



From the CEO with John Gilpin



John Gilpin

Welcome to our November edition of our newsletter "The Independent." This edition will be our last for 2016 and covers stories up to October and the beginning of November & we hope you enjoy reading this particular edition.

I would like to open this edition however with a reminder that our traditional participant, clients and family Christmas Dinner is scheduled for Friday the 16th of December and the office is taking reservations.

New news!!

Our new program called "Our House" is taking shape in the form of working with Family groups and a number of participants in putting a house together. The

outcome is that we have viewed a number of homes and met a number of participants/families and put together an "Our Home Group", which resulted in us purchasing a home in Norwood. Watch this space as we take ownership mid-December and the tenants move into their newly selected personal home.

St Michaels management have formulated a

assistive technology infrastructure have been designed for this land and Government has agreed to support us in this future development. This will be an ongoing project so please again watch this space.

Ongoing news!!

Many months ago we started a games night on a Tuesday evening

staff/volunteers behind this entertaining night.

Youth Break is working well as people receive skills and move into other accommodation models of support in & around the community.

With that said we now have a number of vacancies for places in Integrated Support for self-care, accommodation, food & activities in a centre/group residence for short periods (For family this is also a form of respite for you). Please be aware that this is open to NDIS and open to others not funded by the NDIS as St Michaels has secured some federally funded support to assist in this area and to assist you to transition into the NDIS eventually if you are eligible.

It has been a fantastic year for us here at St Michaels, especially celebrating our 50th Year and on behalf of us all we wish you a very merry Christmas and a safe prosperous New Year.

Best wishes and Merry Christmas, John

Join us to celebrate at the
St Michaels Christmas Dinner

Three course meal
Adult \$25.00
Children \$15.00

Friday 16th December 2016
5.30pm for 6.00pm start
In the St Michaels Hall
All welcome

RSVP by
Wednesday 14th
December
PA-6331 7681

Community Development Plan for the final piece of vacant land at 22 Hoblers Bridge Road and presented this vital piece of infrastructure to Government. 26 possible beds/homes/units in all shapes, sizes and

every fortnight. I must say that this has been an outstanding success as we are averaging over 20 gamers on each occasion. Thank you Donald Richards for driving this initiative and your team of dedicated

Advertisement

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 History of St Michaels in a 96 page Coffee Table Book is For Sale



Yes, I would like to purchase copy the St Michaels Book (please indicate how many copies)

Name	Address	Collect <input checked="" type="checkbox"/>	Cost
		<input type="checkbox"/>	\$
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The Chefs' Hat—Mr Lee Christmas

Again it's been a busy few months in the Merrington kitchen with the completion of our skills set from the Certificate II in Kitchen Operations with all our existing workers obtaining competency with flying colours.

We have also completed enrolments for 9 participants for the Mind The Gap program SIT 16 Kitchen Operations skill set which will commence on December 2nd 2016 and run through until 31st of May 2017.

During this course the students will learn valuable employability skills for the hospitality sector as well as skills that can be translated to everyday life when preparing meals and maintaining a safe kitchen at home.

During the enrolment meetings with the students I was encouraged by their enthusiasm and excitement as to their upcoming learning journey. The course will consist of practical kitchen experiences preparing meals for customers and functions some theory work as well as plans to undertake some excursions to food producers and res-

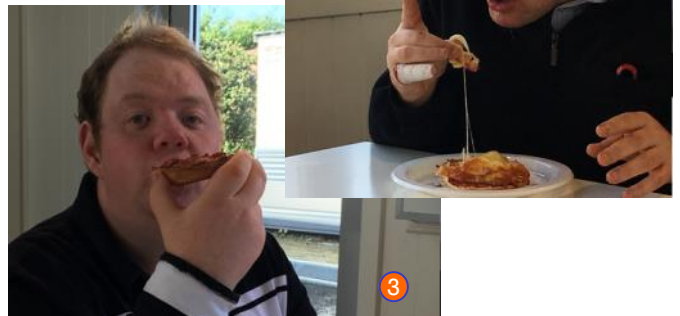
taurants to explore the possible opportunities that are out there in the food and hospitality industry.

