

## From the CEO with John Gilpin



John Gilpin

Welcome to our May edition of "The Independent". I hope you really enjoy this edition.

Our 50th year Celebrations are starting to take shape as we are planning the following keys events: -

- 1) A Gala Ball - We will advise details in the next edition
- 2) An Anniversary Book - To be prepared highlighting the history of STMA
- 3) A Raffle - Tickets sold September through to December and drawn at the end of year Christmas Party

**Can you help us with our 50th year Celebrations?** If you can, how? We have a volunteer working committee

if you wish to give up some time or any donations of prizes and or help. Please contact me, John Gilpin on 0438 571 978



Further to our 50th year Celebrations a former associate of St Michaels, Dr Joan Rowlands has written her memoirs and has included a chapter or two on St Michaels. The launch of this book will be at Pet-rarch's Bookshop at 6pm (See page 9 for more details)

Since working closely with our new staff at Independent Services we have been reminded of active participation of support through Community Based activities enhances peoples lives. The passion, support and emotions of the staff was amplified recently with the sudden

bereavement of a long-standing participant Mr Derek Lees. Derek was loved and I am sure a favourite of all the Independent Services team and is sadly missed by all. To Derek's family condolences, however we are all better people for knowing him and him allowing us to support him with his activities in life.

Sprinkled throughout this edition is our new Chef; Lee Christmas popping up here there and everywhere. Participants enjoying cooking meals & hospitality, participants in our homes like Kenneth Court, Como Crescent, Penquite Road are enjoying making new cuisine while 8 staff have embarked on a Food Handling Nationally accredited cluster of competencies to assist in increasing their skills (in turn the skills of our participants) to engage other staff and participants in meal preparation. Qualified Cert III/ IV staff trained in Disa-

bility with additional qualifications/skills in Food Handling.

Please read the stories in our program areas. They are diverse & activities are too numerous to mention on this front page. It is staggering to see the events our participants get up to in such a small period of time.

Congratulations and a job well done goes to our participant Mr Glen Patterson who showed great independence and initiative in firstly writing a song for the Firemen of Tasmania but also planning, singing the song and hosting a morning tea for them in honour of all the hard work and protecting the lives and homes of Tasmanians during a very hard fire season. We are all very proud of you Glen!

If you can assist with our 50th Anniversary Celebrations please contact me, otherwise happy reading, John

Advertisement



**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

Tasmanian  
**Liberals**

## The Chefs' Hat—Mr Lee Christmas



It's been a busy but fun couple of months for the Merrington kitchen. I have been making regular weekly visits to most of the houses where we have had some great one on one cooking sessions as well as some entertaining group sessions. The

participants have been experimenting with a number of dishes ranging from butter chicken and lamb korma to fried rice and the humble meat loaf.

It has been really great to see many of the par-

ticipants eager to undertake the challenge of cooking new and exciting food and some have shown a real talent and passion for cooking. We have also been undertaking the experience of eating in a group, allocating tasks such as setting the table, serving the dishes as well as clearing the table and cleaning up. During these group meals both the support workers and myself are encouraging the participants to engage in conversation over dinner discussing issues of daily events and experiences, likes and dislikes as well as events involving family and friends.

During these discussions we all learn more

about one another. It also encourages the forming of bonds and friendship over sharing a meal which is very important. In today's fast moving world we seem to lose touch and connection but with the sharing of food or meals it can sometimes be the best time to just catch up, relax and enjoy good food.

Moving forward into the next few months we are planning to look at revitalising the social club as well as starting plans for a Christmas in July event.

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 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

ly 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 -

The Day program/Community Access aims to enhance individual's social and life skills, develop and build on interests, abilities and support community participation. Our large variety of quality and engaging programs allow Participants to choose options that suit them in day activities. This may include Skill development such as vacuuming, kitchen clean, car washing, cooking, shopping, catching public transport and exchanging items of interest at the local library. These programs offer an opportunity to learn and give Participants the tools so they can become more independent in completing daily tasks.

