

## From the CEO with John Gilpin



John Gilpin

Welcome to the January edition of our newsletter, The Independent and first one for 2018. This newsletter covers activities from December and January period and may highlight future goals.

Let me start this edition with congratulating everyone involved in making our end of year traditional Christmas function a roaring success. Well over 100 people, consisting of participants from our programs, their family or carers attended the function that was held for the first time in our Merrington Centre. It was a wonderful night that catered with delicious food, music, dance, laughter and handing out of participant reports full of pictures of participant activities and goal achievements throughout 2017. Once again

thank you all for making this a fantastic event!

Our move from Charles/Canning St for Independent Service to Chant St East Launceston went extremely smoothly in November thanks to our staff who co-ordinated the move. Thank you and a note of appreciation to our family members and support staff who, in their own time, took their loved ones to show them where they were moving to. This dramatically reduced any elevated anxiety the change of routine and place of support an individual may have caused.

Over Christmas Chant Street has had a new driveway installed and new entrance for our wheel chair bound people, 2 short stay parking bays, offices built inside and a new reception area to meet our participants as they arrive. A purpose built environment now ready made to assist our participants reach their goals and have fun while achieving them.

With the introduction of the NDIS and the movement this allows a participant and family through choice and con-



trol member, vacancies for all support organisations will occur. St Michaels will not be exempt from this and will have vacancies on a rolling basis. To this point we keep a waiting list and fill vacancies from this list and if we don't have a vacancy we will work with you to find a suitable solution albeit accommodation, personal support, respite or community access, we will work with you to find a solution.

In 2018, we are going to recruit and re-instate our full-time Chef position with the selection process currently underway. Cooking, meal prep, dietary plans are critical to living independently and we are keen to re-establish this support training. Secondly we have appointed our first standalone,

fully qualified Human Resource role in creating an Employee Engagement Manager. Our new EEM will start in February 2018, so watch this space for further details. Currently parts of this role are being shared by 3 Managers, however for our staff we believe this role will be better suited and aligned to support staff, build on our culture and training while we transition from "Highly Commendable" to the full status of Employer of Choice.

St Michaels participants and staff had a wonderful 2017 and the start of 2018 and with plans ahead could make 2018 one of our best years yet!!

Happy New Year everyone and hope you enjoy reading this edition.

Take care, John

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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

Tasmanian  
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## Chant Street - Community Access

Wow look at us now!

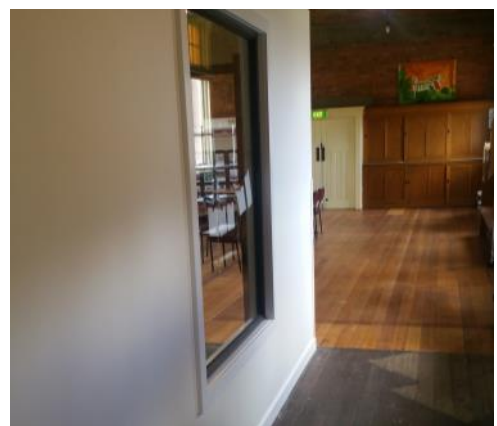
The renovation works are now complete and building looks sensational.

Thanks goes to the RMB Constructions team for their work including; removal of former stage area, creation of new offices, installation of air-conditioning, refurbishment of the reception area, installation of computer workstations, installation of network cabling for the computer system and electrical works, two carparks and resurfacing work in the laneway.

Independent Services participants and staff have now moved into the beautifully refurbished building and have commenced services.

Community Services such as Cross Roads, Studio of National Highland Dancers, East Launceston Tennis Club and the Fly Fishers Club of Tasmania have also commenced utilising this wonderful resource.

Special thanks to Paul Westgarth, Merv Ponting, Yvonne Barrett, Leon Richardson, Peter Barclay, Craig Wrathall, Mandy Mallett, Vanessa Sinclair, Daniela Radenti, Jimmy Ellenberger and Cynthia Routley. Thanks also to all of our participants and staff for their help and assistance through the renovation and relocation of Day Services to the Chant Street property.





