

From the CEO with John Gilpin



John Gilpin

Welcome to our "very cold" Winter edition of our bi-monthly newsletter The Independent. The weather has been awfully cold and at times very wet, however the infrastructure we have put in place has made our tenants and participants in our programs very comfortable. The Association a couple of years ago agreed to purchase electricity and this has seen a saving of up to 26% on accounts and also the Association has installed pumping stations which has aided in our waste management across the site.

Not the best message to open up a newsletter but demonstrates what the Association is doing behind the scenes to assist our tenants and

visitors alike. That said roll-on the warmer weather.

Our conversion of the former school into a purpose built Community Access Centre ("Merrington Centre") is progressing well, however given the age of the building and its old configuration it is not yet ready to open.

Unusual plumbing and older wiring have led to these being completely replaced and trying to find cavities to hide this infrastructure has also been a challenge! Our revised take-over of the building will be late August to early September.

An official opening will be advised in the near future.

I am delighted to let you know of a recent partnership with CVGT Australia to work with St Michaels on a textured Mural project for the Association. Read within for more details on this exciting project.

Our relationship with Independent Services is getting stronger every

day. St Michaels is learning a lot from the supportive model Independent Services provides to its participants while St Michaels is able to give new or replacement resources back to them. Although only 4 months together the program for participants has run smoothly and has been enhanced by St Michaels relocation of a Kia Carnival to the Charles St site. Additional accessibility to off-site activities for participants is now in place.

Our Registered Training Organisation is now in full delivery mode State-wide after delay upon delay with Skills Tasmania. Our partnerships with Australian Disability Enterprises (ADE) are amazing and we endeavour at all times to listen to their needs, communicate as much as possible and deliver contextualised programs at their work places. Working with disabled people as we do and then in partnership with employers who employ supported employees allows us to provide Tasmanians living with disabilities pathways

into lives of independence.

To our ADE partners thank you and to our team of trainers, assessors and Chriss thank you for all your hard work and flexibility in making these learning and educational outcomes possible.

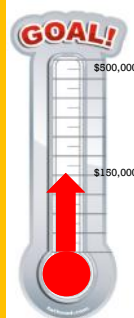
I hope you enjoy reading this edition of our newsletter.

Best wishes

John

PS Membership renewals are out and need to be returned asap for our Annual General Meeting in September.

Merrington Make-Over Donations to date
If you would like to donate please contact 6331 7651



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Authorised by: Sam McQuestin 2/24 Murray Street Hobart

Merrington Make-over Update

The Merrington Make-over is practically completed and what a magnificent complex it will be!

As you can see in the photos the internal construction is practically completed with vinyl already laid in some areas. The air conditioning units have been fitted and are operational which will ensure a warm and friendly atmosphere for our participants.

Whilst the interior has been progressing well, work continues to be finalised on the exterior, including recladding and installation of a large undercover area, another large hardpan area in addition to the new front entrance.

The State of the Art Commercial Kitchen is also progressing well and is currently being fitted out.

St Michaels are pleased to announce that the Merrington Centre project is on budget and on target, ready for a mid to late August completion date.

After the completion of the building works an official opening ceremony will be held with all participants, family members, staff and VIP guests being invited.

St Michaels would like to thank everyone that has contributed to this exciting project. We are still seeking donations to assist in furnishing the building so if you would like to donate to a fantastic cause please contact us on 6331 7651.



Clients' Choices

Client's Choices to Socialise and Participate

With the introduction of the National Disability Insurance Agency that currently addresses 15-24 year olds in Tasmania, with rollout of full coverage of people with disabilities in between 2016 to 2019, Service Providers are making changes on how they operate and there are questions being asked.

Are these changes in the best interests for people with disabilities, people they work with or represent?

Services who only delivered accommodation programs are now providing day programs and day services having community access are now extending their offers to in-service day activities including weekends. Although this can be explained as offering more choice, it may also be observed as limiting choice or whole of organisation delivery of supports.

Willow Court began in 1827 for invalid convicts as well as a mental asylum and was the oldest mental hospital in Australia and was seen as a whole of organisation delivery of supports. As the new Social Model of Care was introduced, the doors were finally closed in November 2000. This began a new focus of services such as group homes (community integration), hostels and day centres with some services operated by the State Government, or



Government funding for other Service Providers and including fund raising for the sector (Not-for-Profit Organisations). With the new NDIA the power shifts into the hands of the client with their choice the money moves with the person (empowerment), however this is not always possible or cognoscente for every individual to choose and this choice is made by others on the person's behalf.