Day Program has made a difference in allowing Participants to re-engage with peers and the community. Participants have the opportunity to create, discover, participate and learn. An example of creating and engaging community was actioned by one of our Participants Glenn Patterson, who composed a song in recognition of the fire fighters who controlled the bush fires earlier in the year. Day program invited the fire brigade to a thankyou morning tea where Glenn Patterson performed his song.

Glenn's efforts were praised by the fire service gifting Glenn with a fire brigade cap.



Leisure and recreational activities allow the Participants to work at their own pace, create, participate in small groups and get involved in the community. Activities range from community outings to Hagley Farm giving Participants the chance to feed and pat farm animals, crewing for Sail ability, or outings to cafes to purchase morning tea. Centre based activities range from computer, board games, painting, pottery, drumming, dance, music, and much more.

Participants can increase or maintain their personal fitness levels by participating in swimming, aqua fit, trampolining, gym, walking groups, ten pin bowling, bike riding, dancing.

**Importantly we have fun!**

Ann Smith  
Team Leader  
Day Program/  
Community Access.



## Independent Services - Update

Well we definitely know that winter is on its way as the month of May had quite a few wet and cold days including the first frost.

The Bike Centre program had a slow start with rain preventing the group from using the facility for 2 out of the first 4 weeks. The back-up plan was an opportunity to use the St Michaels Hall for an afternoon of fun and games with much laughter as the group competed in balloon rugby as well as the spinning flying game. The participants enjoyed this session with some very weary sweaty bodies at the end of the day.

The Sewing group have been busy making their winter clothing. Ranging from pyjamas too track pants and windcheaters. As well as making large laundry bags out of old doona covers. The Cooking groups have been trying new recipes for the colder months Moroccan Sausages, Banana bread, sweet and sour chicken with peach and lemon upside down cake.

From the Newstead campus we are introducing Shelly O'Brien taking



Above; Derek Lees—  
Passed away Friday 27  
May 2016



Above: Flying Program – Suzanne Rigby,  
Nick Britton and Mandy Brill

over from Tammy for Craft on Tuesday and Mandy for Bike Centre and Golf. As well as Dean Forman who is volunteering on Thursdays for Aerobics or Art or Gardening and Self Defence.



Above; Gardening – Mother's Day present  
– Stephen Fahey, Derek Lees, Luke Stephens



Above: Swimming Program – Launceston  
Swim School

The passing of Derek Lees - 27th May 2016 - Derek featured in the St Michaels Calendar for the month of May participating in his favourite pastime of fishing. Derek was a true gentle man and it has been our pleasure to know him, even if he was a Blues

supporter. We send our deepest condolences to his family, flat mates and staff.

Regards

Karen Watson –  
Manager and

Amanda Mallett—Team  
Leader

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## Merton House

At Merton House, Logan, Harley, Luke, Zack, Ashley and Brandon are excited about St Michaels Chef, Lee Christmas working with them and teaching kitchen, cooking, food preparation with presentation, hygiene, safety, table setting and making healthy choices when selecting food.

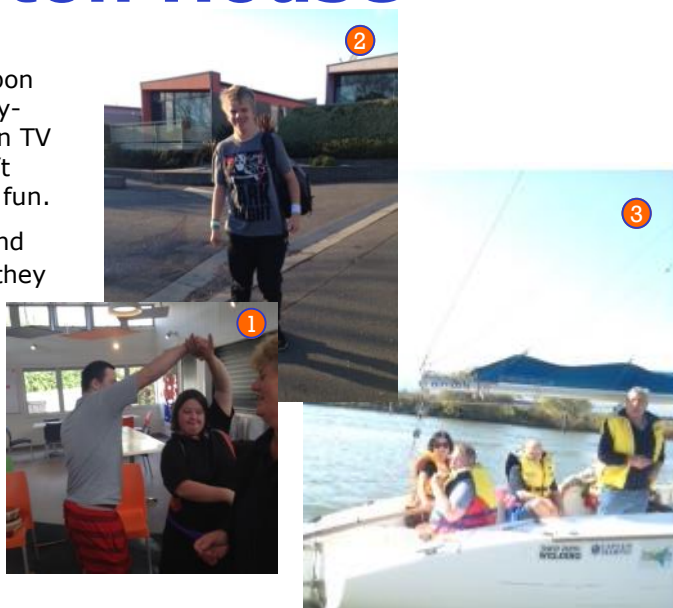
Activities such as music, ten pin bowling golf, croquet, sailing, swimming, basketball, walking and artwork have kept everyone busy and active even in these cold winter

