



From the CEO with John Gilpin



John Gilpin

Welcome to the July edition of our bi-monthly newsletter "The Independent." We hope you enjoy reading this edition.

An update on the 50th birthday celebrations

1) Gala Ball

Our "Black with a little bit of gold" 50th anniversary Gala Ball has now been booked for the 26th November at Silks and planning for entertainment, 3 course menu and fun are all well underway. Notice and ticket sales will open up shortly.

2) Our anniversary book

Is being prepared and into the writing phase, so if anyone has any memorable or historic older photos please do not hesitate to contact

me on 0438 571 978.

3) Gala raffle - Tickets to go on sale at the end of September with any late donation for prizes for prizes welcome. Once again please call me on 0438 571 978 if you can.

What have we been up to in the last couple of months?

We had a very special visitor - Dr Joan Rowlands - One of the key founders, along with Desmond Wood who played such a huge part in establishing St Michaels in 1966. Both Dr Rowlands and Desmond Wood planned the original school in 1964, built the school in 1965 (Originally called the "Treherne School") and was opened in Feb 1966. That former school building has been refurbished into our community access hub called the Merrington Centre, and it was lovely to see the broad smile on Dr Rowlands face as she was so interested to hear what had happened to the building she left more than 25 years ago.

Our Christmas in July function was a great success with over 90 people enjoying a wonderful night of food, fun & laughter.

Our cooking programs are just starting to take hold under our chef's (Lee Christmas) support and guidance. Participants are assisting in programs to enhance their skills (Always looking for more though - 50 spots are open), 8 staff are involved in an accredited skills program through the commercial kitchen funded and supported by Skills Tasmania, and we are just about to enrol 8 Tasmanians with a disability to do an accredited program in Kitchen Operations that has a workplace component. Expressions of interests are open, so please call Chriss Kelly on 6331 7651 if interested.

The NDIS has been difficult to navigate through recently as they have had system Australia-wide issues. If you and your family are having difficulties, St Michaels are happy to assist. Please call Donald Rich-

ards and his team on 6331 7651 if you need any assistance, advice on program of supports or to even come and take a look at St Michaels.

If we don't have a program, skills development program or accommodation at the moment or for that matter any other program don't worry as we here will endeavour to "listen" to your needs and if we don't have it we will create, develop or build one with you! For example we did not have an e-games program for young people - now on a Tuesday night our media room is set up with at least 6 big screen TVs and gaming begins.

Sprinkled throughout this edition are photos and stories of what we do, what our participants get up to (both NDIS or state funded), and what is happening next, so please enjoy reading our newsletter and until next time lets keep warm as spring is just around the corner.

Thank you and take care. John

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Tasmanian
Liberals

Peter Gutwein MP

Treasurer and Member for Bass

To contact Peter phone 6777 1007 or email: peter.gutwein@dpac.tas.gov.au

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

The Chefs' Hat—Mr Lee Christmas

As I quickly approach my first six months at St Michaels so much has happened and May and June was no exception. With the commencement of our first kitchen skills set units for Support Workers and Team Leaders, this skill set will enable the Staff to not only enhance their own skills in basic kitchen operation, food safety and basic food preparation but also give them confidence to take these skills back to the areas in which they work and pass that knowledge and skills on to the residents, participants and co-workers. This in turn leads to greater confidence and independence in the safe preparation of food for all those taking part, be it residents,

participants or staff.

Another great event that took place is our Christmas in July event. In preparation for this event I was lucky enough to have the assistance of some of our residents, Glenn Patterson, John Reisz and Jesse Glover. These gentlemen are regular assistants for me in the kitchen and always bring a positive attitude to learning new skills, but even better is the fun banter they bring into the kitchen. Their help is always welcomed by me in the kitchen and I love being able to teach the participants new skills and ideas. Moving forward over

the next few months, we are working hard to bring some new life into the regular Saturday night social club by introducing a buffet restaurant styled service. Smaller table sizes that are set and decorated and where the attendees can sit in more intimate groups will allow for better like-minded socialisation and conversations.

We are also looking at a range of themed activities in line with current events such as the AFL Grand Final and hopefully with the onset of better weather and longer days we can look towards using our new outside kitchen/BBQ area.