In November 2002 the Review of Day Support Options for People with a Disability in the Northern Region of Tasmania - Final Report was made available to address issues in day support. A part of the pilot project was the Personal Outcomes Measure, a tool for assessing organisations

and interviewing participants. The clients interviewed resulted in a high percentage wishing to make new or more friends. Although this report was released 13 years ago it is still relevant with what clients' needs and choices are today.

We, as Service Providers and others need to be aware that by adding new services to their current client base may in-turn limit clients' interactions to the people they live with, who then participate in daily programs with, and socialise with is not meeting their wish of making new or more friends. This decreases their opportunity to develop their social network.

Social interaction for any person is a human need for contact, the

more we have the more we feel human, as well as learn and develop. Expanding a person's social circle is a common life experience therefore when this is lacking it decreases development and growth that results in life wasting. The plans of organisations to expand services and inadvertently remove choice and access to other services results in whole of life ownership, or close to it, and could possibly represent a new world in of mini Willow Courts springing up.

Karen Watson
Service Co-ordinator
St Michaels Independent Services.

Murals donated to St Michaels

CVGT Australia is very excited to announce a partnership with St Michaels, which will result in a Community Texture Mural being installed at the St Michaels site early in 2016.

A group of 10 budding artists will participate in the Work for the Dole project, which will teach skills relative to employment within the Arts sector, along with transferrable skills including team work, planning and time management.

The project is supervised by nationally renowned local Artists, Jen Ranginui and Ralf Haertel.

CVGT Australia recently commenced delivering



Job Active services across the north of Tasmania, which includes not only assisting jobseekers into employment, but also into suitable activities, which

may include Work for the Dole projects, where skills can be developed to increase skills relevant to employment and vocational goals.

St Michaels CEO John Gilpin said he was excited and proud to be able work with CVGT and to showcase the murals in the Merrington Centre.

Staff profile– Nikita Walters

This edition our staff profile is on Nikita Walters.

Nikita is the In Home Tenancy Support Team Leader based at the Newstead Campus.

The IHTS team provides assistance with and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.

Nikita has been with St Michaels for over 16 months and works closely with her team providing exceptional In Home Tenancy Support to meet the needs of our participants.

Over the last few months IHTS staff and Participants have continued to work hard together to further de-

velop skills and meet individual goals.

Nikita's team continues to expand as additional support to our participants is required with a number of new staff being recruited, including Marilyn, Tina, Trish, Christine, Mark and Louise.

Nikita commented that as the months warm up the team will be starting to focus on having windows and carpets professionally cleaned for those who wish to participate.

Keep up the good work Nikita.

Please contact Nikita on 6331 7651 if you would like information on the In Home Tenancy Support programs that are available.



Welcome to St Michaels

Please welcome Shelley O'Brien as the Team Leader of the Kenneth Court Group Home.

This program provides assistance with developing the skills of an individual with either low standard support or high needs to live autonomously as possible.

Shelley has an extensive background in Disability Services including experience as a client Advocate.

Shelley commenced her role as Team Leader in July and has already made a difference to her team and the participants in the Kenneth Court Group Home.

Please join with me in welcoming Shelley O'Brien to the St Michaels family.



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-*

ming 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 15** and forward it to

Rod.Campbell@stmichaels.asn.au or post it to PO Box 306 Newstead, Tas. 7250

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Youth Break - Update

The Youth Break program continues to provide fantastic outcomes for it's participants.

Youth Break is a respite program aimed at providing support to families with a disability.

This month we take time to reflect on 2 of our participants and the significant improvement that has occurred in their personal growth and development which included significant changes in their self confidence and attitudes towards others.

1. Isabella Cassidy

In only a couple of visits to Youth Break this young lady has gained not only self-confidence but also new skills.

When Issy, as she prefers to be called, came in for her very first weekend it was extremely hard for her, she needed to ring home at least twice a day to talk to her mum and she also needed a lot of time by herself to come to terms with being away from home.