months.

With the cold weather upon us it is also nice for everyone to watch the footy on TV even if your team doesn't win everyone has lots of fun.

"Good thinking" Logan and Harley, as they decided they both wanted the same meal for their tea so they decided to do it together and save time and perhaps more importantly washing up.

Christine Szabo Team Leader



## In Home Tenancy Support

We have had an interesting couple of months in In House Tenancy Support getting to know new staff, including me as Team Leader. We have had lots of laughs with the changes and it has been treated with a positive attitude by all. Our main aim is to promote independence and support on all levels of daily living for the participants. We hope to include more strategies over coming months.

Through the wealth of knowledge in the In House Tenancy Support team we are coming up with ideas to bring about improvements to our person centred support.

Communication and collaboration are keys to implementing positive improvements to our strategies.

We have been working on menu planning with the aim of participants

having more input into shopping, meal planning and preparation.

The recent Crossroads trip to Hobart, where a number of our participants were supported by our staff to attend, was a great success with all having a great experience over a range of activities.

If families have any ideas on promoting independence please have a conversation with us as we are always interested on how we can improve our service.

Kylie Benson Team Leader In House Tenancy Support



Crossroads Camp 21 April



Farewell Mishelle



John Cooks a BBQ Meal

## At Penquite Road

Penquite Road have had many adventures throughout the past two months, from playing with fish at the Liawenee trout weekend to shoveling Alpaca poo for our gardens.

We have christened the new BBQ's at the Tail-race and taken many strolls along the Tamar, visited Myrtle Park and explored the forest at Holly Bank.

A night out to the movies, a few winter shopping sprees and a Sunday roast has now become tradition.

The guys look forward to our weekly visits from Chef Lee. They are learning new crea-



tive cooking skills and exciting recipes. But they all still think Louise can cook better!

On these colder nights the guys have been playing cards, Gary is enjoying his new DVD'S and Robyn is quite a wiz at crossword



puzzles. We are all looking forward to many more happy days to come.



Louise Frankcombe—  
Team Leader Penquite  
Road

## At Kenneth Court

Kenneth Court Participants have had a great couple of months Val, Nick, Andrew and Stephen all attended crossroads camp in Hobart where they saw the sights of Port Arthur enjoying the cruise and the historic sites in April. Andrew, Val and Nick updated their wardrobe for fashion and they are liking their new style.

All Participants are learning more cooking skills and are more enthusiastic about cooking as they choose what ingredients and develop healthy choices while out in the community Grocery shopping. Nick has spent 2



weekends visiting his mother in Hobart. Stephen has spent time at friend's house enjoying a nice lunch and outing with his friend. All participants are increasing their life skills around the house enjoying working as a team to get things done. On the weekends some partici-

pants went on a picnic before it got to cold. Kenneth Court is improving in all Life skills such as cooking, cleaning, washing, ironing etc... all participants enjoy playing uno improving their numbers and color

selections and also playing monopoly increasing money skills.

All in all a positive outcome from all at Kenneth Court.

Nathan Avery—Team  
Leader Kenneth Court





2

## At Como Crescent

The group has worked hard getting our winter crop planted. This year we chose broad beans, snow peas, rhubarb and blackcurrant. Special thanks to Tammy for her expertise.

