

## From the CEO with John Gilpin



John Gilpin

Welcome to the July Edition of our Bi-monthly newsletter "The Independent". It is a bitter sweet edition for the Association as we say hello to a new era for St Michaels and Independent Services with the purchase of 1-3 Chant St East Launceston. This purpose built and we believe fit for purpose community building will house Independent Services programs for years to come.

For many years Independent Services has given the community wonderful community access & recreational programs in a small but quaint building in Canning/Charles St Launceston with the prospective move into a larger, friendlier and safer property. We believe the service & programs can only grow or expand in

a close to the city facility.

That said, the building is also for community participation as we have re-engaged or maintained partnerships with:-

- Crossroads
- Local Tennis Club
- Highland Dancing Club
- Fly Fishing Club
- Singalong Australia

All wishing to share and use the facility with Tasmanians living and working with their disabilities.



Donald Richards

On the sad and may I say respectful side of the newsletter is the retirement of Donald Richards after a lifetime body of work for St Michaels and Disabled Tasmanians. I personally thank Donald Richards for the knowledge & experience he has



1-3 Chant Street

given me over the last 6-7 years while working alongside him. He has made a difference to so many lives!!

May I say that without Donald Richards the management team, which includes myself, would not have taken the organisation from 30 odd staff to over hundred staff, while doubling the people we support during that time. However as we grow and we are in two systems - NDIS and State funding; compliance, reporting, stakeholders, policy and procedures on the run do take their toll on all of us, with this falling heavily on Donald.

We would love to honour our Donald Richards with an afternoon tea, however Donald has asked for a few weeks

grace to decide if this could happen and out of respect for his wishes we have agreed. I will let you know if the honourum will occur, but I will be guided by Donald.

Until this time, on behalf of St Michaels and the support you have given to so many, it is goodbye for now and best wishes to you as you enter the next chapter of your life.

As we develop independence for our disabled participants so do we build resilience for St Michaels. So on a positive note I hope you read the rest of the newsletter with stories and pictures of our participant's adventures & activities

Thankyou,  
John

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Tasmanian  
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# Peter Gutwein MP

## Treasurer and Member for Bass

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

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

## New Premises - Chant Street

We are extremely proud to announce that St Michaels has recently purchased the former Uniting Church building at 3 Chant Street, East Launceston.

This is a significant purchase and a fantastic addition to St Michaels Services.

The facility will continue to support a number of Community Groups, including Cross Roads and the tennis club.

Currently Independent Services operates a Community Access program at our City Campus in Charles Street. It is anticipated that this service will be relocating and operating from the Chant Street premises mid October, 2017.

The facility is ideally located in East Launceston, is situated on a large flat block with easy access and includes a separate tennis court, kitchen, offices, separate program rooms, breakout rooms.

Thanks go to the CEO and Board for their vision and support in the purchase of this valuable asset.

CEO John Gilpin attended the final congregation at the Chant Street Premises, acknowledging the Uniting Church and advising on the plans to convert this lovely building into a user friendly Community Access facility.

All of the Independent Services Clients & staff were excited when told about the move to the larger premises in the near future.



## Retirement - Donald Richards

After an extended period of leave, Donald Richards, Participants & Co-ordinator of Supports has decided to enter into retirement.

After over 43 years in the disability sector, it was only a matter of time that this day would come.

Donald commenced official employment at St Michaels February 15, 1974 and has seen many changes over those years.

During this time, Donald has held various positions including Disability Manager, more recently Donald's role changed to Manager Participant's and Co-ordination of Support for NDIS funded clients.

Donald's contribution to Tasmanians living with intellectual and physical disabilities has been a

life long commitment. His ability to work with and influence these clients has seen his skill used all over Tasmania, which includes networks within the sector to other agencies, from DHHS to the Education Department and from families/carers of the young to the elderly. An extraordinary commitment to Tasmanians!

There have been many clients over the years that Donald has directly assisted through his understanding and undeniable passion, Donald continued to seek ways to assist those that need support, whilst he didn't promote the fact that he had made a difference to so many peoples lives. You can be assured that Donald derived pleasure and personal reward for

the outcomes of each and every relationship.

In 2011 Donald was awarded a lifetime achievement award from the National Disability Services Tasmania in recognition of his service and commitment.

