

From the CEO with John Gilpin



John Gilpin

Welcome to the May 2018 edition of our bi-monthly newsletter "The Independent".

I would like to break from our traditional front page and dedicate this page to our Family Liaison Committee that has been operating for almost a year.

The committee asked if they could have some space in our newsletter and I thought there was no better position than the front page.

From the St Michaels Parent Group

As the St Michaels community continues to grow and the NDIS brings about changes, the Board of Management wants to continue stronger links between the families of our participants and itself.

The Board has created a **Family Liaison Com-**



mittee, using two current board members who are also parents of participants; Brian Dunham and Cheryl Scott to provide opportunities for this to happen.

We propose five gatherings a year, held every two months in the week before that month's board meeting. There would be no meeting in January.

There were several small scale meetings held last year and they demonstrated the value of social events like this.

Not only are they a wonderful opportunity for parents to socialise over a cup of coffee with others who have common experiences, we also have heard from guest speakers who were specially invited to suit those experiences. The NDIS and

Guardianship were popular topics.

This sub-committee has been approved by the board through motions carried and is as important to the Association as the Audit and Risk sub-committee.

However, Brian and Cheryl believe the main benefit of these meetings is to foster communication between parents/carers and the St Michaels Board of Management. Suggestions and concerns can be taken to the board or senior management for immediate attention.

Brian and Cheryl would like to extend an open invitation to all parents/carers of St Michaels participants to attend our next 'Coffee and Chat' get together on Thursday 19th July 2018, held at the Mer-



lington Centre at 7.30pm.

If you would like more information, Brian can be contacted on 0418 137 461 and Cheryl by email:

ckscott13@hotmail.com

Throughout this edition there is a marvellous array of photos depicting the activities, demonstrating opportunities to participate in the community and your loved ones just having fun.

I hope you enjoy reading this edition and as a parent or carer you come along and be part of our Family Liaison Committee. We welcome your input and feedback.

Kind regards,
John

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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

Donation

Special thanks goes to Becks Home Timber and Hardware for their generous donation of Solar lights to St Michaels.

A number of solar lights have now been installed in and around the complex.

The additional lighting has greatly assisted participants, residents, visitors and staff alike particularly in and around areas that previously had minimal lighting available.

Pictured is Becks Home Timber and Hardware General Manager Paul Connolly handing over the donation to St Michaels CEO John Gilpin.



Congratulations

Congratulations Lyn Tanner and Helen Cook on your recent awards from your employer Self Help.

Self Help is an Adult Disability Enterprise workplace who recently recognised Lyn and Helen's commitment to their employer by presenting them with certificates and pins.

Helen was recognised for 10 years, whilst Lyn was recognised for 20 years.

Well done to you both on this fabulous achievement.



Independent Services - Community Access

Everyone at Chant Street has been very busy and productive.

Our garden beds and dirt arrived with many excited helpers eager to shovel the dirt off the back of the truck to get this project underway.

The gardening group planted seedlings of broad beans, spinach, radishes, chives, cauliflower and silver beet. The seedlings quickly grew into healthy plants that the group are nurturing and looking forward to harvesting.

Due to the cold weather and a couple of rainy days the indoor lawn bowls mat/set has been a very welcome addition to Chant Street. This was set up in our main hall where participants and staff enjoyed the challenge of getting their bowls closest to the jack.

Combined with our donated air hockey table these additions have made for some very competitive and fun times.

Our popular Monday afternoon fishing program ended on the 30th of April at St Leonard's picnic ground in a fun afternoon of games. Even though there were no fish caught during the season, there were a few nibbles along the way.

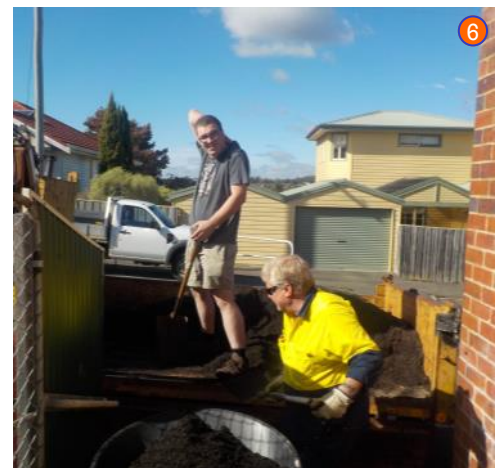
The group is already looking forward to October when the fishing season opens so as to try and catch the big one.