Lee Christmas—Chef and Food Handling Supervisor



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 50 years.

The vision of St Michaels is to *develop independence through maximis-*

ing 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 or post it to PO Box 306 Newstead, Tas. 7250

Thanking you for your consideration.

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

Community Access - Update

The winter months can be difficult at times but our participants have been moving and grooving through their involvement in our various music and dance programs. Our drumming program in particular has been very popular and really gets the blood flowing.

Other small groups have been building their general fitness and strength through attending either the PYCSAM gym or joining our vehicle maintenance program, while another group has been hard at work improving their literacy and numeracy skills in one of our latest programs.

Table tennis in the hall has been popular and, along with indoor cricket, basketball and softball, has brought out the competitive nature in some of the

Participants.

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

We have visited 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.

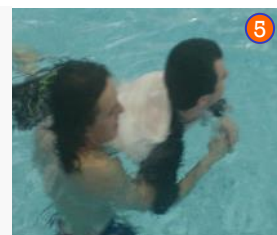
Bus travel to the City, Prospect and the Casino continues to improve Participants independence skills.

Cooking and Daily Living Skills are also incorporated in our program and we are working on extending this are further. This

term we have been involved with cooking meals for participants and staff and preparation of the odd morning tea.

Our new team leader will be commencing with us in August. More details in the next edition.

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



Tuesday Night Gaming at St Michaels

After a number of discussions with our participants it was made clear that the younger generation would really like to get more involved in electronic gaming. After discussions with staff members and well known gaming experts, Phil Southon and Megan Thomas, it was decided that we had enough electronic games between ourselves to be able to kick-start this event off. We held our inaugural games evening in July where we rallied and brought in our own tv's, our many and various gaming consoles consisting

of PS3, PS4, Xbox, Wii and of course SingStar. Students that are accommodated on site also offered their TV's and games to make the evening successful.

This first evening was such a huge triumph and so warmly attended

that we have decided to continue with this event on a regular basis. The event will be held every second Tuesday night from 5.00 - 8.30/9.00 with a light meal at the start of the evening, which is of no cost to the participants.

The idea behind the evening is to encourage all areas of our youth to associate together from both on site and the wider community and to encourage the participants to invite other younger people to come along as guests to be involved in the evening.

If you would like to join us and show us your GAMING skills let us know and pop along on a Tuesday, we would love to see you.

Donald Richards
Disability Manager -
Participants & Clients



Independent Services - Update

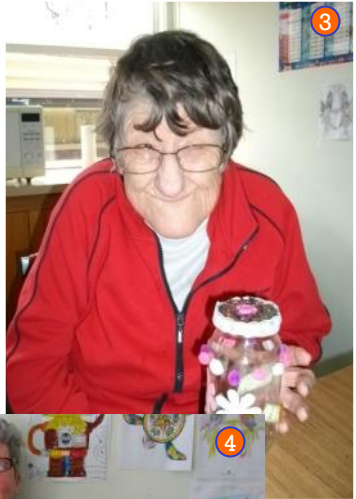
For the two week Client break in July, Independent Services ran Holiday programs. Some of the programs included planting cacti into a cup and saucer, whilst the craft group made photo frames from recycled materials.

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 mobil-



ity are working hard on the exercises.

All the rain of late has limited our bike riding program but the kite flying program has been based around indoors activities and is going really well with paper plane modelling and decorating our models.

Regards

Karen Watson - Manager and

Amanda Mallett—Team Leader



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Luke Salmon M: 0407 131 686

E: luke@salmonaccounting.com.au

4 THE INDEPENDENT, July 2016

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 independently as possible.