Donald is recognised throughout the state by his peers, friends and other service providers for his ability to successfully work with very challenging individuals. On many occasions Donald has successfully transitioned individuals into the community when others thought it was "just not possible".

Over the years Donald has been in the forefront guiding and supporting young people, providing opportunities to further develop their skills and encourage



responsible work practices while encouraging self reliance and responsibility in their actions.

No doubt you will join me in wishing Donald all the very best for his future endeavours, he will be missed immensely by all, especially the participants.

Sincerely,  
John Gilpin, CEO

## Training & Learning Development

It is with pleasure that we announce two new and exciting Third Party Arrangements that our RTO has entered in to with Tasmanian Training Providers.

Firstly, Training3Thousand, owned and operated by Alan Higgins has joined our RTO as a Training Provider specialising in Warehousing Operations, Process Manufacturing and a range of Workplace Health and Safety courses.



Alan comes to us with a wealth of experience having worked and trained for companies in Broken Hill and Olympic Dam and internationally

in Vietnam and Saudi Arabia.

Alan is currently supporting a large number of Workplace trainees across the state and has embarked on a Communication and Collaboration three Unit project with an WHS focus for 20 employees within an Australian Disability Enterprise in the North and South of the state. Welcome Alan.

Secondly, we are excited to announce the partnering of MEDECS Australia and St Michaels RTO.



MEDECS Australia is a state-wide training company who's aim is to provide quality health education, training and consultation for

the Community Service and Health Sectors.

MEDECS Australia will deliver and assesses the following units; HLTHPS006 Assist Clients with Medication, HLTAAP001 Recognise Healthy Body Systems, HLTAID001 Provide Cardiopulmonary Resuscitation and HLTAID003 Provide First Aid.

St Michaels has worked with MEDECS over many years as our preferred Training Provider. We know first hand the wealth of knowledge Deb and her training and assessment staff bring to the table and now welcome this partnership as a positive step for all involved with this most professional team.

Enquires regarding Profession Development

opportunities with MEDECS can be directed to Deb Stone 6272 1843 or 0408 283163.

The first half of this year, the focus has been on the internal training of current, emerging leaders and on-the-job mentoring for new recruits. The work that Team Leaders and senior staff have put in in terms of Employee Inductions, Probation Reviews and Annual Performance Reviews has seen a resurgence of positivity and a general feeling of wellbeing across the organisation.

Thanks goes to all staff who have assisted in the Employee Passport processes.

Chriss Kelly, Training & Learning Development Manager

## Independent Services - Community Access

Over the past winter months of June and July the City Campus participants have enjoyed the changes in the programs with only three or five cancellations.

Wet weather played havoc with the Gardening groups so they went to visit different garden centres such as Buntings, the Glebe, Becks and Allen's having a look at plants, sculptures and ornaments. They also bought seeds for future planting and after all that work they deserved a coffee or hot chocolate.

The Golf group also had a couple of washouts, however this did not deter them as they still went to the Casino on the bus for transport training and Community Access to partake in a coffee, tea or hot chocolate. Everyone was pleased to see one of our artist's Fiona Harris's painting on display at the Inspirefest at Sheffield.

The first two weeks of July 3<sup>rd</sup> - 14<sup>th</sup> was the midyear break for the participants to recharge their batteries and have a rest. The centre used this opportunity to have a good clean up and begin packing for the move to Chant Street.

When the participants returned after their holiday they were very quick to notice items and materials not in their usual place. However there were photos of Chant Street on the wall and when it was explained about moving to a bigger place with so much more space they were very excited.

Mandy Mallett, Team Leader

For more information on any of our activities please contact Mandy Mallett on 6331 4180



## Merton House - Transitional Accommodation (S.I.L)

It's been an exciting and challenging time here at Merton House over the last couple of months and lots of things have been happening.

We did have to say good bye to one of our participants Jayden George and we wish him all the very best for his new adventures.

Staffing levels have been far more stable. This has meant that the participants in Merton have been receiving a more consistent support which has resulted in a far more relaxed and stable environment.

There has been a renewed focus on supporting people with their everyday skill development to improve their quality of life, independence and self-determination.

Thank you to Kenneth Court for supporting Ashley to reconnect with the Cross Roads Group and all his old friends. Ben attended Citizen Advocacy Christmas in July and had the most amazing evening. Luke started to go to Scarecrow Farm as one of his chosen day activities and has had a wonderful time.

