

From the CEO on behalf of John Gilpin



Rod Campbell

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

There has been a large focus over the last 12 months around recruitment, which has resulted in over 30 new staff being employed by the Association. This includes replacement staff for key positions along with additional support staff to ensure our services are in line with our participants needs. The full effects of the NDIS rollout have not yet been seen as it is envisaged that additional staff will be required to keep up with demand.

The regular St Michaels parent group which meets on a monthly basis reports that the hot topic of discussion continues to be the NDIS.

Essentially around the last group of participants preparing to make the transition into the new scheme. The CEO John Gilpin and other parents who have successfully navigated the NDIS system attended the meeting and provided much needed information around the processes and requirements of transitioning into the new scheme. As it stands there are 40-45 St Michaels participants who will be transitioning into NDIS over the next 12 months.

The group also reported that there was excitement at the news of the new units being built on the Hoblers Bridge Road site. The CEO informed the group of the planned development which will see additional accommodation including 6 new units being built on the vacant land in front of the current Independent Units which faces Hoblers Bridge Road. Everyone attending the meeting agreed that the "next generation" units will be an asset to the



Independent Services - Chant Street participants are excited with their new kitchen.

disability community of Launceston.

The next Parent Group meeting will be held in the Merrington Centre, Thursday, September 20, 2018 at 7.30 with all parents welcome to attend. Please contact Cheryl Scott ckscott13@hotmail.com or Brian Dunham bdunham@bigpond.com for further information.

It has been an exciting time at Independent Services, Chant Street with the installation of a wheelchair accessible kitchen. Our participants are excited to be able to get back into their cooking program and use the

new equipment. Our thanks goes to the Bruce Wall Foundation for funding the project.

As usual there have been so many things going on with our participants over the last couple of months that it is hard to capture it all on this page. I hope you enjoy this edition and reading all about them.

As usual we welcome your feedback and or concerns.

Kindest regards
Rod Campbell, State Manager Disability Services.

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Peter Gutwein MP

Treasurer and Member for Bass

To contact Peter phone 6777 1007 or email: peter.gutwein@dpact.tas.gov.au

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

RTO Manager - Kim Dean

Please welcome Kim Dean to St Michaels as RTO Manager.

Kim has over nine years' experience in a Registered Training Organisation (RTO) and has high level leadership skills in RTO administration, Student Management Systems, compliance and delivery of training and assessment.

As RTO Manager, one of Kim's focuses will be on positive outcomes for our clients, both current and prospective.

Kim is looking forward to working with our current clients and growing St Michaels' client base for the future.

Kim is new to the disability sector and is enthusiastic about creat-

ing and providing learning and development opportunities to the sector.

Please feel free to drop in and say hello to Kim at our RTO office which is located in the Mer-rington Centre at our Newstead campus.

Kim is a welcome addition to the St Michaels team and we look forward to seeing her grow the RTO and providing our participants, staff and the community with learning opportunities.

Welcome to St Michaels Kim and congratulations on your new role.



Merton House - Team Leader

Please welcome Aman Narang as the new Team Leader at Merton House.

Aman has over six years experience in the disability sector and has worked in a range of services including Disability, Welfare, Child Youth Family Care Services, NDIS consultancy and rostering.

Aman is very passionate about his work and is always seeking to attain more knowledge and skills.

Aman recently moved to Launceston in May 2018 in hope of a lifestyle change. Since re-locating, Aman came on board as a Support Worker at St Michaels

and quickly impressed staff and participants with his keen attitude to learn and understand the required support for each individual, particularly at Merton House.

Aman is well respected by participants and the other members of the Merton team. For this reason, we are confident that he will succeed in this role and continue to lead the house in a positive direction.

Please join with me in congratulating Aman on his new role.



Independent Services - Community Access

We have had a very busy time at Independent Services during June and July, not even the weather could slow us down. We were very lucky as the majority of our programs have run as usual despite the inclement weather.

This is the first time that we have not had a mid-year break for our participants. There were only a handful of participants that chose to have a designated break, everyone who did attend kept to their usual service and enjoyed their programs.

For two weeks in July, Independent Services relocated to the St Michaels Hall at the Newstead campus. This was to enable our beautiful new kitchen to be installed at Chant St. This kitchen is a very welcome addition with many participants looking forward to working in it, especially the cooking groups.

