

From the CEO on behalf of John Gilpin



John Gilpin

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

We have delayed the production of this newsletter to incorporate the details of a very successful **Annual General Meeting** (AGM). One of the largest member attended AGMs for quite some time participated in confirmation of the 2017 meeting minutes, Financial Reports of the Association, re-election of Board Members, the re-election of Office Bearers, the re-appointment of our Auditors & most importantly acknowledging staff for their years of dedicated services to the Association and to Tasmanians living with a disability. (See the next page for more details).

Margot Malik, Brian Dunham, Michael Higgins (1 year only), Keith Watson, Cheryl Scott & Christine Materia were all re-elected as Board Members.

Margot Malik was re-elected as Vice President & Keith Watson was re-elected as Treasurer.

The Family Liaison Committee (FLC) has really taken off under the guidance from Cheryl Scott & Brian Dunham. The meetings, which parents & carers of their loved ones, are invited to attend every couple of months are to meet, to have coffee/tea, to discuss issues families are facing. They can range from the NDIS to employment opportunities, from after hour phone numbers to lighting, all sorts of topics that the FLC takes to the Board for actions or further discussion. Invitation & notifications are sent from our primary contact list, so please contact us if you are not receiving an invite & you would like to attend.

Throughout this edition



Always exciting fun at the new basketball program. Everyone is welcome, come and give it a try.

you will see lots of activities our participants get up to!

With the NDIS you can join any of our programs just call to discuss!

New programs include our Basketball Program on Wednesday for health and fitness, co-ordination & socialisation, while a small Workshop Program (Mini Men's shed) seems to be taking off. Our Walking Program for the Burrie 10 is also gathering momentum. At Newstead or Chant St there

are over 50 activities scheduled, with most out & about in the community! Just call for a booklet or drop by for a chat.

Sprinkled throughout the edition are photos of us out & about that we all hope you enjoy.

Thankyou for your continued support and allowing us to send you our newsletter. I hope you enjoy reading this edition!

Best Wishes & Please take care, John



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Peter Gutwein MP

Treasurer and Member for Bass

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

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

Staff Service Awards

CEO John Gilpin recognised the individual achievements and made the special presentations at the Annual General Meeting held in the Merrington Centre, September 27, 2019.

The Annual General Meeting included the re-election of Board Members, re-election of Office Bearers, re-appointment of our Auditors and acknowledging staff for their years of dedicated services to the association and to Tasmanians living with a disability.

Staff recognised for their achievements include:

- Andrea Stagg - 25 years
- Cynthia Routley - 20 Years
- Daniela Radenti - 10 Years
- Amanda Mallet - 10 years
- Katherine Corcoran - 5 years
- Nathan Avery - 5 years
- Dean Foreman - 5 years
- Ben Anderson - 5 years

Each recipient received a Certificate of their achievements and a commemorative badge.

Congratulations to all of the staff recognised for their devotion and service to St Michaels Association and its participants.

A fantastic effort!



Parent Group

The St Michaels Parent group met on Thursday 20th September. We had 14 parents attending and two guests including Rod Campbell State Manager Disability Services, St Michaels and our guest speaker, Alexis Smith.

Alexis represents CVGT (Central Victoria Group Training), which is a new Disability Employment Service in Launceston. She stressed that even though they are still a small organisation in Launceston, CVGT is able to provide a boutique, personalised service and their results so far have been very encouraging.

CVGT works with participants who have either physical, intellectual or

emotional disabilities. These people have been previously assessed by Centrelink as capable of working agreed benchmark hours per week. Each assessment is valid for two years.

She described the process of creating or customising jobs for people with disabilities with potential employers and working with participants with the goal of getting them into open employment. They are currently working with schools to identify future participants and scouting possible employers.

She was happy to answer questions from parents and invited them to get in touch

with her to discuss employment options.

Rod was then invited to speak about the progress of the latest units being built on site and how there is an increased demand for accommodation especially in houses or units at St Michaels and in the broader region. This led to discussion about how the establishment of the NDIS has brought many new services to our region. It was noted that Service Providers must be sensitive to the needs of the participants if they are to survive. He reassured us that St Michael's is currently well placed, providing flexible and broad based services.