We celebrated Jacob's Birthday for the first time here at Merton House and Jacob though wondering what all the fuss was about had a fantastic evening.

We have had many discussions with Skye on her upcoming 18<sup>th</sup> Birthday Celebrations and we'll report on how that went in the next newsletter.

Football fever is running high here in Merton and



there is plenty of reverie amongst us all. We have also been having a great deal of fun going to watch the Lton Football Club train of a week night.

Some other places of interest that we have ventured out to are Bridport, Sheffield, Campbell Town, Perth, Westbury, Legana, Beauty Point, Exeter, Scottsdale and Devon-



port to name a few.

A couple of key activities have been a great day shopping in town, bowling, Ashgrove Cheese Factory and a trip to the Airport for a bit of Plane spotting.

As you can see we're not resting here at Merton but seizing the days.

Mitch Stoddart, Team Leader

## Como Crescent - Supported Accommodation (S.I.L.)

One of the harder things this time of year is finding opportunities to engage in physical activity, which is particularly important when working with young men who have a lot of energy to burn every day. At it's simplest, exercise increases our quality of life by helping to keep us healthy and happy.

One of Hayden's favourite activities is swimming at the pool at the gorge, which unfortunately closes for winter. As an alternative he's been attending Airtime 360 and a trampolining gym, where he can practice his jumps and dives and says is just as fun as being in the water.

Hayden has also discovered fidget spinners and

recommends them to everybody, he says they are good to relieve stress.

All residents recently had a great time on their recent visit to Bridport playground and walking track.

Aron has recently tried his hand at painting and created some wonderful artwork for the house. Fortunately for him karaoke and dancing to music also aren't weather dependent.

Ben Anderson, Team Leader

**Vacancy - 1 brm see p10 for details**

If you are interested in learning more about this vacancy please contact Rod Campbell on 6331 7651.



## Day Program - Community Access

Our participants have had a fantastic time out and about in the community which included playing various sports at Elphin Sports Centre, they sang Karaoke, swam at the Aquatic Centre and relaxed in the spa.

There were a number of strikes at bowling and everyone defended well at self-defence.

Our participants went on a number of walks on various trails in and around Launceston which included looking at the animals and boats down by the river.

They also kept to the beat at dancing and doing the limbo rock.

We have had an exciting time in our winter break holiday program where we went to the cinemas and saw the

movie "Cars" and shared popcorn.

We travelled to the Don River Railway, rode a train and then had lunch at Bells Parade, Latrobe while watching a flock of ducks.

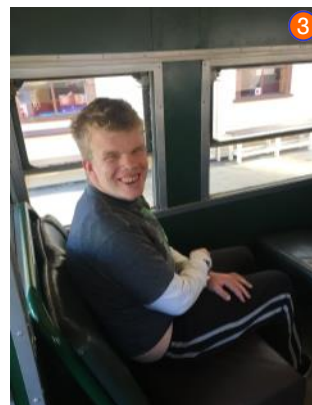
Other activities included putting at Grindelwald, a ghost tour at Penny Royal and saw the sights.

Another group went to Beauty Point to see Echidnas and Platypus' where we explored the museum and played with sensory items.

We also completed art and craft projects including making flowers and photo frames.

In the kitchen we cooked cakes, scones and made pizza for lunch.

Kerry Lindsay, Team Leader



## Desmond Wood - Respite Transitional Accommodation

Desmond Wood participants have enjoyed planning a number of outings to the movies over the last couple of months. The last movie the participants attended was Cars 3. This was a hit for everyone, me included.

We are working hard as a group to come up with other activities we can do together.

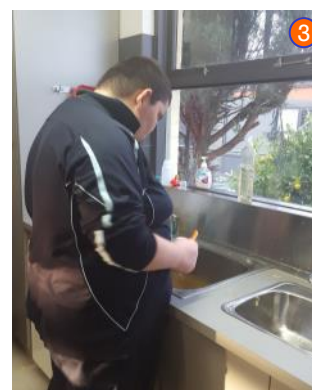
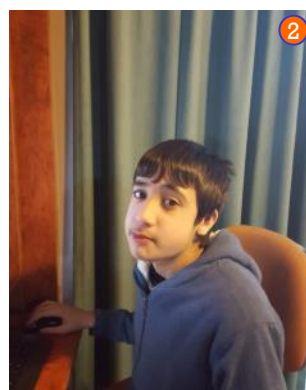
We are continuing on with our evening meals where we invite others to come and join us. We recently had Wellington St and Como Crescent participants. In the next couple of weeks we will also be sharing a meal with some Penquite Road participants.