## Independent Services - Community Access

What a busy time we had in the month of December at Independent Services with plenty of unpacking and setting up to do at our new premises in Chant St and everyone was willing to lend a hand.

Our participants have embraced the move to Chant Street wholeheartedly, imprinting their mark on the new premises.

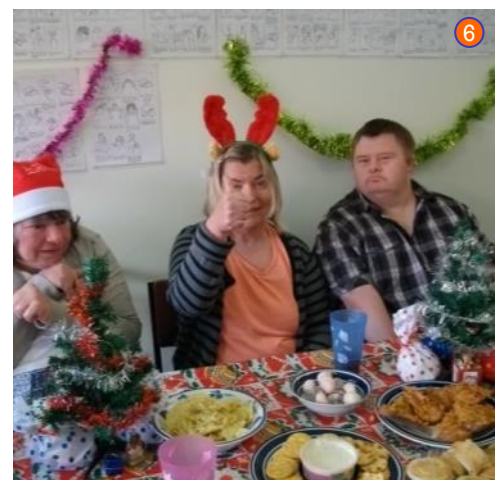
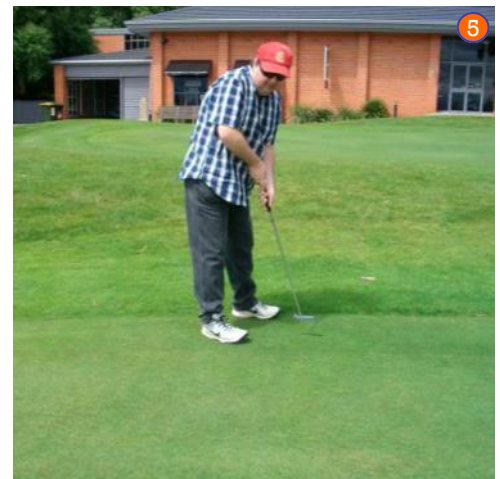
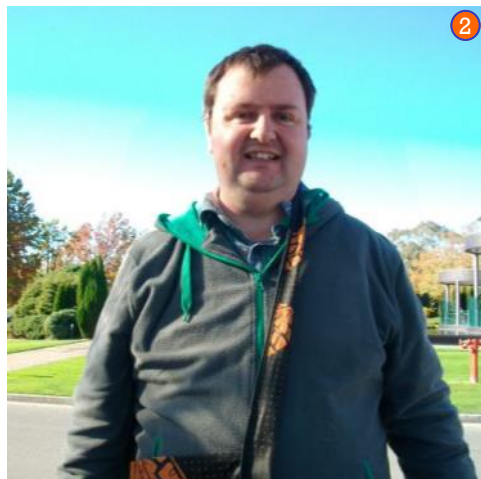
There was an abundance of hype and excitement in the lead up to the Christmas break with everyone enjoying the Christmas activities and cheer (singing Christmas carols, making all manner of Christmas things – craft, cooking, decorations and generally talking about their Christmas celebrations to come).

The three cooking groups had their end of year Christmas parties whilst the Craft, Sewing and Art programs all finalised their projects to take home.

With the year drawing to a close, participants eagerly booked in to their chosen programs in readiness for 2018.

Programs at Chant Street for 2018 commence on the 5<sup>th</sup> of February. After having an eight week break I am sure that everyone will be looking forward to returning to their programs.

The Monday Fishing group will start the year off at the St Leonard's picnic ground. This is due to the warmer weather and our need to protect our bodies



from the harsh sun – Slip, Slop, Slap, Seek and Slide as the slogan goes...

We are all looking forward to a very exciting and busy year at Chant street.

Mandy Mallett, Team Leader.