Over the next few weeks the kitchen will be a hive of activity preparing for the Board and Managers Christmas dinner as well as the Annual St Michaels Christmas party where I look forward to some help from any volunteers that may wish to participate in this fun activity.

In conclusion, it has been a fun and exciting year in the kitchen where many of our participants have embraced the opportunity to undertake learning valuable skills in the kitchen that I hope they have taken back to their homes and shared with family, friends or housemate and I look forward to an even more exciting 2017.

Lee Christmas

Trainer, Chef and Food Handling Supervisor



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

Independent Services

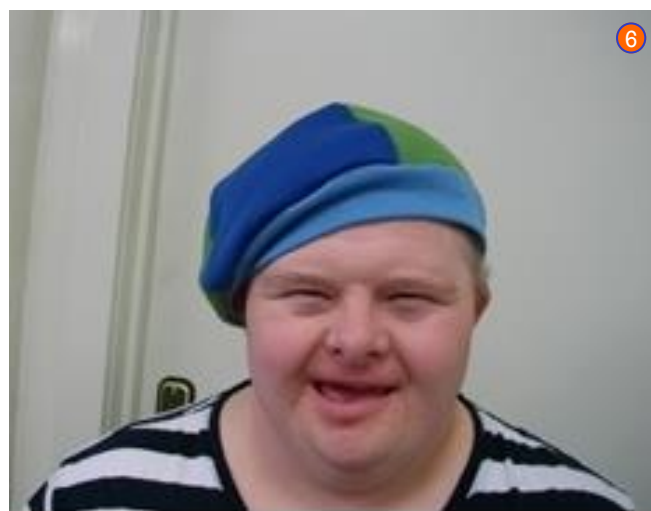
The City Campus has been busy finishing up the year with Christmas high on the agenda. Craft have completed a variety of Christmas gifts, cards and decorations. The three cooking groups are making Christmas chocolates, Coconut Ice and Truffles.

The sewing group are finishing off long term projects, dresses, jackets, dressing gowns and tops. For the last few weeks they are making Christmas stockings, Santa hats or Santa sacks. Gardening will be harvesting anything available out of the garden and the Fishing Group have been trying to catch a fish before the end of the year. The Dancing and Self Defence members will be ready for their last dance and their final exercise session.

The participant's reports are nearing completion and will be sent out with start dates for people returning and booking into programs for 2017.

Amanda Mallet
Team Leader

Karen Watson
Day Service Manager



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Self-Managed Superannuation Funds

Financial Reporting

Bookkeeping

auditing & accounting
SOLUTIONS

Registered Company Auditor
Registered SMSF Auditor

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

At Merton House

At Merton House we have been very busy again. We Celebrated Luke Stephens birthday and then he went off to Melbourne to Holiday with his Mum.

We have all spent lots of time in the kitchen where some really tasty and inventive meals have been created. Thank you to Lee for all his help, support and advice.

Even though the weather remained cold, it did not stop our evening outings. Some of our outings were watching the Planes at the Airport, feeding the ducks at Riverside, shopping at Kings Meadows and

trips to Legana. Some of our weekend trips were further afield exploring Longford, Campbell Town, Deloraine, Westbury and Greens Beach. We look forward to being out there adventuring even further afield as the weather improves.

I would really like to thank all the staff for their hard work and commitment to all in Merton house. 3 Months into my time here with their support and you can really feel a real change in the House and it feels like a home. Well done all.

Merton would like to acknowledge Megan

Thomas and her team and all that helped with the Halloween Party. Everyone here at Merton House had a fantastic night and some very new experiences.

Its been great to see relationships build within participants where they are nurturing each other. We would like to thank Brett Horton for his kind donation of a Barbeque which we have already put to good use, and look forward to alfresco dining in the coming months.