School holidays have seen other participants come into the section for respite while others were home for the holi-

days. This has helped us reinforce routines and schedules for some participants.

I would like to thank staff for the part they have played in helping one young man transition into our program so very well. Jacob has settled in well, beyond all expectations and we are all very proud of him. We are also aware that this has had a flow on effect at school with many positive reports coming back to us. Well done Jacob and staff, I look forward to watching what else you can achieve.

Megan Thomas, Team Leader



## Penquite Rd - Supported Accommodation (S.I.L.)

Penquite explorers are out and about again. "For my part, I travel not to go anywhere, but to go. I travel for travels sake. The great affair is not to move" – Robert Louis Stevenson

Penquite resident's trips to places of interest far and wide in the past month including Low Head wood carvings, Bridport memorial park, Prospect market, Evandale bakery, Scotsdale café and Bridport take-away, just to name a few.

Gary, Kathy, Paul and Robyn have all been involved in weekend adventures. Enthusiastically seeking out hidden jewels in the north of the State. Sampling food and visiting spots for leisurely walks, or just sitting and talking in some of the best vis-

tas that the great state has to offer.

The first weekend in July all participants went on a relaxing drive to Emu Valley Rhododendron Garden. Everyone had a wonderful time looking at the flowers and lake sitting under the gazebo taking in the beautiful natural surroundings. Lunch was calling so we called into Burnie on the way home and enjoyed a nice meal at the seafood restaurant by the beach. After lunch digested we then proceeded through Latrobe and had a hot drink at the Latrobe Park.

Quote of the month "You don't have to look so scared Kathy, Ade's a good driver" – Paul Medcraft

Ade Doyle, Team Leader



## In Home Tenancy - Personal Support

The In Home Tenancy Support Team have been busy working alongside our Participants with setting and working towards achieving their goals.

A big congratulations to Tony who has achieved his goal of attending a gym. Tony has maintained his attendance for six months, and is still enjoying it immensely.

Paul has been making some beautiful wood work, so much so he has had two orders from staff for his famous bread boards.

Imogen has been growing her own vegetables in our communal gardens. This is a very rewarding life skill for her, well done.

Jesse has successfully completed his work placement and we look

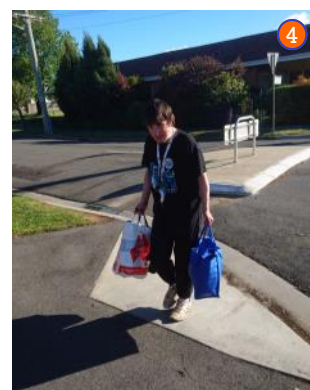
forward to seeing what will come in the future for him. Jesse is also learning how to budget in the aim to buy himself a car one day.

We have a number of new faces working with the team and we would like to welcome them and hope you all settle in well.

We would like to send a big thank you to Jan Rice for her 22 years of service here at St Michaels. Jan is an outstanding member of our team with irreplaceable attributes and is highly respected by all.

We would also like to wish Donald Richards all the best in his retirement. Words of gratitude are just not enough to express the appreciation we all have for him.

Louise Frankcombe, Team Leader



## Youth Break - Respite, Life Skills & Community Access

The winter months has still seen Youth Break getting out and about and enjoying the days.

We have taken advantage of the sunny days and explored the new playground equipment at Bridport including the beaches further along the coast. We have also experienced all that Devonport has to offer and seeing what new places and things we can find. The Don River Railway was a hit for everyone.

Participants recently went to the cat show at Entally House and even though this wasn't a favourite for them everyone still seemed to enjoy the day.

Steamfest was held in Georgetown and was a hit for our guys; the new format seen it start later but still lots of fun

and exploring to be had.

The wet days have seen the groups spend time doing indoor activities such as cooking up a feast, enjoying a movie together or a competitive game of 10 Pin bowling. Sadly it seems most staff need a lot more practise at 10 Pin before we can claim the prize of best bowler.

We are hoping to plan a trip to the snow soon, unfortunately Mother Nature hasn't been nice to us in the past but hopefully we will be able to do this soon.

I look forward to sharing more with you over the coming months.