The Bike Centre has taken the place of the



fishing program with many excited bike riders eager to be able to get back onto the bikes.

The flying program has replaced tennis for the winter months. This program is run at Royal



Park weather permitting. Everyone is enjoying the challenges of flying many objects to measure their distances.

Just a reminder there is no mid year break for Independent Services

for 2018. Programs will run as normal.

Mandy Mallett, Independent Services Team Leader.

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

It has been a very busy time at Merton House over the last two months.

Firstly we said goodbye to Robbie Crowe who left us to resume his business as a plasterer and painter. On behalf of all the participants and staff at Merton I would like to take this opportunity to acknowledge the amazing work Robbie did here at Merton, his commitment and efforts were above expectations and he will be dearly missed.

Secondly we had an influx of new staff and we would like to welcome them and wish them all the success in their careers here at St Michaels including Danny, Jenny, Aman and Melissa.

Thirdly it was with great excitement that we wel-

comed a new participant Sam Maney who has now taken up the vacant room here at Merton filling our house once again. Welcome Sam and we look forward to getting to know your many talents and supporting you to become comfortable in your new home.

Our good news story for this period is the Mexican Night that we hosted for the most recent Social Club night. It was held at the Merington Centre and by all reports was a night enjoyed by all who attended. There was music, games, a piñata and prizes to be won. Thank you to our new chef Natasha Werner who cooked us up some great Mexican treats and to our own Juanita Hack who decorated the hall and ran the evening for us.



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It has been great to see everyone at Merton doing so many social activities and seizing the last of these beautiful Autumn days. Some of our travels have taken us to Latrobe, Exeter, Georgetown and Ross.

There has also been great focus on individual skills development with learning to catch

buses, organising own haircuts, plenty of shopping exercises and lots of targeted skills around the home.

What a year so far! We are excited by the challenges ahead and the opportunities we face.

Mitch Stoddart,
Merton House Team Leader.

Walking Group

The Walking Group has recently started up again with the participants getting ready for the Launceston 10km Event.

The group have been decked out in their new STMA T-shirts and caps which look fantastic.

Participants have been progressively increasing the distance they walk each week in preparation for the 10km event.

Thanks to the staff who have supported the participants with information about warm ups, cool downs, foot strike, pedestrian safety and race etiquette.

We wish the participants all the best for their upcoming event.



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Welcome Suzanne Sutcliffe

Please welcome Suzanne Sutcliffe to St Michaels as Team Leader of the Merrington Centre Community Access program.

Sue comes to St Michaels with many years of experience within the disability sector.

Prior to commencing this role, Sue worked as a case manager and has also worked as a support worker and as a teacher's aide for various organisations within the sector.

Sue has four adult daughters and a few grandchildren who live close by to keep her busy at the weekends.

Sue goes walking with one of her daughters a

few days a week and will be joining the Aquafit program for the winter.

There will be many challenges ahead for Sue in the next few months as she learns everyone's names and the full program of activities that are provided during the week, but she has already shown great dedication and commitment to the program.

Sue is a welcome addition to the Community Access program and has made a very positive impression on both staff and participants.

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



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

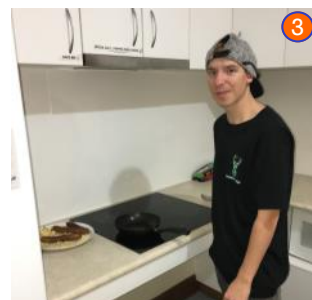
We've had to get creative in order to stay active over the past few months with a general lack of conditions conducive to activity and outings.

The residents have been training for the upcoming Launceston 10 by attending the weekly walking group. Week by week, the sessions have progressively increased in distance. They are now capable of completing the distance in training, and need to determine their own goal pace that is both challenging yet sustainable. The group have also learnt about warm ups, cool downs, foot strike, pedestrian safety and race etiquette. We wish them all the best

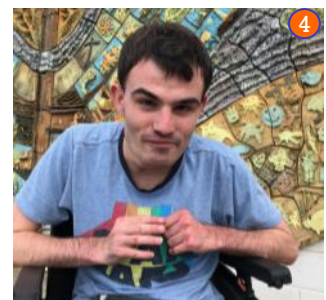
for the race and remember to have fun and smile.