During this month we started a fortnightly guys pizza night, where we the night watching

TV. Another night as a picnic at Riverside. All in all, another busy month that raced past but we're all making good progress.

Mitch Stoddart

Team Leader—Merton House



In Home Tenancy Support

Firstly, I would like to thank all of the participants, families and staff for their warm and ever so helpful welcome to my new role as the Acting Team Leader of the In Home Tenancy Support team.

I have a lot of new faces to meet and get to know. I look forward to working in this new role, alongside you all.

Many of our participants enjoyed the Halloween Party in the Hall and made extra effort in dressing up on the night. A wonderful night was had by all with thanks to Megan and the Youth Break gang.

In Home Tenancy Support is getting prepared for the Christmas season.

We look forward to a happy time and a bright new year for 2017.

Louise Frankcombe

Acting Team Leader - In Home Tenancy Support



At Penquite Road

Now that the warm weather is here Penquite is happy to be out enjoying gardening and picnicing out in the community.

We look forward to tasting our home grown vegetables and sharing with people our home-made jams and sauces. Kathy has spent time with her mum enjoying an afternoon tea which was delicious pasties.

Gary and Paul have spent a little time away with family and getting organized for the Christmas season.

Robyn has been building her confidence on her personal appearance trying make up and taking pride in herself by seeing

others doing the same and choosing her outfits for the day.

I am Looking forward to seeing what the future brings for all at Penquite.

Ade Doyle
Team Leader -
Penquite Road



At Kenneth Court

Kenneth Court Participants have had a busy couple of months including attending the Halloween night (Dressing up and dancing the night away).

Being warmer weather, we have been enjoying the outdoors while having a bbq in different locations, seeing sights of Launceston surroundings and with Nick celebrating his birthday with his housemates.

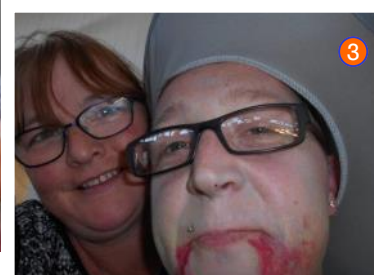
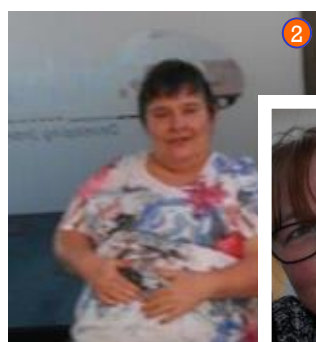
Andrew, Stephen and Val enjoyed sitting back while being served a 3 course lunch both for a birthday and a church luncheon at

the Queens Head Hotel (Perth).

I am looking forward to seeing what the future and next year brings for Andrew, Nick, Stephen and Val at Kenneth Court.

Nathan Avery

Team Leader-Kenneth Court



At Como Crescent

Everybody is doing well at Como, enjoying the spring weather and the increased opportunities that the season brings.

The group was recently particularly excited for the annual Halloween party and dressed up in some impressive costumes.

Other recent activities included meeting some horses at the Westbury Show, visiting Ben Lomond National Park, attending Deloraine Craft Fair, enjoying a Sunday afternoon barbeque at Bridport, and walking the length of Greens Beach on a

beautiful 24°C day.

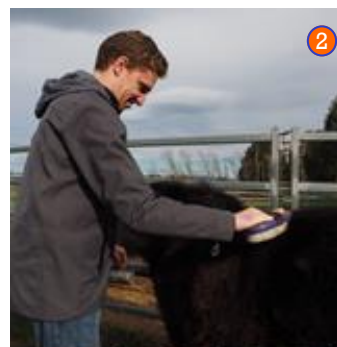
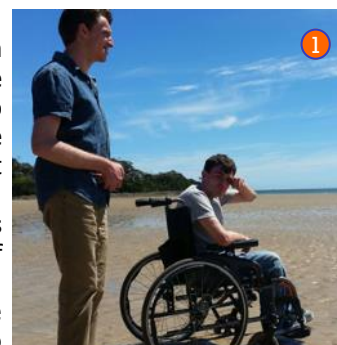
The garden is looking healthy and green, thanks to the efforts of all who have contributed. Spending the time and energy to look after our living space not only helps with maintenance and presentation, it's an investment in a life skill we can use to develop a feeling of pride and accomplishment, and to show how we can look after our surroundings we've been entrusted with.

