

From the CEO with John Gilpin



John Gilpin

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

It is staggering to me when I hear about all the activities our participants get up to in the space of two short months. Here are some examples:-

Activities: BBQ, golfing, soccer, PYCSAM gym, taekwondo, participation in the Burnie 10, basketball, cooking, art work, sewing, tennis, cinema/movies, cafes etc.

Places like: Launceston Show, Longford Show, Evandale Market, Hagley Farm, Westbury Car Show, Lilydale Falls, Sheffield, Port Sorell etc.

Social events:
Oktoberfest in our Social

Club, Wednesday night free dinner night hosted by our tenants of our units, Social Club Saturday nights, Crossroads evenings, Elphin Sports Centre, Aquatic Centre and more BBQ, cafes & community outings.

The NDIS has given participants choice & control of their supports and St Michaels is forever trying to keep up with the variety of activities and supports to meet the needs that the participant requires to reach/meet their goals.

St Michaels is happy to discuss these options and we are very keen to be flexible to your needs, so please just call us to discuss.

Signage has been long overdue, however we have started the process of updating our signage along with our marketing & communication strategy.

Fortunately, we have been able to work with Total Copy Collective (brokered relationship with the TasCOSS-NDIS Business Development Fund) to assist St Michaels review, develop & to implement the



strategy over the next 12 months or so. Signage is the start, subtle branding of our vehicles is also underway and a new website to follow shortly, so please watch this space as we open up more communications with the public.

Well done to our Burnie 10 walking team, led by Richard Nicholls. A fantastic team effort with so many participating in the event and so many proud entrants wearing their medal over the following week. We are all proud of their participation!

Our Registered Training Organisation (RTO) is proud and grateful to be associated with working with the Australian Disability Enterprises here in Tasmania.

Congratulations especially go to - Vincent

Industries winning Equity Employer of the year for 2018, due to the quality training outcomes achieved with them & to Blueline Laundry of Launceston on winning the Community Service Entrepreneur award given the hard work, support & training they give to their work force. Thank you for privilege of allowing St Michaels to be your RTO for your supported employee workforce.

Please see inside details of our participants Christmas function that is traditionally held. RSVP by 1st December to our office would be greatly appreciated.

Hope you enjoy reading this edition and as this is the last one for this year - Merry Christmas John