There's been excursions out to the Aquatic Centre, aikido classes, Launceston Lanes bowling centre, the Heritage Forest playground, Evandale Market, and QVMAG. Kevin has taken surprisingly well to aikido, a Japanese martial art with a focus on grappling, and it compliments and builds on his prior self-defence training.

Finally, we have had an excess of appointments to attend since the last issue, and we thank the residents and staff for their patience and flexibility in attending and making these successful as they are a necessary



and important component of the service provision.



Ben Anderson, Como Crescent Team Leader.

Day Program - Community Access

Since commencing the role of Team Leader at the end of April, the Merrington Centre has been a hive of activity.

Firstly, there have been a number of new participants attending our programs which is great to see. The Autumn program is well underway and the range of activities currently being provided is very varied and well supported.

Cooking sessions are now held twice a week and the best thing about that is that we all get to eat what is prepared; the menu offered and the variety of healthy items being prepared is great.

Staff member Shelly is doing a fantastic job with the Literacy and Numeracy program. The group works well together. A new game has been purchased for this program which is an alphabet recognition game and there is fierce competition to fill the board first.

The weather has not stopped the walking and bike riding group from going ahead each week. The sailing group is also very popular once a fortnight while the monthly trip to Hagley Farm School arouses much discussion when they return.

Sue Sutcliffe, Community Access Team Leader.



Desmond Wood - Respite Transitional Accommodation

Over the last couple of months participants have been organising activities out in the community. Alex and Tim have enjoyed nights at the movies and ten pin bowling and just getting out and about. Milli really enjoys these nights as well as she is able to sit back with staff and just relax or help in her own way in the garden. Games night sees participants able to build stronger friendships with others while improving their skills on our many consoles.

Tim is about to start work placement at the Tram Museum at Inveresk and he is really looking forward to this. He is also researching furniture items that he

will need for when he moves into his own place.

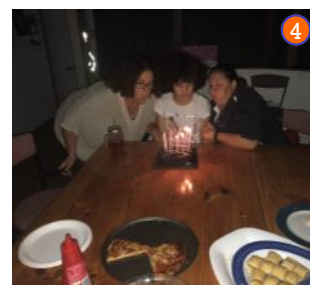
Milli celebrated her 15th birthday with her friends.

Josh Reid has started to develop great friendships and independence. He now has his afternoon routine down pat and I am not sure anyone can beat him at peeling potatoes. Josh is enjoying using the sensory water beads that were recently purchased.

Brody Johnston is now staying in Desmond Wood more often and this has enabled him to work on his social skills and manners. What an improvement he has made!



We look forward to sharing more with you in the coming months.



Megan Thomas, Desmond Wood Team Leader.

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

Hello from Penquite. Kathy and Robyn have been busy cooking biscuits for morning tea for all the house members.

For the last four weeks the house participants have enjoyed going out for day trips to Low Head lighthouse, Mount Direction Semaphore Station, Georgetown foreshore and West Tamar river region. Participants are getting prepared for the cold winter months; new warm bedding and clothes have been picked out and purchased. Weekly activities are being chosen by house members; a weekly movie night has been planned, with healthy alternative snacks like soda stream drinks, popcorn, cheese

platter and fruit platter guaranteed to get full attendance by participants.

Participants requested to go to the cinemas in late May and are excited and asking what movie they can see. A trip to the Don River railway has been planned for June.

Participants are working hard to keep their home clean and tidy and all staff are enjoying their time on shift and are welcomed by residents when coming to do their shift. I hope all have had their flu shots and stay healthy and safe over the cold winter months.

Ade Doyle, Penquite Road Team Leader.



In Home Tenancy - Personal Support

A busy couple of months for many participants within the In Home Tenancy Support Program incorporating community access activities, increasing living skills within the units and participating in a work placement for one participant.

Daniel, Damian, David, Paul and John attended the Crossroads Camp in Devonport and by all accounts thoroughly enjoyed themselves, despite the inclement weather.

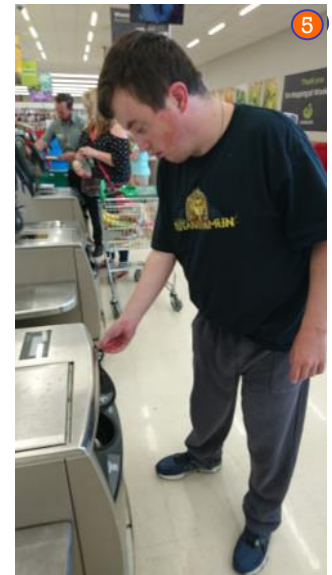
Easter was celebrated by all with many participants spending time with family over the Easter break.