It didn't take long for all to settle into their regular programs at the Newstead campus and into their daily routine. Everyone enjoyed the social opportunity of catching up with old friends who attend the Merrington Centre Day Programs whilst also making new ones. This was evident in the dancing program by the many new faces and fun that was had by all.

Four of our budding artists along with our art tutor recently entered their work into the Kentish Arts Festival "Inspire Fest". Along with their beautiful



masterpiece, each artist attached a poem in relation to their work.

A big congratulations goes out to Linda Cox for her painting on canvas entitled "Peace and People". Linda was awarded second prize in the "Devonfield Award".

Our art tutor Elizabeth Pinner was also awarded a judges encouragement award. Congratulations to all those that entered their work in this competition. Well done.

Mandy Mallett, Independent Services Team Leader.



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Coordination of Supports (COS)

There has been significant movement in our COS team in recent weeks with Mitch Stoddart and Karyne Button being appointed as Co-ordinator of Supports for St Michaels.

After two years as Merton House Team Leader, Mitch has accepted a new position as Co-ordinator of Supports at St Michaels. For the past two years, Mitch has led the team at Merton House. During this time, we have seen considerable improvements in the participants' routines, demeanours and quality of life.

Although Mitch is sad to leave the team at Merton, he is looking forward to still being a part of their journeys in a

different way.

Karyne has worked in the disability sector for over 20 years and for a number of different organisations. Karyne's experience includes managing supported accommodation houses, along with community participants, day placement programs and respite services within the Launceston area.

Karyne is looking forward to being part of a team of people who strive to assist others to enhance their independence and achieve their goals. Karyne is excited at the opportunity to work for an organisation who are open to fresh ideas and treat their team as equals.

Congratulations to you both.



Chant St Kitchen

The kitchen at our Chant St campus has undergone a long awaited renovation.

Independent Services which operates from the Chant St premises temporarily relocated to the St Michaels Hall for two weeks to make way for the installation of a new kitchen.

The kitchen has been designed for wheelchair access and has been fitted with new sinks and appliances, including two microwaves, two stove tops, an oven and a fridge.

Thanks goes to the Bruce Wall Foundation for their generous donation.



Walking Group

The walking group participants worked hard in their preparation for the Tasmanian Running Festival.

Leading up to the event they had been working towards increasing the distance in which they were walking every week and consequently increasing their fitness levels. Staff observed the fitness levels to ensure the participants were entered into the appropriate walking distances based on their skill level and capabilities.

There were 15 participants entered in the Launceston running event with 14 entering the 5km event and one participant entering the

10km event. All participants finished the event and were cheered on by the crowd which urged them to the finish.

The next event will be the Burnie 10 with a large team stepping up to the next level of entering the 10km event.

The walking group would like to congratulate the following participants on their success in the following categories.

5km Event:

Emiel Booth - 0:47:42
Glenn Patterson - 0:48:32
Jo Wallace - 0:49:39
Hannah Syms - 0:49:43
George Kearnes -



0:49:51

Lyn Tanner - 1:03:01
John Reisz - 1:03:28
Ben Hadley - 1:04:00
Kaylene Barnard - 1:04:06
Andrew Evans - 1:04:08
Aron Blake - 1:04:35
Heath Millhouse -

1:27:54

Ashley Davenport - 1:32:59
Emma Malouf - 1:38:01

10km Event:

Aaron Hilliar - 1:42:54
Congratulations to each of the competitors on their achievement.

Basketball Group

The St Michaels basketball group started in early July. Several participants have joined and are enjoying utilising the St Michaels indoor court to practice ball skills and play against each other with support workers also involved.

The group is coordinated by Richard Nicholls with support from available staff who volunteer their time to make this a fun event. The basketball group is a positive way of combining physical activity with social interaction. The group is run from 3pm-5pm every Wednesday at the St Michaels Newstead campus and welcomes anyone to come along and have a go.



NEW

IHTS Dinner Evenings

The IHTS dinner evenings have been gaining popularity over recent weeks, with residents coming out on Wednesday evenings to socialise and volunteer their time in the kitchen.

We are catering for 25 plus every week and are hoping for more residents to attend.

We have a regular team that love assisting with the cooking, service and clean up and have a pool of volunteers that assist regularly.

We encourage healthy menu planning and even with some of the desserts, we heavily reduce the sugar. We also encourage seasonal and local produce with an emphasis on an array of vegetables.



Barton Street - Supported Accommodation (S.I.L.)

