnership for Tasmanians working and living with a disability.

Our participants have had a busy couple of months also, with my hat off to those continuing with their swimming program. We continue, in collaboration with the Hagley Farm School, access to farming through the environmental Centre while other participants can achieve their goals through socialising in our Social Club Disco, community access via go-karting, train rides, sports days and life skills through cooking.

The 20 New Independent living units are out of the ground and to lock-up stage. The first tenancy meeting was held where tenants (with family members and carers) selected individual colour



schemes for the interior of their homes. A busy and frantic meeting going over paint colours, carpet/vinyl selections and even bench top selections. Lots of laughs, friendships re-kindled and supper was enjoyed by all!

Through concentrating on the current units we are still carrying out tasks to complete, repair and maintain the road and access to our other completed units. Thanks to Crossroads some minor work on 40 metres of access is now underway.

Staff training and support has had heavy activity during the period with 6 staff commencing Cert III in Disabilities, 8 staff in Cert IV and 7 staff in Diploma plus 10 staff in a leadership program.

So as you can see our participants have been busy, our staff have been busy with support/development and we have been busy on our infrastructure to support our participants and staff.

I hope you enjoy reading this newsletter and until our next edition, please take care!
John Gilpin.

Funding and Donations Received

- **Garage Sale donations are being received. Please phone 6331 7651 if you would like to make any donations**



Advertisement

Tasmanian
Liberals

Peter Gutwein MP

Treasurer and Member for Bass

To contact Peter phone 6777 1007 or email: peter.gutwein@dpac.tas.gov.au

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

New - Independent Living Units

Construction of the 20 new independent living units at 22 Hoblers Bridge Road is really starting to take shape.

All frame and stud work on the units has been completed along with roofing and exterior cladding is well under-way.

There were quite a few days where the weather made it difficult for the construction workers, but to their credit they are still on target for a November 30 completion date.

Funding for this large project has been supported through the National Rental Affordability Scheme (NRAS) to construct the 20 new units.

CEO John Gilpin congratulated Rodney Barrett of RMB Construction and his team for the work they had been able to accomplish in a very short time.

John Gilpin went on to say that there had been a number of meetings with the tenants to identify individual styling for the interior of the units.

Tenants have now been identified for all of the 20 New Independent Living Units.

Thanks goes to the NRAS and Housing Tasmania for their ongoing support in this important project.



Congratulations Self Help



Congratulations Self Help Workplace on being recognised as an Employer of Choice for 2014.

Employers of Choice are recognised by the Tasmanian Government for demonstrating contemporary workplace practices and outstanding support for their staff.

The Minister for State Growth, Matthew

Groom MP, congratulated 15 local businesses and organisations on their success in being named Tasmanian Employers of Choice for 2014.

"Employers of Choice have lower levels of staff turnover and absenteeism, higher levels of productivity, are profitable and successful and, because of their



reputation, receive unsolicited 'applications' from highly skilled people."

Mr Groom said recognising Employers of Choice was an important component in the state government's plan to grow the Tasmanian economy.

St Michaels Registered Training Organisation

Supervisor Chriss Kelly attended the awards ceremony and said "it was great to see so many of our RTO participants receiving individual award while Self Help was being presented with this prestigious industry award".

Call Ann today
on 6331 7651
if you want to know
more about what St
Michaels can do for
you.

Holiday Activity

St Michaels has been offering School Holiday Activity Programs for many years.

The recent school holiday programs included a range of fun and exciting activities including visiting the Westbry Maze, Brickendon Farm, Trevallyn Dam and a boat trip on The Explorer in the Tamar Basin.

We also had a sports day which included bocce, tennis and Horse (a basketball game). Tony Kramer and Daniel Henry helped cook a BBQ on the at home days.

Participants also entered into the National Visual Arts InspireFest, Kaylene Barnard won an award & Ashley Smith won the encouragement award for his painting Sheffield's Thomas. Ashley won a prize of \$50.

Team Leader Ann Smith said "Everyone had a fantastic time with different activities every day of the week"

A number of the participants were so excited by all of the fun that they said that they just can't wait for the next holidays.



