

From the CEO with John Gilpin



John Gilpin

Welcome to the 20th edition of our Community Newsletter "The Independent." We hope you enjoy some of the stories and activities that our participants have engaged in over the last two months.

May I bring to your attention or remind you that our Annual General Meeting will be held on Thursday the 2nd of October at 6 pm with current or former members are most welcome to attend. Guests who have read our newsletters are also welcome to attend with light refreshments to be held shortly after. We look forward to seeing you there.

Why is our Community Newsletter called "The Independent"?

Well in our first edition we gave a brief explanation so I thought on our 20th Anniversary Edition

I would explain this again for our ongoing and new readers.

"The Independent" is actually what we do for our participants (your loved ones), which is encapsulated in our vision and logo.

"Developing Independence through maximising the individual qualities of Tasmanians living with a disability."

From the guiding and learning principles of the former special school we strive to build individual independence by encouraging active participation, identification of personal goals and creating opportunities to attempt them while in a safe and supportive environment.

In this edition we keep you up to date with our new 20 unit development, details of an unusual activity with our rowing camp (following on from our successful Cycling4All Program), our Youth Break Respite Program and some not so good news about a spate of theft here at St Michaels.

Calling for your help and or assistance.

I have never asked you our readers for help before, however I do at this time.

Exciting News!

- Our Training Organisation has developed a brand new Health & Safety Representative Program which is approved by Workplace Standards.
- Better news is that our Sector has previously paid up to \$950 per person and St Michaels will only charge \$550 per person to provide this training.

For more details see Page 9

The former school is now being prepared for a "make over" and we are in desperate need for some funds to develop this great asset of ours into a purpose built Community Access Centre.

Our friends from Becks Home Hardware have donated a Commercial Kitchen, our friends from Artas have assisted us in the planning and while we have some donations already we are well short of the \$500,000 needed for this "make over"

Can You Help?

If you think you can please do not hesitate to contact me on (03) 6331 7651 as I would be happy to discuss any thought you may have.

To finish this edition I would like to sincerely thank our wonderful Australian Disability Enterprises and Disability

Employment Service Providers of who we have the privilege to provide their Nationally Accredited Training. As the training provider I could not be any prouder than when I saw the nomination of Julie Townsend as a finalist for the Equity Trainee of the Year. A deserving finalist working diligently with Donna Coetzee of St Vincent Industries.

Happy reading and until Edition 21 please take care.

John Gilpin, CEO

Funding and Donations Received

- Commercial kitchen and a large variety of plants and shrubs—Becks Home Hardware

Advertisement



Tasmanian
Liberals

Peter Gutwein MP

Treasurer and Member for Bass

To contact Peter phone 6777 1007 or email: peter.gutwein@dpact.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 20 units are at lock-up, constructed, plumbing and electrics done and plastering complete.

The weather has been kind to the contractors and they report that they are still on schedule for a November 30 completion.

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

CEO John Gilpin confirmed that all 20 units had been filled. The new tenants have also been invited to select their specific requirements to individualise their units, including the interior fittings, such as paint-work, vinyl selection, bench tops etc.

Rodney Barrett of RMB Constructions commented that he was very happy with the progress and the quality of the build to date. Rodney Barrett advised that all of the patios had now been poured and next week will see work start on cleaning up the site and the installation of footpaths.

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



Rowing Camp

Aaron Hilliar, Nick Britton, Leigh Gladman, Tony Kramer and Kevin Wells attended a rowing camp at Lake Barrington.

The crew used a rowing ergometer to test their coordination before enjoying the experience of rowing. Then it was onto the scull that had a rope tied to the end until the staff from Para-rowing determined they had the skill to row alone.

Rowing Tasmania had support staff and water safety available at all times to ensure the participants safety.

Kevin, Aaron, and Nick all rowed alone and enjoyed the freedom of being out on the lake.

Both Tony and Leigh were very proud of their accomplishments, in particular, Leigh who is scared of water.

All the men received a T shirt from Bob Blake the State Coordinator and will receive a certificate of achievement in a few weeks.

The Director of Para-Rowing Australia and the Development Officer both from Canberra attended the camp and commented that Kevin, Aaron and Nick had the potential to pursue the sport as a leisure activity.

Special thanks goes to Phil Southon, Ann Smith and Nikita Walters who volunteered their time to accompany the crew and provide assistance.