The next meeting will

be held on Thursday 15th November and Robyn Wallace from Calvary Care has been invited to speak about the NDIS planning tips for health and well being. She has a particular interest in helping people with disabilities access appropriate health care – both in the community and in hospital.

Cheryl Scott
Co-convenor Parent group

Walking Group

The walking group has been going very well during the Winter period with participants remaining motivated through the cold blustery weather.

On the odd occasion when the weather is particularly bad the walking group utilised the St Michaels hall, playing ball games and running games to some upbeat music.

I would like to give a special mention to thank Danny Johnston while I have the opportunity for his consistent support of the walking group, tirelessly helping week after week motivating participants to achieve fitness and so-

cial interaction.

The walking group's next event is the Burnie 10 which will be held on Sunday 21st of October 2018. All participants are fit and eager for this event and I would like to congratulate them all on the hard work they have put into these walks.

On behalf of St Michaels, I would like to wish them all the best of luck and more importantly to enjoy this event and the crowd atmosphere.

Richard Nicholls,
Support Worker.



Basketball Group

The basketball group has been going from strength to strength, gaining momentum with new participants joining the group recently.

The first half of this activity involves practising balls skills and playing a shooting game around the D at each end of the court which all participants are eager to play and are becoming competitive.

The second half of this activity involves a full one hour game of basketball with the introduction of an umpire. David Pugh has stepped up to this challenge; David is a resi-

dent of St Michaels and has taken the bull by the horns doing a great job laying down the ground rules for this activity and taking his role seriously. The participants on court are gaining a better understanding of the game because of David so I would like to thank him on behalf of St Michaels for his positive influence on our Wednesday night basketball group.

The basketball group is held every Wednesday from 3 - 5pm. This is a free activity for all participants and is held at the St Michaels hall at our Newstead campus.

Richard Nicholls, Support Worker.



Disability Services Offices

The 3rd and final renovation of the Merrington Centre has now been completed.

The renovation includes the conversion of the former activity/storage room into modern offices, board room, copier room and shared work space.

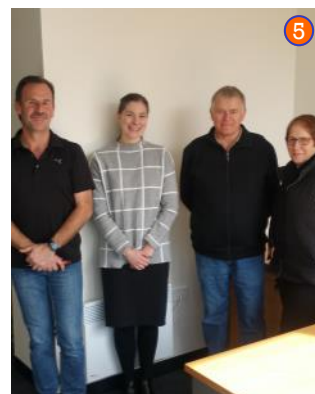
The Disability Services Team consisting of the State Manager Disability Services Rod Campbell, Manager Residential Services Sharon Cuthbertson, Manager Day Services Maria Campbell and Support Co-ordinators Mitch Stoddart and Karyne Button recently moved into the new offices.

The move now sees all Disability Services un-

der the one roof.

Thanks goes to the project team including RMB Construction, Decorama, Carpet Choices and Winc.

Special thanks goes to Winc for their generous donation of 10 visitor chairs.



Gear Up Expo

St Michaels recently attended the Gearing Up for Choice and Control Disability Expo held at the Door of Hope Conference Centre, South Launceston.

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

The Gear Up Expo is an important event which provides participants, families and stakeholders with a broad range of services that could provide essential supports to meet their needs.

Thanks goes to all staff who assisted the hundreds of participants on the day.



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

It has been a busy month at Barton with some more great news about a new housemate moving in, Sarah Hogan. Krystal and St Michaels would like to welcome Sarah to Barton Street. Both Krystal and Sarah have settled in well to the new living arrangement and have been enjoying getting to know one another.

In the last month they have enjoyed many activities and outings together which they both share similar interests for, like taking Krystal's support dog Mya for a walk.

Krystal and Sarah both share a joy of and are very talented in making craft.

Recently they created some fantastic Paper Mache characters; Sarah's 'Beatrice the Pig' and Krystal's 'Christmas-Saurus'.

A lot of fun was had celebrating Mya's birthday where she was spoilt with her own doggie birthday cake and party hat.

Well done to both Krystal and Sarah for becoming great supportive housemates to each other and please join St Michaels in welcoming Sarah on board at Barton Street.

Sharon Cuthbertson,
Manager Residential Services.