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St Michaels - 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-*

mising 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 or post it to PO Box 306 Newstead, Tas. 7250

Thanking you for your consideration.

Unit Access

Minor work has commenced on the rear access road that borders the rear of the St Michaels Association complex at 22 Hoblers Bridge Road.

The road work includes completion of the retaining wall, installation of spoon drains, guttering, roadside kerbing and surface repair.

The provision of kerbing will aid with water run-off while tidying up the road surface will allow participants better access to their units.

Thanks go to the Cross-roads team who have been doing a great job!



Disco Fever

DJ James Conway recently held a disco at the St Michaels Saturday Social Club.

The disco extravaganza included a broad range of popular music supported with a light show and it was reported that the crowd went wild!

Donald Richards Disability Manager Participants & Clients, commented "that everyone had a fantastic time!".

DJ James was really pleased with how the disco went and with the comments from the crowd wanting more!

Plans are already in place for DJ James' next performance. Please phone 6331 7651 if you would like make a booking.



St Michaels - Call for 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 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 - non voting rights, cost \$10 pa.

Other benefits of being a St Michaels Association Member include invitations to St Michaels AGM and functions, personalised calendars 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 John Gilpin for a membership form on 6331 7651.

Contact John Gilpin today for your St Michaels membership form.

Advertising & Community News

Did you know that the Independent is distributed Bi Monthly and has a circulation of over 4000.

Did you know that the Independent was created to assist the community by sharing relevant information such as events and community news.

Advertising in the Independent is a cost effective way to get your message out into a diverse community.

If you would like to know more about advertising in the Independent please contact Rod Campbell on 63317651.



Swimming Group

St Michaels participants have been involved in a social swimming group held on a Monday at the Launceston Aquatic Centre. Part of the program involves safe entry/exit at the pool.

This time also allows participants to follow physiotherapy programs which have been individually designed to assist with their specific developmental needs.

Not only do participants benefit from physical exercise but they also reach their goals and learn how to interact appropriately with other people in a communal setting.



Environment Centre



A small group of St Michaels participants from the Community Access (Day program) visited the Environment Centre at Hagley recently. The Environ-

ment Centre forms part of the Hagley Farm School.

The group attends the Centre once a month which includes a range of "hands on" activities



that are organised and implemented by the teachers.

This month the Participants enjoyed a trailer ride which included opening and shutting

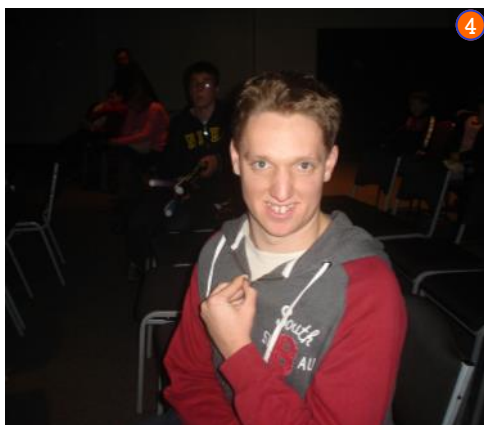
gates between paddocks and feeding the animals including sheep, goats and a Lama.

Circus Quirkus

A number of St Michaels Participants recently attended the Circus Quirkus event at the Door of Hope thanks to the generous donation of tickets.

In Home Tenancy Support Team Leader Nikita Walters said "everyone that went thoroughly enjoyed the outing, there were many laughs and lots of clapping and plenty of positive comments on how much they enjoyed seeing the Circus.

Special thanks go to the volunteer staff who assisted the participants on the day including Nikita, Liz and Rhonda as without their assistance the day would not have been possible.



Go Karting

A large group of St Michaels participants including David Neil, Daniel Henry, David Lynch, Paul Cooper, Ian Cables, Tony Kramer and Leigh Gladman recently attended the Launceston Kart Club's Club day to watch club members racing their Go-Karts.