Call Megan today
on 6331 7651
if you want to know
more about accessing
Youth Break.

Youth Break

The Youthbreak is a weekend respite activities and accommodation program.

Youthbreak is available to you if you are a carer of a young person generally between the ages of 15 and 25 who have an intellectual disability or mental health support needs.

The Youthbreak program focuses on developing community, social and life skills that an individual will need to assist them in forging friendships and in developing their independence while providing respite to carers.

The Youthbreak program is available to eligible families and is funded by the Department of Families, Housing, Community Services and Indigenous Affairs now known as DSS Dept Of Social Services.

The latest adventures of the Youthbreak group included going to the beach, barbeques, Tasmania Zoo, Mud Run, Ten Pin Bowling and attending the Fishing Expo at Cressy.



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.

Thank you Becks Home Hardware



Participants at St Michaels will soon experience cooking in a commercial grade kitchen, thanks to a generous donation by Becks Home Hardware.

The commercial kitchen valued at over \$30,000 was kindly donated and will be installed in the Merrington Centre (formerly St Michaels Special School).

Plans are currently be-

ing completed to upgrade the Merrington Centre and bring the former school back to life.

The commercial kitchen will be an essential element in equipping participants with the relevant life skills to be able to cook for themselves. As our participants become more comfortable with their new found skills they

may be provided with accredited training which would assist them in securing supported or open employment in the future.

Becks Home Hardware acting area manager Mike Foster said "that he was happy and proud to be able to contribute something to a great cause."

Becks Home Hardware also donated over

\$2500 worth of plants, shrubs and bushes that will be used in and around the 20 new independent living units development.

Thank you Becks Home Hardware for your kind and generous donations, they are greatly appreciated.

Main photo courtesy of the Examiner.

Break and Enter at St Michaels

On a sad note there has been 4 separate incidents of theft made against marginalised people over the last month.

This includes

- Money being stolen from a person with a disability who lives independently.
- Break and Entry into a Group Home which resulted in residents grocery money being stolen.
- Break and Entry into St Michaels Administration office resulting in money being stolen and some damage.
- The new independent living units development was broken into with up to

\$10,000 worth of damage and items including power tools and building materials being stolen. A number of the units were damaged and culprits brazenly reversed a vehicle into the construction site after cutting through a wire barrier.

CEO John Gilpin asked "what is the world coming to when already marginalised people struggling with every day life and an organisation trying to help these people become independent is targeted?"

John Gilpin commented "I'm pleading with the community at large to assist and if possible bring these perpetrators



to justice."

Along with the cost of repairing and replacing the stolen and damaged items, St Michaels will have to beef up security, installing CCTV cameras and hiring a 24-hour security firm.

We have asked the public to keep an eye out for potentially stolen

power tools and materials.

If you have any information regarding any of the incidents please contact Crime Stoppers on 1800 333 000 or the Tasmanian Police on 131 444.

Facilities update - Mark Holdaway

Mark Holdaway, Asset Supervisor commented that over the last couple of months there has been a significant improvement in and around the facilities at St Michaels for our participants.

This included:

- Continuation of "fix before found" preventative maintenance program including removal of dead trees, replacing and updating decking and ongoing painting across all areas.
- Unit tenancy inspections were completed, and all units were found to be well cared for by our participants.
- The old archive stor-
- An improved cleaning procedure implemented for the Domestic Team, including designated areas of responsibility to ensure professional cleaning service is being delivered across the site.
- Special thanks to Glen Cornish for his ongoing assistance.
- WHS focus on identify and address risk/hazard continues.

age container has now been cleaned out and has been sold. The sale of the container covered all costs associated with the fit out of the new archive and bulk file location.



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.



From the RTO (Registered Training Organization #60067)



Ms. Chriss Kelly

The Tasmanian Training Awards are the peak State awards for Vocational Education and Training (VET), recognising innovation and excellence in the training sector.

The annual gala presentation dinner applauds exceptional individuals, employers, industry and training organisations for their achievements.

Over 500 people attended this special occasion where finalists and winners in fifteen award categories were acknowledged and celebrated for being outstanding in their field.

