

## From the CEO with John Gilpin



John Gilpin

Welcome to our 27th edition and 1st for 2016 Newsletter "The Independent". We hope you enjoy reading this edition.

Happy New Year to everyone and phew where has December and January gone? I think this period flew so quickly as we had so many of our participants engaged in activities or more importantly spending time with family and friends. Our houses were one day empty and the next day full with all the movements of our participants, which put our staff under load and pressure during the holiday period.

To that point, I must pass on my sincere appreciation and gratitude to our staff in working together over this emo-

tional and interrupted period. Allowing our participants choice has been so very well supported and advocated by our staff, which has been amazing during the period given all the participants movements.

We celebrated 2015 well and hard with a wonderful Christmas function attended by over a hundred people. A sumptuous buffet meal of assorted meats & salads, plum puddings & desserts were enjoyed by all!!! Participant acknowledgements of their hard work were a feature of the night with each participant receiving a small pictorial/report on their goals & achievements throughout the year! Music was supplied by Sarah Trousdale & our participant Glen Patterson gave us a solo performance on his guitar.

Since Christmas and into January our participants have been extremely active and out & about doing BBQs, movies, the beach, strawberry & raspberry farms, bike riding, swimming, cooking,

fishing, basketball and so much more.

Our goals for 2016 are simple in that we will work even closer with our participants to support them in reaching their goals.

Some examples on what we will attempt to achieve are: Newstead site to become a wireless network to all our non-communicative participants to communicate via on-line learning resources, to open our kitchen to participant cooking & food preparation learning programs, to open up our sports hall so participants can participate in Health & Wellbeing sports programs, to fully utilize our new community access centre for living & life skills programs.

With the transition to NDIS both participants and service providers are experiencing many challenges, however opening and providing opportunities for both to learn from & to share.

### Staff Movements

Some very important staff retired or moved away from the Associa-

tion since our last newsletter.

Carolyn Parker  
(Disability Support Worker)

Gail Johnson (Disability Administration Co-ordinator)

Ade Doyle (Team Leader Student Accommodation)

Rod Campbell  
(Disability Manager Operations)

All these people made a tremendous impact to STMA and we wish them well for their retirement and futures.



We are looking forward to a very exciting 2016!

We hope all your New Year resolutions come true, kind regards,

John



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# Peter Gutwein MP

## Treasurer and Member for Bass

To contact Peter phone 6777 1007 or email: [peter.gutwein@dpac.tas.gov.au](mailto:peter.gutwein@dpac.tas.gov.au)

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

## Christmas Party

This year's Christmas party saw over 100 people attend this occasion once again. The organisation would like to recognise the Volunteer help that was given by the Day Program at St Michaels and Independent Services as well as various other staff members who volunteered their time; it was a great meal that was cooked and served with flourish to all those who attended.

The many positive comments about the quality and quantity of the food, the table decorations that Ann Smith, participants and her Team made in the Day Program, and also many favourable comments about the Hall decorations that each program area of St Michaels were asked to decorate in a Christmas theme with their residents and or participants. This activity was enjoyed by all partici-



pants involved as they could see their endeavours coming to fruition through their various tasks.

We had participants who helped serve and carried out many other duties to make sure the evening ran smoothly. It was great to see the participants that attend St Michaels are contributing to such a positive occasion for all.

The evening was a great success in bringing families, friends, work colleagues and other support workers outside the St Michaels organisation together, especially those who support external participants to be able to attend this occasion.

The funds raised from this event will be split between the Day Program and the Walking Group.

## 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 maximising 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

[John.Schade@stmichaels.asn.au](mailto:John.Schade@stmichaels.asn.au) or post it to PO Box 306 Newstead, Tas. 7250

Thanking you for your consideration.

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## Community Access - Update

Over the summer, the Day Program has been offering a relaxed program designed for the Participants to share friendships and have fun.

Some of the activities have been beach trips, movies, barbeques, visiting raspberry and strawberry farms, and sporting days.