Whilst there the group was approached by the Club President, Mark Mitchell and Club Secretary Stuart Alcock who thanked St Michaels for attending the Club Day and supporting a local event.

The President and Secretary were overjoyed to see the participants enjoying their time at

the track that they welcomed the group back to the Launceston Kart Track and free entry to all future events!

Plans are underway already for the group to attend the upcoming Clubman Cup being held at the Launceston Kart Club on the 2nd and 3rd of August.

In Home Tenancy Support Team Leader Nikita Walters said "Our participants thoroughly enjoyed their time at the Track on Sunday" "we were welcomed by families and committee members" there was a real feeling and sense of community as members were shaking the hands of our partici-



pants and joining in with them cheering on racers at the fence line.

"The participants were smiling and enjoying themselves the entire time there".

Special thanks goes to the Launceston Kart Club for their support of the St Michaels Participants and the volunteer staff who assisted the group.

Things we do...



Would you like a copy of a photo? **See P15** for details

Things we do...



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Would you like a copy of a photo? **See P15** for details

Things we do...



Would you like a copy of a photo? **See P15** for details

Recipes to make your mouth water



Raspberry Cheesecake in a glass

Compliments of Laura

Ingredients

1 1/4 cup biscuit crumbs
80g butter, melted
250g Philadelphia block cream cheese, softened
110g Cadbury white chocolate melts
1 cup thickened cream
1 1/2 tbsp. Castor sugar
1 tsp Gelatine, dissolved in 1 1/2 tablespoon boiling water
2 cups frozen raspberries, thawed, pureed and sieved
2 tbsp. icing sugar
1 punnet raspberries

Method

Combine the biscuit crumbs and butter, then press into the base of 6 serving glasses or jars. Chill. Melt the Philly and

chocolate in a bowl over simmering water. Set aside to cool for 10 minutes. Whip together the cream and sugar until stiff. Stir the gelatine mixture into the Philly mixture, then fold through the cream. Sweeten the raspberry puree with sugar in a separate bowl. Spoon half of the Philly mixture into prepared glasses, then top with half the puree. Spoon over remaining Philly mixture and puree. Use a knife to lightly swirl the puree through the Philly. Chill for 2 hours or until set. Decorate with the fresh raspberries just prior to serving.



Scallops with Ginger & Soy

Compliments of Lisa

Ingredients

Per person
6 Scallops cleaned (in a half shell if possible)
Oil
White pepper
Shallots finely chopped

Dressing

2 tablespoons soy sauce
1/2 clove garlic crushed
2 tablespoons sushi seasoning
2 teaspoons castor sugar
1 teaspoon sesame oil
5cm piece of fresh ginger finely grated

Method

Whisk together all dressing ingredients

until well combined and sugar has dissolved.

Combine Scallops and oil together and season with white pepper.

Preheat a barbecue grill or pan on high. Brush grill or pan with extra oil, cook scallops for 20-30 seconds on each side or until just cooked through and caramelised.

Divide scallops into shells, spoon over dressing and sprinkle with shallots.

Serve immediately

Photos

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

☐ 6x4" = \$2 No. of copies..... Page Number..... Photo ID Number.....

☐ 6x8" = \$3 No. of copies..... Page Number..... Photo ID Number.....

☐ 8x10" = \$7 No. of copies..... Page Number..... Photo ID Number.....

☐ 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

Electronically BSB 017042 Account Number: 002398139 or

byCheque/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.....

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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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

Community Access (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.

Transitional Accommodation

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.

In Home Tenancy Support

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 three Community Homes as a part of the Community Integration Program (CIP). Each home accommo-

dates 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.

Student Accommodation

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

Youthbreak is provided to young people from 15 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.

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

Social Club is held in the hall at St Michaels 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

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.

Registered Training Organisation (60067)

St Michaels is a Skills Tasmania Endorsed RTO providing accredited training for Tasmanians with a disability.

On-the job traineeships, Workplace based skills sets and classroom based training in Certificate I and II in Warehousing Operations, Certificate I in Agri-Food Operations and Certificate II in Horticulture are delivered across the state in various locations.

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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