

From the CEO with John Gilpin



John Gilpin

Merry Christmas everyone!

This is our last edition for 2014 of our newsletter "The Independent", so I hope you enjoy reading about our last 2 months.

My first comment for this edition is to state my sincere gratitude to the diligence of our staff and highlight my depth of pride in hosting over 250 guests here at St Michaels last Friday.

Commonwealth Carelink Respite Centre and St Michaels hosted 130 guests for the International Day of People with a Disability for lunch & with activities and then St Michaels hosted another 120 guests for our Annual Participant Christmas Party. Both events went off with laughter, filled with activities and without one incident! Amazing

events with amazing people enjoying each others company!.

F.Y.I our Independent Units are nearing completion with tenants to start moving their belongings in around the 8th of December and be sleeping in their new homes around the 15th of December. We would like to have an official opening, however we would like our tenants to settle in first and my advice from stakeholders is that we have the official opening at the end of January 2015.

"Merrington Makeover" project to refurbish and upgrade the former school is well and truly underway on the planning front. Plans are 90% complete while fund raising has reached \$130,000 of the \$500,000 required to complete the "makeover". For the first time I am asking you, the Community for any assistance in making this building come alive again to serve the Community as it once did so magnificently. If you can assist please do not hesitate to contact me on 6331 7651.

Recently for the project we have had 2 large and significant dona-

tions, one from Myer Launceston's staff and Corporate Services and the second \$15,000 from the Bruce Wall Trust.

Thank you to our partnered Australian Disability Enterprises (ADE) of who we are your preferred Registered Training Organisation (RTO). Together with our brilliant training and assessing team led by Chriss Kelly, we have enrolled over 170 students in 4 qualifications. From intensive one-on-one care to various accommodation models to Community Access/In Home Support we continue with pastoral care in independent living by supporting training in the workplace through employment. A wonderful year by our RTO.

To our mainstream service, Disability Support Staff thank you sincerely for all the events, activities, plans, goals and reports you have done for our participants. This edition highlights only a small representation of what you do and have done throughout 2014.

To our Board, Management and Leadership team, I have greatly appreciated your support, your willingness to

innovate and your tireless work ethic, thank you it has been an exhausting year.

For 2015 we are currently in strategic planning mode, however it is clearly evident that our early focus will be on two key elements. Person centred planning and community involvement such as NDIA, Disability Services, Gateway, Schools and other Community Organisations will have greater emphasis for St Michaels moving forward.

Until our next edition (early 2015) we here at St Michaels wish you a very Merry Christmas and a safe and prosperous New Year.

Best wishes and take care,
John

Funding and Donations Received

- **\$16,338 - Myer Launceston + Corporate**
- **\$15,000 - Bruce Wall Trust**
- **Donation of games, and books from Birchalls**

Advertisement



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

Tasmanian
Liberals

Independent Living Units

Construction of the 20 new independent living units at 22 Hoblers Bridge Road are now in the final stages ready for a November 30 completion.

Units have been painted and footpaths have been completed along with the construction of the unit balconies including coloured sail cloth for shade, thanks to Sam's Sails for their tremendous work on the sails, they look great!

The landscaping has now commenced. Materials and plants have been ordered and the numerous garden areas are currently being prepared for planting.

St Michaels Community Access participants have been growing plants that will be added to the more advanced plants being used. Allans Garden Centre and Becks Home Hardware have made significant contributions by providing plants to assist with the landscaping.

Funding for this large project has been supported through the National Rental Affordability Scheme (NRAS).

CEO John Gilpin commented that "the new tenants cannot wait to move in". John Gilpin continues to thank everyone involved in the project including NRAS and Housing Tasmania for their ongoing support in this project with a special thanks Rodney Barrett and his team from RMB Constructions for their professionalism and completing the project on time and on budget.



"Merrington Makeover" - Donation

On Thursday the 27th of November, Mr David McEwan co-Trustee of Bruce Wall Trust came to visit St Michaels and on behalf of the Trust generously donated \$15,000 to St Michaels to go toward the renovation of the former school, now known as the Merrington Centre.

