

From the CEO with John Gilpin



John Gilpin

Welcome to the September edition of our bi-monthly newsletter "The Independent".

With growth in service and retirements of key staff in 2017 our structure has changed quite dramatically from the beginning of the year.

Combine these impacts with the dynamics of the N.D.I.S we as a group have implemented the following:

Rod Campbell, appointed State Manager Disability Services, in February.

Two new roles to guide services and support Team Leaders:-

- Manager - Residential Services; Sharon Cuthbertson.
- Manager - Day Services; Maria Campbell.

While Sharon has been

with us for many months now (doing a fantastic job with her team), Maria has just started with us!

Maria will manage four areas, namely:-

- Day Programs - Newstead.
- Independent Services - City.
- In Home Tenancy Support.
- Coordination of Support Services.

Sharon & Maria are fantastic additions to our Management Team and we are lucky to have them working with us here at STMA.

Another new position is a stand-alone, purpose created role of Coordinator of Supports! Jayne Stinton brings many years of Case Management Support to our sector and we need to be patient as Jayne finds her feet given the demands and ever changing guidelines of the N.D.I.S.

Our recently advised purchase of Chant St settled in July, however we were advised recently that a change of discretionary "class" use would need to occur, delaying the move from the city to East Launceston until the end of October. (Pending DA planning approval of the discretionary use change).



Colin Ferguson and Skieeve Brent receiving their awards presented by John Gilpin



Our AGM was held on the 28th of September with over 50 members & guests attending. All agenda items were resolved at the meeting with Simone Woodruff re-elected for another two years and our auditors Luke Salmon of Auditing & Accounting Solutions re-appointed for the 2017-2018 Financial Year. During the AGM Service awards were presented to support workers Colin Ferguson - ten years, Phil Southon - ten years, and Skieeve Brent - five years. Thank you for your commitment and congratulations on your achievements.

Our participants have had a very busy period over the last two months and I hope you enjoy their stories as highlighted within their service program areas.

The Board have been very busy working on the Strategic Plan for 2018 - 2020 and we are eager to fully receive the plan, share it with the Management Team & start the implementation phase between now & the end of the year!

We hope you enjoy reading this edition and look forward to the next two months of participant socialisation, engagement and goal achievement.

Best Wishes
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

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

Manager - Day Services



Please welcome Maria Campbell as St Michaels Day Services Manager.

The Manager Day Services is responsible for all St Michaels Association Day Services including Community Access (Day Programs) Newstead campus, Independent Services - City Campus, In Home Tenancy Support and Co-ordination of supports.

This is a pivotal position and forms an essential part of the St Michaels structure as the role of the Manager Day Services is to manage the day to day operations of St Michaels Day Services.

Day Services provides a range of support for

people with disabilities from diverse backgrounds, as well as their circle of support. Our day services are designed to develop independence through maximising the individual qualities of our participants.

Maria has worked extensively in the Disability Sector, including direct support, coordinating and managing Community Access Programs for over 17 years.

Please join with me in congratulating Maria on her new role and in welcoming her to St Michaels.

Co-ordinator of Supports - COS



Please welcome Jayne Stinton as St Michaels Co-ordinator of Supports (COS).

The COS is responsible for; Provide support as articulated in the customers NDIS plan.

Assist participants to connect to and engage with informal and mainstream funded supports, which will assist the participant to achieve their goals.

Support the participant to access services within the given annual budget.

Fully understand the environment in which the participant is living and be able to respond to and resolve crisis circumstances that impact on the participants ability to achieve their goals.

Build capacity in customers to maintain support relationships with the end goal being a reduction in the participant's need for support connections

Jayne comes to St Michaels with a background in human services management in local and state government, as well as the Not for Profit sector. She has experience in the disability, mental health, employment and homelessness sectors.

Please join with me in congratulating Jayne on her new role and in welcoming her to St Michaels.

Speak Out Conference

Participants from around the State attended the annual event which was held at Wrest Point Convention Centre, Hobart Tasmania.