Megan Thomas, Team Leader



## Kenneth Court - Supported Accommodation (S.I.L.)

Kenneth Court Participants have been enjoying a variety of different places to eat lunch and have also been enjoying different meals in their weekly menu planning choosing a selection of Mexican, Italian and Chinese just to name a few.

Nick has been on a holiday in Melbourne to watch Essendon play live (Essendon won). Leading up to this Nick was very excited as this was one of his goals. Nick couldn't wait to tell everyone about his adventure.

Stephen spent a day with one of his friends assisting to make lunch, afterwards they went out for dessert. Once home Stephen was excited telling staff in full details how he had spent his day.

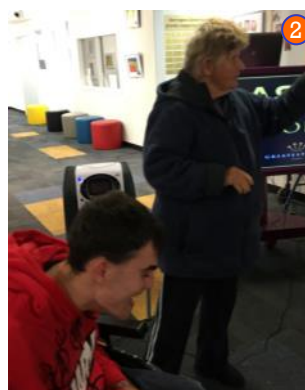
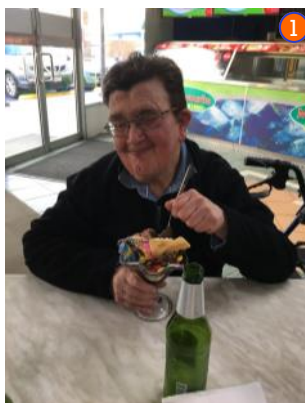
Val has been working on developing her cleaning skills as part of her goal to clean her own room without assistance.

Andrew has been enjoying going to different places having a hot chocolate here and there to keep him warm. Andrew has also been working on his cleaning skills.

Kenneth participants have all been working as a team to complete skills of daily living while building a stronger friendship between one and other.

I am looking forward to seeing more goals, activities achieved and more skills developed in the next two months.

Nathan Avery, Team Leader



## Hawthorn St - Supported Semi-Independent Living (S.I.L.)

The participants have been really enjoying themselves over the last couple of months.

Well done Aron on finding a work placement at Airtime from all accounts it is going well.

Great work Heath on participating in a mentoring volunteer group with the City Mission.

George has been included in the AFL Football team through New Horizons, who are spending one week on the Gold Coast representing our wonderful state of Tasmania. He and his team were on WIN news, and also in the Examiner news paper as they were presented with their gurnseys.

There has been a lot of free time during the holidays to catch up with family and strengthen personal

relationships, while also forming new friendships through the Hub, relaxing at home and having fun.

Now that the holidays have finished the participants routines can return to normal, however that doesn't mean the fun won't end.

Abigail Theobald, Team Leader Hawthorn

**Vacancy - 1 brm see p10 for details**

If you are interested in learning more about this vacancy please contact Rod Campbell on 6331 7651.



## St Michaels - 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 on grants, local community support, do-

nations 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 contact Rod Campbell on 6331 7651 or complete the form

see page 15 and forward to 22 Hobblers Bridge Road, Newstead.

Thanking you for your consideration.

St Michaels is supported by the Crown through the Department of Health and Human Services.

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Luke Salmon M: 0407 131 686  
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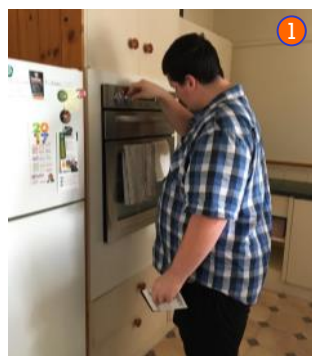
## Wellington St - Supported Semi-Independent Living (S.I.L.)

The residents recently gathered for their first roast night. With guidance from staff they made and enjoyed a full roast dinner together for the first time. This involved slicing the meat and seasoning it with salt, pepper and rosemary, peeling and cutting vegetables, setting the oven and then a patient wait. After carving the meat they made gravy from the pan juices. The residents commented it was one of their favorites meals they'd had. The importance of sharing a meal is easy to overlook when people lead busy lives. Even on the nights the recipe isn't particularly amazing, there is something special

about people making time for each other free from their usual distractions. It allows them to come together to talk about their day and to listen and understand what the other person experiences in their lives. Through this process, people can bond, connect, plan and learn from another.

One of the core goals of disability support providers is to connect their participants with various communities around them to create participation and belonging, though it is important we remember we also invest in the community within our homes.

