

From the CEO with John Gilpin



John Gilpin

Welcome to our first edition in 2015 of our community newsletter "The Independent".

This issue is number 22 of our editions which means our small community gazette is nearing 4 years or circulation. Thank you Rod Campbell (our Disability Support Manager of Operations) who is the editor of the newsletter and those staff who put forward our stories, pictures, recipes etc.

Where has January gone you might ask, well we are asking that too! This edition marks the opening of our 20 new independent living units which were completed in early December, had fixtures and furnishing installed mid December and our tenants move in prior to Christmas. 18 of the 20 units were occupied, with 2 more ten-

ants actually in their units in early January has seen 100% occupancy which has kept us busy all of January.

May I express my sincere gratitude to our staff, carers, our stakeholders (NDIA and DCS) and more importantly our new tenants for working together, showing patience and respect for each other and a supportive attitude in all working together during December and January. Not one recorded incident occurred during this time, which is a mark of the maturity in our tenants in their development of independence.

One project down and another is just about to start!

As readers of our newsletter you would be aware St Michaels started as a special school. This school was taken away from us by the Education Department and in 2011, myself and the Board purchased the former school back.

Two significant events occurred to this building between 2011 & 2014. Firstly, the building was renamed to the Merrington Centre (after the tireless work to St Michaels from David &



Pam Merrington) and secondly, we paid back our mortgage that we had to arrange to buy back our former school.

Now I need your help!

We have plans to build/refurbish the Merrington Centre into a purpose built Community Access Centre with three main functions. a) Day Centre of Community Access Programs b) A learning centre for accredited training of new support workers and our participants in kitchen operations c) Commercial kitchen and evening centre for activities for our on-site and local tenants (and much, much more).

Our project called "The Merrington Make-over" will cost over \$500,000 and we need your help! Any donation will go to

the project. If you are a building supply business donation of supplies ie plaster, electrical fittings etc. please contact us to discuss.

All donations are greatly appreciated here at St Michaels for this wonderful project to refurbish the former St Michaels School.

Thank you, John

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



Advertisement

Tasmanian Liberals

Peter Gutwein MP

Treasurer and Member for Bass

To contact Peter phone 6777 1007 or email: peter.gutwein@dpact.as.gov.au

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

Official Opening - New Units

Thursday, February 5, 2015 was the official opening of the 20 Independent living units.

The occasion was marked with an opening ceremony on the lawns at St Michaels with Mayor of Launceston Albert Van Zetten congratulating St Michaels on their vision and completion of this very important project.

Treasurer Peter Gutwein (guest speaker) assisted by CEO John Gilpin cut the ribbon and proudly announced that the Independent Living Units were open after which some of the tenants invited the guests through their new homes.

There were a number of high profile guests in attendance including Treasurer Peter Gutwein, Mayor Albert Van Zetten, Bass MP Andrew Nikolic and RMB Constructions Rodney and Tracy Barrett. There was also a number of family and friends of the new tenants now residing at St Michaels.

CEO John Gilpin thanked everyone involved in the project including Alan Leake AJC Engineering, Greg Green Surveyors, NRAS and Housing Tasmania for their ongoing support in this project with a special thanks to Rodney Barrett and his team from RMB Constructions for their professionalism and completing the project on time and on budget, Artas for their architectural design and support throughout the life of the project.

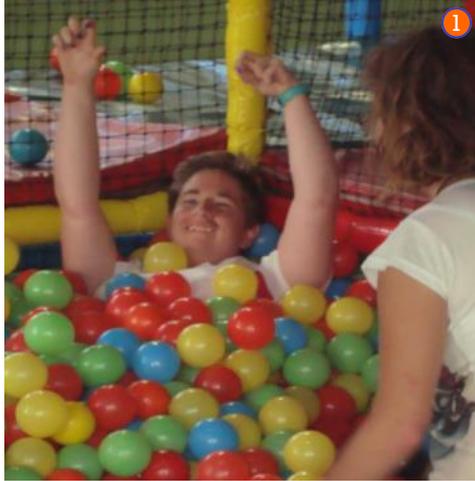
Funding for this large project has been through the support of the ANZ/St Michaels in conjunction with NRAS and Housing Tasmania.