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

Things have been slowly getting back to normal here at Merton House after a very busy Christmas – New Year's break. It was so great to be able to take time to relax and enjoy the festive season. There was an abundance of functions and parties to attend, which were enjoyed by those who attended. We hope everyone else had a special time of celebration and time to enjoy those around them.

During this festive time we also had our own special event Celebrating Ashley's Birthday, he soaked up the extra attention and even extended his Birthday event to the Social Club that weekend by taking

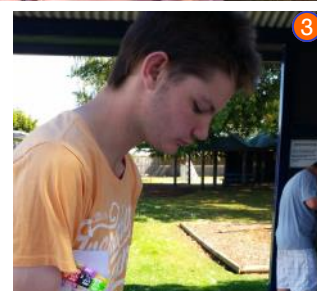
a cake there to celebrate again.

It has been nice to have some time off but that does not mean we have not been our usual busy selves taking the opportunity to get out and about seeing some new things and some of our old favourites.

We have started to focus and are ready to seize the New Year by making the most out of every opportunity.

There has been a spring clean and a good tidy up around Merton House. Our attention now moves to the new goals for the coming 12 months.

We are looking forward to a very busy time full of new adventures, some challenges and



the opportunity for new development.

We would like to thank all those who supported us in 2017 to achieve so much. We look forward to continuing to

work alongside our participants to achieve great things in 2018.

Mitch Stoddart,  
Merton House Team Leader.

## Congratulations

Congratulations Alan Dengate and Selby Kruska on being selected to represent Tasmania to compete at the National Futsal Championships in Canberra.

Well done!!

Along with Futsal Alan Dengate has recently competed in the National Inclusion Cricket Championships in Geelong on January 19, 2018. Allan was the captain of the team and won an award for being the leading wicket taker for the tournament!

Well done Alan, what a great achievement.





## Secret Santa

Lots of fun and good times were had when St Michaels Secret Santa arrived with the surprise gifts for the team.

Santa—aka Lisa Jackson and her helpers did a fine job in sorting through the large bag of wonderful gifts and handing them onto the each and every staff member.

Everyone who participated in the 'Secret Santa event had a wonderful time. The event put closure to a particularly busy year.

Thanks Santa, we look forward to seeing you again next year.



## Participants Christmas Party

Congratulations to all of our participants, family, friends and staff who attended the St Michaels Christmas Party, held at the Merrington Centre, Hoblers Bridge Road on Friday, December 15, 2017.

What a wonderful event it was, culminating with the participants receiving their annual report, highlighting some of their achievements and outcomes.

Special thanks goes to the team who catered and managed the event including Sharon Cuthbertson, Maria Campbell, Vanessa Sinclair and Ade Doyle. Thanks also goes to all the staff who assisted in making this another memorable event.





## Welcome Marcia Lade

Please welcome Marcia Lade to St Michaels team as the In Home Tenancy Team Leader.

Marcia comes to St Michaels with a wealth of experience within the Disability Sector, commencing as a support worker, team leader, co-ordinator and Executive Officer.

Special thanks goes to Louise Frankcombe on her work as Team Leader. Louise has decided to step down from the role and will continue to work with the participants in a support worker position.

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

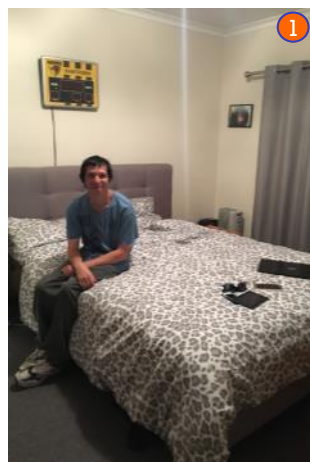


## Como Crescent - Supported Accommodation (S.I.L.)

With the end of year break in programs offering a change of pace for the residents, they've been able to pursue some new adventures. Matthew has enjoyed time away on holidays and we recently welcomed him back home. He is now re-charged and with a newfound optimism for 2018 and the opportunities it brings. He has decided to continue his studies at the tertiary level. With his determination and the support from those around him, we look forward to seeing his continued achievements. He has also been excited to purchase a new bed, bar fridge, kitchen items and items to decorate