Issy is now able to enjoy cooking with others in the group, she can walk to the shops without needing constant reassurance but even more importantly her self belief has grown ten-fold. She only needed to ring mum once on her last visit. She spent more time interacting with the group, discussing what activities she would do and spent less time on her own.

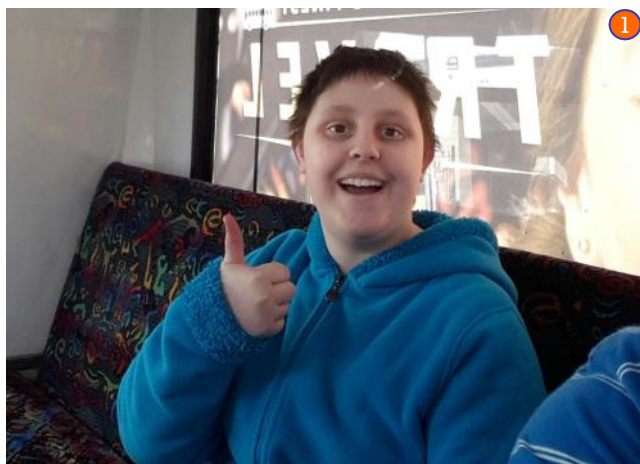
She was also able to join in with the Day Program and enjoy a game of ten pin bowling in a larger group. Topping off what was a great weekend of development and fun, Issy was able to catch several buses with minimal support. The Metro buses don't have seat belts, so this was a hurdle for Issy as she often feels insecure, but she conquered it and enjoyed the experience of travelling on the bus. More importantly for Issy and her Mum Karen, was that Issy was able to catch the bus back to her home in Perth. She made the journey by herself and more importantly got off the bus at the bus stop and when she discovered mum wasn't there to meet her she walked home without any anxiety. What a fantastic outcome!

We look forward to Issy enjoying more weekends at Youth Break and gaining more skills with every visit.

2. Dale Cousins

Dale has been attending the Youth Break program for many years, during this time he has developed new skills both social and physical.

In the last 3 months particularly Dale has exceeded everyone's expectations with his living skills and also his manners. Nothing is too much to ask of Dale, he happily completes chores when asked and more importantly without being asked. If he



sees that something needs to be done he just gets in and completes it. This is such a significant and welcome change as once he would never use his manners, they are now second nature to him. I never have to remind him to say thank you or please or even excuse me, it just occurs naturally.

Dale will also now sit down with staff and the rest of the group and discuss and negotiate what activities the group will do over the weekend, he allows others to have an opinion and if need be he will alter what he wants to do to suit the larger group.

Where once upon a time Dale used to get angry and not be able to talk about issues, he can now sit and talk about what is happening and how he is feeling and also more importantly comes up with ways to change how he is feeling and deal with majority of situations.

I look forward to continuing to work with Dale and experience what this polite young man can do next.

Great work Dale.

Please contact Megan Thomas our Youth Break Co-ordinator on 6331 7651 if you would like to know how to access this innovative and fun program.

Independent Services - Update

Independent Services now has it's own vehicle, which has been used effectively for the community programs and transporting participants with limited mobility.

For the two week Client break in July, Independent Services ran Holiday programs. Some of the programs included planting cacti into a cup and saucer, whilst the craft group made photo frames from recycled materials.

Programs have now returned to normal and we are looking forward to the weather improving to access our community activities.

Dancing continues to be a lot of fun, with the large group of participants enjoying the music whilst learning dance moves to their favourite songs. It is also a chance for developing friendships and socialising with others from the various services.

With an Instructor the Aerobics Program at the YMCA is proving to be an ideal opportunity for participants to exercise and show their competitiveness in various games.

Self Defence is based around the ideology of Tae Kwon Do. It has been adapted to reflect the needs of the clients, with many benefits gained towards health and wellbeing. Even those with limited mobility are working hard on the exercises.

Please contact Karen Watson at Independent Services on 6331 4180 for more information.



Transitional Accommodation

Merton House is a transitional accommodation program, providing assistance with daily life tasks in a group or shared living arrangement for up to 6 residents.

Our trained staff provide assistance with and /or supervising tasks of daily life, in a shared living environment, which is either temporary or ongoing, with a focus on developing the skills of each individual to live as autonomously as possible.

The support is designed on the needs of the individual and tailored to meet their goals and

aspirations.