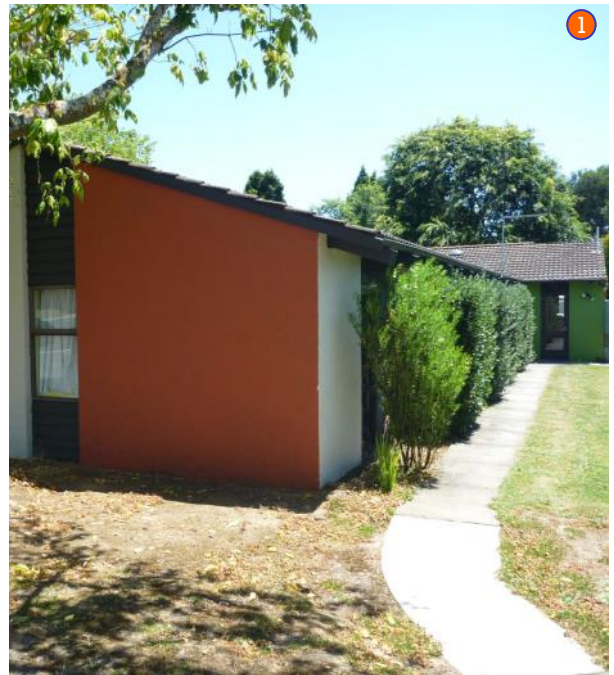
The support is designed on the needs of the individual and tailored to meet their goals and

aspirations.

Over the years there have been many success stories, where participants have transitioned to living independently in units here on-site at St Michaels and out 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.



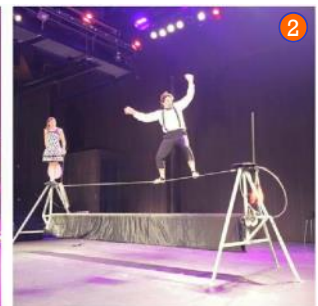
Mitch Stoddart—Team Leader Merton House

In Home Tenancy Support

Hello from the new team leader here at In-Home Tenancy Support. My name is Pamela Ivanics, but most people call me Pam. I have been very warmly welcomed to St Michaels by Participants and staff alike. I haven't met everyone yet, but I am working on it. There is a lot to learn about the way things work here at St Michaels and everyone is helping me to find my feet and get my head around it all. I come from an education background and am very passionate

about supporting others and helping to make a real difference to people. I enjoy working with their strengths and skills to develop confidence and willingness to "have a go" at something a little bit new or different. I have enjoyed many years of doing this with children and young people, and I am looking forward to continuing to work with people here at St Michaels in a similar way.

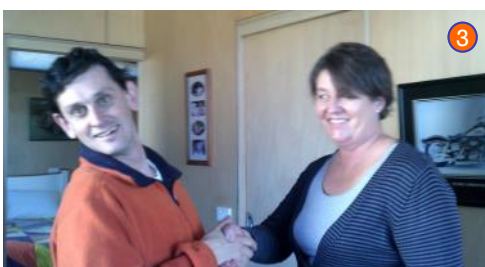
Personally, I love cooking, walking my dog and curling up with a good book on a rainy day - we have had plenty of these lately! I love gar-



dening, but I'm not much good at keeping plants healthy, or even alive really...so I'm working on my own willingness to "have a go" there. I am good at weeding though, which is a start. I look forward to getting to know everyone here at St Michaels in the coming months and getting to know what people love and how I can support them to do more of what they enjoy. Please

feel free to touch base with me anytime on 6331 7651 or pam.ivanics@stmichaels.asn.au In Home Tenancy Participants have been involved in the following activities over the past month: Circus Quirkus, Crossroads, Christmas in July and much much more.

Pam Ivanics—Team Leader In Home Tenancy Support



At Penquite Road

Penquite Road celebrated Robyn's birthday this month with a dinner outing. We enjoyed an visit to the Pizza Pub and all enjoyed tasting different slices. We also had a cake and Robyn had a lovely time.

Our guys have been busy with lots of art and craft activities, games and weekend excursions.

Penquite Road had a ball at our recent Christmas in July party, dancing the night away.

During the week our nights are filled with daily living activities. For example: Packing our own lunch- es, folding and putting



washing away, preparing dinner and cleaning. After this it's time to relax with an activity of choice.

Penquite Road would like to thank Steve Griffin for his kind donation of a tool bag filled with tools. This has been a



useful asset to our house and we will certainly be adding to it over time.



Louise Frankcombe—
Team Leader Penquite
Road

At Kenneth Court

Kenneth Court has had a great 2 months exploring Launceston and the outer area. One weekend we visited the sights of Campbell Town and had a nice picnic outing and enjoyed reading up on the history of the town.