Participants have enjoyed yummy lunches such as lasagne and chow mien. We have used the lettuce we grew in our raised garden bed program to form the basis of salads for the barbeques. No one can forget the irresistible strawberry sun-daes made from the strawberries Participants picked at Hillwood Strawberry Farm and the delicious scones baked to go with the raspberry jam from Christmas Hill.

**MMMM.....Delicious**





## Independent Services - Update

**Fishing** - Participants have had a bumper Block 2 for catches at Waverley Lake. The highlight was the St. Michael's Newstead campus fishing group joining the Independent Services group. They had a great outcome late last year, when seven fish were caught for the day.

During block 2 participants from the Newstead campus joined our IS group at the Road Safety Bike Centre, bringing with them much appreciated bikes to add to the scooters from IS giving the group more choice and skill development.

### **Staff**

Staff from both campuses are working well together in buddy shifts and filling staff shortages across both campuses, taking on extra or alternative shifts when offered or requested.

IS staff assisted in preparations for the Christmas Dinner, particularly Cynthia Routley, Jimmy Ellenberger and Daniela Radenti with food preparation and cooking. Tammy Westwood decorated the IS display board in the hall.



### **Training:**

All Independent staff completed Manual Handling training with Newstead Campus staff during Block 2. Four Independent Services staff completed their Medication Training as well.

### **Booking Into Day Programs 2016**

The Program Manager, Day Programs Team Leader and IS Admin-

istration worked together on pictorial timetables, forms and attendance sheets and other documentation making them uniformed across both campuses.

A new program at the Newstead Campus for 2016 is Relaxation with Tammy Westwood on Thursday afternoon. Participants may now choose to book into programs at either STMA

Independent Services City Campus or at STMA day program Newstead Campus.

STMA Independent Services campus opened on Thursday 21 January 2016 with Day Programs for participants commencing on Monday 1 February 2016.

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

## Merton House

At least someone knows the value of exercise at Merton House. The benefits of physical exercise are well documented and yes, Ashley Davenport and Luke Stephens are receiving those benefits. The benefit of better lung function, better heart health and yes, a great sense of emotional well being. **Many many, many benefits.** I do think however, that someone needs to tell support worker, Steve Griffin, that in order for these great benefits to happen, **THE BASKETBALL NEEDS TO BE PUMPED UP! I think we all can guess what Brandon prefers to do in his spare time.**

Christine Szabo  
Team Leader



## In Home Tenancy Support

The In Home Tenancy Support Program has undergone a change of Team Leader with the recruitment of Mishelle Grey in November 2015. The In Home Tenancy Support workers and participants welcomed the new Team Leader with advice and support.

With introducing a new Team Leader to the program it has been an opportunity to review practice, routines and rostering to better meet the needs of participants. Working together to problem solve and implement some of the "great ideas" provided by support workers and participants.

This has included ensuring there is a paper copy of the roster available for staff. This document can be available for families to have emailed so that the rostering of support is transparent. Rosters can be subject to change when participants cancel support, have social events or staff leave is taken. Any feedback regarding the roster and support provided can be directed to the Team Leader or Mr John Schade Disability Services Operations Manager.

A very exciting change in January 2016 has been the relocation of the In Home Tenancy Support Team to a new

office. The location of the office is in the St Michaels Hall and has allowed an increase in office space for the support workers to operate.

The In Home Tenancy Support Program has consistently provided Services to 38 registered participants to regularly receive support to complete domestic tasks such as cooking, cleaning, budgeting and shopping. This includes participants within the onsite units and outreach participants living within various Launceston and rural locations.

Participants have demonstrated with their level of involvement in

many tasks that they are keen to maintain independent living skills. Assisting with meal preparation, house work, menu planning, a weekly grocery shopping and developing a household budget. The ongoing work within In Home Tenancy Support is to not only assist participants to maintain their current level of skill, we aim to focus on life-long education and life skills development, therefore increasing all participant's independence, choice and right to self-determination.

Mishelle Grey  
Team Leader



## At Penquite Road

The participants at Penquite Rd are now reaping the rewards of their vegetable garden, that we put in last November. Thank you to Paul Westgarth for your assistance with accomplishing this goal. We are eating lettuce, zucchini, silver beet, basil and chives.