Monday Walking Group numbers have been in-

creasing over the weeks. It is great to see so many participants and staff involved. With the Tasmanian Running Festival (aka Launceston 10 / Launceston 5) fast approaching it is imperative for participants to continue building up their fitness for this event.

Emma Malouf has received an exciting invitation from the Lord Mayor of Launceston to attend a function celebrating the 20th anniversary of the Launceston Human Library. Congratulations Emma!

In Home Tenancy Support staff continue to work with all participants in maintaining and developing inde-



pendent living skills; in particular, Chris Gipson is achieving great outcomes with preparing his shopping list and purchasing his groceries.

Marcia Lade, IHTS Team Leader.

Youth Break - Respite, Life Skills & Community Access

With the weather still being kind to us we have been out and about enjoying many of your favourite places plus some new ones, and it appears nothing beats toasting marshmallows at Huntsman's Lake.

Participants have enjoyed building friendships through team sports, the goal always being to beat the staff which they succeed at doing most of the time. I think Chloe Harrison-Hargreaves and Josh Glover had the most fun – no one could beat this team!

Ashgrove Cheese farm was a success recently with Chloe enjoying trying the different cheeses that were available. Of course after this stop

we needed to try out the ice cream at Van Diemen's Land Creamery and Chloe says "nothing beats the chocolate ice cream".

We took part in the recent Archaeological dig at Kerry lodge, which the participants enjoyed. They listened to the workers and tried their hands at digging but weren't successful in finding anything.

Participants are working on their kitchen skills and are improving every weekend; I look forward to seeing what Brody can do next time he is in.

We look forward to sharing more with you in the coming months.

Megan Thomas,
Desmond Wood Team Leader.



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

Kenneth Court participants have had a great Easter and an exciting two months.

Valma went home to Scamander and visited her sister over the Easter period and was very much looking forward to the Easter eggs.

Nick spent some time at his parent's house celebrating the Easter experience with his family.

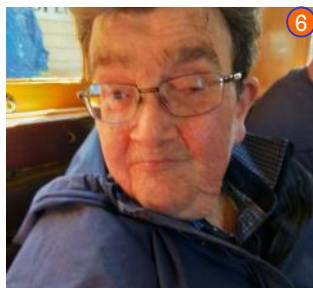
Andrew, Stephen, Val and Nick went on Cross-roads camp for the weekend where they traveled to Devonport and stayed at the Gateway Hotel.

Over the weekend they visited some sites around the area; they had some delicious pancakes at Tazmazia,

stopped in Sheffield for morning tea at the Bakery and even watched Peter Rabbit at the CMAX Cinemas. The participants especially liked watching Slipstream Circus.

Andrew, Stephen, Val and Nick ended the weekend by riding on a steam train in Sheffield. With the colder weather fast approaching the participants have been thinking about and making some warm hearty meals for each other at the house.

Kenneth Court participants have enjoyed the different staff that have been filling in over the Easter period and learning something new as they go.



Val has updated her wardrobe with some stylish winter clothes and is eager to show them off every chance she gets.

Nathan Avery,
Kenneth Court Team Leader.

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

The weather may be getting colder but the participants won't let that stop them from enjoying activities outdoors.

The participants take every opportunity to go somewhere new to catch fish, even Low Head to try their hand at catching squid for dinner. Nothing beats some relaxing time out in nature.

As all participants are interested in professional wrestling, they recently attended the wrestling show at the Elphin Sports Center.

George Kearnes has completed and passed his cooking class and now has a qualification to frame and hang on his wall.

He is always keen to use these new skills to cook some amazing meals to warm our insides now the weather is getting a bit colder.

Weeks are full up with attending TAFE and WISE employment, and utilising every moment available to enjoy life.

George has also started football training with New Horizons, so to keep fit and healthy we have started running the zigzag track at the Cataract Gorge and Punchbowl Reserve, taking some bread for the ducks at the half-way rest stop.

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

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

It has been especially pleasing watching the housemates' friendship develop over recent months. Genuine friendship is built through trust, having a mutual understanding, holding similar values and sharing interests, in this instance primarily Fortnite, Netflix, and The Avengers.