A number of St Michaels participants attended the Conference and from all accounts had a fantastic time.

The event included transport to and from the event, Happy Hour drinks and nibbles, official opening, guest speakers, workshops and activities including sailing and a dinner dance before travelling back home.

Special thanks to Bill Ward and Richard Nicholls who volunteered their time in providing support over the four day event.



Gear Up Expo

St Michaels once again attended the Gearing Up for Choice and Control Disability Expo held at the Tailrace Centre, Riverside.

The event was presented by Speakout Advocacy and supported by a number of service providers across the state.

This is an important event which provides participants with a broad range of services that could provide essential supports to meet their needs.

A draft St Michaels logo was also launched at the Expo. Special thanks to our designer Ben Winwood for the wonderful work he has done on creating the new STMA logo. Feedback from everyone was that it looked great!



Independent Services - Community Access

The inclement weather has resulted in a number of cancellations of the Bike Centre, Golf, Gardening and Flying activities. This resulted in groups attending the Museum, shopping for materials for programs, visiting garden centres and utilising the hall at the Newstead Campus. The Flying group made and decorated their own planes and looked forward to when the weather enabled them to fly their new planes. Wednesday Arvo Sports group are now playing soccer and they are adapting well from Basketball where you use your hands to soccer where you use your feet.

On October 2nd the Bike Centre will change to Fishing and on 4th October Flying will change to Tennis.

The Craft and Sewing groups are busy making their entries for the Launceston Show. Using drift wood as the base. Monday's group is a forest scene and Tuesday's is a beach look. The Sewing group is finalising a large organiser that will hang on the wall to keep items and materials in. From the Art group Fiona Harris, a budding artist was assisted by Liz Pinner the Tutor to enter a piece in the Sheffield exhibition where she received praise with a special mention for her wonderful painting.

There have been many infectious bugs keeping people away and over the flu period it has affected both participants



and staff. Those that were lucky not to become sick have kept the service operating as well as continuing to pack for the upcoming move to Chant St.

The participants are looking forward to the move as there has been plenty of time to prepare them for such a big change. We continue to look at the photos on our wall and ask where bags will be kept, what the lunchroom will look like and where they will do their programs.

Mandy Mallett
Team Leader

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



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

We have been very excited that the South Launceston Football Club invited three of our people to train with them, join in the fortnightly social club house dinner and to enjoy a meal with members of the club and players. Our lads were given free membership, which allows them to attend the club games and the use of their facilities. All three lads found the weekly training sessions with the players to be a fantastic night. We would like to extend our appreciation to the club for this amazing opportunity, their generosity and really look forward to continuing with this wonderful relationship. It was also a time of celebrations as we wished Skye a very happy eighteenth birth-

day and marked the occasion with a cake. The participants have assisted to co-ordinate a Mexican Games Night and a Night of Bingo for the Social Club. We visited Latrobe for the Winter Chocolate Festival and had a great day being part of such a wonderful community event. We also went to the Great Lake for a snow fight, then off to the Science Expo at the Museum. Whilst all this fun has been going on we have not lost focus on supporting people with their everyday skill development to improve their quality of life, independence, self-determination. With everyone's hard work and determination we are seeing amazing re-



sults of peoples skill development, confidence and abilities really shining.

Thanks to Abby for the terrific Movie night. This was such an amazing night. Participants are reminded to try new experiences as they will often surprise us.

One outing that we had was a trip to Beauty Point. Seeing Jacob cooking the BBQ for his

friends was one of those moments that you stopped and absorbed. Other places of interest are Greens Beach, Deloraine, Duck Reach, Grindelwald, Scottsdale, Poatina and Longford.

We're not resting here at Merton House but seizing the days.