Mr McEwan, as Co-Trustee, stated "The Bruce Wall Trust and other co-Trustees are confident in the wonderful contribution St Michaels Association are making in the broader community."

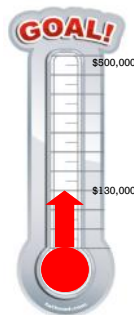
He also stated "We are delighted to be able to support the renovation of the former school into a new facility to assist the community even further."

John Gilpin, CEO of St Michaels was delighted

to receive such a generous donation and thanked Mr McEwan, the Trustees and The Bruce Wall Trust for supporting St Michaels vision of the "Merrington Makeover" into a modern, purpose built community access centre, which is due to commence in December 2014.

So far we have received \$130,000 in donations and we are well on our way to our goal of \$500,000 to the Merrington Makeover.

If you would like to contribute to the "Merrington Makeover" please contact Rod Campbell on 6331 7651.



Mr David McEwan co-trustee of the Bruce Wall Trust handing over a cheque for \$15,000 to St Michaels CEO John Gilpin for the Merrington Makeover.

"Merrington Makeover" - Donation

Thank you Myer Launceston and Myer Community Fund for your generous donation of \$16,338.30.

The donation will go directly into creating a Commercial Kitchen as part of the Merrington Centre "makeover".

The Myer Launceston Fundraising team continue to amaze us with their support and generosity.

Thank you from your friends at St Michaels, your support continues to make a difference.



International Disability Day

The International Day of people with a Disability has been recognised through a joint venture between the Commonwealth Carelink Respite Centre and St Michaels and catered for over 120 people.

This was the events 5th year and the first time that the event has been held at St Michaels Association, 22 Hoblers Bridge Road, Newstead.

John Gilpin, St Michaels CEO welcomed everyone to the event.

Paul Haigh from CCRC and Disability Manager Participants and Clients Donald Richards commented that the day was a tremendous success and everyone had a wonderful time.



St Michaels Christmas Dinner

The Annual St Michaels Christmas Dinner was another raring success with over 120 participants, support workers, family members and carers in attendance.

The participants received their annual review and certificates.

Disability Manager Participants and Clients Donald Richards commented that the night was fantastic and everyone had a great time.

Special thanks goes to all the staff, volunteers especially Vicki Salter and participants who were involved in preparing the room, cooking/preparing the magnificent meal and making the event an outstanding success. Thank you!



Bush Walking

St Michaels have adopted a range of Activity related experiences for its participants including bush walking.

The group including support worker Peter, Tennyson and Jesse made an early start to the day to enable them to complete the 6.5 hour walk from the bottom car park to Ben Lomond peak walking track and return. The trip also included the spectacular "Jacobs Ladder"

There were a lot of firsts on this trip for both Tennyson and Jesse including:

- First time Bushwalking
- First time on Ben Lomond

- First time climbing a mountain
- First time drinking mountain water
- First time sucking icicles
- First time throwing snowballs at a Support Worker

The group completed the walk within the allotted time, without any injury or hassles.

Peter Longman commented that both Tennyson and Jesse had a fantastic day, appreciating all the new experience and showed and showed remarkable stamina and endurance.

A wonderful day in the wild.



Facilities update - Mark Holdaway

Another busy period in and around the St Michaels facilities!

Ongoing continuous improvements across the facility with preparations to the top roadway linking the previous eight units was completed.

Additional preventive/reactive maintenance tasks are ongoing across the site with numerous positive outcomes. The key focus is as always is to ensure a safe environment for all.

The bi annual Building Act Compliance Audit has been conducted. The audit was carried out by an independent party and essentially looks at safety, ingress /egress and gen-

eral best practices are being adhered too. St Michaels received a 100% compliance score with no improvements being required.

With the new units now nearing practical completion, the landscaping has commenced and is predominantly being undertaken in house. Materials and plants have been ordered and the numerous garden areas are currently being prepared for planting. Our Day Program participants are presently growing plants that will



be added to the more advanced plants being used. Another great result from the Day Program and a great opportunity for the "Friends of St Michaels" volunteers to put there green thumbs to good use!