Over the years there have been many success stories, where participants have transitioned to living independently in the Community.

This program operates from 3.00 pm to 9.00 am Monday to Friday and 24 hours Saturday and Sunday.

Please contact Donald Richards - Disability Manager Participants & Clients on 6331 7651 if you would like to know more about Merton House and how to access this fantastic program.



St Michaels - Call for memberships

St Michaels Association Inc. has been serving the Tasmanian Community for over 49 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.

Community Access - Update

Community Access (Day Program) Participants have been moving and grooving through their participation in the Active Launceston programs of Active and Inclusive and Active Dance. They also enjoyed a Line Dancing session at PCYC and a balance and coordination circuit.

Another small group of young men have been building their general fitness and strength attending PYCSAM gym and washing vehicles.

Table tennis has been popular and has brought out the competitive nature in some of the Participants.

We have embraced the great outdoors through involvement in Sailability, walking and cycling along the various council paths and bikeways.

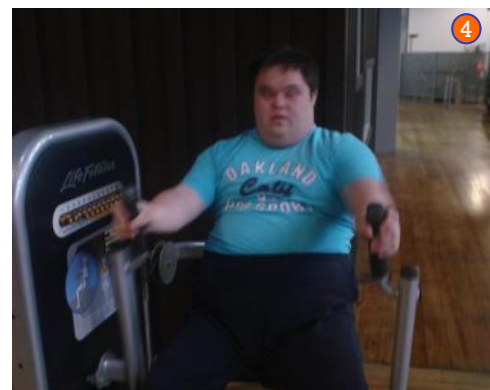
We have picnicked at the Bluff and checked out the cars at the Automobile Museum.

This term we have joined with Independent Services to access the Bike Centre and the Participants enjoy the opportunity to cycle on a road in safety.

Bus travel to the City, Prospect and the Casino has improved Participants independent skills.

Cooking and Daily Living Skills are still incorporated in our program. This term we have been cooking small meals for staff and Participants as a fund raiser for our program.

Please contact Ann Smith on 6331 7651 if you would like to find out more.



St Michaels Assets - Update

There has been a strong focus on reusing and reinstating some of the equipment around St Michaels.

Over the past few months our Asset Supervisor Paul Westgarth has reinstated several of the unused above grounds gardens at the Como Crescent and Kenneth Court Group Homes. The garden beds have been filled with soil and are now ready to plant. The participants are excited about being able to grow their own vegetables. In addition to learning how to grow vegetables, the participants will also gain an understanding of how to lower their living costs, by growing and using the vegetables that they have grown.

Our number one Volunteer gardener Greg Cooper, has been working tirelessly in and around the site at Hobblers Bridge Road. Greg has now commenced preparing another raised garden bed for the Merton House participants, so they too will benefit from growing and harvesting their own vegetables.

St Michaels has a fleet of pushbikes that have been used in various programs. Unfortunately overtime some of these bikes have fallen into a state of disrepair.

Paul is currently working toward the repair & maintenance of our fleet of pushbikes, having repaired several bikes to a roadworthy standard and commented



that they were mainly small repairs such as punctured tyres and loose / broken parts.

Paul advised that the fleet is now well on the way to being serviceable for general use.

Paul's long term goal is to fabricate a task specific pushbike repair bench with work stand & parts toolbox and to schedule programmed repairs and maintenance.

Other long term projects and work in progress include:

- Reinstatement of the existing rain water tank system. Originally installed to provide water to flush toilets in some of the

units, in an attempt to lower water usage for the units. So far we have removed rubbish & generally cleaned up around the water tank.

- Redesign of the storage shed, making a suitable work area for larger projects / jobs. Includes the completion of a storage rack to hold maintenance related materials. Installation of racking, for storage of water based paints and removal of items considered to be of no use or to be unsafe for use.
- Signage and Traffic Management Plan is currently under review and will include

new signage and the replacement of old signs, in addition to identifying a suitable traffic management plan now that the Merrington Centre is nearing completion.

- General maintenance tasks as listed within the maintenance tracker system is processed and reviewed daily.

Keep up the great work Paul.

If you would like to be able to contribute to St Michaels but are unable to financially, perhaps you may be interested in becoming a volunteer? If so, please contact Paul Westgarth on 6331 7651.