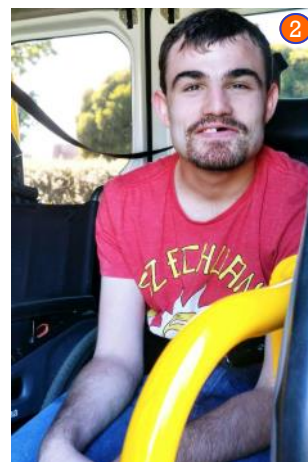
his room and to help make his home more comfortable.

Aron's service break provided opportunities for some longer day trips out, as he visited destinations such as the beach, Cataract Gorge and Latrobe for a pub lunch and stroll around the town. He also celebrated the Christmas party and Christmas day luncheon with his friends and received some much loved presents. At home he is working hard on following a consistent routine which is slowly starting to produce results, with the understanding that a predictable and structured afternoon helps him to stay on task and be productive, in turn



fostering independence and self-efficacy.

Finally, to all staff and associates who assisted us in 2017, we thank you for your professionalism, initiatives and commitment. While you are not always there to witness the smiles and



happy memories you make possible, or receive a timely thankyou for your contributions, we hope you understand the difference you are making. Ben Anderson, Como Crescent Team Leader.

## Day Program - Community Access

At the Merrington Centre, December was a very exciting time for our participants who were busy preparing for Christmas by creating some lovely Craft products including a large snowmen and smaller ones for the table centres. They enjoyed setting up the Christmas tree and some people thought the pretend presents underneath the tree were especially for them.

The St Michaels Christmas dinner was held in the Merrington Centre. The tables were set and the participants craft pieces adorned the centre of each table. Day Program conducted a Christmas raffle and raised in excess of \$200

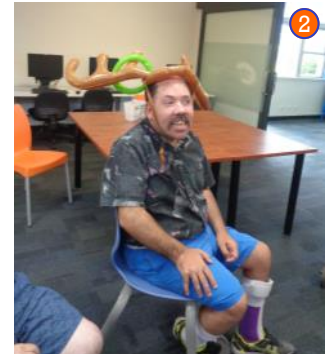
which allowed our participants to have extra treats during the Holiday Programs. The lucky winner of all those goodies was Trish's brother John Barnes.

The Holiday Program had lots of activities, starting with a trip to Latrobe for a BBQ lunch followed by an ice cream at the Raspberry Farm. There was travel on the Metro bus into the city for morning tea at Banjo's and a visit to the Library. The Gorge was the place to be when it was hot so it was nice to sit in the shade for lunch and have an ice cream. The group loved the bare-foot bowls at West Launceston Bowls Club and the morning tea.



This was followed by lunch at the All Year Round where everyone had a very enjoyable meal. Other areas visited were the Perth Train Park, Myrtle Park for games of tennis and a BBQ as well as a visit to Westbury Maze.

There were plenty of activities at the Merrington Centre including cooking jacket potatoes and having barbecues.



There were also games of cricket, basketball whilst others enjoyed the craft programs. There was also a special relaxation day of foot spas and hand massages including movies with popcorn to wind down after such a busy time.

Karen Watson,  
Senior Team Leader.

## Desmond Wood - Respite Transitional Accommodation

December saw participants finishing their school year. Some finished very early in the month whilst others finished closer to Christmas. This meant that with reducing numbers we were able to spend time in smaller groups and one on one.

The warmer weather saw us venture out and explore the Tamar wetlands area and also the Beaconsfield information area. James really is glad he wasn't in school back then after reading up about how schools were run.