St Michaels would like to welcome Krystal to our service as we look forward to supporting her to achieve life goals and aspirations.

Krystal is a very empowered young lady who has been very instrumental in putting together her team of support staff over the past two months.

One of Krystal's prerequisites for putting together a team of staff has been that they like dogs, as Krystal bravely took on the responsibility of rehoming a beautiful Greyhound named Mya as a companion dog.

Krystal has been working closely with the

team to organise support requirements for her and Mya and feedback from all is that this is going very well.

Krystal enjoys taking Mya with her to her NOSS day program at the Red Shed and recently went on a beach outing with Mya to Lagoon Beach at Georgetown.

Krystal is very talented and creative as she makes beautiful Snuffle Mats for dogs with many styles of colourful sparkly magnets. Staff also enjoy the challenge of assisting Krystal in pursuing her new business venture.

Krystal works very hard at promoting her own



business on Facebook, Etsy and by attending the Esk Market on Sundays.

Please join St Michaels in welcoming Krystal

and Mya on board.

Sharon Cuthbertson, Manager Residential Services.

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

It has been another very busy two months here at Merton House.

Two participants, Sam Maney and Ashley Dav-
enport recently moved out of Merton House. While Sam only had a short stay, Ashley had been living in Merton House for over 8 years. Ashley moved into his new accommodation in late July. Ashley truly stamped his mark here at Merton House and will be dearly missed. We wish Ashley all the best for his new adventure.

A couple of new staff have started with us, Duetsch and Christiaan. We would like to welcome them to the Merton clan and wish them all the best and a prosperous career here.

We celebrated Jacob's birthday last month; it was a great day and we

can see how far Jacob has come in his two years at Merton.

Luke and Brandon started with new day placement providers over the last month and are settling in to their new routine.

Everyone over the last couple of months have been working towards their individual goals. It is great to see our participants starting to achieve success and grow their independence.

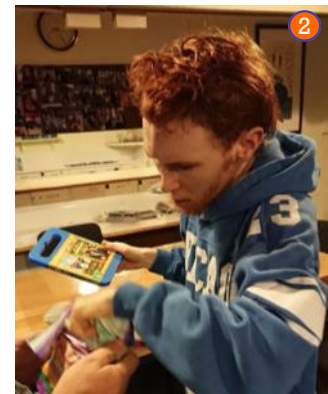
We have had some great shopping trips lately which involve using the public transport system. We have also been having regular BBQ's in a number of great locations around Launceston.

As I leave Merton House to commence a new role within St Michaels, I



would like to express my gratitude to the participants, their families and Merton staff for the time I have had with them in the Team Leader role.

It has been a truly amazing opportunity to work with you all and I have learnt and grown through working alongside such inspiring people. I wish you all the very best and continued



success. I would just like to thank you all once again for all your hard work, support and efforts; it has been through this we can look back and celebrate our many achievements. Wishing you all the very best for your futures.

Mitch Stoddart,
Merton House Team Leader.

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

The Como team have been working tirelessly in assisting Aron and Kevin in developing their individual skills.

The process of acquiring new skills can take considerable time. It can take (approx 10,000 hours) for a new skill to become a habit. To assist this process the support team deliver daily learning opportunities, initially focused on what's the most meaningful and relevant, while meeting the needs and or goals of the individuals. For example a person wanting to live independently will need to be able to eat healthily and cook for themselves, so part of their skill development will be to learn

about nutrition and how to cook.

In recent weeks the residents have created some excellent meals and desserts, including shepherd's pie, pumpkin soup, roast chicken, tacos, ANZAC biscuits and caramel slice.

In addition to cooking and food preparation, the residents learn about food hygiene and safety, research new recipes, practice teamwork, create shopping lists, collect the groceries, stick to a budget and maintain the kitchen and food storage areas.

Aron has been working hard to prepare himself for the Launceston 10 which he recently en-



tered and completed in fine style.

Kevin has been focusing on his indoor bowling skills.



Great work Aron and Kevin

Ben Anderson,
Como Crescent Team Leader

Day Program - Community Access

The Merrington Centre participants are out and about in the community daily.

Small groups are accessing the community through trips on the Metro bus. The participants learn to read bus timetables, scan their Metro Green cards when they get on the bus, top-up the cards as required and select goods to buy during the outing. They travel to Kings Meadows or the City where they visit the library, the museum or do some shopping, and there is always time for a drink at a cafe before heading back to the Merrington Centre.