Participants particularly liked the amazing chainsaw carvings along the river. Val has spent time away from Kenneth Court with her family and some of her art is going to be a part of an art show on the East Coast.

Kenneth Court Participants joined the Penquite Road group home in hosting Christmas in July. Stephen, Andrew, Nick and Val

all continue to work together each night doing the daily house cleaning, cooking etc.

The past 2 months all Kenneth Court participants are increasing the skills in team work, problem solving, time management and other life skills. Val has been responsible of the vegetable garden with assistance of staff seeing the plants grow and is proud to show off her garden to new people visiting Kenneth Court.

The next stage is to get all participants involved in creating a herb garden. Andrew, Val and Stephen has had great hospitality from staff at Cube at Seaport where their taste buds sang

when eating homemade ice-cream and a delicious lunch.

Afterwards we walked along the Seaport Promenade and later visited Launceston Museum show, which was one hundred years' celebration of the



Launceston Museum. To finish the month in July Stephen and Andrew attended Circus Quirkus enjoying an entertaining show.

Nathan Avery—Team
Leader Kenneth Court

At Como Crescent

With the wet conditions over the past month, the group have been focusing on what's occurring in their kitchen. This means having everybody more involved in what groceries are bought, and being in charge of their own meals, including recipes, cooking and washing up. They are ordering more fresh food, learning to make some new meals and are working on better options for snacking.

They have cut back on sugary foods, such as sweetened cereal. Studies have found that

some of the benefits of a decreased sugar intake include reduced fat, improved sleep, more stable energy through the day, a stronger immune system, clearer skin and reduced risk of many chronic diseases, such as diabetes. Some trips the Como Crescent Participants were involved



in this period included a long walk and lunch at Greens Beach, duck feeding at Scottsdale, walking the Cataract Gorge to see the high flood waters and damage they caused, and a

day trip to St Helen's for lunch and to inspect some of the boats in the marina.

Ben Anderson—Team Leader Como Crescent

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.

At Desmond Wood—Student Accom

In the recent months student accommodation has welcomed a new participant Shereena Urquhart. In the first couple of weeks with us, Shereena has seemingly enjoyed her time and always has a smile on her face. She enjoys being able to explore new recipes and trying new things. I look forward to watching her gain many new skills.

We recently also invited others to come and enjoy a games night in Desmond Wood, where participants were able to compete against staff in many different electronic games and also a singing competition. I hear there were some great renditions. This

was a great night enjoyed by all.

George Kearnes will be representing Tasmania in Victoria during August at the national inclusion football series. This will be George's second year representing our state. Well done George play well and enjoy your trip.



Megan Thomas-Team Leader Desmond Wood

At Youth break

The winter months have seen Youth Break being able to enjoy different activities.

The most exciting one was a visit to the snow that, of course, ended in what was an EPIC snow fight. I am not sure who won it though. But as you can see from the pictures everyone had a great time.

We also attended the inaugural Steam Punk Festival in George Town, which Joanna says "was fantastic and I can't wait to go again next year". This saw our group enjoy new experiences and were able to ask exhibitors



questions. Courtney and Joanna made a badge each which they were still wearing the following day with pride.

What better way to spend a rainy day than learning about platypuses and echidnas. We learnt so many things during this visit and we thank Platypus World for a great tour.

Or seeing how much water was coming down the falls at Lilydale after the recent rains.

So even when it's cold and it's wet outside, Youth Break participants are still enjoying their weekends and building better friendships and

gaining new skills all the time.

Megan Thomas-Team Leader Desmond Wood



Christmas In July



Christmas in July was a success with participants helping setting up the hall decorating the

tables and some participants helping Lee Christmas prep the food for the event.

A big thank you for those involved in the preparation, planning and helping out on the night. Prizes were handed out for lucky door prize best dressed male and female and best dancer male and female.

Participants enjoyed the night with dancing, socializing, great food and table service.

Thank you for those that participated in

dressing up there was some great outfits.

Thank you for those that attended. It was fan-

tastic to see so many people at the event and enjoying themselves.

It was a privilege for Kenneth Court and Penquite Road group homes working together to organize one of many events together.