Alex and I went out for a counter meal and a movie which we both really enjoyed. Alex decided on where we were going for tea and he

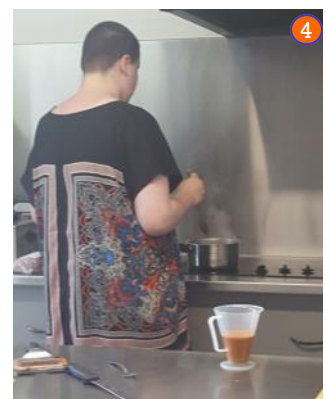
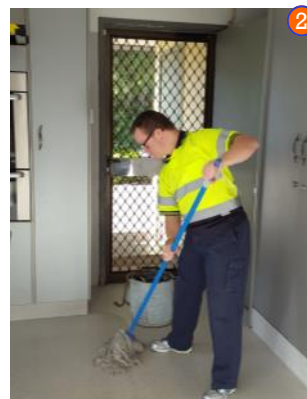
also rang up and secured a table. We then ordered and paid for our meals before walking to the cinemas.

January sees a few participants come and stay in Desmond Wood for a short period of time and during this we work on building new skills and also ensuring existing skills are not lost.

Ashlee and Harley have really worked hard on their living skills and during Harley's stay he has polished up on his kitchen skills.

We look forward to seeing our friends return for the new school year.

Megan Thomas, Desmond Wood Team Leader.





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

What a busy festive season the Penquite participants have had.

Coming up to the festive season, Robyn, Gary, Kathy and Paul all took a day trip to Low Head and to the East Beach to look at the lighthouse, Tree Stump carvings and use the free BBQ area.

Participants have also had a great day trip to the Rose gardens in Longford.

Getting ready for Christmas, everyone enjoyed their time out shopping, checking out some of the local markets and home made treasures. Everyone worked together in setting up their home in the Christmas spirit.

Most of the participants spent Christmas and New Year at their family home with family and friends. All were very excited to come home to Penquite to tell each other about their time and show off their gifts.

Now that we have come into the New Year, it is busy getting back into the swing of the usual program routines.

On the very hot days, participants made the most of the good weather by getting out and washing the car.

Robyn has been enjoying her swimming too.

On a sad note Louise has decided to move to a new group home.

From all of your friends



at St Michaels Louise, we wish you all the very best.

Ade Doyle, Penquite Road Team Leader.



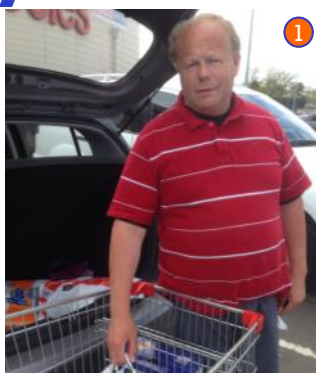
## In Home Tenancy - Personal Support

Christmas celebrations were the highlight for many participants throughout December 2017 with the St Michaels Christmas Dinner on the 15<sup>th</sup> December enjoyed by all.

Welcome back and Happy New Year to all participants who travelled intra and interstate visiting family and friends throughout this festive period. Christmas Day lunch for participants was enjoyed at a local restaurant for those participants who were spending the Christmas period with St Michaels. Paul and David attended the New Year's Eve Fire Works at Royal Park and reported that this was enjoyed immensely.

Congratulations to Selby who was successfully selected to represent Tasmania with New Horizons in the Futsal Nationals in early January 2018. Jessie has obtained work placement through Epic and has now commenced week one of four. Jessie is hopeful that this can lead to permanent hours long term.

The Merrington Centre is holding an evening dinner each Wednesday night, effective 17<sup>th</sup> January 2018. This is for all residents within the Independent Units complex and is between 5.00pm -7.00pm each week at no cost to participants. Week one was a great success and we



look forward to seeing more participants regularly assisting Clare with the meal preparation. This is a great opportunity for participants to enhance their 'culinary skills' and to socialise with their fellow neighbours.