Ben Anderson, Team Leader



## St Michaels - Call for memberships

St Michaels Association Inc. has been serving the Tasmanian Community for over 50 years through the provision of care and accommodation services to those living with an intellectual and or physical disability.

St Michaels is calling for new members to join this innovative and trusted organisation.

There are two 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 or

to discuss membership options please contact John Gilpin for a membership form on 6331 7651.

**Contact John Gilpin today on 6131 7651 to discuss your membership**

## Accommodation Vacancies

There are currently three vacancies available across our accommodation services.

Accommodation services are located on St Michaels Grounds and in the broader community.

Services provided in this type of accommodation program can incorporate assisting with and or supervising tasks of daily life in developing the skills of an individual with either low or high needs to live autonomously as possible.

Accommodation programs operate seven days a week.

If you would like to obtain more information on how you can apply for our accommodation services please contact Rod Campbell, State Manager Disability Services on 6131 7651.



### Hawthorn House

A semi independent accommodation program, available for 4 young people between the age of 18 to 25 who are funded through the NDIS.

Located on a flat block with easy access, close to transportation, shops, medical services and pharmacies

Hours - Sleep over only Mon-Fri 3 pm to 9 am.  
Sleep over and day support Fri 3 pm to Mon 9 am.

4 bedroom plus 1 office, split level accommodation.



### Como

Supported accommodation program, available for 4 people between the ages of 18 to 25 who are funded through the NDIS.

Located on a large flat block with easy access, barbecue, outdoor area, close to transportation, shops, medical services and pharmacies.

Hours - Sleep over only Mon-Fri 3 pm to 9 am.  
Sleep over and day support Fri 3 pm to Mon 9 am.

4 bedroom plus 1 office, split level accommodation.



### Merton House

A transitional accommodation program available for 6 people who are funded through the NDIS. This program assist those looking to move into independent living.

Located on a flat block with easy access, wheelchair friendly, close to transportation, shops and medical services.

Hours - Sleep over only Mon-Fri 3 pm to 9 am.  
Sleep over and day support Fri 3 pm to Mon 9 am.

6 bedrooms with ensuite plus 1 office.

## Our Assets - Update

Additional lighting has been installed around the Hobblers Bridge facility with new lights fitted to the Merrington Centre, new bollards between units 11 & 12, soon to be completed twin flood lights at the rear of Merton House along with motion activated solar powered flood lights above the road near unit 10.

A fire drill was conducted for the Merrington Centre and new units. All in all the fire drill went well. As part of continuous improvement additional sounder alarms will be installed to assist all participants and staff in recognising when there is an alarm.

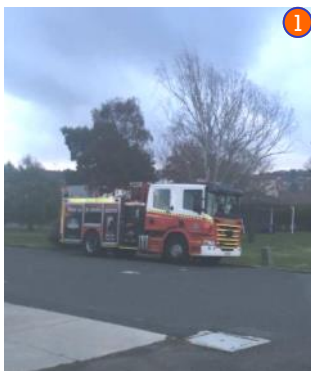
Just a reminder that when you hear the siren move to the assembly area near Merton House and wait further instructions.

The assets team have been busy removing several older trees and replaced them with shrubs.

We have had a relatively dry winter so far and it won't be long before the early spring conditions will once again bring blooms of colourful flowers across our facility which is looking great.

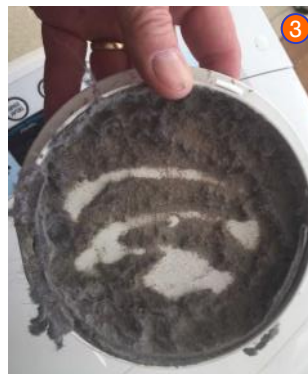
We continue to work towards updating our motor vehicle fleet. Recently we have purchased another vehicle to add to our fleet and replace some of the older vehicles.

Solar Power panels have been installed at the Penquite Road residence. This will significantly reduce the cost of power to the residents.



Please remember to clean your dust filters in your clothes dryers regularly particularly in winter. Picture 3 shows a dust filled filter which could lead to a fire or damage to your dryer.