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Burnie 10

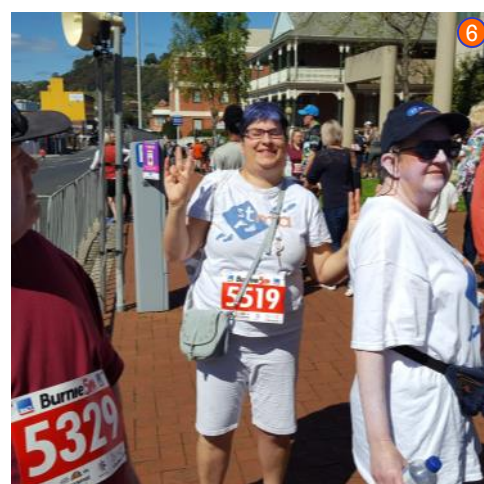
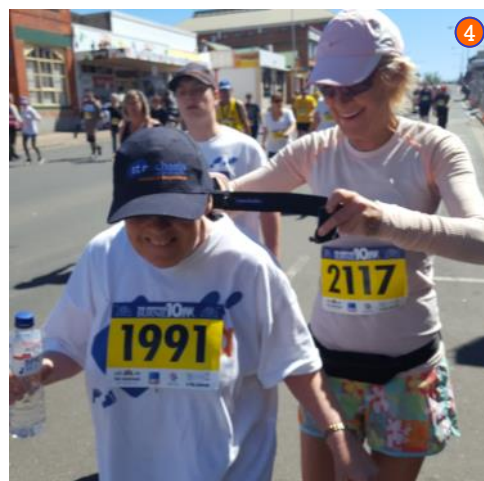
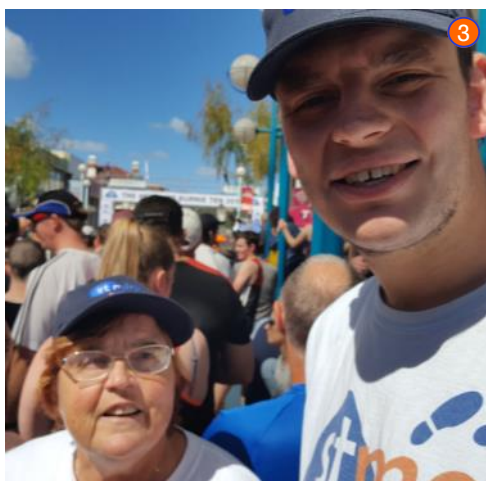
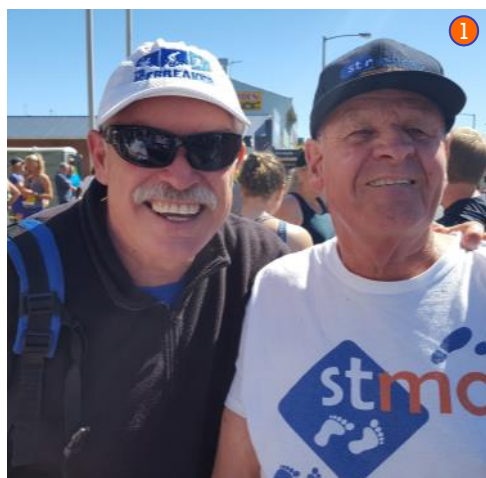
The Burnie 10 was upon us once again with many enthusiastic participants stepping up to the ultimate goal of the 10km walk/run. The day presented its self with sunshine and the atmosphere was electric. The day started with the 10km event with Glenn, Lyn, Jo, George, Aaron and Emiel waiting at the start line mixing in with the other competitors.

The next event started shortly after which was the 5km walk/run and we thank the organisers for adding this portion of the race as it gives our participants more options and a less daunting task ahead but with the participants still feeling the achievement of being involved with this great race. At the starting line of this race were Alanna, Andrew, Emma, Michael, John, Aron and Ben. Several participants achieved their personal best times and finished with big smiles on their faces.

I would like to say on St Michaels' behalf a big congratulations to all participants that involved themselves in this event and how proud the organisation are of them in achieving health and fitness and healthy choices. Also thank you to Juanita, Frankie, and Christiaan for their efforts in supporting our participants in the event.

10km

George K 01:17:14
Aaron H 01:49:19
Glenn P 01:23:12



Jo W 02:10:24
Lyn 02:10:24
Emiel B 01:38:26
5km
Alanna J 00:56:05

Andrew E 00:56:25
Emma M 01:34:15
Michael R 00:58:38
John R 00:41:31
Aron B
Participated but no rec-

ordered time
Ben H 01:05:17
Richard Nicholls,
Support Worker

Newstead Campus Signage

Finding the way around our Newstead campus has become much simpler thanks to our brand new signage.

We have erected a number of signs around the site to assist new and returning visitors in finding their way.

Our facility has grown in recent months with the development of our disability services offices, and as our facility continues to grow it is important to provide visitors with clear and streamlined directions.

The signs have been placed at the front of the grounds, near the visitor car park and close to the administration building for convenience.



Support Co-ordination Barbeque

As a way to introduce Support Co-ordination to St Michaels, a lunch time BBQ and activity afternoon was held in October at Royal Park. This was an open invitation for any participant and the staff who support them to enjoy a BBQ and various activities.

Support Co-ordinators Karyne Button and Mitch Stoddart would like to thank all those who came along on the day. Approximately 30 participants and support staff turned up to join in, share a meal, network, develop relationships and have a go at some fun activities. Even though we were a bit worried about the weather it turned out to

be a beautiful spring day. Watching everyone come together to enjoy the day was great to see, as well as watching some share their gifts and talents with others. Some of the activities we were able to do on the day were: walks along the seaport, flying kites, bean bag juggling, parachute games, basketball, frisbee, kicking the football and of course the mandatory Aussie game of cricket.