Mitch Stoddart
Team Leader

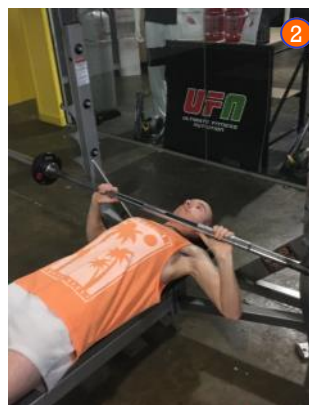
Como Crescent - Supported Accommodation (S.I.L.)

Como Crescent could be mistaken for a bakery pâtisserie of late with some creations emerging from the oven including caramel mud cake, nutella churros, macarons, oat and raisin cookies, chocolate brownies and berry slice. Aside from creating delicious food and causing the house to smell amazing, baking's a fun activity everybody's been able to get involved with and people clearly connect the effort and interest they put into it the task with an almost immediate, very satisfying result. The attendance and quality of the activities and outings has also been another highlight, with some new creative ideas along with the usual favorite destina-

tions. Over the past six weeks, the residents experienced places as diverse as Great Lakes to build a snowman and have a snowball fight, mountain biking at Trevallyn reserve, visiting York Town historic ruins, the Chocolate Winterfest at Latrobe, Junction Arts Festival, ten pin bowling and notably to Trowunna Wildlife Park, where Aron held a wombat, petted a Tasmanian devil and hand fed kangaroos and wallabies.

Also deserving of special mention is Matthew and the manner in which he has moved in, worked hard and in this short time already shared with us so many wonderful qualities.

Ben Anderson
Team Leader



Day Program - Community Access

In August a group went to the Longford Library and spent the morning, reading books and completed puzzles. Paul Westgarth donated some meat for the whole of St Michaels to have a BBQ. Our cooking group prepared the salad and cooked the BBQ. It was a great success. Thanks Paul for the donation.

A group of participants attended Bunnings for Art & Craft, they each made a photo frame. This is a very popular program and the participants are learning lots of new ideas and skills. The staff at Bunnings should be commended for their great work with everyone.

We visited Westbury Maze and had a hot chocolate. The maze is a popular place with all participants and the

staff alike.

We visited Hagley Farm and saw all the farm animals and had a ride in a cart pulled by the tractor. There is a small group that go swimming on a Monday and enjoy their time.

The inclement weather has seen croquet, sailing and bike riding cancelled a number of times during this period but with the warmer weather approaching we hope to be enjoying these again.

Our Friday cooking group grows each week with the participants moving into making healthy choices on what meals they prepare for their Friday lunch.

Quiche and salad proved very popular.

Kerry Lindsay
Team Leader



Desmond Wood - Respite Transitional Accommodation

The last couple of months have seen participants really working hard on their cooking skills.

The participants have been taking turns to plan a group meal for everyone. This included choosing menus and recipes to ensuring we had ingredients and if not then going and purchasing what was needed and cooking the planned meal. Everyone enjoys being able to show how their skills have improved since their last turn and also what new dishes they can come up with. The other enjoyable thing about cooking for the group is, the chef gets a night off clean up.

Participants have also

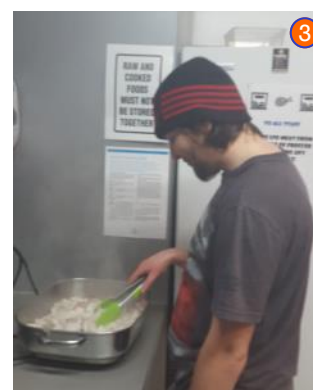
been enjoying the St Michaels games night—every second Tuesday night. The Games night is growing with the purchase of new consoles and games.

Staff are still not winning any ten pin bowling comps or Mario cart races but everyone enjoys the night of fun and competition.

School holidays are approaching, which will see participants return home for the last school holiday break of 2017.

Staff look forward to more outdoor activities with the participants as the weather warms up

Megan Thomas
Team Leader



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

The last two months have been busy here at Penquite Rd. We have had a new participant Louise move in and is getting along well with all her new house mates.