We have recently purchased a totem tennis game, a basket ball and football. The gang have been enjoying these new activities, with many trips to the park to kick the footy.

Mason and Kathy have celebrated their birthdays in the last few months. Happy Birthday to you!

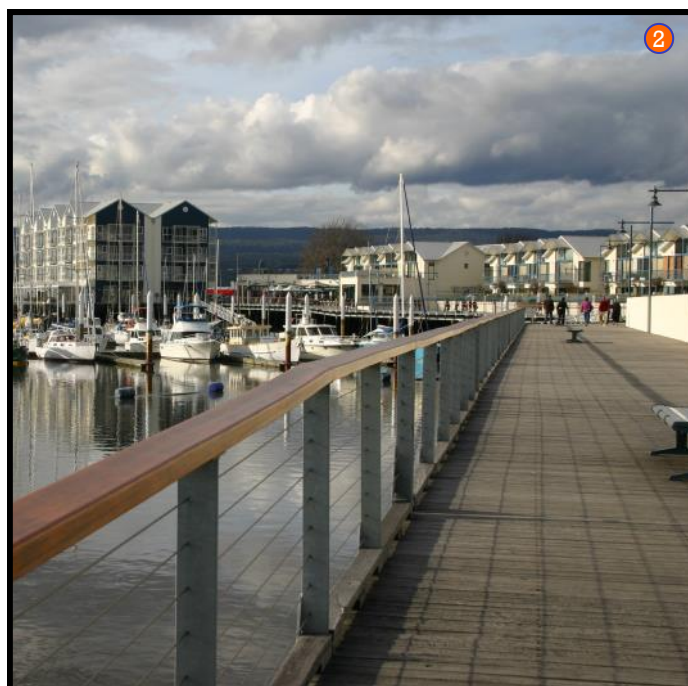
The Penquite Rd gang have been on loads of outings this year already! Deloraine, Longford, Greens Beach, Low Head, Bridport, Evandale, Latrobe..... the list goes on. Many miles and many smiles!

Penquite Rd has now got new carpet in the dinning room and staff room.

Louise Frankcombe  
Team Leader



## At Kenneth Court



Since November 2015 Kenneth has been doing skill development such as learning to use the washing machine, meal prep, ironing, general kitchen clean and lunch prep.

Kenneth Court also in the evenings do numeracy and literacy plus money handling through different games.

Over the Christmas period Kenneth Court Participants (Valma Tweedie, Nick Britton, Andrew Barnard and Stephen Fahey) went looking at Christmas lights. Val and Nick went away over Christmas to spend time with their

families. Of a weekend Stephen and Andrew attend church with staff dropping and picking them up while Nick attends church with his parents.

Some other activities Kenneth do is York place on a Saturday and social club evenings, attending different markets and enjoying time out in the community.

Occasionally Kenneth court participants like to go to the seaport for a walk.

Nathan Avery  
Team Leader

## At Como Crescent

At Como Crescent, we've taken advantage of the Summer weather by establishing our vegetable garden.

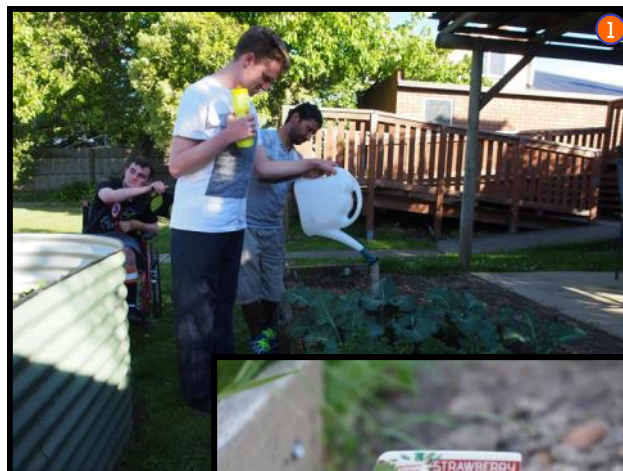
We've learned to grow and incorporate into our cooking spring onions, broccoli, green beans, snow peas, kale, spinach, and various herbs. We've also recently planted chili, pumpkin and capsicum, which we're also looking forward to using.