A big thank you goes to Sarah Cripps and George Kearnes who stepped up and cooked the BBQ for everyone to enjoy. It was a day of highlights seeing smiling faces, hearing laughter, watching so



much interaction, and seeing people having a go.

Karyne and Mitch would like to thank all those who attended, supported this day, shared this opportunity to reach out to others and participate in a great day of fun, laughter and activity.



Christmas Function 2018



Celebrate with St Michaels at the Annual Participant and Family Christmas Dinner

7th December, 2018
5:30 pm for a 6:30 pm start
at the Merrington Centre,
22 Hoblers Bridge Road, Newstead

**Let's enjoy Christmas
with good friends,
great food and
holiday cheer!**

Adults - \$25 Children under 15 years - \$15
To RSVP please contact St Michaels on 6331 7651
by 5pm on the 21st November 2018



RTO Update

It's been a busy couple of months for the RTO and our ADE Partners. We have two leadership programs up and running; one for STMA staff and one with employees from Vincent Industries in Wynyard.

In September we attended the 2018 Tasmanian Training Awards, where St Michaels Association was represented by three finalists in the Equity Apprentice or Trainee category:

Joel Braybon – Blueline Laundry Hobart

Ryan Jarvis - Blueline Laundry Hobart

Rae Gatenby - Vincent Industries Wynyard

Vincent Industries were the Winner of the Equity Employer of the Year 2018.

We would also like to congratulate the following ADE's:

- Blueline Laundry Launceston on winning the Community Service Entrepreneur Award in the Launceston Chamber of Commerce 2018 Tasmanian Perpetual Trustees Business Excellence Awards.

- St Vincent Industries Hobart on winning two awards in the recent 2018 Worksafe Tasmania Awards; the prestigious Leadership Excellence Award and the award for excellence in developing and imple-



menting an initiative (solution) to an identified works health and safety issue

Planning for 2019 has commenced with funding applications submitted for a number of programs for STMA employees and our ADE

partners. Meetings with our ADE partners have identified a number of new training opportunities that we will explore in 2019.

Wishing you a safe and Happy New Year.

Kim Dean
RTO Manager

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

Krystal has been busy over the past two months making many different paper mache animals, which she entered into the Launceston Show. Krystal did very well by receiving two first placings and one second placing; well done Krystal!

Congratulations to the new Barton Team Leader Lisa Matthews on her new appointment. Krystal and support staff and myself are very excited to have her on board.

Krystal and Mya have been having some new adventures together like having a bath at the Dog Wash and Mya enjoyed every minute. Krystal is doing a great

job looking after all of Mya's needs with less and less help from support of staff. Great effort Krystal!

Sharon Cuthbertson,
Manager Residential Services.



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

The last two months have been very busy, effective and enjoyable for the men at Merton House. The Merton team has worked incredibly hard to maintain the routine and daily functions given a lot of changes that took place in the last two months.

It was with great delight that Merton House welcomed George Kearnes who made a move from Hawthorn Street.

George in no time mixed really well with the participants and has extended his friendship with Brandon and Luke. We look forward to getting to know George's many talents and supporting him to become comfortable in his new home.

Brandon Mckinlay started a new program with Life Without Barriers 3 days a week and is very determined to expand his capabilities. Brandon has been a very active participant in the weekly basketball group and has also been very active in the evenings showing his interest in domestic duties. Brandon recently went away for a weekend with his mother at Jonah Bay and captured some great memories. Luke Stephens celebrated his 25th birthday in November with his family. Luke has already started his countdown to enjoy the fireworks on New Year's Eve for which he is travelling to Melbourne.

Jacob Goldstraw is working extremely hard with his support staff



who have been very consistent and reassuring in providing active support to Jacob. Jacob had a great day out with his family and visited his grandmother. Ben Hadley continued to expand his communication and literacy and numeracy skills and continues to surprise us with his quick puzzle solving talents. Ben attended the Bike Show and participated in the 5km event at the Burnie10 held in

October, finishing with a new personal best.