Also of note is the determination of one participant who is trying make some lifestyle changes

to become healthier. Not only has it been pleasing seeing his drive and determination to give up something he enjoys but knows isn't healthy, but also watching the support of his housemates and staff around him and the encouragement they've been giving him to achieve his goals.

Ben Anderson

Team Leader - Como Crescent



St Michaels - Call for

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

Student accommodation has had an exciting couple of months.

We have been learning new cooking skills and helping each other to complete meals.

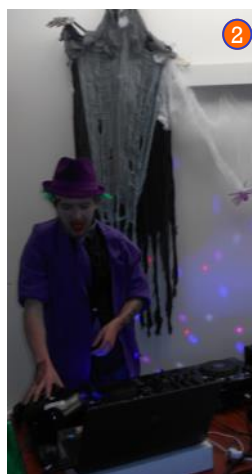
This has seen Josh Davis come out of his shell and show the rest how it's done.

After several attempts he has mastered making spaghetti bolognese which everyone just devours.

This year student accommodation with youth break decided to continue the tradition of a Halloween Party. All the residents and Participants from the Houses were invited and it was so much fun.

Many of the participants were so well costumed we didn't know them on first sight! Here's to next year and another spooky chapter at St Michaels.

Megan Thomas
Team Leader-Desmond Wood



At Youth break

The last couple of months have seen youth break have some great experiences.

Youth Break assisted in setting up and then participating in the Halloween party at the Merrington Centre. This meant a whole new experience with the decorations and set up but everyone seemed to thoroughly enjoy themselves. With the assistance of Matthew Barnett and Jesse Glover we were able to cook some amazing spooky themed food that went down like a treat.

This event allows youth break to interact with the social club partici-

pants and dance the night away.

It is a great event and we look forward to next year.

Youth break has also been enjoying the outdoors with recent trips to gravelly beach and also St Leonards picnic grounds. We are finding picnics area a great way to end an activity or outing.

As you can see from the pictures included we enjoyed making salad sandwiches after an hour of trampoline at Air Time.

Megan Thomas
Team Leader-Desmond Wood



St Michaels Assets - Update

October saw 85 tasks. Of these tasks 9 are outstanding 12 have been via external contractors .

Some of our fleet of Vehicles required repairing flat tyres, changing light globes and cleaning.

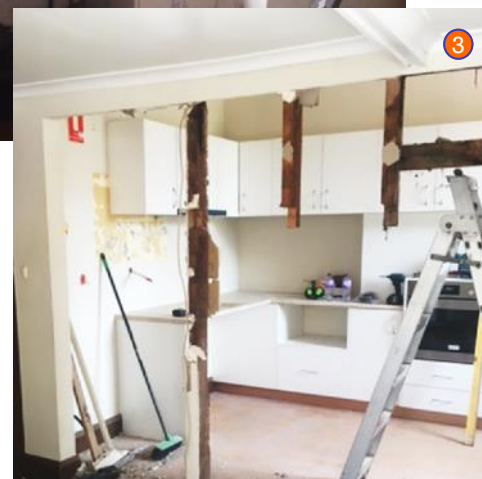
Grounds & gardens – continuation of gardening works within our facility is an ongoing job as spring changes to summer the needs of our gardens change. Also I believe that we can continue to improve on the good works to date.

Our Barbeque area in the Merrington Centre is progressing nicely and should be completed in the next week or so. It is only a minor plumbing issue holding us up and everyone is looking forward to the use of this wonderful area. Being undercover means all weather and should be a good resource for many years to come.