This year the 2014 Tasmanian Training Awards' Gala Presentation Evening was held Friday, 5 September in Hobart and St Michaels was proud to be the RTO for a Finalist in the REIT sponsored Equity Trainee of the Year. Candidates of these awards described their pathway into vocational

Education and training and the circumstances which made participation a challenge and their motivation to begin and continue.

Our finalist Ms Julie Townsend, Certificate II in Warehousing who is employed at St Vincent Industries Hobart had a most compelling story that made her a most worthy finalist. Julie is a credit to herself and her employer and we are so proud to be a part of her career pathway.

Congratulations to Julie, our Trainer/ Assessor Mr Chris Clark of R.E.T , St Vincent Industries and all other finalists and winners.

Thanks go to our Training and Assessment Partners and Staff for the amazing amount of fantastic work that has been achieved throughout the year - Chris and Judy Clark of Rural & Equity Training P/L, Donna Coetzee of St Vincent Industries, Mike Dobra and Tony McGuinness.

I would also like to welcome Ari Reich Trainer and Assessor to our team.

If you would like any information on how St Michaels RTO could assist your organisation please do not hesitate to contact me on 6331 7651.

Ms Chriss Kelly
RTO Supervisor



PICTURED: Donna Coetzee of St Vincent Industries, Certificate II in Warehousing Operations Trainee, Julie Townsend and Chriss Kelly St Michaels RTO Supervisor.



PICTURED: Donna Coetzee of St Vincent Industries and Equity Trainee of the Year Finalist , Julie Townsend.

Brand New!
Only \$550
per person



Initial 5 Day Health & Safety Representatives (HSR) Training

This cost effective and comprehensive five-day course will provide an understanding of the key practices and principles to assist HSR's and deputy HSR's in their role.

The course is divided into 5 sessions (1 day per week for 5 weeks) covering important aspects of the role and posers of elected HSR's and detailed in the Workplace health and Safety Act 2012.

This program is delivered by St Michaels Associations who is a Work Standards Tasmania approved provider for this course.

What this course covers

The WHS Act 2012 provides a legal entitlement for an elected HSR (and deputies) to attend a **WorkStandards Tasmania** approved five-day WHS course for HSR's. The HSR also has the right to choose the course they attend in consultation with their employer.

Topics covered will include:

- Interpreting the WH&S legislative framework and its relationship to the HSR role.
- Identifying key parties, legislative obligations and duties.
- Establishing representation in the workplace.
- Participating in consultation and issues resolution.
- Represent members in the WHS risk management process undertaken by the PCBU.
- Issuing a provisional improvement notice (PIN) and directing the cessation of work.

Who should attend?

This course is designed primarily for HSR's, managers, supervisors, health and safety committee members within any Community Services sector organisations. Any other persons with an interest in health and safety may also benefit from attending this course.

Course Dates/Times/Location/Cost

When: Thursday, October 16, 23,30 - November 6, and 13, 2014.

Time: 8.30 am to 3.30 p.m.

Where: Self Help Workplace, 414 Hobart Road Youngtown, Tasmania.

Cost: \$550 (all course materials, copy of the ACT and catering provided).

For further details please contact:

Ms Chriss Kelly, Quality and RTO Supervisor
St Michaels Association Inc.
P.O. Box 306 Newstead (22 Hoblers Bridge Road, Newstead) Tas. 7250.
Telephone: (03) 6331 7651
Mobile: 0408 902 365
Email: Christine.kelly@stmichaels.asn.au

Payment of Deposit \$150 or full amount of \$550

Credit Card Payment Details:

Please phone our office between the hours of 9.30 am to 4.00 pm to arrange your payment. (03) 6331 7651.

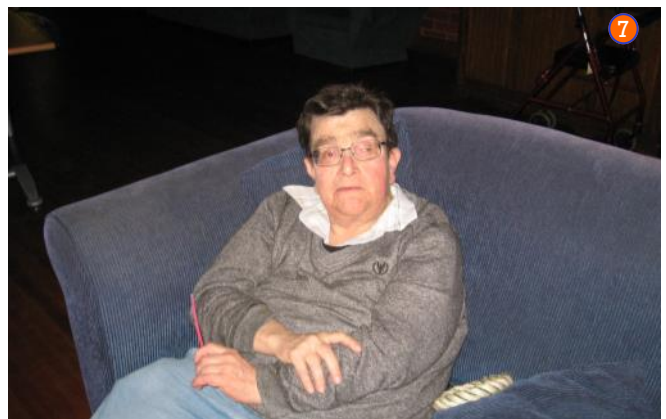
Direct Deposit: (ANZ) BSB: 017042 Account: 2398139 Name of account: St Michaels Association Quote: RTO5HSR your name and organisation.