Both Ben and Jacob attended the Oktoberfest themed social club and enjoyed the variety of food and music that was on offer. Ben enjoyed dressing up in some traditional German costumes. It was a night enjoyed by participants and staff alike, and Merton House would like to thank Sharon for making that night happen.

The participants enjoyed all their weekend trips and BBQ at Bracknell, Tailrace, Exeter, Beauty Point and Legana to name a few. We all look forward to the warmer summers when we can visit the beautiful beaches. The Merton team wishes everyone a Merry Christmas and a happy prosperous New Year ahead.

Aman Narang,
Merton House Team Leader.

Independent Services - Community Access

It's hard to believe we have been at the Chant Street premises for one year; how time flies when you're having fun. With the end of the year and the Christmas break fast approaching, it has been a very busy time for participants at Independent Services.

Our Monday fishing group have enjoyed relaxing afternoons at Waverly Lake. Although they have seen plenty of trout in the water to date no fish have been caught.

The Tuesday morning golf group was at times not able to go on the driving and putting range at the Casino due to the inclement weather. The golfers instead chose to have a coffee at the Casino and socialise.

Our Wednesday morning tennis group can be

heard having lots of fun and laughs at the Chant Street tennis courts as they master their tennis skills. The Wednesday afternoon sports group combines with the Newstead campus participants at the Elphin Sports Centre for an afternoon of competitive soccer.

Our participants were very excited with their entries in the Launceston Show. The cooking groups received two first prizes and a third for their rum balls and muffins. The larger than life Bob the Scarecrow created by the craft group received a highly commended award as well as the honor of being the door man at the cottage industries pavilion during the show.

With Christmas looming our craft groups have been busy making their



Christmas items and gifts. Our three cooking groups are also making their Christmas goody bags full of wonderful delights in readiness to take home.

The last day for participants at Independent



Services is Friday the 14th of December 2018. Independent Services re-opens for participants on Monday the 14th January 2019.

Amanda Mallett, Independent Services Team Leader.

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

The residents have been making the most of the emerging spring season and the longer days.

Recent destinations have included the Launceston Show, Evandale Market, Step-Up! Launceston event, weekly walking group, games night, social club, basketball practice, in addition to a greater than usual amount of medical and allied health appointments of late.

Kevin enjoyed the recent Spiders exhibition at QVMAG in particular, visiting three times during its run. A hands-on exhibition, Kevin had the opportunity to feed a giant water spider, clean an arachnid's home, build his own spider web out of string,

and go for a virtual walk with a golden orb weaver using Kinect motion sensors.

Aron completed his third Burnie 10km race, responding with excitement to the event's lively atmosphere. While a worthwhile day, it requires significant planning, preparation and is a long day for all involved, and we thank those who make this possible.

In the kitchen, everybody is cooking and helping write the grocery orders and collecting their shopping. There has been a switch from beef sausages to kangaroo and chicken sausages for their lower fat content, kangaroo particularly lean at 2%



fat and high in protein, zinc and iron. Other favourite meals included schnitzels, pumpkin soup, tuna bake, and chicken kebabs.

In recognising it takes a collaborate team in supporting the house, we thank everybody who contributed in some way to the suc-



cesses, new skills developed, friendships created, and happy memories made in 2018. Thankyou especially to the residents and dedicated and enthusiastic staff who work so well together.

Ben Anderson, Como Crescent Team Leader

Day Program - Community Access

There have been a few changes to participants' NDIS plans over the last few months. This has resulted in some participants attending additional programs at the day centre to accommodate their goals.

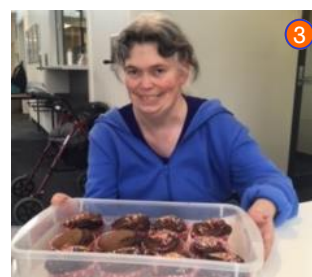
There are now a few additional groups in the kitchen working on their own individual plans with a support worker. They also provide support to our chef Natasha in preparing the evening games night and in home tenancy meals.