Independent Services - Community Access

As the colder months come to an end, everyone at Chant Street is looking forward to the start of the new season that hopefully will bring us some warmer weather.

The end of September will see the finish of the Monday afternoon Bike Centre program and the Wednesday morning Flying program until next year.

Starting in October our Monday afternoons will be replaced with our Fishing program at either Waverly Lake or St Leonards picnic ground. Hopefully this year we will have success in catching the elusive trout.

Wednesday mornings in place of our Flying program will be Tennis at Chant St. Everyone is looking forward to again getting out on the court, having a hit with the racquets whilst enjoying the competition in a game or two.

The inclement weather on a couple of Monday afternoons saw the Bike Centre group take advantage of the Chant Street hall. The group played a variety of games; indoor bowls was definitely one of the favourites.

The competition between the Newstead and City campuses was quite fierce, with plenty of fun and laughter had by all.

Our gardeners have been very busy preparing our garden ready for Spring. The gardening group had a trip to the



nursery, purchasing a passionfruit tree to plant along with a variety of herbs. This will enable



us to again grow and dry our own herbs to use in our cooking programs.

Mandy Mallett,
Independent Services
Team Leader.

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

It's been a productive two months for our team at Merton House. We have delivered a bunch of new activities, grown our team and added some new work to the pipeline. We are pleased to welcome two new staff, Daniel and Robert to our team and we wish them success in their careers here. The Merton team also extended a sincere gratitude and appreciation to Mitch Stoddart for the work, dedication and support he provided to all our participants and staff over the last 2 years and wished him luck and success in his new role at St Michaels. There has been a great focus on participant's skill development. Jacob

accessed his first allied health appointment and the Merton team put a lot of preparation in to achieving this milestone. Ben's outings every Wednesday with his advocate have been successful and both are working hard to develop their relationship so Ben has an independent person that is willing to be in his life and celebrate his journey with him. Brandon and Luke can't control their excitement for the Wednesday basketball sessions. Luke has also been actively participating in the walking group every Monday. The guys look forward to Friday evenings where they participate in planning their menu for the following week.



Jacob and Ben have enjoyed attending Social Club and Games Night. Ben has been taking advantage of the computer access, while Jacob enjoys interacting with everyone, and has even started flicking through some different books while he is there. Ben is looking forward to participating in the Burnie 10 event in Oc-



tober. Luke was invited to the Newstead hotel in September to help Val celebrate her birthday. Luke thoroughly enjoyed this night socialising with many of his friends. All in all we have had positive outcomes from everyone here at Merton House. Aman Narang, Merton House Team Leader.

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

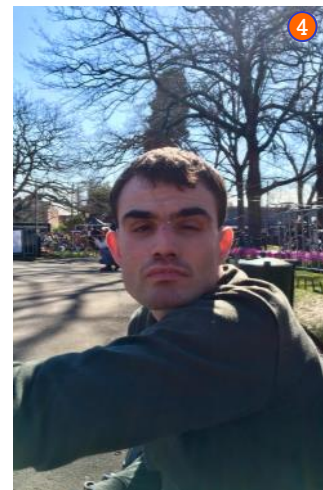
The recent Junction Arts Festival grew in popularity and size this year, and the residents enjoyed visiting the main festival hub at Princess Square, seeing live music at the Fountain Bar, and making purchases from the food vans. One resident attended the Open House project, taking him on a behind the scenes tour of the supreme court to learn about its history, inner workings and some colourful stories. The performances and music were rated as enjoyable and triggered a good discussion about creativity, expression, and new ways to think and interact. Opportunities to spend time in the community are not only

fun but help gain a perspective and appreciation for others, and build self-confidence through positive interactions.

12th August marked International Youth Day and as a home with a young adult cohort, was an opportunity for housemates and staff to sit down and discuss issues facing young people. Housemate comments included concerns about money, opportunities to participate, and perceived negative trends in the community. Staff commented how their role focused on individuals only, and asked how they might also be able to impact on the community, specifically to address lim-



ited social cohesion among young people. We brainstormed participation opportunities that would both be rewarding for the participant, but help others in some way and foster better connectedness. Two of these ideas in-



clude helping at a community garden and volunteering as an RSPCA dog walker, both will be incorporated in planning of activities in the future.