Como Crescent Residents and staff are eagerly awaiting a new kitchen that has been approved by Housing Tasmania after 2 years of negotiations. We are expecting installation in November and the new kitchen is designed for those with special needs. It is anticipated the new kitchen will assist participants to further increase their culinary skills. Watch this space.

Future expectations- December brings the next round of Fire evacuation drills & should provide sufficient time to carry out the electrical test & tag inspections within several areas.

Paul Westgarth
Asset 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 quali-*

ties 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.

Community Access - Update

Hi everyone, well we have had a busy time this quarter. We have been bowling, croquet, swimming, just to name a few. On some Fridays we have had a pizza and movie session which everyone enjoyed.

It's warming up now and our BBQ area is nearly ready to be used. Lunch on Wednesday thanks to our chief Lee Christmas is very popular; everyone is enjoying the delicious food. Thank you to all the participants who are helping Lee in the Kitchen and learning valuable skills in the process.

We have started tennis this quarter which has been a hit with everyone. We haven't caught any fish of late but a group is enjoying going on a Friday and putting a line out to see if they can catch something.

The shopping group is enjoying their day out with a hot chocolate or a coffee which ever they choose. The library group is growing in numbers each week.

Books have proven popular with everyone. We had a sports day out in the month of October, everyone brought their lunches and had a sandwich, everyone enjoyed the day and made some new friends.

We would like to wish everyone a merry Christmas and a happy new year. For those participants and staff on

Annual Leave be safe, and see you next year.

Kerry Lindsay

Team Leader - Day Program



Healthy Lifestyle Recipes



Raspberry Ripple Trifle

INGREDIENTS

2 x 85g packets raspberry jelly crystals
2 cups boiling water
450g madeira cake
1/3 cup white rum
2 cups thick vanilla custard
300ml thickened cream
2 teaspoons icing sugar mixture
300g frozen raspberries, thawed, crushed
Thawed frozen raspberries, to decorate

METHOD

1. Place jelly crystals in a large heatproof bowl. Add boiling water. Stir to dissolve. Stir in 400ml cold water. Refrigerate for 2 hours or until just set (it should be thick and syrupy).

2. Cut cake into 1.5cm-thick slices. Cut each slice in half. Arrange half the cake over base of a 12 cup-capacity serving bowl. Drizzle with half the rum. Spoon over half the jelly. Top with custard. Arrange remaining cake on custard. Drizzle with remaining rum. Top with remaining jelly.

3. Using an electric mixer, beat cream and icing sugar together until stiff peaks form. Fold crushed raspberries through cream to create a rippled effect. Spoon mixture over jelly layer. Cover. Refrigerate overnight. Top with raspberries. Serve.



Cranberry and Balsamic Glazed Ham

INGREDIENTS

6kg cooked leg ham
275g jar cranberry sauce (see note)
1 1/2 tablespoons balsamic vinegar
Whole cloves, to decorate

1. Place oven shelf in lowest position. Pre-heat oven to 180°C/160°C fan-forced. Using a small, sharp knife, cut through ham rind 8cm from shank. Run thumb underneath rind to separate from fat. Peel back and remove rind. Score the fat in a diamond pattern (see tip). Press 1 clove in the centre of each diamond to decorate. Place ham on a wire rack in a large roasting pan.

2. Combine cranberry sauce and vinegar in a microwave-safe jug. Microwave on HIGH (100%) for 20 to 30 seconds or until heated through and smooth. Brush half the cranberry mixture over ham. Cover shank end with foil to prevent it burning

3. Bake, using a pastry brush to baste with remaining cranberry mixture halfway during cooking, for 45 minutes to 1 hour or until glaze starts to caramelise. Serve.