In October there was a slight change to the monthly trip to Hagley Farm School program. Participants went to Hadspen Park for a wander after a tractor ride at the school.

The Bunnings craft activity afternoon will be resuming in November after a few months off due to Bunnings not having an activity officer. The group have been working on craft days at the Centre and there have been a few interesting items completed each week.

The Shed is producing some great pieces of woodwork. Attendance has increased with 4 participants attending each week. There is the possibility that Shed days will be increased to meet increasing demand.

Metro trips have up to 9 participants learning how to access public transport and order drinks at some of the



local cafes in Launceston and Kings Meadows.

Tony and Ben have been working on indi-

vidual projects with great results.

Suzanne Sutcliffe, Community Access Team Leader.

Desmond Wood - Respite Transitional Accommodation

Participants have enjoyed their last holiday break before Christmas and we are now looking forward to the warmer weather which will see us being able to get out for BBQs, tea in the parks or an evening of swimming before the end of the school year is here.

We welcomed a new participant over the last months and she has settled in well and is making friends. I am sure Amelia likes having another female around. Bradie Lee is also enjoying learning new skills in the kitchen.

Brody has finished his year at Newstead College and we are very proud of the effort and skills he has gained this

year. Finishing college will see Brody only coming in once a week now until next year when he starts year 12.

Josh has been getting out and about and doing some new activities other than his drawing and using the computer. This is great to see and I look forward to sharing photos of his recent basketball game with Brody.

Alex is working hard in many areas and we have seen a lot of improvement and we all know that Alex can achieve so much more and look forward to helping him build more skills in all areas.

Megan Thomas, Desmond Wood Team Leader.



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

The last two months have been very busy.

Kathy Kilby celebrated her 50th Birthday. She had a big party with all her family and friends at home, and a tasty fruit cake for her birthday cake. Kathy loved all the attention; what a way to celebrate such a huge milestone of reaching the big 50!

All the participants have started planting their vegies in their gardens. All are very excited to see what grows, so they can use it in their cooking. Nothing beats home produce and saving money on groceries.

Gary Emery went away with his family for four days, traveling the west coast of Tasmania; he loved exploring all the

places he had never been before.

All participants have been taking evening strolls around the Seaport, now that the weather has started warming up.

The participants also attended the Social Club Oktoberfest night. They had a ball playing games with all who attended.

Now that Christmas is fast approaching, everyone has been enjoying finding ideas for Xmas shopping, making homemade cards to give to family and friends; another great way to save money.

Stay tuned for our upcoming adventures over the festive season.

Ade Doyle, Penquite Road Team Leader.



In Home Tenancy - Personal Support

Participants continue to work towards achieving their individual goals as outlined in their Person Centred Plans. We continue to provide support and information as participants commence their transition to NDIS.

As mentioned in the previous newsletter the IHTS participant numbers continue to grow each month with staff hours increasing to be able to provide quality service to each participant. We continue to welcome new employees to the IHTS program and look forward to working together to achieve outcomes.

Celebrations aplenty throughout the campus with the AFL Grand Final at the end of Sep-

tember; Jo Wallace celebrated the day as her team the West Coast Eagles made the final and she adorned her unit with the Eagles colours – blue and yellow.

Launceston Show Day was attended by many participants and by all reports a lot of fun and thrill seeking activities were enjoyed.

Community access activities have been enjoyed by many participants with chosen activities assisting with increasing participants' social skills, whilst building upon one's self confidence. Activities enjoyed were visiting Sheffield and surrounding areas looking at



antiques and experiencing new environments for a number of participants. Participants have been actively encouraged to work on their health and well-being with encouragement for healthy eating whilst



increasing physical activity wherever possible. This is an area that we will continue to focus on now and in the immediate future
Marcia Lade, IHTS Team Leader.

Youth Break - Respite, Life Skills & Community Access

The last two months has seen the Youth Break groups enjoying warmer days but also typical Tassie spring weather.