Growing vegetables has been a fun activity anybody can try, and it's also taught us practical skills and knowledge, has reinforced healthy

eating habits, has given us a better appreciation of where our food comes from, and provided the opportunity to see things grow as a result of our effort, care and fulfilled responsibilities.

We've also enjoyed regular weekend trips away, with some recent highlights including a day at Devonport beach, a trip to Bridport for a treasure hunt and to watch a triathlon, and going to Beauty Point to see a working Navy submarine and meet some of the crew.

Ben Anderson  
Team Leader



## 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.**



## St Michaels Assets - Update

During the months of November, December and January we had around 150 tasks listed on the Maintenance tracker system, 35 of these tasks were of a sub contract nature and 5 with minor Housing Department jobs

The last three months have been productive in terms of up-keep and appearance, gardens and general cleaning and have had a little more time and are looking a better standard. This includes cosmetic alteration to the roundabout with removal of wood chips, re matting and addition of crushed rock to match the colour of rock around the nearby units. Greg Cooper was involved in this as a volunteer and once again we are grateful for his help!

We have been able to complete a fire evacuation exercise from Desmond Wood and the administration areas with all 26 people evacuated in an acceptable time along with Merton House having 6 people participating in the fire drill.

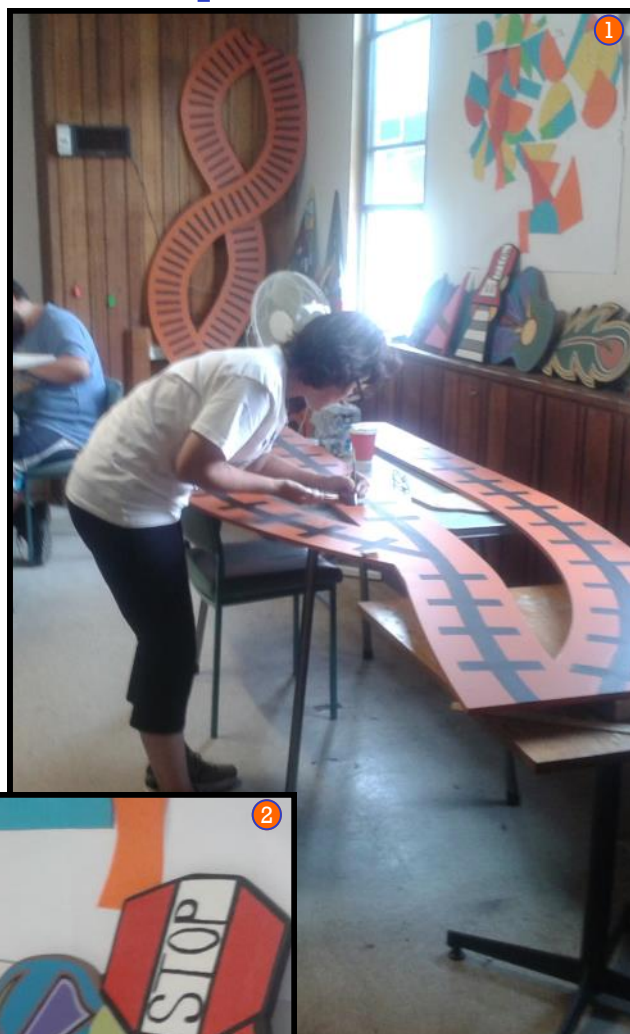
The raised gardens at 285 Penquite Road have been cleared and garden loam added, these beds have been filled with many fresh vegetables for the participants.

Supervised gardening and volunteer work continues with the grounds looking tidy although dry weather has stopped the new grass seeds from taking root.

Along with general maintenance tasks we have seen a new cleaner start in the Merrington Centre, Kym Harvey now works four half days a week keeping the building clean and tidy. She is fitting in well and is very keen to do a great job. Good Luck and best wishes Kim.