In May we welcomed a new person into our home, who has been settling in comfortably and enjoying getting to know his new friends.

Interesting places we've visited recently include Village Cinema, a day trip to Deloraine, shopping at the Latrobe and Exeter markets, Gravelly Beach, Derby, feeding

seagulls at Low Head lighthouse and stopping to meet some friendly horses on the road to Beauty Point.

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

**Contact John Gilpin today for your St Michaels membership form.**

## At Desmond Wood—Student Accom

What a busy couple of months we have had in Student Accommodation. We welcomed back Josh and also a new participant, Jayden. We are looking forward to having these two young men in Student Accommodation and watching them gain new skills and friendships.

Every Wednesday, Lee comes to help students develop new skills in the kitchen and help prepare another healthy meal. As a group, we decided that one student would cook with Lee and prepare the meal for everyone and what a success this has been. Everyone looks forward to their week to

cook and the group then sits together and shares the culinary delights. George's mum recently joined us for Wednesday night dinner and thoroughly enjoyed it. Students have learnt several great recipes over the short time Lee has been with us.

During the winter months, one of our Participants George, enjoys playing football with South Launceston Under 19's and has become dedicated to training during the week then his games on a Saturday. Keep up the great work George.

By Megan Thomas. Acting Team leader Desmond Wood

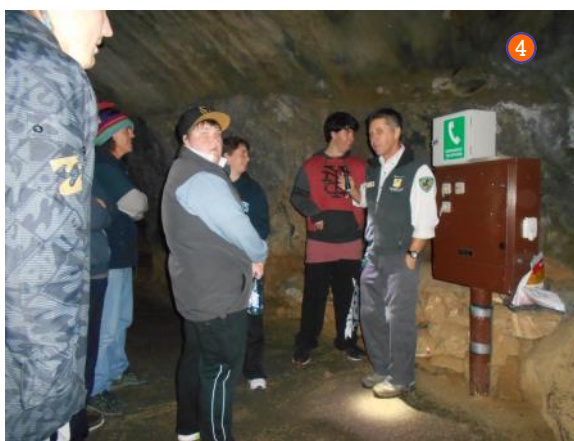


## At Youth break

Youth Break continued its great start to the year. We have enjoyed many outdoor activities when the weather was suitable, with trips to the beach, markets as well as some of our amazing parkland areas.

Tasmania zoo was a great day recently with participants enjoying seeing the animals and sharing a picnic in the grounds. Sarah and Hamish really loved spending time chatting with the birds it appears.

With it now getting colder and the rains seemingly set in, we look towards more in-



door activities, from laser force to a movie at the cinema, crazy golf or museum trips, we will see what the colder months will bring.

Just this weekend we went to the Marakoopa Caves in Mole Creek and Katherine says that

this was "FANTASTIC" and her favourite part was "the glow worms and the darkness".

We have also had some great cooking days where participants have conquered dishes by themselves to have such as, lasagne, shep-

herd's pie and even cauliflower with cheese sauce. We have also made treats to take home to share with family and friends.

With Mother's Day recently, the group had a great time making some treats to take home to give to mum, from a hot chocolate drink mix in a very trendy mason jar to a homemade card with a collage of pictures from the weekend.

So from youth break to all our mums and carers, I hope you all had a great day.

By Megan Thomas  
Desmond Wood Team Leader



## St Michaels Assets - Update



1

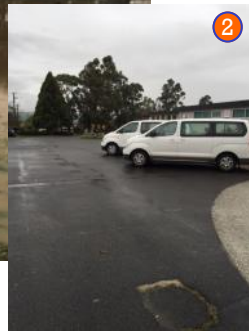
ters, which we are now working through. I expect these problems to ease shortly .

our backyard. We have thankfully been spared much heart-ache and our thoughts go out to those in our community that have suffered due to these floods .