Please contact the office on 6331 7651 if you would like to become a "Friend of St Michaels" volunteer.

In Home Tenancy Support



Wow...

What a fantastic year it has been for In Home Tenancy Support (IHTS).

Firstly I would like to thank all of the Staff, Participants and Families for such a warm welcome to St Michaels and for all of your hard work throughout the year.

We have had many highlights this year including personal skills and development of our participant's goals, an outing to Circus Quirkus at the Door of Hope

Church that saw our participants filled with excitement and laughter.

We were invited to attend the Para Rowing at Lake Barrington where it saw 3 IHTS participants attend and thoroughly enjoy the week-end away. One of our participants who is quite scared of boating got into a Rowing Boat with the close support of staff and he absolutely loved it.

The Launceston Go Kart Club at Archerville presented St Michaels with

free entry to all of its events held at the track, IHTS participants went out to the track twice in 2014. Participants enjoyed purchasing their lunch and watching the racing track side and cheering the drivers on. Participants were able to meet with drivers and have their photo's taken with the karts and drivers, this was a real treat for the participants.

IHTS is certainly growing and may grow in 2015 with the 20 new units onsite almost

completed and will be occupied by the end of 2014.

2 sparkling second hand vehicles to meet the needs of our expanding service have been purchased.

IHTS has welcomed new staff Jenni, Fiona, Cynthia and Steven throughout the year.

I would like to personally wish all staff, participants and families a very Merry Christmas and a Safe Happy New Year.

Nikita Walters

Awards

Congratulations to St Michaels on being awarded the Capital Innovation Insurance Group—Innovation in Safety Award.

The event was held the Hotel Grand Chancellor, Hobart.

St Michaels were recognised for its implementation of the Duress Personal Alarm.

St Michaels were 1 of 4 finalists in this hotly contested category.

This is the first year that the Safety Award has been recognised and has been a great achievement for St Michaels.

John Gilpin CEO accepted the award on behalf of St Michaels and passed on his thanks to

the sponsors, the team and commented to the team of St Michaels to "keep on being innovative!"

John Gilpin went on the congratulate the other winners in the various categories.

St Michaels has also been recognised as a finalist the Launceston Chamber of Commerce Business Awards for Community Organisation of the year.

This event was held at the Hotel Grand Chancellor, Launceston.

Congratulations goes to finalists and the winners in the relevant categories.

Great work team!



New Vehicles x2 (Well secondhand 😊)

With the growth of our In Home Tenancy Support services St Michaels have had to purchase additional vehicles to cope with the expansion of this crucial service.

The vehicles were self funded and brings the St Michaels vehicle fleet to 8.

Asset Supervisor, Mark Holdaway thanked Jackson Motor Company for their support and prompt delivery of 2nd hand Hyundai vehicles.

In Home Tenancy Support Team Leader Nikita Walters thanked the Management for their support and commented that she was "very happy to receive the additional vehicles", "they look fantastic!"



St Michaels - Call for memberships

St Michaels Association Inc. has been serving the Tasmanian Community for over 48 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 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.



Youthbreak Activities

The last couple of months has been very exciting but also busy for the participants in the youth break program.

We enjoyed being part of the 10th annual Daniel Morcombe walk at Royal Park where the participants were able to help raise awareness for child safety.

With the weather warming up we are now enjoying more outdoor activities and the beach is a favourite especially with Selby, Josh and Tennyson. Picnics at some of the wonderful park areas is also a great way to spend a day. We recently discovered the mount barrow discovery trail and enjoyed the sights over Launceston. We also discovered the township of Railton plus Trowunna Wildlife Park.

We celebrated endangered species day at Tasmania zoo and enjoyed learning many new facts about our endangered animals.

This year saw youth break hold a Halloween fancy dance party and everyone enjoyed getting into the spooky atmosphere. We joined in with social club to make this a great night and enjoyed seeing so many smiling faces. Everyone is looking forward to next year already.