Aaron has been training consistently at Pycsam 2-3 times a week for the past month, where his hard work and determination have already produced impressive results. He's been willing to put in work, listen to feedback and apply what he's learn-

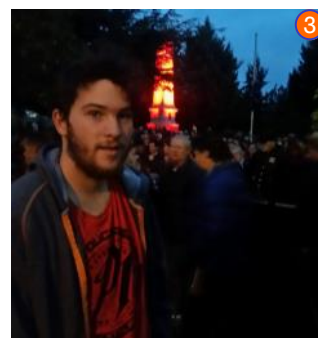
ing. He reports his favourite workout begins with 15 minutes on the treadmill, followed by 5 minutes on an exercise bike and 3 sets each on various weight machines and free weights. His comments included "it's so much fun, it makes you feel alive."

There was an opportunity to attend the recent Anzac Day dawn service; while they remarked it was cold and difficult getting up early, it generated some conversations around topics of freedom, reflection and appreciating what we have.

There was also the opportunity to go bowling,



visit Village Cinemas and try out PlayStation VR.



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 - Paul Westgarth

We have been busy with several projects around the facility. The tiled roof over DW 2 & 3 has been replaced by our friends at RMB Construction, including new internal and external gutters. The replacement represents a sizeable investment but shows that we are keen to provide the best possible outcomes for everyone.

During the month we have been able to purchase several items of furniture for Merton House for the benefit and comfort of everyone at this busy home. You may have noticed a new fence behind the sheds; this has been

erected as we have many useful things stored in this area such as treated pine logs, steel frames, angle iron and various metal poles among other things that we may need for repairs at this site and/or group homes over time. We have added several slow-growing shrubs to the area and our Assets team are working hard to provide a clean, beautiful and safe environment for everyone to enjoy.

I would like everyone to take more care when placing items in the recycling bins. A list of do's and don'ts will be circulated across our site in the coming days



and I ask that you take time to read this important message then share this information with your friends and family.

Chant St has had two new above ground garden beds for their gar-

den program. We hope they will provide vegetables for the cooking program and benefit staff and participants alike.

Paul Westgarth, Asset Supervisor.

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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



Red lentil, pumpkin and tomato soup

Serves: 4

Time to make: 30 mins

Ingredients

- 2 teaspoons olive oil
- 1 brown onion, chopped
- 2 cloves garlic, crushed
- 1 large carrot, grated
- 450g pumpkin, peeled, chopped
- 1 cup dried red lentils, rinsed, drained
- 3 cups reduced-salt vegetable stock
- 400g can no-added-salt diced tomatoes
- 4 slices grainy sour-dough bread
- 1 small avocado, sliced
- 1 tablespoon finely chopped fresh flat-leaf parsley
- 1/3 cup low-fat natural yoghurt, to serve

Instructions

Step 1

Heat oil in a large

saucepan over medium heat. Add onion and cook for 5 minutes, or until soft. Add garlic, carrot, pumpkin, lentils, stock, 2 cups water and tomatoes.

Step 2

Bring to the boil, reduce heat and simmer, covered, for 30 minutes or until pumpkin is very tender.

Step 3

Remove from heat and puree using a stick blender.

Step 4

Meanwhile, toast bread and top with sliced avocado. Sprinkle soup with parsley, dollop with yoghurt and serve with avocado toast.



Cinnamon and banana pikelets

Serves: 4

Time to make: 30 mins

Ingredients

- 1 cup self-raising flour
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 2/3 cup skim milk
- 1 egg, lightly beaten
- cooking oil spray
- 1 large banana, cut into 24 slices
- low-fat ice-cream, to serve

Instructions

Step 1

Sift flour, sugar and cinnamon into a large bowl. Whisk in milk and

egg until smooth.

Step 2

Spray a frying pan with oil. Drop 2 tablespoons of batter into pan. Top with 3 slices of banana. Cook over medium heat for 1–2 minutes, until bubbles appear on surface. Flip and cook for another 1–2 minutes. Repeat process to make 8 pikelets. Serve with ice-cream.

Contact Details

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admin@stmichaels.asn.au

www.stmichaels.asn.au

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TOTAL = \$ **includes postage delivery**

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Cash in person at St Michaels Association office, 22 Hoblers Bridge Road or by EFTPOS Ph. 6331 7651

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Donations

Tax Tip

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

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

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

☐ 1 time contribution

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

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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

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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 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 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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