Kindest regards

Paul Westgarth

Asset Supervisor



2

These pictures show us in readiness to evacuate if requested & the extent of flood waters in

Maintenance report for May 2016 - total of 64 jobs listed in our maintenance tracker system, which is slightly down on the previous months. Of these, 11 were sub contract - electrical & plumbing related jobs with 10 tasks still in progress. This said, I have been on leave for three

weeks and my thanks to Andy Gower and staff for holding the fort in my absence.

With the considerable rain we have had of late many areas have experienced water leaks associated with blocked drains and gut-



3

## Book Launch– Petrarch's Book Shop

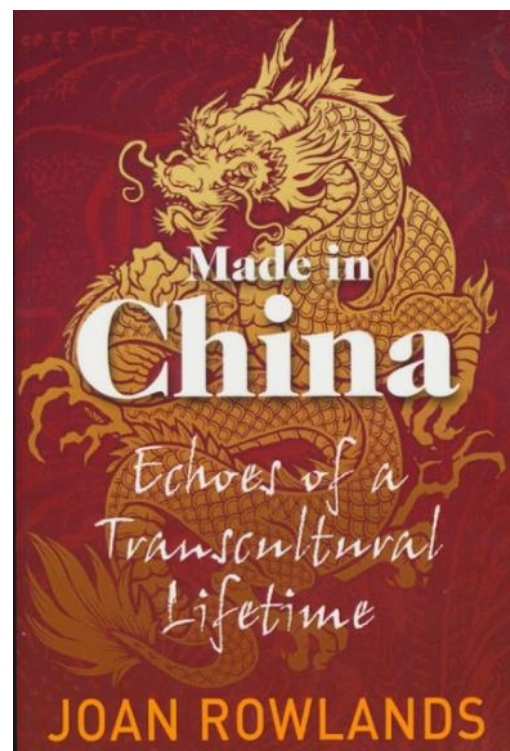
**An event to celebrate Joan Rowlands memoir will be at Petrarch's Bookshop at 6pm on Thursday 14<sup>th</sup> July.**

**Petrarch's would appreciate RSVPs by Monday 11<sup>th</sup> July. Quite exciting that Joan is coming to Launceston!**

It is great that as we celebrate a special year at St Michael's Association the book , 'Made in China'

written by Joan Rowlands is being launched here in Launceston. Joan writes of her remarkable life journey and gives insights into her involvement into the early years of the St Michael's School and the support Association that still carries on the work today.

Members and supporters of the Association are invited to attend at Petrarch's Book Shop, 89 Brisbane Street, Launceston



## Training and Learning Development

St Michaels Association has been a long time supporter of **hosting students currently studying in the Disability Sector**. We are also committed to ensuring any student who is successful in their placement outcomes is given the opportunity to interview for employment if they are keen to remain with STMA. Last month we hosted Amy Smith who was completing her Certificate III in Disability though *State Enterprise Training (SET) in Launceston*. We are very pleased to say that Amy has now commenced employment with St Michaels and as such we wish her all the best for the future. We do encourage any person who is a current Certificate III in Individual Support (Disability stream) and/or Certificate IV in Disa-

bility student to contact your RTO and discuss work placement opportunities with St Michaels.



**Pictured:** Amy Smith in the Merrington Centre, Hoblers Bridge Road, Newstead.

On the 14th of April a large number of our Day Programs staff attended an **Internal**

**Professional Development Program**  
conducted by our CEO, John Gilpin, our Disability Manager Operations John Schade and our Community Access Manager Karen Watson. By the comments and feedback received at the end of the day, this was an immensely worthwhile program enjoyed by all.

*"I found this very informative and very positive. You have given us important information to go away and use". "Skills will be utilised looking forward and moving forward. More thought will be put into things" "A very positive day, thank you everyone".*

**REGISTERED TRAIN-  
ING ORGANISATION.**

**( ID 60067).**At present we have approx. **140 current students and trainees** across the state, all working with a number of trainers and assessors in a range of skill sets and qualifications. We predominantly deliver training and assessment services in Australian Disability Enterprises. I would like to take this opportunity to thank everyone who supports our RTO and the contracted trainers and assessor staff for their commitment. It can be a tough gig working in an RTO and it goes without saying that without committed trainers and assessors, we would not be able to achieve as we do.