Training and Learning Development



On July the 15th I had the pleasure of conducting the Certificate Presentation to 55 employees of BlueLine Laundry in New Town Hobart. This 5 unit Functional Workplace, Language and Literacy accredited training program, funded by Skills Tasmania, was developed as a pathway model to a full qualification in Warehousing. I would like to take this opportunity to congratulate the management and staff of BlueLine Laundry and in particu-

lar Mr Ron DiFelice for their absolute commitment to Staff Training and Development. Mr Mike Dobra acting as the Trainer and Assessor for over 12 months had a number of excellent outcomes and is now tasked with supporting 19 employees through a Certificate I in Warehouse operations and 15 employees in Certificate II in Warehouse Operations via the User Choice Traineeship program.



St Michaels places high importance on all forms of learning and development such as Nationally Accredited training programs, Internal education, Action learning, Mentoring, Work based projects, Research activity, Job shadowing and secondments, On the job learning, Peer Observation and review and opportunities to learn more about the Disability Sector and trends such as attendance at a conference. We would like to congratulate the following employees who have

completed a Nationally Recognised Qualification in partnership with State Enterprise Training during 2015.

Diploma of Disability- Rod Campbell, Ann Smith and Rhonda Velis.

Certificate IV in Disability- Paul Cousins and Ben Anderson.

Certificate III in Disability- Kath Corcoran, Carolyn Parker and Nathan Avery.

Good luck all other trainees who will be completing their studies in the coming months.



2015 Career Start Program

Our Certificate II in Horticulture accredited training program is now in full swing with 8 students having enrolled and commenced. Trainer and Assessor for the first 6 units of competency Mr. Ari Reich has developed an innovative and exciting program

that has enabled the students to participate not only in classroom based learning but to explore the many worksites in and around Launceston that utilize the services of qualified Horticulture practitioners.



Vincent Industries Incorporated
a Special Work of the St Vincent de Paul Society

Vincent Industries of Wynyard under the leadership of Nellie McKenna have moved into an exciting new phase of service delivery with 3 staff Lyn, Sasha and Nikki enrolling in Cert IV TAE enabling them to deliver on the job accredited traineeship programs in partnership with St

Michaels Association's RTO. Ari Reich working with JCE Positive Outcomes and Chriss Kelly Training and Learning Development Manager at St Michaels will oversee the progress of this newly established program. Congratulations Vincent Industries on this VISION.



BlueLine Laundry having recently acquired Launceston Linen and have also committed to developing an accredited training program at this site. Mr Ari Reich will be supporting 30

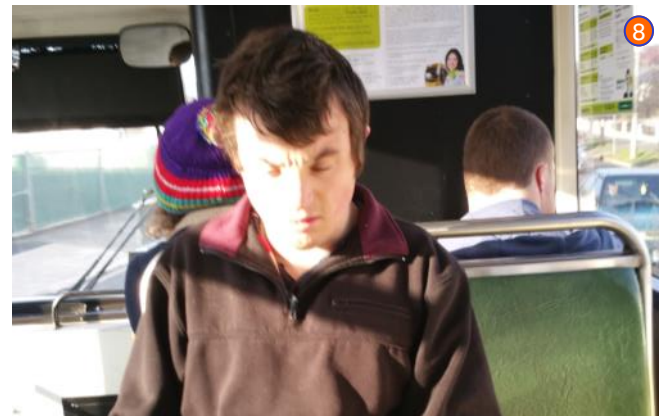
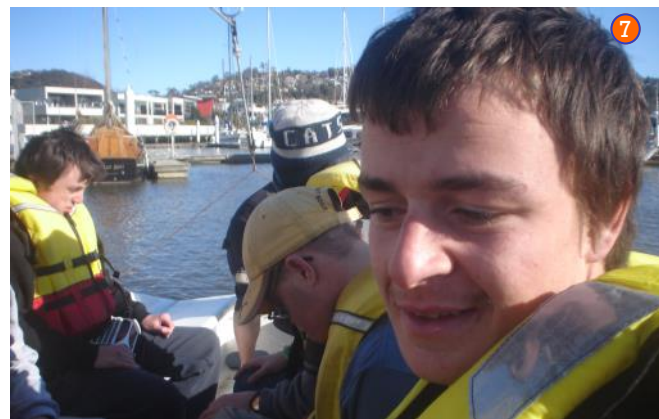
employees at Launceston Linen to complete the same LLAN program that was successfully delivered in Hobart. Training will commence this month in 5 units of competency.