We celebrated Alice's 20th birthday and surprised her with a beau-

tiful pink cake made by our Chef Tash.

Long walks, bike rides, swimming, self defence and gym workouts have kept our participants active and warm during the Winter. However for those rainy and windy days where our outdoor activities are less appealing, we have plenty of activities in the centre to enjoy. Tony in particular has taken to constructing the tallest Lego tower possible!

At the end of the week we all get to enjoy a great meal prepared by some of the participants which always includes a tasty treat after the main meal. Yum!

Suzanne Sutcliffe, Community Access Team Leader.



Desmond Wood - Respite Transitional Accommodation

The last couple of months have seen a number of our participants complete term 2 at their respective education services with all now enjoying a well earned break.

Over the last month we have seen Amelia start to attend an education program at Northern Support School for short periods of the day. Amelia has settled into her new routine and will now be starting school in Term 3 on a full time basis. This is fantastic news and everyone is excited for Amelia. We can't wait to see what new skills she will learn.

Amelia has also been working really hard improving her fine motor skills at meal times. She is now successfully us-

ing a knife and spoon for all of her meals and is improving every day.

In the time since the last newsletter, Desmond Wood has said good bye to Tim Duffy.

Tim has recently moved into Como Crescent where he will continue to focus and develop his independent living skills.

Even though we are going to miss him at Desmond Wood, we know that he will be happy and enjoy his new home. We look forward to him coming over and cooking his famous honey chicken!

Megan Thomas, Desmond Wood Team Leader.



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

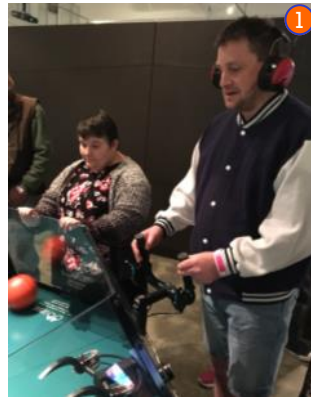
The participants have recently welcomed some new staff to work in their home and are enjoying showing them around their home and some of the art work that they have made at their day programs.

The participants have attended a few museum exhibitions both in the City and at Inveresk. Paul showed interest and interacted quite well whilst at the Inveresk museum, Paul got really excited, not just interacting with his housemates and staff, but also with people around him. Paul loved the tool display and spent a lot of time watching a video of furniture being made the old-style way, and the tools that were used in

that time. He involved himself with the spider activity game, having fun trying to catch the miniature balls with the spider claws.

Gary was happy to go with the flow. He showed interest in the colours and also sounded out words of interest by saying to the other participants "look" and "wow". He applied his senses of touch and sight by feeling the paintings and watching the colourful designs. Gary also loved the spider activity.

Kathy was very happy on her day out; there was a time when she wanted to sit down, however the involvement of the activity kept her amused. Kathy was very involved, co-



operative and interacted with other people in the crowd which didn't seem to bother her as it normally would. Kathy guided Paul and Gary in what balls to grab with the spider claws.

Robyn loved the activity and she showed great interest in the art work as Robyn loves to paint herself. She gave ideas of what kind of art she



would like to have displayed at home. Robyn always likes to help and support her housemates when on outings. Robyn stands out as a good leader to guide others in good communication with others.

All round it was a great day.

Ade Doyle, Penquite Road Team Leader.

In Home Tenancy - Personal Support

As the inclement weather has been upon us we have been ensuring IHTS participants have been maintaining optimal health and wellbeing during these winter months.

Staff have been supporting participants to a myriad of appointments ensuring individual health and hygiene standards are maintained.

Julian thoroughly enjoyed a two week winter escape to Queensland with family, visiting a variety of the local attractions whilst basking in the sunshine.

Participants continue to enjoy community access, visiting local at-

tractions, such as Seaport and the museum.

Damian, John, Paul and Tony travelled to Sheffield to attend the National Visual Arts Inspire Fest Competition where Damian and fellow St Michaels participants had artwork on display. Well done to all participants who submitted fantastic art pieces for the competition and congratulations to the participants that won prizes for their art work.

The Wednesday night dinners are still popular for many participants and we must thank Tash and her team of volunteers for creating a nutritious meal on a weekly basis.



The hall has been full of excitement with Independent Services relocating here for two weeks and basketball now occurring Wednesday afternoons. It has



been fantastic to see so many participants enjoying themselves in a team activity.