.....Chriss Kelly  
RTO Manager

## Tax Time—Donations

The end of the financial year is fast approaching and it is time to start looking at your taxes, ensuring they are in order and that you are making the best use of the tax benefits offered by the Australian government.

End of financial year donations of \$2 or more made to an organisation registered as a charity or deductible gift recipient (DGR) are tax deductible. This means you can offset the amount donated against your income, essentially lowering the amount of tax you need to pay. Your donation helps out both St

Michaels and you by giving you a tax break – a double win!

So, how does it work? Most income you earn is taxed. For the majority of people, tax is taken out of their salary or wages before the money gets into their bank account, using 'pay as you go' (PAYG). As an example, if your overall income tax rate is 24% you have to earn \$131 for every \$100 that ends up in your bank account. That means \$31 of your income is paid to the Australian Tax Office (ATO) as income tax. However, if you donate to St Michaels, say \$100 of

your after-tax income, you can claim back the income tax that you paid on it and may get back \$24 (24% of \$100). The \$100 you donated to the charity stays with the charity and they are not taxed the \$24 you have received back. And by donating at the end of the financial year means you don't have to wait long to get your receipt and claim your tax back.

When you choose to support St Michaels, you are helping transform the lives of people living with disability in Tasmania. Your financial support will make a

huge difference to both  
St Michaels and the  
people we support.





## Healthy Lifestyle Recipes



### Baked Lamb and Oregano Meatballs

#### INGREDIENTS

- ½ cup (80g) fine burghul (see tip)
- ¾ cup (185ml) boiling water
- 1kg lamb mince
- 2 eggs
- 2 cups oregano leaves, chopped
- 2 teaspoons ground cumin
- 1 tablespoon caster (superfine) sugar
- ¼ cup (80ml) pomegranate molasses or balsamic glaze
- sea salt and cracked black pepper
- 2 tablespoons extra virgin olive oil
- 4 cloves garlic, thinly sliced
- 1½ tablespoons harissa paste
- 2¼ cups (700g) tomato purée (passata)
- 2 cups (200g) grated mozzarella
- ¼ cup (20g) finely grated pecorino
- ½ cup oregano leaves, extra

#### METHOD

Preheat oven to 250°C (500°F). Place the burghul and water in a large bowl and mix to combine. Cover tightly with plastic wrap and allow to stand for 15 minutes or until the water is absorbed and the grains are tender. Add the mince, eggs, oregano, cumin, 2 teaspoons of the sugar, the pomegranate molasses, salt and pepper and mix well to combine. Using wet hands, roll 2 tablespoons at a time into balls. Heat 1 tablespoon of the oil in a large non-stick frying pan over high heat. Cook the meatballs, in batches, turning frequently, for 5–7 minutes or until browned. Place in a 2.5-litre ovenproof dish and set aside. Heat the remaining oil in a medium saucepan over medium heat. Add the garlic and cook for 1 minute or until lightly golden. Add the harissa, purée, remaining sugar, salt and pepper and stir to combine. Bring to the boil and cook for 5–7 minutes or until slightly reduced. Pour the sauce into the dish over the meatballs and top with the mozzarella and pecorino. Bake for 10–12 minutes, top with the extra oregano leaves and cook for a further 2–3 minutes or until golden. Serves 4–6.