To welcome Louise we all went to a celebration dinner at Kai-Zen, a Japanese restaurant. Louise invited along her St Giles staff member. Everyone enjoyed their meals and would recommend Japanese food to others.

Everyone has been making the most of the good weather when it comes out, taking the opportunity to walk around the Gorge, and McDonald's farm to feed the ducks, while keep-

ing healthy and fit.

Over the weekends the participants have been taking it in turn to choose a route to somewhere new, saying to the driver to turn left or right, until they see an area they would like to stop for lunch, whether it be by a river or at a beach. It is always an exciting adventure.

Plans are underway for a weekend in Hobart, as the participants would like to do their Xmas shopping at the Salamanca markets.

Ade Doyle
Team Leader



In Home Tenancy - Personal Support

Paul, Damian and Daniel recently attended the Speak Out Conference. Mixing with other people from all over the state, enjoying the entertainment, a different change of scenery where they had a ball.

Julian has been on a wonderful cruise with his family off the coast of Australia. Julian flew to Sydney and home independently, this was a wonderful experience for him and he has come home with many stories to share.

Jo, Lyn and Glenn have been attending Ten Pin Bowling competitions for the past month. Jo, Lyn and Glenn returned from the Aurora State Ten Pin Bowling championships held in

Devonport with a few medals, they reported that they had bowled wonderfully. Well done to you all for competing and representing the Launceston team.

Helen has been out and about shopping in the community, Paul is learning more healthy eating and cooking habits, Leigh has expressed new independent living skills he would like to learn, for example catching a bus independently and joining in with a swimming group.

Every day has new and exciting experiences here at St Michaels and it is a pleasure to work alongside all involved.

Louise Frankcombe
Team Leader



Youth Break - Respite, Life Skills & Community Access

Youth Break has been out and about enjoying some new community activities as well as places we haven't been before.

Participants thoroughly enjoyed Latrobe chocolate festival, I don't know who wouldn't. From the marshmallow chocolate coated kebabs to the cooking competition or trying on fireman's gear, a great day was had by all.

We have also explored new parts of Scottsdale and the sideling lookout was a favourite. Rohan really enjoyed the vast scenery and after finding a painted rock this made the trip even more special.

Another new place was Yorktown and staff and participants were excited to learn that this

used to be classed as the capital of the North. Courtney especially liked the soldier cut out as "he doesn't argue so can you take a photo Megan"

We recently spent the day exploring Ross and its surrounds. The group, even though being all young men really enjoyed visiting the female factory and reading on what they had to do and how hard life was back then.

With the weather still being temperamental, we have also enjoyed the movies which saw many laughs and sore sides but a great time was had by all.

Megan Thomas
Team Leader



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

Kenneth Court has had a very busy two months. All four helped in celebrating Robyn Bye's Birthday (Penquite) at the beginning of August.

The house has worked together in looking at other options of grocery shopping, which they are really enjoying the process from sitting down working out the weekly menu plan, what items the house needs, getting on the computer finding them then setting a time and date for delivery. The best part they look forward to is when they unpack the items and put them away while checking them off leaving them eager to do it all over again.

Stephen and Nick came back from Speakout

Conference enthusiastic about their time in Hobart. Stephen really happy with being able to attend a dance.

Val has celebrated her birthday by going to visit her sister and spending time on the East Coast. Once home Val couldn't wait to show her house mates all the lovely presents she had received.

Nick has been on the edge of his seat as the football season is coming to an end and quite excited that his Football team made it to the elimination finals (Essendon). But now is looking forward to the Grand Final against Adelaide and Richmond.

With Social club having new things to do Val, Stephen and Andrew are enjoying each week



they attend and what ever exciting activity is on that week.

Nick has started to plan for his Birthday next month and Val, Stephen and Andrew are starting to think about what to dress up as for Halloween. All will be in the

next issue.

I am looking forward to what is instore and what exciting things the Kenneth Court Participants will get up to.

Nathan Avery
Team Leader

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

As winter is ending, the participants at Hawthorn St have been enjoying more of the good weather.