Marcia Lade, IHTS Team Leader.

Youth Break - Respite, Life Skills & Community Access

Youth Break has had a great couple of months. We have been fortunate enough to have Amber and Nathan stay with us for an extended respite period. This has been great for all involved; it has allowed everyone to build great friendships and also wonderful new skills. Amber is making her own drinks and breakfast and Nathan has been able to take a step back and let his sister show him what she can do.

Youth Break enjoyed a great day on the Don River railway and exploring the surrounds. We discovered a carriage that the Royal family had travelled in while wandering through the old train shed. These days are a

full day from leaving STMA with everything packed for the day and then having adequate time at the destination for everyone to gain the most out of the activity. It is also a great way for participants to develop new skills around preparation for activities, weather, clothing food etc. and now staff and I are able to step back and allow the participants to prepare fully for a day with minimal assistance.

The colder months are seeing us enjoying days in the museum movies or just hanging out at Desmond Wood playing games and cooking wonderful meals.

Megan Thomas,
Desmond Wood Team Leader.



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

Kenneth Court has had a fantastic two months enjoying some great indoor activities.

Now that winter is here, Kenneth Court residents have been watching different movies at the cinemas and cooking some different but belly warming meals at home for each other.

Valma, Andrew and Stephen all got their hair cut preparing themselves for a cold season. Andrew embraced the caring nature of the ladies at Just Cuts while enjoying a conversation or two.

Nick has been increasing his skills and confidence when cooking by helping out at the In Home Tenancy Support dinners of a Wednesday.

day. Nick has also helped at Social Club which has given Nick the encouragement he needed to be willing to cook at home.

Val has liked going to Social Club some evenings, even helping out with the cleaning. Val has recently switched day services and is enjoying the different activities they have to offer. Her favourites are grooming and relaxation.

The residents have been enjoying having the extra staff on weekends and being able to do and see a lot more around Launceston.

The Kenneth Court participants are looking forward to the warmer weather to come so



they can have barbecues again. Val is very eager to get working in the garden and help grow more vegetables and maybe some fruit. All four participants are improving and working towards keeping their current skills and fur-

ther developing. We will have more updates in the next newsletter about Nick, Andrew, Stephen and Valma. Nathan Avery,
Kenneth Court Team Leader.

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

These past two months have been very busy for the participants here. They have been making the most of the days with good weather and getting out and about exploring the area.

George has again participated in the AFL inclusion team with New Horizons, representing Tasmania. He has also joined in the New Horizons Futsal team and the St Michaels basketball team which he thoroughly enjoys.

Hannah has completed her Taekwondo grading and gone up to blue belt with her hard work paying off.

All participants have been attending PYCSAM to get fit and healthy, all encouraging each other to push a little

further. Hannah, George and Heath also completed the Launceston 5km walk, fantastic efforts by all.

The girls also went on the miniature train ride, having a great laugh as they rode around the park. On the weekends they like to check out the different markets in the region.

They also went for a walk to Duck Reach and the Trevallyn Dam, finding a spot where the echoes reach right across to the other side.

How fast time goes when you are having fun, participants are looking forward to their next adventures just around the corner.

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

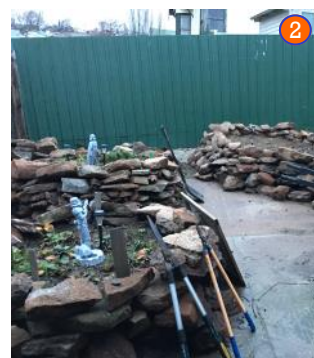
The house and grounds are continuing to improve and beautify due to the efforts of a few generous supporters. The garden bed construction is nearing completion - while progress has been slowed due to recent wet weather, it remains on schedule and will be ready for spring planting. A new side paling fence was recently built for further privacy and security, and a replacement side gate and frame is soon to be constructed. Additionally, several ute loads of green waste and hard rubbish have been cleaned up and removed from the site.

The residents asked their gratitude be extended to all who have assisted, and commented how these efforts help them to feel valued and appreciated and model a good standard of care for their home.