Paul Westgarth, Asset Supervisor



## Things we do...



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

## Things we do...



1



5



2



6



3



7



4



8

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

## Healthy Lifestyle Recipes



### Mexican Corn and Zucchini Fritters

An easy recipe which serves 4 people, takes 10 minutes to prepare and 20 minutes to cook

#### Ingredients:

2 x large eggs  
1/2 cup self-raising flour  
1/3 cup reduced fat milk  
1/3 cup grated reduced fat tasty cheese  
2 medium (200g) zucchini, grated  
420g can corn kernels, drained and rinsed  
1/2 bunch fresh chives, finely chopped  
1/2 tsp paprika  
Canola or olive oil cooking spray  
1 ripe avocado  
Squeeze of lemon or lime juice  
1 tomato, cut into wedges, to serve  
Baby lettuce leaves, to serve

#### Instructions:

Whisk eggs, flour and milk together in a large bowl until smooth.

Stir in grated cheese, zucchini, corn, chives and paprika.

Heat a large non-stick frying pan and lightly grease with cooking spray. Drop heaped ta-

blespoons of the mixture into hot pan, spreading it out evenly with the back of a spoon.

Cook fritters over a medium heat for 2-3 minutes on each side or until golden brown and cooked through. Remove from pan and keep warm.

Continue with remaining mixture, re-greasing pan with cooking spray as necessary.

Mash avocado with lemon juice in a small bowl.

Top warm fritters with mashed avocado and serve with tomato and lettuce ingredients, and add fresh dill and parsley.

Add zest of lemon and if needed some more cracked pepper.

Serve immediately.



### Honey and Nut Muesli Bars

An enjoyable and popular snack which makes about 24 slices, takes about 15 minutes to prepare and 45-55 minutes baking time.

#### Ingredients:

3/4 cup good-quality honey  
1/2 cup sunflower oil or light olive oil  
2 1/2 cups traditional rolled oats (oatmeal)  
1 1/2 cups puffed millet  
1/2 cup desiccated coconut  
1 1/2 tsp ground cinnamon  
1/2 cup sweetened dried cranberries  
1/2 cup currants  
1/2 cup raw almonds, coarsely chopped

#### Instructions:

Preheat the oven to 140°C/320°F. Lightly grease a shallow 20 x 30cm (8 x 12in) baking tin and line the base and sides with non-stick baking paper. • Put the honey and oil in a small saucepan over medium heat and stir until well combined and heated through. Set aside. • Put the rolled oats, millet, coconut, cinnamon,

cranberries, currants and almonds in a large bowl and mix to combine evenly. Add the honey mixture and stir to combine. Using damp hands, press the mixture firmly into the lined tin. Press the mixture with the back of a spoon to make the surface smooth and even. • Bake for 45-55 minutes or until the surface is dark golden brown all over. Cool completely in the tin before cutting into 24 bars. • These muesli bars will keep in an airtight container for up to 1 week. For extra-crisp muesli bars, store in an airtight container in the fridge.

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**TOTAL = \$** includes postage delivery

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

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

Credit Card ☐ Visa ☐ Mastercard Card Number

Expiry Date:

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

Details

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

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

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

## 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

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 by

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

Credit Card ☐ Visa ☐ Mastercard Card Number

Expiry Date:

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.....

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, Newstead 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 pm to 9 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 a week.

### **Group Homes - shared accommodation Services**

Currently there are three 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 seven days a week.

### **Desmond Wood - 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. Conditions apply for eligibility.

### **Individual Support - 1 on 1 support**

This type of support is specific to the needs of the individual, and may include enabling a participant to independently engage in community, social and recreational activities, personal care, educational assistance, living and life skills. Support can be provided 24/7 365 days a year and can be delivered in home or at St Michaels.

### **Our Home - shared accommodation Services**

Currently there are two Our Home facilities located in the broader community. Services provided incorporate minimal assistance in

meeting daily life requirements and to develop the skills of an individual with standard support needs to live autonomously as possible. This program operates 7 days a week.

### **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.

### **Contact**

If you are interested in any of the innovative programs please con-

tact Rod Campbell State Manager Disability Services 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 Warehousing Operations, Certificate II Process Manufacturing, Certificate II in Horticulture, Short courses in Kitchen Operations, Forklift, Computing, and 5 Day HSR are delivered across the state in various locations.

Please contact Chriss Kelly for further information on your training needs on 6331 7651.

## Details

**The Independent is distributed electronically on a bi-monthly basis. Hardcopies can be found on our website and or can be posted.**

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

**Please contact Rod Campbell on 6331 7651**

## Contact Details

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**Find us on Facebook for regular updates**