Several of the older units have had their ramps stairs and decks, painted in a non-slip coating for added safety during the winter months, included in this is replacement of some treated pine decking due to weather rot .

Our group home at Penquite Rd has had



new carpet installed in the lounge and office as well as a garden watering system.

Future plans include more decking, steps and ramps to be painted with a slip resistant coating and we hope that several units will have external painting completed prior to the weather changing.

A local firm has been asked to construct and install a safety hand rail along the top of the retaining wall.

Paul Westgarth  
Asset Supervisor



## Training and Learning Development

We have ended the year on a very successful note having supported over 165 trainees and students Statewide. Add to that a number of positive 2016 tender bids already notified, I have no doubt 2016 will be another successful year for us all.

Thank you to Skills Tasmania staff in Hobart including the AVETMISS team for their expert assistance and the senior staff for their ongoing support of our Endorsed Status as an RTO in the State of Tasmania.

### MEET OUR TEAM



**CEO of St Michaels Association Mr. John Gilpin and T&LD Manager Ms. Chriss**



**Mr. Mike Dobra.**



**Angela Ames (Unions Tas)**



**Judy and Chris Clark. Rural & Equity Training**



**Career Start 2015:** Thank you to the management and staff of Youth Futures Inc for their positive involvement in the partnership arrangement between our 2 RTO's.



**JobNet Tasmania.** Thank you Berni, Lisa and Renee for the fantastic **AAC** service you provide to us. Thanks also to **NDS, MEDEC, St Johns Ambulance of Launceston, State Enterprise Training, MTU, TASFIRE & TASTAFE** to name but a few for their commitment to St Michaels as providers of our professional development. We look forward to work with you this year in 2016.

**2015 Customer Feedback:** Many thanks for all of your hard work to make the **AMC HSR Program** work as well as it did. It was hugely success-

ful. We were very impressed with the way in which the course was organised plus Angela is such a great trainer. We would certainly recommend St. Michaels and Angela to others requiring HSR training. *Mr David Waldron. Operations & Facilities Manager. Australian Maritime College.*

**2015 Customer Feedback:** 2015 continued to be an exciting year for **BlueLine Laundry** in both Hobart and Launceston with the ongoing commitment to our Accredited Training program provided by St Michael's Registered Training Organisation (STMA). "All programs through our partnership have been well delivered and positively acknowledged by all stakeholders within BlueLine Laundry including our Board of Management. The fact that STMA has been supportive of a dedicated On-Site Trainer and Assessor has ensured we have a 100% flexible and adaptable accredited training program. It is an absolute pleasure to retain the services of St Michael's for 2016".

*Ron Di Felice, Services Co-ordinator*

*BlueLine Laundry Inc*

**2015 Customer Feedback:** As another year with many changes and challenges closed, it is appropriate to reflect on the remarkable impact training undertaken

throughout 2015 has influenced the growth of both supported and unsupported staff. All of this would not have been possible without the tireless work Chriss Kelly has put into sourcing funding, providing ongoing mentoring and support, as well as sourcing training providers and training packages that best fit the needs of **Vincent Industries.** Training is integral to the future of Vincent Industries and the importance of the partnership with St Michaels cannot be stressed strongly enough. Vincent Industries look forward to 2016 with opportunities to deliver more, new, training packages to promote ongoing staff development. Thank you St Michaels for all the support and hard work in 2015. *Nellie McKenna, General Manager. Vincent Industries Wynyard.* Happy New Year and have a safe summer.

**Chriss Kelly, Training and Learning Development Manager**

## Healthy Lifestyle Recipes



### Yummy Snack Wraps

So easy to make, these bite sized wraps filled with turkey, cream cheese and veggies are a great way to fill up an appetizer tray - and your hungry guests' bellies."

#### Ingredients

- 12 (10 inch) flour Tortillas/wraps
- 1 small packet lite cream cheese
- 1 head lettuce
- 2 cups shredded carrots
- 1 pkt sliced deli-style turkey
- 2 cups minced tomato

#### Method

Spread cream cheese evenly over the tortillas. Top the cream cheese with lettuce leaves. Arrange the turkey slices in even layers on top of the lettuce. Sprinkle the carrots and tomato over the turkey slices. Roll the tortillas into wraps.