Special mention needs to be made of Aaron completing the 2018 Launceston 10km race. Aaron was the sole representative from St Michaels to enter the 10km event, meaning he was on his own for much of the morning and faced a long wait for his race to start. He was also limited to walking pace for much of the distance due to blisters, and was visibly



tired as the excitement and pre-race butterflies allowed only a few hours sleep the night before - despite these circumstances, Aaron demonstrated determination, perseverance and resilience in completing the 10km in a steady 1:42:54. These qualities are indicative



of his character and shall continue to serve him in ways well beyond sporting contexts. Aaron was extremely happy to collect his finisher's medallion, and put out the challenge for others to join him next year.

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

We have been very busy over the last few weeks preparing for upgrades at Independent Services. We have been very fortunate to have a new wheelchair-friendly kitchen installed at our Chant St facility by Kitchen Boss for the benefit of many participants and staff alike.

Many of you may have seen the truck coming and going from the Merrington Centre as we clean out the storage room in readiness for the construction of new offices by RMB Builders.

A new light has been fitted by the main gate for extra safety in early

mornings and at night. Plans have also been put in place to install a steel bollard painted a bright safety yellow for better visibility to a particular block wall that has been an accidental target for vehicles.

Just fewer than 1000 jobs completed between June 30th 2017 and June 30th 2018 around the facility by our Assets staff and contractors; this compares to a similar amount in 2016 – 2017. In addition, many unlisted tasks are completed weekly in the areas of cleaning and facility presentation. I would like to offer my personal thanks to staff and volunteers who help



keep our grounds and buildings clean and tidy along with those who are willing to lend a hand at short notice. This next year should see many changes around our grounds and

buildings; we hope to be able to provide a beautiful, safe and functional facility while offering the best services in our sector.

Paul Westgarth, Asset Supervisor.

Honey Street

Christine Paris Kelly
Authorised Civil Celebrant

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Things we do...



Would you like a copy of a photo? **See P17** for details

Things we do...



Would you like a copy of a photo? **See P17** for details

Healthy Lifestyle Recipes



Spanakopita (Greek Spinach and Cheese Pie) - Serves 12

Ingredients

- 1.5 kg baby spinach or silver beet
- 1 bunch fresh dill, roughly chopped
- 5 spring onions, finely chopped
- 4 eggs
- 1 tub cottage cheese (250g)
- 2 packets feta
- 3 tablespoon parmesan
- 1 packet filo pastry
- 1 cup olive oil
- Salt/pepper

Instructions

Step 1

Pre-heat oven to 230°C. Mix spinach, all cheeses, chopped dill, spring onions, 1/2 cup oil and salt and pepper together using your hands. Add eggs at the end after you have tasted the mixture.

Step 2

Rub olive oil all over the baking pan, take three sheets of filo and line the pan base with these. Take two more sheets and use as a border all around the tray x 4

sides and drizzle with olive oil.

Step 3

Put filling in the centre and spread it out. Cover mixture with the border filo sheets. Now take two more extra sheets and use to cover the top and tuck in sides and under.

Step 4

Sprinkle more olive oil on top. Lastly take one sheet at a time and ruffled on top, sprinkling oil on each layer (this forms a nice crisp top).

Step 5

Pre-cut the slice squares before baking to make it easier to service once baked. Reduce oven to 180°C and cook for 1 hour. Allow to cool, then serve.



Apple Tea Cake - Serves 8

Ingredients

- 3 green apples peeled/sliced
- 80ml apple or orange juice
- 170g caster sugar
- 185g unsalted butter, room temp
- 1 tsp vanilla bean paste or essence
- 2 free range eggs, room temp
- 2 1/4 cup self-raising flour
- 1 tsp ground cinnamon
- 3/4 cup milk
- Icing sugar to dust

Instructions

Step 1

Grease a 20cm spring form pan, preheat oven to 180°C. Cut peeled and cored apples into eighths. Place into a medium sized saucepan

with juice and 1TBSP of caster sugar, cover and cook over med-low heat until soft (about 20 min). Set aside to cool.

Step 2

Cream butter, remaining sugar and vanilla in a bowl with electric mixer until light and fluffy. Beat in eggs one at a time.

Step 3

Stir in sifted flour, cinnamon and milk. Spread half the mixture into pan, top with apple and finish with remaining cake mix.

Step 4

Bake for approx. 1 hour, cool and dust with icing sugar.

Contact Details

St Michaels Association Inc.

22 Hoblers 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)

- ☐ 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

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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 - shared accommodation services - 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 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 respite accommodation

Services include integrated support for self-care, accommodation, food and activities for short periods. This program operates 5 nights per week. This is a short term respite program which provides 24 hour support.

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 cards 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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