2018 In Home Tenancy Support will continue to work on achieving participant goals, within a



consistent approach by all team members. It is our goal this year to encourage participants to utilise the garden beds more effectively that will then minimise the need of purchasing of vegetables/ salad items from the super-market.

Marcia Lade, IHTS Team Leader.



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

Youth Break ended the 2017 year with a visit from Santa after a fantastic day at Clarence Point. This was a great way to end what had been a fantastic year. 2018 has started with some wonderful days had by all participants and staff. Sarah and Chloe enjoyed a day of water fights at Lilydale Falls and they ensured that staff were saturated. This water fight battle then was sorted at the Bluff in Devonport with Jen (staff) making sure she got her revenge. It was great to see the smiles and hear the laughter from everyone. Amelia thoroughly enjoyed her time at the beach, playing in the shallow water be-

fore venturing out a little further. We have also spent time at Bridestowe Lavender Estate with Sarah and Rowallen enjoying the walks through the fields, while Katie and Harley enjoyed purchasing a cold drink and looking around the shop. This day ended with Harley cooking an amazing bbq for everyone at Scottsdale. After a great start to 2018 we are certainly looking forward to what other adventures and places we can find and we look forward to sharing these with you all in the coming months. Megan Thomas, Desmond Wood Team Leader.



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

Kenneth Court has been busy throughout December attending lots of different events and activities. Andrew celebrated his birthday with his housemates at the Newstead Hotel. Valma, Nick, Andrew and Stephen had a house breakup where they opened a couple of presents early by doing a Secret Santa before Val and Nick went home for Christmas. The housemates went to different Christmas breakups including St Michaels Dinner, Wattle Group and Crossroads. The participants had a dance when they attended the Crossroads Christmas dinner and

Wattle Group dinner. Nick went to his parent's house for Christmas holidays and Val went to her sisters. While Andrew and Stephen quite liked relaxing at home. Val while away spent time visiting different places around Tasmania like Devonport and watch the Spirit coming in, Burnie and Hobart. Nick spent time with his family from the mainland and embraced the Christmas spirit. January was very quiet Val and Nick still away and not returning till later in the month. Andrew and Stephen went to the movies and watched Pitch Perfect 3 followed with dinner at



Morty's Food hall. Kenneth Court Participants are looking forward to seeing what adventures they might do this year.

Nathan Avery, Kenneth Court Team Leader.

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

What an exciting time it has been over Christmas. The participants here at Hawthorn have had a relaxing break, Heath got to fly to Co-bar to visit family for Christmas, which he thoroughly enjoyed. Hannah and George both spent the day with family also.

Hannah has an absolute blast decorating the house for the festive season and it looked great.

To finish of the year 2017 with a bang, Hawthorn St joined up with some of St Michaels other participants for a game of Lazer Tag, what a fantastic way to exercise and have fun.

Hannah and George also attended a magic show which they both

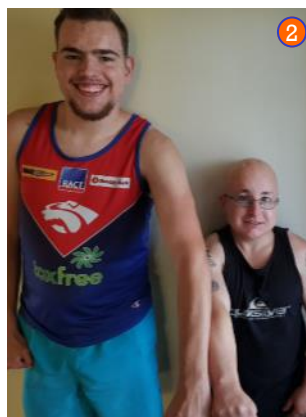
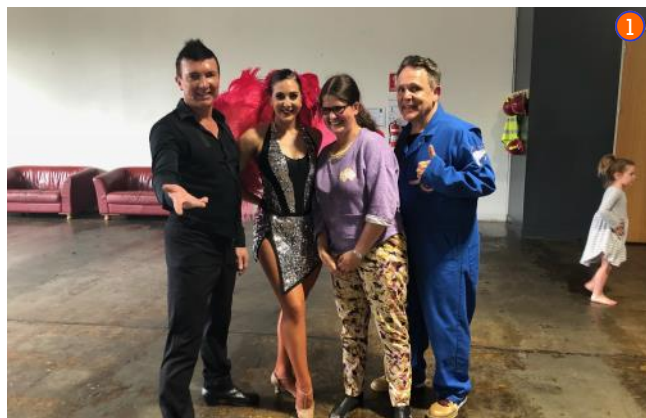
really enjoyed, They even got to meet the magicians who performed.