All of us at Penquite Road and Kenneth Court look forward to seeing everyone at the next events held.

Louise Frankcombe-
Team Leader Penquite Rd

Nathan Avery - Team Leader Kenneth Court



St Michaels Annual General Meeting 2016

The St Michaels Annual General Meeting

will be held on Thursday 29th September 2016 from 6:00pm in the Merrington Centre.

Everybody is welcome to attend and we look forward to seeing you then.

Please RSVP to the Main Newstead Office by 22nd September 2016 to allow us to cater for this event by phoning 63317651.



St Michaels Assets - Update

In June there were 101 tasks including 13 sublet repairs with 9 tasks outstanding; then in July there were 107 tasks of these 9 are outstanding as open tasks 3 of these are housing Department and includes a special needs kitchen for Como Crescent which is now in the design stage.

We acquired and commissioned another Hyundai Imax van (D46YJ). This vehicle is an excellent replacement for the outgoing Kia vehicle & should provide many years of reliable transport.

Minor vehicle damage notation for Imax C61RF, minor panel damage to the left rear of the vehicle. This damage is scheduled for re-

pair by ZZ Autos in the coming days.

Owner inspections for the units are near complete with positive results to date & only minor repairs being dealt with on a case by case basis.

Many of the unit heat pumps have been serviced by 'Degree C'

over this period leaving only 13 to be serviced in the near future.

Workplace inspection audits for all areas of STMA have been completed. These audits have itemised several areas of need and have no serious individual concerns, only minor issues which we are

working to correct.

During July we have been able to carry out our first building safety compliance audit. We will be able to carry out these audits 2 out of 4 times each year being a slight cost saving to St Michaels Association.

The grounds have been too wet for Blue Gum to mow during June and most of July. This has provided enough time for the seeds to germinate allowing thicker more even colour across the campus, we will continue reseeding prior to spring & hope to see good results in future.

Paul Westgarth -
Asset Supervisor



Joan Rowlands Visit

Back in the 1960's Joan Rowlands played a huge part in establishing St Michaels as a School supporting children living with disability.

It is fair to say Joan has had a life well lived and still has. In her lifetime Joan has spanned continents and cultures across the world and seen and been involved in some momentous changes over nearly the last hundred years.

In her own way Joan has led the way and broken down barriers holding back women in different areas of the world including right

here in Tasmania.

Starting in 1964 and over many years Joan played a major role in the establishment of St Michaels at the current Newstead site and made a huge contribution in improving educational opportunities for young people with learning disorders and disability.

We were blessed in July when Joan was able to come back to St Michaels for a visit and afternoon tea. Joan met a large number of our current participants and was particularly impressed

with the recently redeveloped Merrington Centre. Joan entertained all with her reminisces of the building from 50 years ago, trials and tribulations of setting up a new facility and memories of individuals she worked with

all that time ago.

Joan has recently published her memoir *Made in China: Echoes of a Transcultural Lifetime* and we can recommend it as a tremendous read. All at St Michaels were inspired by Joan

and we thanked her for all of her work with the organisation in the past and her continuing support now and into the future.



Training and Learning Development

Our RTO has commenced delivery of an Employee Development Program to 20 Team Leaders, Aspiring Leaders and Supervisors all working in Australian Disability Enterprise across our state. The employees chosen were people who management believed (and still do) have the capacity to learn to develop their own skills, competence and confidence as Effective Leaders within their organisations. The 20 employees commenced 4 Certificate III level units in a program designed to meet the emerging leadership needs of all 3 ADE's with the premise that effective leaders are those who can identify the approach most needed for a given situation, and adjust their behaviour

accordingly. The program was also to provide each participant with greater knowledge of the requirements for positive leadership and team building. A highlight for me as the trainer was most certainly topics chosen by each student for a 3 minute talk on the subject of Influence. The wide range included; Pol Pot and his influence on the lives of one students' grandparents, the influence of the newly elected Philippine President around corruption, Eddie Maguire and his Influence on the Collingwood Football club, the influence parents had on number of students, Barrack Obama and his influence towards greater

acceptance of the Lesbian, Gay, Bi, Transgender and Intersex community, the influence parents have on their children regarding acceptable use of Alcohol and cigarettes, an employers antagonistic behaviours towards an employee when he was in Ethiopia and how [this] influenced him to start his own Telco business, just to name a few.