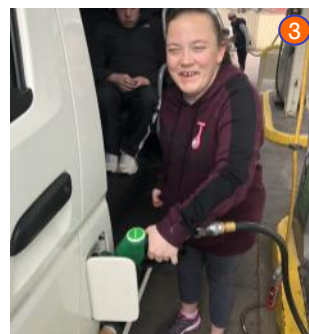
The participants have enjoyed going to Port Sorell to walk on the beach and for Katie Lee to find some Cuttle Fish. This also allowed for our first game of beach cricket for the year and staff really need to start practising as I think we are going to struggle to win a game this Summer.

We were able to spend the day at the Westbury Car Show which saw Issy and others dreaming of their ideal first car and what their favourite colour was. Joel really enjoyed this day

and he was drawn to the orange panel van but Kristen really seems to like the newer models.

The finer weather has also seen the group start to improve their skills in car care. Katie Lee enjoys ensuring the vehicles are filled with fuel while the others are improving their washing skills.

We have seen new participants join Youth Break over the last two months and I will enjoy showing you what they have been up to over the coming newsletters. All have all settled in well and are building new friendships and skills every weekend they are in. So until next time, enjoy read-



ing what we have been doing and enjoy the warmer days.

Megan Thomas,
Desmond Wood Team
Leader.

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

Kenneth Court have been working towards goals and learning new skills around the house.

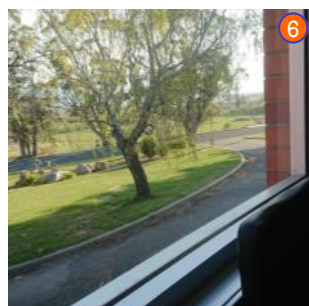
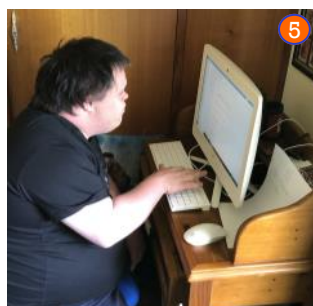
Nick celebrated his birthday with family, friends and his housemates at the Norwood takeaway shop. Nick has purchased himself a new computer where is learning the skills to use the internet safely; he also wants to learn how to send emails, write letters and as he gets more comfortable with the use of a computer he will work towards his goal of doing an online first aid course.

Andrew is counting down the months/days to his birthday which will be put in the following newsletter. Andrew also has been enjoying

more discussions and decision making when it comes to his own personal care. It is great that Andrew is able to voice his wants and needs.

Val is working towards her own skill development and trying to improve her existing skills.

Stephen has been keeping up his social life by attending a friend's birthday with his housemates at the Newstead Hotel. In the last 2 months Stephen has been slowly coming out of his shell being the Kenneth trickster always joking, laughing and ready to make whoever walks through the door smile.



Andrew, Nick, Stephen and Valma are looking forward to Christmas just around the corner, celebrating with the staff, family and

friends, and all the joys that come with the season.

Nathan Avery,
Kenneth Court Team
Leader.

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

Everyone has been working towards getting fit and healthy, coming up with new recipes to assist. They have been having fun participating in basketball, football, taekwondo, tennis, walking group and weekend sessions at the gym.

George attended the Burnie Ten and completed the 10km walk/run in just over an hour, what an accomplishment.

Everyone attended the Launceston Show; George and Hannah went on some of the rides and had a ball. They even got to take photos with some birds on their shoulders.

We have had some movements around the house as George has

moved into another group home. We have welcomed Tim Dufty and Sarah Hogan to join our adventures at Hawthorn.

Over the weekend, all participants have been checking out the sites around the Tamar such as Grindelwald, Heritage Forest, Evandale, and Lilydale Falls.

Now that Christmas is fast approaching, everyone is getting excited and planning what to do in their holidays and what to give for gifts.

We can't wait to see what adventures are coming up next.

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.)