These past few weeks we have had some scorching hot days, so everyone has been taking a dip down the gorge when possible, no better way to cool off than in the pool with friends.

During the weekends, Heath and Hannah have been attending the various markets around the place, making the most of their weekends off.

As like the last, this year will be filled with fun and adventure because everyday is exactly what we make it!!

Abigail Theobald, Hawthorn Street 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 Hoblers 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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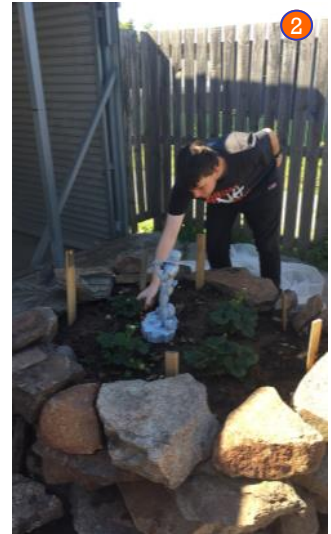
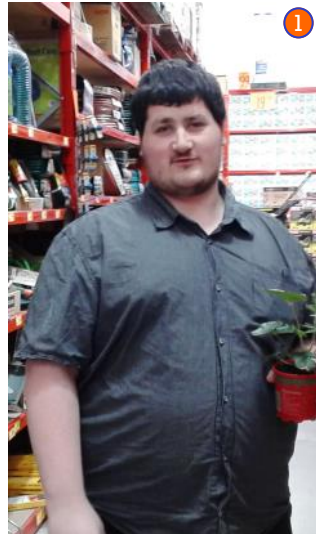


## Wellington St - Supported Semi-Independent Living (S.I.L.)

As we approach the one year anniversary of Wellington Street opening, we need to reflect back on the eventful year we had together. While not always a straightforward journey, Logan and Aaron's success as housemates was made possible through them developing and applying many positive qualities, such as a willingness to get along and work together, through communicating effectively and demonstrating patience, consideration and preparedness to listen and identifying their needs and goals and making a determined effort to work

towards them. They have been accepting and formed genuine friendships and while understanding they're not always going to do things perfectly are striving to do the best they can with each day. We hope they are proud of what they've created and understand how their efforts and qualities shown are directly responsible for the outcomes and lifestyles they now enjoy.

We also need to acknowledge all parties involved and thank all staff, managers and people behind the scenes for the opportunities they brought to



the residents. Their dedication helps to make this possible and will ensure we continue a high standard into our second year as we look

forward to further enhancing young lives it is a privilege to be part of.  
Ben Anderson,  
Wellington St 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:

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 6331 7651 to discuss your membership**

## Our Assets - Update

As usual the Assets team were busy but especially at this time with the renovation of the new premises in Chant Street and the relocation of Independent Services from Charles Street to the Chant Street site.

Special thanks to my team for their help and support over a very busy period.

Other works that are underway include:-

Group homes - Few maintenance concerns during the month, all of a minor nature (Hawthorn) other homes had no issues listed.

Chant St had no listed issues for December

but has ongoing works over the next month or two.

St Michaels grounds are now drying out which is normal for this time of the year, some fertilizing has taken place along with spraying of herbicide for weeds. Pruning continues along with trimming resulting in several truck loads removed to the Launceston City Council tip.

Vehicle fleet - one Imax vehicle had 2 new tyres fitted, several vehicles had stone chips and scratches buffed out, our Ford Transit sustained damage to the front right corner bodywork. This will be repaired in the coming



weeks.