Things we do...



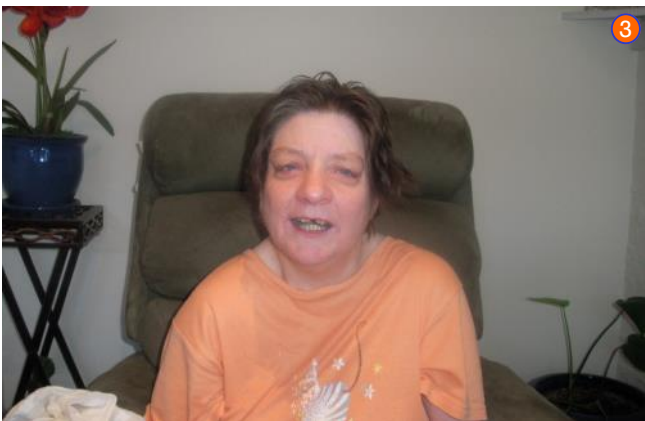
Would you like a copy of a photo? **See P14** for details

Things we do...



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

Things we do...



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

Recipes to make your mouth water



Oyster and Bacon Parcels
Compliments of Jan

Ingredients

8 Sheets filo pastry
125g butter, melted
¼ cup flaked almonds
3 dozen oysters
3 bacon rashers, chopped
100g mushrooms, chopped
1/3 cup dry white wine
2 tbs chopped fresh chives
1.3 cup water
1.4 cup cream
1 bay leaf
2 black peppercorns
15g butter

Method

Combine oysters, wine, water, bay leaf and peppercorns in medium saucepan, bring to boil. Remove oysters strain and reserve liquid.

Melt butter in medium saucepan; add bacon and mushrooms, stir constantly over medium heat for about 3 min or until mushrooms are

just tender. Stir in flour, stir over heat further minute. Remove from heat gradually stir in reserved liquid, return to heat, stir constantly over high heat until mixture boils and thickens. Remove from heat, stir in chives cream and oysters. Cool to room temperature

Brush 1 sheet of pastry with melted butter, top with another sheet of pastry, cut in half lengthways. Place pastry, cut in half lengthways. Place 2 tbs filling onto end of each strip of pastry. Fold long sides into cover filling slightly, then roll up from sort side. Repeat with remaining pastry and filling. Place parcels onto lightly greased oven trays, brush with more butter, and sprinkle with almonds. Bake in moderately hot oven for about 20 mins or until golden brown.



Barbecue Prawns and Asparagus in a vinaigrette

Ingredients

1 lemon
2 tbsp shallots, finely chopped
Pinch chilli flakes, crushed, optional
1/3 cup extra virgin olive oil
3 bunches (about 450g) medium-thin asparagus, woody stems removed
450 g Australian large raw tiger prawns, peeled, tails left on, deveined
2 tsp fresh parsley, chopped

Method

Prepare an outdoor barbecue for medium-high cooking over direct heat.

Grate the zest from the lemon into a small bowl. Squeeze 2 tablespoons of juice from the lemon and add to the bowl. Whisk in the shallots. Gradually whisk in 2 tablespoons of the oil and season.

Spread the asparagus and prawns on a large, rimmed baking tray. Coat with the remaining 2 tablespoons of oil and season. Transfer the prawns and asparagus to the barbecue and cook, turning occasionally, for 4 minutes or until the prawns are almost opaque when pierced with the tip of a sharp knife and the asparagus is just tender. Remove from the barbecue.

In a large bowl, toss the asparagus with enough vinaigrette to coat. Season. Divide the asparagus among plates and top with the prawns. Drizzle more vinaigrette over the prawns. Scatter parsley over the prawns, if desired, and serve hot.

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



"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

Payment options

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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

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

St Michaels Association Inc.
22 Hoblers Bridge Road
PO Box 306 Newstead Tas 7250
Phone (03) 6331 7651 Fax (03) 6334 2132
admin@stmichaels.asn.au
www.stmichaels.asn.au
Find us on Facebook for regular updates