Cut the wraps diagonally into bite-sized pieces. Secure with toothpicks

Don't be afraid to use garden favorites to add to the experience. Grated zucchini, corn kernels, beetroot, asparagus and just about any other salad ingredient can be hidden in this tasty treat!

#### Variations

- Use wholemeal bread without crusts for a finger food option
- Smooth it up with an avocado smashed and dressed
- Fruit varieties with Bananas, strawberries and stone fruits are tempting as a dessert
- For a soft food choice, mashed boiled egg and Cos Lettuce shredded will serve you well.



### Muesli Slice

This sweet slice is packed with natural goodness the whole family can enjoy.

#### Ingredients

- ♦ 50g butter
- ♦ 110g (1/2 cup) raw sugar
- ♦ 60ml (1/4 cup) honey
- ♦ 200g pepitas (pumpkin seeds)
- ♦ 1 Sanitarium Weet-bix, crushed
- ♦ 90g (1/2 cup) sultanas
- ♦ 50g (1/2 cup) rolled oats
- ♦ 75g (1/2 cup) self-raising flour

#### Method

Preheat oven to 170°C. Line a 20cm (base measurement) square cake pan with non-stick baking paper. Place the butter, sugar and honey in a saucepan over medium-low heat. Cook, stirring, for 2-3 minutes or until the mixture is

smooth and the sugar has dissolved. Set aside to cool slightly

Combine the pepitas, Weet-bix, sultanas, oats and flour in a large bowl. Add the butter mixture and stir until combined

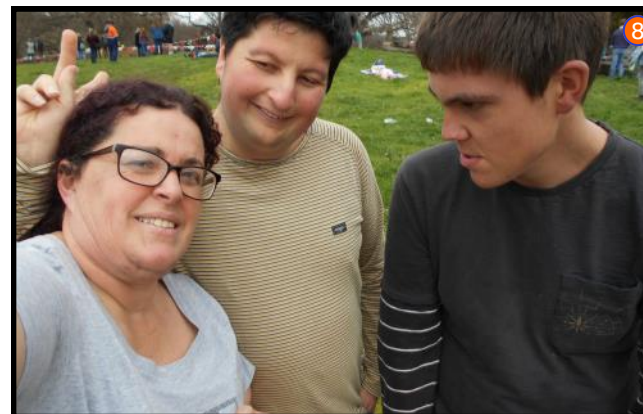
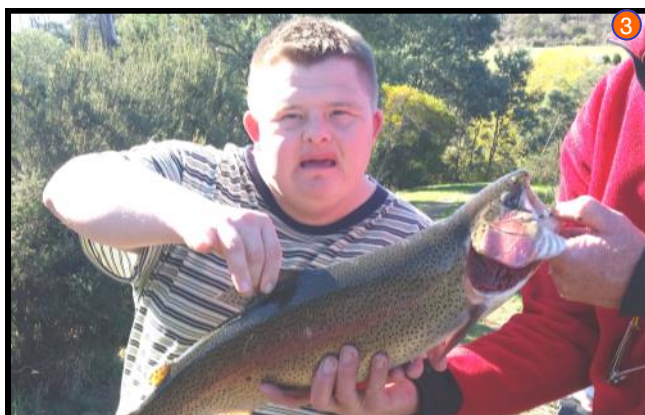
Spoon the mixture into the lined pan and use the back of a spoon to smooth the surface. Bake in oven for 25 minutes or until golden. Set aside in the pan for 30 minutes to cool completely. Cut into slices to serve

#### Variations

- Roll into balls and bake Biscuits
- Brush with marmalade before baking for a sweeter tooth
- Add Choc Chips or carob chips for a touch of naughtiness



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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.

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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 9.00 am to 3.00 pm 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 as 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 3 pm Sunday. Please note some conditions 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

**St Michaels Association Inc.**

**22 Hobblers Bridge Road**

**PO Box 306 Newstead Tas 7250**

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