Future works include - spraying of Scotch This-tle weeds on the embankment beside units 34 to 44, also along the water side of the fence and behind unit 18.

Several front and rear decks on the older units will be repainted with anti-slip paint in readiness for the colder weather.

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 as 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

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## Things we do...



Would you like a copy of a photo? **See P16** for details



## Things we do...



Would you like a copy of a photo? **See P16** for details



## Healthy Lifestyle Recipes



### Lentil, roast pumpkin and ricotta open pies

Serves: 4

Time to make: 55 mins

#### Ingredients

- 500g butternut pumpkin, peeled, seeded, diced
- 1 medium red capsicum, seeded, diced
- 1 medium red onion, peeled, cut into thin wedges
- 1 teaspoon Moroccan seasoning
- olive oil spray
- 200g punnet grape tomatoes, halved
- 400g can no-added-salt lentils, rinsed, drained
- 1/2 cup (115g) reduced-fat ricotta
- 2 tablespoons chopped flat-leaf parsley
- 4 reduced-fat short-crust pastry sheets, just thawed
- 1 egg white, lightly beaten

#### Instructions

##### Step 1

Preheat oven to 200°C. Line 2 large baking trays with baking paper. Place pumpkin, capsicum and onion on one of the prepared trays. Sprinkle veg with Moroccan seasoning and

spray with olive oil. Roast veg for 25 minutes, or until tender; set aside to slightly cool.

##### Step 2

Place roast veg, tomato, lentils, ricotta and parsley in a large bowl; stir gently to combine filling and season with cracked black pepper.

##### Step 3

Cut an 18cm circle from each pastry sheet. Brush pastry rounds with egg white. Place one-quarter of the filling in the centre of each round, leaving a 3cm border. Fold up each pastry border to enclose filling, leaving pie tops open.

##### Step 4

Put pies on the other prepared tray. Bake for 15 minutes, or until pastry is crisp and golden.



### Apple and Sultana cake

Serves: 12

Time to make: 1 hr

#### Ingredients

- cooking oil spray
- 2/3 cup vegetable oil
- 1/2 cup firmly packed brown sugar
- 3 eggs
- 2 cups self-raising flour
- 1 teaspoon ground cinnamon or mixed spice
- 1 teaspoon bicarbonate soda
- 2 large granny smith apples, peeled, cored and coarsely grated
- 1/3 cup sultanas, chopped
- icing sugar mixture (optional)

#### Instructions

##### Step 1

Preheat oven to 180°C. Spray a 20cm round cake pan with cooking oil. Line base and side with non-stick baking paper.

##### Step 2

Use an electric beater to beat together oil, sugar and eggs in a large bowl until well combined. Stir in combined sifted flour, cinnamon and bicarbonate of soda. Use a large metal spoon to gently fold through the apple and sultanas until just combined.

##### Step 3

Spoon mixture into prepared pan and smooth surface. Bake for about 45 minutes or until a skewer inserted into the centre comes out clean.

##### Step 4

Remove from oven and set aside for 5 minutes. Remove from pan and transfer to a wire rack to cool. Dust with icing sugar, if using. Cut into wedges and serve

## Contact Details

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## 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.....

☐ 6x8" = \$3 No. of copies..... Page Number..... Photo ID Number.....

☐ 8x10" = \$7 No. of copies..... Page Number..... Photo ID Number.....

☐ 12x8" = \$10 No. of copies..... Page Number..... Photo ID Number.....

**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.....

## Donations

**Tax Tip**

**"even a \$2 donation can be used as a tax deduction!"**

Yes, I would like to make a tax deductible gift to St Michaels Association Inc.

☐ \$5 ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$1000 ☐ \$2500 ☐ \$5000 ☐ Other.....

☐ 1 time contribution

☐ Ongoing contribution ☐ Monthly x months ☐ Quarterly x years ☐ Annual x years

Payment options

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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

### Contact Details

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