Ben Anderson, Como Crescent Team Leader

Day Program - Community Access

The Merrington Centre has a new program that we are very excited about.

Thanks goes to Paul Westgarth and a few others for converting one of the sheds as a workshop. Participants are now able to stay on site and work with tools and wood to create some unique items. The group have already planned their first project.

Prior to this, John Reisz and Richard Kindred had been going to the Men's Shed in Kings Meadows for the last year. We are very appreciative that the Men's Shed was willing to provide access and support to the group over the last 12

months. The project that the group completed during this time is proudly on display in the Merrington Centre. Our workshop will be open on Tuesday morning and Wednesday afternoon.

The cooking group on Wednesday morning is a keen group. Over the day they help prepare a lunch for the Day Program and evening meal for some of the residents.

Music on Wednesday now has a new leader. Thanks goes to Stephen Griffin for taking on the role. The whole group are enjoying this session

Suzanne Sutcliffe,
Community Access
Team Leader.



Desmond Wood - Respite Transitional Accommodation

Desmond Wood has seen participants develop new social skills with Games Night being a favourite night where they sit back, enjoy a game of Uno or a battle of ten pin bowling plus other games on the PS4 or XBOX. Some are challenging others to a game of Twister and Connect 4 which we are hoping to arrange for next term.

The last month has seen both Alex and Brody turn 16; Alex went out with family for a meal while Brody had a pizza night and cake with his housemates and he also invited Co-mo to come over, which was great to see.

Shereena is planning a great garden for the

summer months so we are hoping she starts to get her fingers dirty soon. We look forward to seeing what she can grow and then cook using her garden produce.

Amelia has been doing so well at school and is now developing new communication skills that she uses at school and here at Desmond Wood. She is also enjoying going swimming of a weekend or enjoying social activities with Youth Break.

Several participants will now enjoy their school holiday break at home and we look forward to having them back mid-October when we will be able to start enjoying evening activities



out and about with daylight savings starting soon.

Megan Thomas,
Desmond Wood Team
Leader.

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

These past two months have been busy. First off it was Robyn Bye's 49th birthday; she celebrated it at home with family and friends. Everyone really enjoyed themselves, with yummy food and fantastic company for her special day.

At the moment everyone has been busy organising Kathy Kilby's 50th birthday celebration. Her father is hoping to come from Sydney to join the party. Kathy has made up invitations and will be dropping them off to all of her friends soon.

Gary Emery has spent some time over the weekend with family. Gary always enjoys the road trip down there and back on the bus.

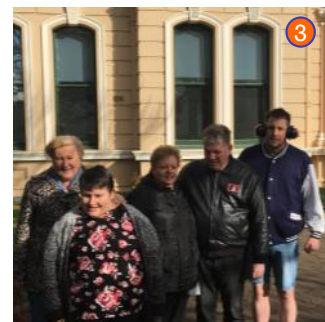
Paul Dunham has been home with family for Sunday night meals. He is looking forward to going home to stay next weekend.

All participants have been keeping warm and making the most of the sunny days now that spring is upon us. Gary always loves washing the car and it makes life a bit easier when he's not the one getting wet in the rain.

The gardens are almost ready to put spring vegies in which everyone is excited to start growing and harvesting. Hopefully the tomatoes will thrive this year as the ladies always enjoy making relish and hot chili tomato sauce, and gifting some away to family and friends.



Hope you all have happy days enjoying Spring and the smell of new flowers.



Ade Doyle, Penquite Road Team Leader.

In Home Tenancy - Personal Support

The number of participants receiving support within the In Home Tenancy Program is growing each month specifically as participants are transitioning to the NDIS. To achieve participant goals and aspirations, staff numbers have increased over the past few months which enables the program to provide the required individual support.

Four significant birthdays were celebrated with Geoffrey Archer turning 30 in August and Chris Gipson turning 30 in September. Whilst both enjoyed celebrations at home with their families, we also celebrated at the IHTS Wednesday night dinner. Debbie Wardlaw

and Kevin Walker celebrated their 60th birthdays with a joint celebration at the Launceston Country Club Casino followed by a week's holiday to the Gold Coast.