We are enjoying trying out new recipes especially on a Friday night, but cauliflower, broccoli and cheese sauce would have to be the favourite at the moment. We

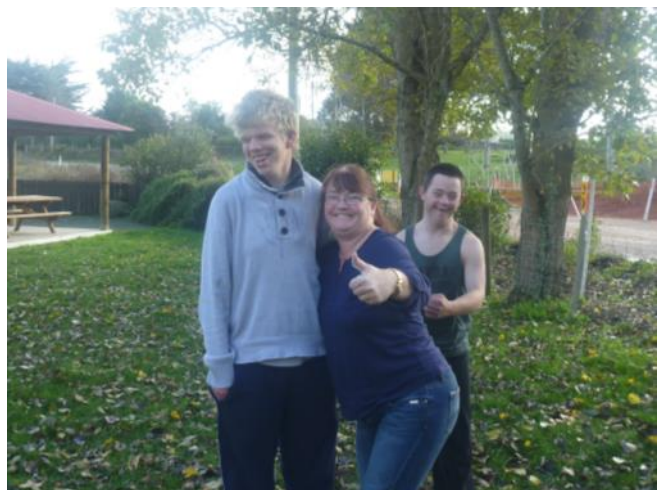


nearly have the recipe mastered now with little help from Megan.

There are only a couple of weeks left before the Youth Break Program concludes for the year. We look forward to returning early January 2015.

From all the Youth Break team and participants we wish you a Merry Christmas.

Megan Thomas



From the RTO (Registered Training Organization #60067)



Ms. Chriss Kelly

UPDATE ON SKILLS FUND 2014 FUNDED BY SKILLS TASMANIA.

Our Functional Workplace Language Literacy and Numeracy accredited training program consisting of the following units of competencies:

TLIE1003A Participate in basic workplace communication

TLIE1005A Carry out basic workplace calculations

TLIL1001A Complete workplace orientation / induction procedures

TLIE2001A Present routine workplace information

TLIA2022A Participate in stocktakes

is currently being delivered across the state in a number of Australian Disability Enterprises and has produced some excellent results. The results achieved by the ADE workers in all locations is fantastic and testament to their hard work and commitment. Our thanks go to Donna and Daniel at St Vincent

Industries' in North Hobart for the outstanding outcomes achieved at St Vincent Industries. 19 of the 22 enrolled supported employees completed the full program with 2 completing 50% prior to taking leave. All other LLAN programs also within ADE's are well on track to complete as scheduled under the expert guidance of our contracted trainer and assessor Mr Mike Dobra.

MIND THE GAP: Our second Language Literacy and Numeracy accredited training program being delivered by myself and Ari Reich in conjunction with WISE Employment for Jobseekers has resulted in a some very good news stories centred around students who have gone on to gain employment.

WISE Employment Managers, Alison at Devonport and Mandy at Launceston together with their team have shown a level of commitment to this program that has been nothing short of professional and I am thrilled to see the follow up support for both the Work experience component and Job Interviews paying dividends for all concerned.

A number of students have gained employment that will no doubt change their lives and enable them to participate in our community at a much higher level.



USER CHOICE funded by Skills Tasmania

AHC10210 Certificate I in Agrifood Operations

AHC20410 Certificate II in Horticulture

TLI11210 Certificate I in Warehouse Operations

TLI21610 Certificate II in Warehouse Operations

Workplace traineeships are one of the best ways to get on the job training and qualifications and are highly regarded by business and industry. Given our long history of servicing ADE's and though our partnership with RET, we here at St Michaels are very experienced at creating traineeship programs tailored to the needs of the individual and the Australian Disability Enterprise and this year has been no different. We have trainees right across the state in all qualifications listed, either recently completed and/or now continuing into 2015. These traineeships have seen all 3 parties, the sup-

ported employee, the ADE's and supervisors experience a great deal of satisfaction during the process as they help the trainees mould new skills and gain confidence in a real work environment. Productivity improvements and higher levels of engagement have also been an unexpected consequence of these training programs.

So here we are again at the end of yet another year which seems to have gone quicker than those before it.

My heartfelt thanks to everyone who has supported the RTO in 2014.

To our fantastic Training and Assessment team we could not have expected more.

Thank you all for your wonderful contributions to so many success stories. Thanks also to the STMA Board, Management and Admin teams for a great year together.