They have managed to save up enough money to purchase a BBQ just in-time for the silly season.

We have a new participant move in and Hannah is settling in really well to our team here.

Aaron has moved into Wellington Street and seems to be enjoying it there also.

We have had two birthdays so jointly celebrated at Hogs Breath Café and also with a game of ten pin bowling.

Now that spring has sprung, the flowers are blooming in the garden, we have been preparing the vegetable garden for new growth also.

The participants have been keeping quiet busy

with usual day placements and catching up with friends over the weekend, enjoying the last of the AFL games.

George and Heath have also helped set up a trial of a new movie night idea at the Merington centre, which is slowing starting to take off. They have been helping in the kitchen preparing the food and drinks. Also I have been supporting them with the budget side of things so they can learn what financial benefits there can be.

All the participants here are glad the colder weather is gone, and are excited to get their new BBQ going to show off to family and friends.

Abigail Theobald
Team Leader



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, 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 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.

Audit + Assurance

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

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

Wellington Street is a relatively new home with young men progressing into independent adulthood.

Through understanding their unique needs, hopes and ambitions, we've used this time to learn about living skills, friendship, managing money, being a responsible citizen, understanding health and wellbeing and looking after yourself and one other. The residents should be commended for the manner they've approached this and are demonstrating what they've learnt both within the home and now out in other areas

of their lives.

Some lessons learnt during this time include:

Determining what is the most important thing today and stay focused on that.

Speaking up for yourself and ensuring you are heard.

Putting things off does not make them go away!

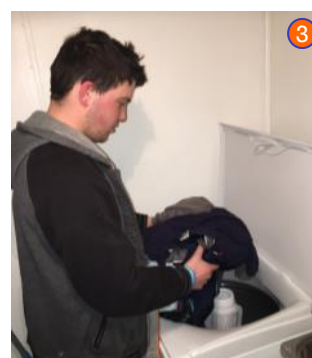
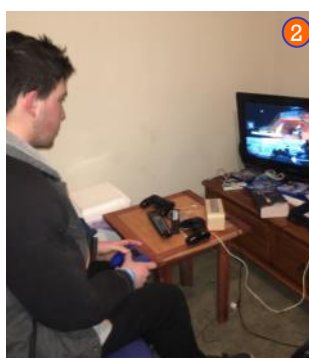
Encourage others.

Model kindness every chance you get.

Strive to understand and connect with each other.

Well done everyone.

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 func-



tions, 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

**Contact John Gilpin
today on 6331 7651
to discuss your membership**

Our Assets - Update

For the previous month we have undertaken 84 job tasks of these 16 have been sublet to external trades & totals 661 tasks since January 1. This does not include the minor grounds and maintenance issues such as spraying, weeding, rubbish removal, cleaning of offices and program areas and the grounds including picking up loose rubbish, moving vehicles for repairs or service. I mention this to highlight the efforts of our Asset team who work hard behind the scenes to provide a high level of service to everyone at St Michaels.

Vehicle fleet maintenance is up to date & several vehicles have

had new tyres fitted during August as our vehicle fleet carries a great amount of importance to our organisation and we need to take extra care of each one so they continue to provide a safe method of transport for all of us.

Only minor works have been required in the Group Homes. With the onset of springtime all the homes are looking great.

Unit sign numbers have now been installed at points around the grounds. This provides assistance for those requiring directions to our units.

Maintenance continues to be ongoing around the facility, which will begin to show during



spring as the plants and shrubs come into bloom.

The floor in the St Michaels hall are currently undergoing a major refurbishment. Which includes being

sanded and new lines painted for the basketball court. We are looking forward to seeing the finished product.

Paul Westgarth
Asset Supervisor

Vacancies

There is currently one vacancy 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 6331 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.

Book a tax return that gives back twice

with



Time is almost up - get your personal tax return done now with us and we will donate \$10 as part of our fee back to St Michaels Association.