Youthbreak – Update

What a great time everyone has had in Youthbreak recently, and this also includes staff. The weather has allowed us to enjoy many outdoor activities and places to visit. We have had some great bbqs, experienced some wonderful places, swimming is always a favourite at this time of the year and we are visiting many spots. We have been to beaches, pools and also Myrtle Park where we enjoyed a great meal walk and a puddle in the cool water. I think the favourite experience that a group has had recently was the day we went to Tasmania. On the way back we also stopped into the Christmas Hills Raspberry Farm and yes we sampled the chocolate coated raspberries. We all agreed how divine they were. We then topped this off by going over to Van Diemen land ice creamery, where we were able to try some wonderful ice creams and gelatos. What a great way to finish a weekend.

Youthbreak also had a great time joining in with the community access program during our January mid week sessions and I think the



Youthbreak participants really enjoyed this interaction, meeting new people and trying new things. During one of these, we were able to go and visit Bridestowe lavender farm, this was just beautiful and everyone enjoyed walking around the fields.

A few of the other activities that we have enjoyed are air time and also laser force. We are lucky as well that this company has supported Youthbreak recently by providing free membership which gives our participants a cheaper rate. Also during Janu-

ary Kid's Paradise had free entry so we took advantage of that and everyone enjoyed themselves.

Megan Thomas Youthbreak coordinator recently Youthbreak is a weekend respite/living & life-skills program.

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Luke Salmon M: 0407 131 686
E: luke@salmonaccounting.com.au

In Home Tenancy Support - Update

IHTS had a fantastic end to 2014, it saw the 20 new Independent living Units onsite occupied and we have recently participated in the official opening day. Everyone has settled in well and are enjoying their new homes prior to the new year.

Participants were overjoyed with a visit from Santa on Christmas morning where he personally handed everyone their presents and they had the opportunity to have their photo taken with Santa.

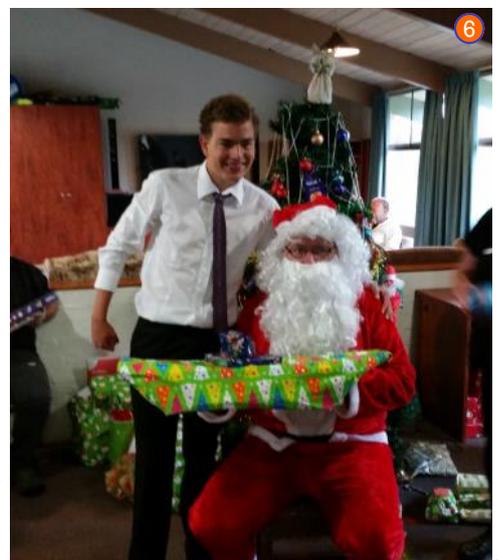
Christmas lunch was spent at the Grand Chancellor where participants thoroughly enjoyed a delicious 3 course meal and showed off their excellent table manners and etiquette that they had been working hard on throughout 2014.

Special thanks to Robert Murphy and all the staff who worked tirelessly on Christmas Day to make it an extra special day to remember.

I look forward to a fantastic year working alongside everyone in 2015 to further develop and maintain the Participants independence.

Nikita Walters
In Home Tenancy
Support Team Leader

In Home Tenancy Support is a program giving support and independent living skills to participants in their homes within the Community.



"Merrington Makeover" - Donations

Donations are being called from the friends of St Michaels to assist us in funding the "Merrington Makeover". The Merrington Centre, (formerly St Michaels Special School) is going to be converted into a modern, purpose built community access centre, that will directly benefit Tasmanians living with a disability.

Building work on this important project is set to commence March 2015.

St Michaels Special School which operated from 1966 to 2002 played a significant role in St Michaels Association history and was directly responsible in providing educational and learning outcomes for many Tasmanian special needs students. In and around 2002 the Education Department amended the schooling model which saw the special schools incorporated back to mainstream educational facilities, which resulted in the St Michaels Special School closing its doors. Over the last 10 years the building been unoccupied and has fallen into disrepair.

After many years of lobbying the old St Michaels Special School is now back in the hands of St Michaels Association Inc.

Once complete the "Merrington Centre" (named after Pam and David Merrington in recognition of their support and long associa-



tion with St Michaels) will provide a wonderful and modern facility for the special needs clients and students accessing our services on a daily basis.

Since the implementation of the NDIS (National Disability Insurance Scheme) there has been a significant increase in the number of people wanting to come to St Michaels and access our programs.

Currently the Community Access (Day Program) is operated out of the St Michaels Hall. Whilst the provision of service from this facility has been satisfactory it is simply not large enough to cater for the increase participation in the program.