Participants continue to work on their independent living skills incorporating all aspects of household tasks. We are looking to utilise Natasha Werner's knowledge and skill to provide assistance in preparing healthy snacks and meals across the units and for outreach participants.

Five participants attended the annual Speak Out conference that was held in Launceston this year. The



feedback from the attendees was extremely positive and all enjoyed the conference dinner at the Grand Chancellor on the Saturday night.

IHTS staff have commenced working on participants End of Year Reports encompassing



photos and goal achievements accomplished throughout the year. We look forward to the end of year celebration and presentation of individual reports.

Marcia Lade, IHTS Team Leader.

Youth Break - Respite, Life Skills & Community Access

Youth Break have enjoyed going to the places that have been researched by the group.

The lost tunnel at Derby was a favourite but no one was willing to look for the cave spider that lives inside. Derby offered some wonderful experiences for the participants; they discovered the Tin Dragon Interpretation Centre where they discovered all about our tin history.

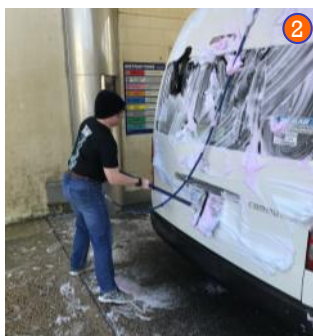
We have been to the spider exhibit at the museum which nearly everyone enjoyed; those who didn't tried hard to not be as afraid of spiders.

We have been working hard on improving our household chores and car washing skills. Har-

ley can't be beaten at cleaning the vans.

Cressy Trout Festival saw participants show off their fishing skills but sadly the fish outsmarted us on this occasion. We all enjoyed the experience of trying to catch the tagged trout which was worth \$10,000. Katie enjoyed talking to the experts as this kept her hands clean and she was able to take some things home to Dad so he can fish better next time!

With the warmer weather coming, participants are encouraged to bring their bathers so we can enjoy the fun of swimming at controlled beaches or the local pools. Enjoy the school holidays and we look



forward to sharing our adventures with you next time.

Megan Thomas,
Desmond Wood Team Leader.

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

Kenneth Court participants have been enjoying the warmer weather while sipping coffee in the shade at Evandale.

Nick, Stephen and Andrew went to have a look at the festivities at the Latrobe Chocolate winter feast, indulging in some samples as they looked at the different stalls and art costumes.

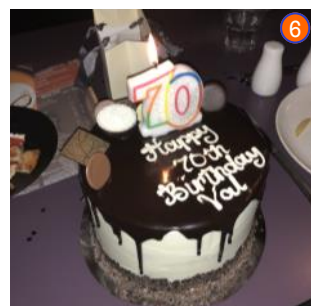
All three guys took advantage of the opportunity to have their picture taken in front of a fire truck.

Nick has been spending time on the weekend with his housemates doing activities he normally would not want to attend, one being going to Social Club and par-

ticipating in the football themed nights.

Stephen, Nick and Andrew attended the annual Speak Out conference dinner dance at the Grand Chancellor where they relished in the food, beverages and dancing.

Val started celebrating her birthday on Friday with an Able Australia lunch then at family dinner Saturday night in Scamander. While Val was down at Scamander, she met her new nephew. Val then finished off her 70th birthday celebration on Sunday at the Newstead pub relaxing with a cold drink with some of her friends and old staff members.



Kenneth Court are preparing the BBQ ready for spring/summer and looking at how to make homemade lemonade. From all the guys at

Kenneth, bring on the warmer weather.
Nathan Avery,
Kenneth Court Team Leader.

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

These past few months at Hawthorn have been so busy.

Everybody has been keeping up to their usual day placements, some starting new employment and really enjoying it.

Hannah celebrated her 29th birthday and George celebrated his 20th. Hannah invited all her friends over and had a great time on the Saturday partying. All housemates went for a meal at Hogs Breath.