With the excellent support of management the employees have worked incredibly hard and have now commenced their final assessment tasks. I am extremely proud of the hard work all employees have put in and thank Nellie, Darrin, Nathan, Ron and Grant.

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

Whilst we are on the subject of Leadership we are pleased to announce that local RTO, 'Avidity' have been successful in gaining funding to deliver an accredited Leadership Program for 16 St Michaels Team Leaders and Aspiring Leaders. Due to commence late August, each group will complete a range of units designed to develop their leadership skills in the Disability Sector.

Avidity
Training & Development



With all our Skills Fund training programs we work very hard with our students in the hope that they will secure employment either during the program via Work placement and/or following completions. The Certificate II in Horticulture program in partnership with Youth Futures Inc produced excellent results which was a testament to the all trainers and assessors.

Pictured left receiving his Qualification is Mr Gerard Binns with Youth Futures Inc trainer Robert D'Orazio Gerard was a student in our Certificate II in Horticulture program funded under Career Start. Gerard was an exceptional student who applied himself in a most positive manner. We are thrilled to announce that Gerard has now secured himself employment in the Horticulture sector. Congratulations Gerard.

Chriss Kelly , Training and Learning Development Manager

Healthy Lifestyle Recipes



Osso Bucco

INGREDIENTS

- 4-6 pieces beef osso bucco
- plain flour, for dusting
- salt and cracked black pepper
- 2 tablespoons olive oil
- 1 onion, chopped roughly
- 1 carrot, chopped roughly
- 1 stick celery, chopped roughly
- 2 cloves garlic, finely chopped
- 4 cups (1L) Campbell's Real Stock Beef
- 1/3 cup (80ml) red wine (optional)
- 400g can chopped tomatoes
- 1/3 cup chopped flat-leaf parsley
- instant polenta or mashed potato, to serve

METHOD

Toss meat in combined flour, salt and pepper. Heat oil in a large heavy-based saucepan over medium-high heat. Cook meat for 2-3 minutes on each side until browned. Remove and set aside.

Add onion, carrot and celery to the pan, and cook for 4 minutes until softened and browned slightly. Add garlic and cook for 30 seconds, then add stock, wine (if using) and tomatoes.

Return meat to the pan, bring to the boil, then reduce heat to low. Simmer for 1 1/2 hours, occasionally skimming any excess oil on the surface. Stir through chopped parsley and serve with polenta or mashed potato.

Toss meat in combined flour, salt and pepper. Heat oil in a large heavy-based saucepan over medium-high heat. Cook meat for 2-3 minutes on each side until browned. Remove and set aside.

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Vanilla No Bake Cheese Cake

INGREDIENTS

- 250g packet plain sweet biscuits
- 150g butter, melted
- 3 teaspoons powdered gelatin
- 1 1/2 tablespoons boiling water
- 500g cream cheese, softened
- 2/3 cup caster sugar
- 2 teaspoons vanilla bean paste
- 300ml thickened cream, whipped
- Hulled and halved strawberries, to decorate

Grease a 20cm-round (base) springform pan.

Using a food processor, process biscuits until fine crumbs. Add butter. Process until combined. Press the biscuit mixture over base and side of prepared pan. Refrigerate for 10 minutes.

Meanwhile, sprinkle gelatine over boiling water in a heatproof jug. Whisk with a fork until gelatine has dissolved. Set aside to cool.

Meanwhile, using an electric mixer, beat cream cheese, sugar and vanilla until light and fluffy. Gradually beat in gelatine mixture until combined. Fold in whipped cream. Pour mixture into prepared pan, levelling top with a spatula. Cover. Refrigerate overnight or until set.

Remove the cheesecake from pan. Decorate top of cheesecake with strawberry halves. Serve.

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

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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

Details

Mr/Mrs/Ms/Miss First Name..... Surname.....

Address..... Suburb..... Postcode.....

Phone:..... Mobile:..... Email:.....

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 and services are NDIS eligible.

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 John Schade on 6331 7651

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