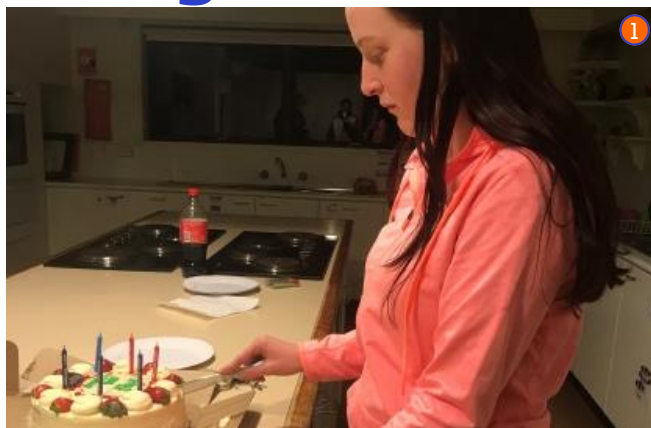


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Australia

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

Healthy Lifestyle Recipes



Salmon and sweet potato croquettes

Ingredients:

1 large sweet potato, peeled and cut into chunks
 ¼ cup white wine
 2 x 200g salmon fillets, skin removed and pin-boned
 4 spring onions, sliced
 2 tbsp plain flour
 2 eggs, beaten
 ¼ tsp ground nutmeg
 ¼ tsp ground cumin
 salt and black pepper, to season
 1 cup panko bread-crumbs
 around 3 cups of vegetable oil, for shallow frying
 4 cups rocket leaves, to serve
 1 small red onion, peeled and thinly sliced into rings, to serve
 2 tbsp olive oil, to serve
 lemon wedges, to serve

Instructions:

Place the sweet potato in a medium saucepan and cover with cold water. Bring to a boil and boil for 10 minutes until tender, then mash well and set aside to cool.

Bring the white wine to a simmer in a small saucepan with a quarter of a cup of water and add the salmon fillets. Cover and simmer for six minutes. Remove

the salmon from any remaining liquid and allow to cool, then break apart into small chunks. Combine the salmon with the mashed sweet potato, spring onions, flour, one egg, nutmeg and cumin and season well. Stir to combine and form eight-centimetre-diameter puck shapes about four-centimetres thick (this should make about four croquettes). Whisk the second egg, dip in the croquettes and coat in the panko bread-crumbs. Chill in the fridge for 20 minutes to firm.

Heat two centimetres of oil in a wide frying pan to 165C. Shallow fry the croquettes for around six minutes, turning once, until golden brown. Season with a little extra salt and black pepper and drain well.

Toss the rocket and red onion in the olive oil. Serve the croquettes with the rocket and onion, with lemon wedges.



Creamy fig and almond smoothie

Whipping up a creamy and delicious smoothie with nutritious ingredients takes less time than putting together a cooked breakfast or preparing muesli or porridge and smoothies are far more nutritious than toast. It's the ultimate healthy breakfast-on-the-go.

Ingredients:

1 cup almond milk
 1/2 cup plain, unflavoured yoghurt
 3-4 large, dried figs
 2 teaspoons LSA mix (linseeds, sunflower seeds and almond meal) **OR** 1 tablespoon almond butter

2 teaspoons chia seeds
 1 small, ripe banana
 Dash of vanilla essence

Instructions:

For a fibre boost: add 1 tablespoon oat bran or an additional teaspoon of chia seeds.

For a chocolate-flavoured smoothie: add 1 tablespoon raw cacao powder. Cacao powder is also a good source of several minerals and fibre.

Place all ingredients in a blender and whizz until fluffy.

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
 Find us on Facebook for regular updates

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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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.....

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

Co-ordination of Supports - assistance in co-ordination of support requirements through the NDIS. Support co-ordination is designed to minimise the complexity of negotiating with service providers, government agencies and accommodation providers.

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 Hoblers 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 seven 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 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.

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 five Day HSR are delivered across the state in various locations.

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

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