St Michaels has recently developed an additional

20 Independent Living Units on the Hoblers Bridge Road site as part of the National Rental Assistance Scheme. This will bring the total number of Independent Living residents to 44. This is a significant increase and we expect a number of those residents will require Community Access (Day Programs). As stated above the current facility will not be able to accommodate this increase.

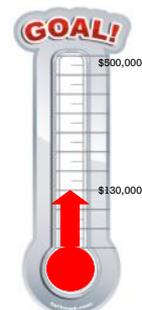
The project is to create a centre of excellence for Community Access programs.

A centre that will provide the disability community a modern, state of the art complex that will form the centre piece of the St Michaels Campus.

The centre will include a commercial kitchen, central meeting area and separate breakout activity rooms – (art, pottery, woodwork).

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.



Facilities - Update

2014 was a fantastic year with countless positive outcomes and improvements across the facility such as the completion of the new twenty independent living units, upgraded key system providing more security across the facility and the addition of two near new Hyundai I20's just to mention a few!

The year has begun with our "Fix before found" regime in full effect. In addition, with the majority of the landscaping for the new units completed, it has been a particularly hectic start to 2015! The landscaping has been a tremendous team effort with special thanks to

the team at ABEL Landscaping Supplies, Chris Ashton and our new Maintenance/Landscaping Officer - Peter Barclay.

With the development of the Merrington centre due to commence shortly and with St Michaels focus on safety and continuous improvement, 2015 is sure to be another fantastic year!

Mark Holdaway
Asset Supervisor



Goodbye Archive Shed

A sign of the times... After many years of faithful service we have had to replace the old archive storage.

"We have so many new participants and Registered Training Organisation (RTO) clients now we just do not have the room in the existing facility" CEO John Gilpin said.

The money we received from the sale of the old archive container has been redistributed back into developing a larger facility that will be able to cope with the extensive archival needs of an expanding business.



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.



Things we do...



Would you like a copy of a photo? **See P12** for details

Things we do...



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Recipes to make your mouth water



Greek Style stuffed capsicum

Ingredients

4 large red capsicums
1/4 cup extra virgin olive oil
1 large brown onion, finely chopped
2 garlic cloves, crushed
300g lean beef mince
1 tablespoon dried oregano
1/2 cup fresh flat-leaf parsley leaves, roughly chopped
1/2 cup fresh mint leaves, roughly chopped
400g can chopped tomatoes
1/2 cup white long-grain rice
Salad leaves, to serve

Method

Preheat oven 180C/160C fan-forced. Slice tops from each capsicum. Reserve tops. Scoop out seeds and membrane. Discard. Stand capsicums in a baking paper-lined roasting pan (see note).

Heat 1 tablespoon oil in a large non-stick frying pan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic. Cook for 1 minute or until fragrant. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned. Add herbs, tomato, rice and 1/2 cup cold water. Season with salt and pepper. Bring to a simmer. Reduce heat to low. Simmer for 5 minutes or until sauce starts to thicken. Remove from heat.

Divide mince mixture evenly between capsicums. Place 1 reserved top on each stuffed capsicum. Drizzle with remaining oil. Bake for 45 minutes or until capsicums have softened and skins start to darken.

Serve capsicums with salad leaves.



Passionfruit Slice

Ingredients

Melted butter, to grease
150g butter, at room temperature
1/3 cup caster sugar
1 teaspoon vanilla essence
1 egg
1 cup plain flour
1/4 cup self-raising flour
2 tablespoons milk
395g can sweetened condensed milk
1/2 cup fresh lemon juice
1/4 cup passionfruit pulp

Method

Preheat oven to 180C. Brush a 16 x 26cm (base measurement) slab pan with melted butter to grease. Line the base and two long sides with non-stick baking paper, allowing the sides to overhang.

Using an electric beater, beat the butter, sugar and vanilla in a bowl

until pale and creamy. Beat in the egg. Fold in the combined flours and milk until smooth.

Spoon the mixture into the prepared pan. Use the back of a metal spoon to spread and press evenly over the base of the pan. Bake for 15 minutes or until a skewer inserted into the centre comes out clean.

Meanwhile, use a balloon whisk to whisk the condensed milk, lemon juice and passionfruit in a large jug until smooth and well combined. Pour the condensed milk mixture over the base.

Bake for 15 minutes or until firm to the touch. Set aside to cool completely. Cut into slices to serve.

Photos

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

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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

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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 (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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