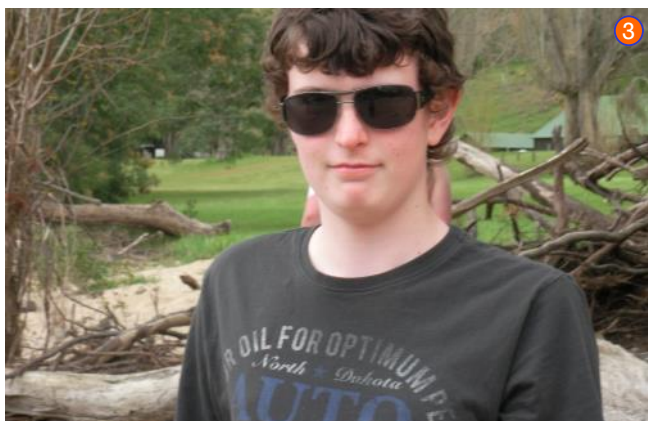
Chriss Kelly.

Things we do...



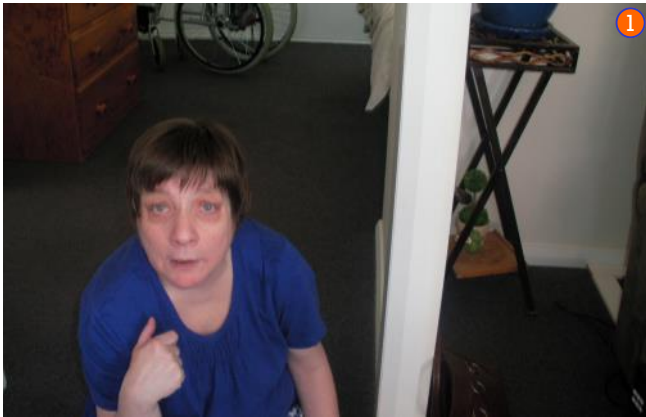
Would you like a copy of a photo? **See P15** for details

Things we do...



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

Things we do...



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

Recipes to make your mouth water



Baked Fish and Mediterranean Crumb

Ingredients

4 thick fish fillets, skin off (blue eye or barramundi)
3 small tomatoes thickly sliced
1 1/3 cups fresh white breadcrumbs
1/4 cup Kalamata olives chopped
1/2 small red onion finely chopped
2 tbsp. chopped parsley
1 garlic clove crushed
Finely grated zest and juice of 1 lemon
steamed beans, sugar snap peas to serve

Method

Preheat oven to hot, 200°C. Line a large baking dish with baking paper.

Place fish in single layer in prepared dish. Season to taste. Arrange tomato over fish.

In a bowl, combine remaining ingredients and sprinkle evenly over fillets, pressing mixture on firmly. Spray well with olive oil.
Bake for 15-20 mins (depending on thickness of fish), until cooked and crumbs are golden. Serve with beans and peas.



Asparagus, Salmon, Prawn and Spinach Salad

Ingredients

2 bunches Asparagus, trimmed, halved and char-grilled
150 g Salmon Fillet, char-grilled, skin removed, flaked
8 medium Cooked Prawns, peeled, deveined, tails intact
100 g Baby Spinach Leaves
1 Avocado, peeled, stone removed, sliced
1 Lebanese Cucumber, cut into ribbons
1/2 punnet Snow-pea Sprouts, trimmed

Dressing

1/4 cup Extra Virgin Olive Oil
1 tbsp Lime Juice
1 tbsp Red Wine Vinegar
1 tsp Brown Sugar

Method

In a large bowl, com-

bine asparagus, salmon, prawns, spinach, avocado, cucumber and sprouts.

Dressing: In a small jug, whisk all ingredients together. Season to taste. Toss through salad just before serving.

Tips

Brush asparagus and salmon with a little oil before char-grilling on a char-grill, preheated to medium. Asparagus will need about 2-3 mins, turning occasionally and the salmon will need about 3-4 mins each side or to taste.

You can remove bones from salmon before or after cooking.

Use a wide-bladed vegetable peeler to cut Lebanese cucumber into ribbons.

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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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

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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