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

Healthy Lifestyle Recipes



Grilled Chicken with Dianne Sauce - Dinner

This recipe is low sodium, low sugar, low carb and high protein.

Ingredients

- 1 large skinless chicken breast

Sauce

- 1 shallot, diced
- 1 tsp. olive oil
- 2 cloves garlic, crushed
- 1 tbsp. tomato paste
- ½ cup cooking cream
- ¼ cup water
- 1 tbsp. Worcestershire sauce
- Cracked pepper

Vegetables

- ½ large zucchini, sliced
 - 1 cup broccoli florets
 - 100g chopped pumpkin
 - ¼ red capsicum, chopped
 - 1 clove garlic, crushed
 - 1 tbsp. olive oil
- Salt and pepper to taste

Method

Heat a non-stick frypan with 1 tbsp. olive oil. Cook pumpkin until nearly softened. Add zucchini, capsicum and

broccoli, sautéing for a few minutes. Add garlic, season with salt and pepper to taste take off heat and set aside.

Heat a non-stick griddle pan, place chicken breast on and cook for approx 10 minutes. Place a large lid over to speed the cooking process. Flip half way and continue cooking. When ready take off heat cover with foil and rest for 5 minutes.

While chicken is resting heat a small frypan with 1 tsp. olive oil and cook shallot for 2 minutes. Add garlic, cooking cream, water, Worcestershire sauce and season with cracked pepper. Simmer on low heat for 1 minute or two, turn off heat.

Place your vegetable pan back onto heat and warm back up. Slice chicken breast and divide onto the 2 plates, divide vegetables onto plates then drizzle sauce over the chicken.



Mango Fool - Dessert

This Mango Fool recipe is perfect for anyone on a weight loss diet with a sweet tooth and loves desserts.

Because it's made with low fat ricotta, low fat custard and fresh fruit, it is low in fat and high in flavour. And best of all, you won't find many dessert recipes that are easier to prepare than this one.

This recipe is low sodium and low fat.

Ingredients

- 150g ricotta, low fat
- ½ cup custard, low fat
- 2 ripe mangoes (or if out of season, canned mango)
- ½ cup blueberries for garnish

Method

Place mangoes, ricotta and custard in a blender or food processor and blend until smooth.

Place mixture into dessert cups or glasses only ¾ full. Chop fresh mango and place on top with the fresh berries.

Enjoy!

Photos

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

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Services offered at St Michaels

Community Access - participate in community, social and civic activities

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

Merton House - (transitional housing) assistance with daily life tasks in a group or shared living arrangement

Support incorporates assistance with and /or supervising tasks of daily life in a shared living environment, which is either temporary or ongoing, with a focus on developing the skills of each individual to live as autonomously as possible. The support is based on the needs and goals of the individual. This program operates from our transitional accommodation facility from 3.00 pm to 9.00 am Monday to Friday and 24 hours Saturday and Sunday.

In Home Tenancy Support - assistance with self-care activities.

Supports provide assistance with and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.

Group Homes - shared accommodation Services

Currently there are 3

group homes located in the broader community. Services provided incorporate assisting with and or supervising tasks of daily life to develop the skills of an individual with either low standard support or high-needs to live autonomously as possible. This program operates 7 days per week.

Student Accommodation - short term accommodation

This program is for students from remote areas. Services provided include integrated support for self-care, accommodation, food & activities for short periods. Program operates from Sunday evening to Friday morning during school terms.

Youthbreak - (respite accommodation)

This program is a respite program provided to young people from the ages of 15-25 and operates out of the Desmond Wood Complex from 4 pm Friday to 4 pm Sunday. Please some condition apply for eligibility.

Individual Support - 1 on 1 support

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

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, socialise 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

The 44 Independent Living Units are currently fully occupied with a tenant/landlord agreement in place. The units provide independent living in a safe, supported environment. The units are more suited to clients with higher skills, requiring minimal assistance and can incorporate assistance with self-care activities (see In Home Tenancy Support).

Please note there is a specific criteria that is required to be eligible for this service.

Please contact Donald Richards on 6331 7651 if you require further information.

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.

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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