Aaron recently completed the Burnie 10 in 1:49:19 on an unexpectedly warm sunny morning. He prepared in the weeks leading up to race day by consistently attending walking group and visiting PYCSAM gym to develop his endurance and stamina, completing progressively farther treadmill runs. After a tiring race, Aaron was overjoyed at the finish line and has since been showing off his finisher's medal, commenting how he also enjoyed the team barbecue and how friendly the other competitors were.

The residents have en-

joyed going to the Village Cinema of late and have seen *Venom*, *Halloween* and *Hunter Killer*, commenting that *Halloween* was entertaining and offered a critical review of *Venom's* script.

The vegetable garden beds are complete after many months of laborious construction, and we have planted parsley, strawberries, mint, baby lettuce, beans, peas, basil and zucchini and started a compost bin to recycle kitchen scraps into fertilizer. The next project being discussed is a possible goldfish pond or water feature.

With 2018 coming to an



end, we need to thank everybody who assisted in some way over the year. The personal development that took place and the supportive home that's been created is a result of the willingness of our residents to try hard each day and of having a tight

and committed team sharing and believing in a common vision. To everybody who assisted to this point, and as we move forward - thank you.

Ben Anderson,
Wellington St Team
Leader.

Family Liaison Committee

It was a small group which attended the last parent meeting for the year, but everyone who attended found it very worthwhile.

Dr Robyn Williams, who is a physician from Hobart with a personal connection to St Michaels was our guest speaker and she spoke how terribly vulnerable people with disabilities are in hospital which was backed up with statistics. She then spent time talking about what we, as parents, can do to ensure our sons and daughters receive the appropriate level of support if they need to be hospitalised. She stressed how important it is to factor in 'Emergency care' into our NDIS plan and provided handouts to help us with that process. This information has been handed onto the

St Michael's Coordinator of Supports staff, to help with the planning process.

She also had some excellent suggestions about making sure that the information that accompanies our children when admitted to hospital is useful to the medical staff - especially if family are not in attendance. While having this for admission is vital, she added that a checklist for discharge planning - so that our children do not go home too soon, or with incomplete information for carers - is just as important.

Everyone present found the information very useful and Robyn has indicated that she would be happy to return and speak with the group again next year.

As always, St Michaels

put on a lovely supper for us, I would like to thank Lisa in the office for organising this over the past year.

We have had four meetings this year and we plan to have five next year. We are trying to get our invitations out more efficiently, using a combination of email and snail mail. Please let us know if you are interested in attending our bi-monthly meetings and have NOT been receiving either the invitations or minutes, and we will update the mailing list.

Meetings are held at 7:30 at the Merrington Centre on the third Thursday of every second month: March, May, July, September and November - with a break in January. These are timed to occur the week before the Monthly board meeting.

The co-chairs, Brian and Cheryl are both on the Board of Management, so if there are any concerns that parents wish to be raised with the Board this is an excellent opportunity to put voice to them.

Improved signage, lighting and a list of emergency STMA contact numbers for families, have all come about directly (and indirectly) from family concerns.

If there are any particular speakers you would like to hear from in 2019. You can contact Cheryl by email: cks-cott13@hotmail.com or Brian bdunham@bigpond.net.au or by phone 0418137461.

I hope that all of our STMA families have a happy and safe Christmas and New Year.

Our Assets

Most of you will have noticed the new signage on our Hyundai Imax vans, this is to help identify our brand in the marketplace. Feedback from the community and participants is that the vans look great and the STMA logo really stands out. Great work to everyone involved.



We have also installed a number of new signs at the front of our grounds and at the roundabout in front of the Merrington Centre. These signs show direction within our facility along with advertising what we do. Feedback from the community, participants and family members is the signs are really helpful especially when trying to find a particular program. Thank you to everyone involved in creating and installing the new signs.



Scheduled servicing and related minor adjustments have once again been centre stage during the past couple of months for our vehicle fleet.

Our Mitsubishi truck has had its front springs reset; this has made a dramatic difference to the safety and drivability of the truck.

One of our new programs is the St Michaels Work Shed. This program is gaining a lot of enthusiastic support from the participants and continues to thrive. This program is ideal for anyone interested in learning new skills in woodwork

or similar craft jobs.