### Easy Sticky Date Pudding

#### INGREDIENTS

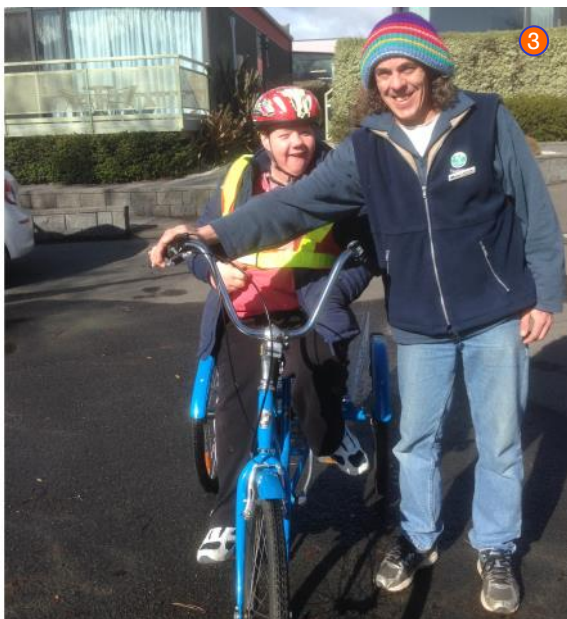
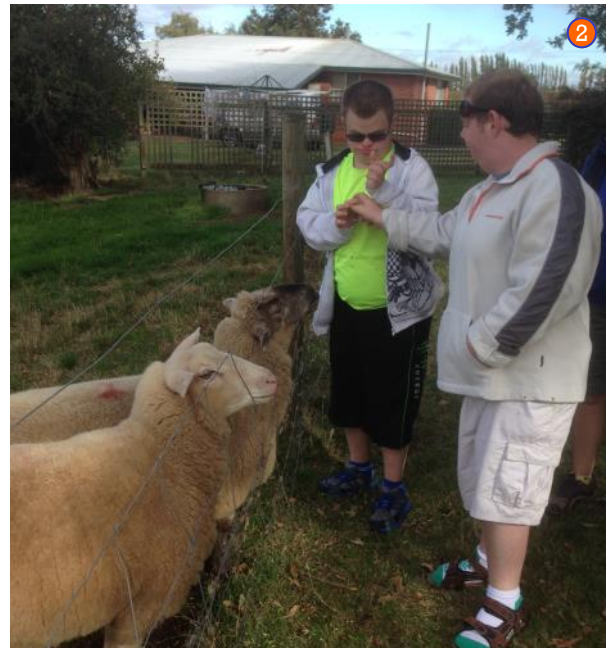
- 1 ½ cup (210g) chopped pitted dates
- 1 cup (250ml) boiling water
- 1 teaspoon bicarbonate of (baking) soda
- 100g butter, chopped
- ¾ cup (135g) brown sugar
- 2 eggs
- 1 cup (150g) self-raising (self-rising) flour
- double (thick) cream
- Toffee Sauce
- 150g butter, chopped
- 1 cup (250ml) single (pouring) cream
- 1 ½ cup (265g) brown sugar

#### METHOD

Preheat oven to 180°C (355°F). Place the dates, water and bicarbonate of soda in a bowl and allow to stand for 5 minutes. Place the date mixture in the bowl of a food processor with the butter and sugar and process until well combined. Add the eggs and flour and process until just combined. Pour into a lightly greased 26cm x 16cm tin lined with non-stick baking paper.

Bake for 30–35 minutes or until cooked when tested with a skewer. Cool in the tin for 10 minutes. Cut into squares. To make the toffee sauce, place butter, cream and sugar in a saucepan over medium heat and stir until butter is melted. Bring to the boil and cook for 5 minutes or until thickened slightly. Spoon over puddings and top with cream. Serves 6.

## Things we do...



Would you like a copy of a photo? **See P15** for details



## 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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Payment options

Cash in person at St Michaels Association office, 22 Hoblers Bridge Road or by EFTPOS Ph. 6331 7651

Electronically BSB 017042 Account Number: 002398139 or

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Expiry Date:

Card Holder: ..... Signature.....

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

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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

Payment options

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Electronically BSB 017042 Account Number: 002398139 or by

Cheque/Money order made payable to St Michaels Association Inc. or

Credit Card ☐ Visa ☐ Mastercard Card Number

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Card Holder: ..... Signature.....

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

Details

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

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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 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**

## Contact Details

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