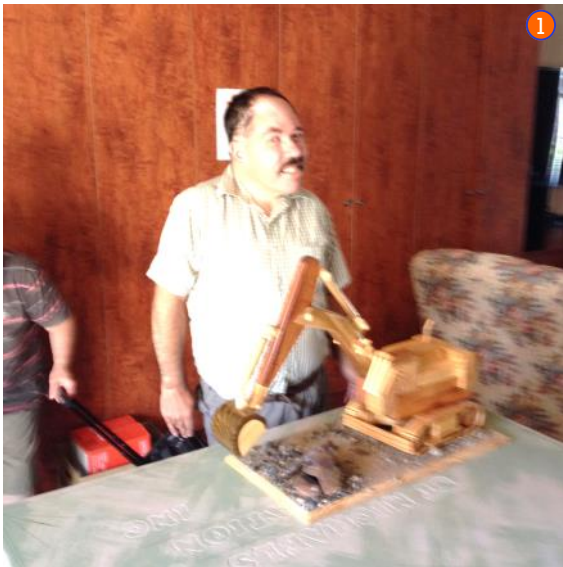
Tip: Be careful not to score the fat too deeply, otherwise fat will melt and spread during cooking.

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

Neighbourhood Watch



St Michaels began the formation of our own local in house neighbourhood watch program back in July 2016. The committee comprises of Vaughan Holden, Glen Patterson, Alana Jansen, Michael Baxter and Imogen Hatters. We meet every month to discuss anything that is happening within the

St Michaels community. Constable Anabel Shegog also attends the meeting to update us with a crime report that is relevant for our area. The program is about ensuring that the participants living at St Michaels feel safe and secure and that their neighbours are keeping a look out for any suspicious activity that is occurring on our premise. We would like to thank Elphin Continental who provides afternoon tea to the committee.



Neighbourhood Watch Report

St Michaels Association Neighbourhood Watch



Crime Report (for period 14/10/16 - 14/11/16)

During this period there were several matters reported in the general Newstead area.

Overnight on the 12th November a converted

garage at a residence in Thyne Avenue was entered via a sliding glass door and 2 mountain bikes were stolen. Launceston CIB are investigating (reference number 548288).

Between 7-11th November a padlocked shed at a residence in Campbell Street was forcibly entered and a significant amount of property was stolen. Launceston CIB are investigating (reference number 548198).

Between 4-8th November a business in Hobblers Bridge Road had the front, reinforced glass door extensively damaged. Launceston Police are investigating (reference number 547923).

Overnight on 6th No-

vember a car parked in Churchill Crescent was forcibly entered and property stolen. Launceston Police investigating (reference number 547899).

Overnight on 5th November a vehicle parked in Riverdale Grove was entered (no sign of forced entry) and property stolen (reference number 547795).

Between 16-30th October a garage at a residence in Newstead Crescent was entered (no signs of forced entry) and a Giant mountain bike stolen. (reference number 547347).

Police would like to remind residents to make sure they do not leave valuable property on display

on verandas or in front yards for opportunistic thieves to take. Bicycles are still being targeted by thieves in all suburbs, so ensure they are locked away. Ring the St Michaels supervisor or Launceston Police if you have something stolen on 131 444.

Afternoon Tea generously donated by Elphin Continental Cakes – please enjoy.

Why not bring a friend along to the next meeting

Photos

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

☐ 6x4" = \$2 No. of copies..... Page Number..... Photo ID Number.....

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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 - All NDIA Registered Supports

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. This program operates 7 days per week.

Group Homes - shared accommoda-

tion 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 Merrington Centre 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

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.

Any Training or Student enquiries please contact Chriss Kelly on 6331 7651

Details

The Independent will be distributed electronically on a bi-monthly basis.

General Display and Classified Display Advertising space is available if you would like to advertise your business.

Please contact John Schade on 6331 7651

Contact Details

St Michaels Association Inc.

22 Hobblers Bridge Road

PO Box 306 Newstead Tas 7250

Phone (03) 6331 7651 Fax (03) 6334 2132

admin@stmichaels.asn.au

www.stmichaels.asn.au