Richard Kindred has been enjoying the program and has built a nice planter box which is full of strawberries for him to enjoy. Nick Britton and John Reisz have made footy boxes to keep magazines in and display the art painted on the lids. Kevin Wells is making a custom box for his treasures; even support workers Steve and Frankie are enjoying themselves each week in the Shed.

We look forward to seeing the next lot of masterpieces.

Paul Westgarth,
Asset Supervisor.



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Things we do...



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

Things we do...



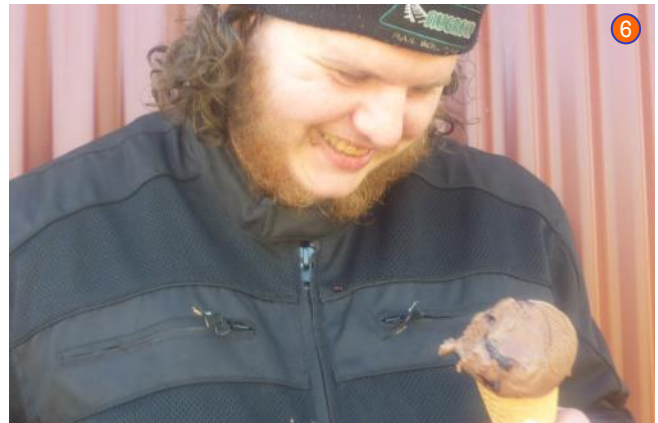
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8

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

Healthy Lifestyle Recipes



Gourmet Curried Sausages

Serves 4 - 6

Ingredients

- 8 links sausages (beef, chicken, lamb or pork sausages)
- 1 TBSP oil
- 2 onions
- 2 garlic cloves
- 1 TBSP grated fresh ginger
- 2 carrots, quartered, then cut into 1/2 in chunks
- 2 potatoes, diced
- 1 TBSP curry powder
- 2 TBSP tomato paste
- 2 TBSP fruit chutney
- 1/2 cup applesauce
- 1 cup chicken stock
- 1 (400 ml) can coconut milk
- 1 cup frozen peas
- salt and pepper
- fresh coriander

Instructions

Step 1

Cover the sausages with cold water; bring to the boil and simmer about 5 min.

Step 2

Drain, cool, remove skins and cut each into 4 or 5 pieces.

Step 3

Heat the oil in a large saucepan and fry the onion, garlic and ginger, carrots and potatoes, stirring until the onions are soft. Add the curry powder and cook a minute or two.

Step 4

Add the tomato paste, chutney, apple sauce, stock and coconut milk. Stir well, and then return the sausage chunks to the saucepan.

Step 5

Bring to the boil then cover and simmer about 45 min. Remove the lid and allow to cook about 15 min more to reduce the sauce a bit or if you are short on time mix two TBSP cornflour (corn starch) with 2 TBSP water and stir this through to thicken.

Step 6

Peas can be added in the last 15 min.

Step 7

Season with salt and pepper and serve garnished with chopped fresh coriander.



Basic Lemon Tart

Serves 12

Ingredients

Pastry

- 75g butter
- 4 TBSP icing sugar
- 125g plain flour

Lemon Filling

- 3 eggs
- 200g caster sugar
- 1 TBSP finely zested lemon rind
- 4 TBSP lemon juice
- 3 TBSP plain flour
- 2 TBSP icing sugar for dusting

Instructions

Step 1

Preheat oven to 180°C. Beat the butter; when soft, add the icing sugar and continue to beat until well combined. Add the flour and continue to beat until it resembles crumbs then knead into dough

Step 2

Pat dough evenly into a 23cm tart tin then poke the bottom evenly with a fork and bake for 12 to 15 min until golden.

Step 3

Combine eggs, caster sugar, lemon zest, lemon juice and flour then mix until smooth.

Step 4

Pour mixture into the hot pastry case and bake for 15 to 20 min until filling is firm.

Step 5

Let cool completely in tin then dust with icing sugar to serve.

Contact Details

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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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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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