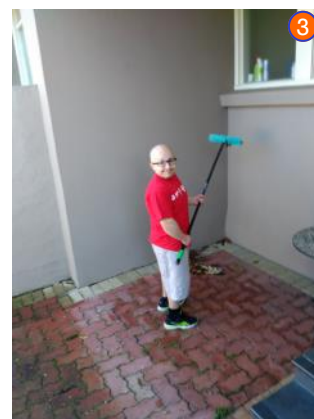
The participants have been making the most of their free weekends; they all attended the Seafood Festival in Bridport, had a picnic lunch and checked out all the amazing stalls set up. On the way back they stopped at Lilydale

Falls; what a beautiful place.

Sarah and George decided to make the most of the snow and took a trip to Ben Lomond. Together they built a snowman and George had a blast sliding down the hill on his toboggan.

The vegie gardens have been planted and Heath had the idea of getting a worm farm so everyone helped set that up too. Now that the weather is getting warmer, the daffodils and tulips have started blooming out the front garden and look wonderful. We all are excited for the next adventure.

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.)

Logan recently gathered his friends and family to celebrate his 21st birthday with a laser tag party followed by celebrations back home.

Turning 21 is a milestone and the day was a memorable occasion for everybody to reconnect, have fun and wish a mate happy birthday. The celebrations begun with three matches at Laserforce, with Selby and Logan taking matters seriously showing experienced laser combat tactics. Working as a team in communication with each other, utilising knowledge of the arena's layout, good phaser accuracy,

continuous flanking movements and effective use of cover proved most successful over those standing in the same spot or running about with a gung-ho approach, and was reflected on the scorecards in hit percentages and K/D ratios. Some players commented they would not wear fluoro again as they'd been glowing in the UV light making them an easy target although this was dismissed playfully as excuses.

Afterwards back at Wellington Street it was standing room only and the fireplace was lit, music turned up, pizzas ordered and drinks



poured. The 23 guests would later sing happy birthday and are testament to a wonderful young man and the qualities his friends and family have come to admire about him.

We wish to thank everyone involved, particular-

ly Tim for baking the birthday cake, Anita-Maree for all her support, Laserforce Launceston and Domino's Launceston.

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

Over the last month there were 78 tasks allocated to be done. 16 have been carried out by external contractors.

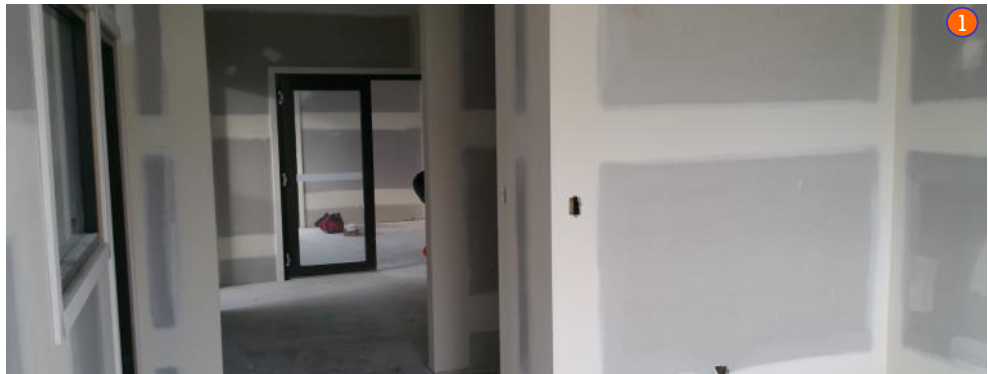
The Assets team have been working well around the facility, essentially keeping the wheels turning.

We are pleased to report that the new offices in the Merrington Centre are now complete. The offices are now occupied by Disability Services Team and is big boost to everyone at STMA. The offices provide our growing team an opportunity to better service the needs of our participants and staff.

Our group homes have had minimal attention this month with only minor maintenance issues undertaken and an electrical safety inspection.

Several of our vehicles have had service attention this month along with batteries and brakes; this attention has been costly but completely worth every dollar – safety first!

Spring is a time of growing and all our gardens are looking great. If you have one of the many above ground gardens within the facility, now is the time to plant your vegies. These include peas, broccoli cauliflower and lettuces along with many leafy green plants. This can save on your cost of groceries and provide a level of satisfaction being



able to eat from your own garden.

Our Day Program has reopened the old craft shed for the benefit of all our participants. Day Program is currently running a workshop program every Tuesday morning and Wednesday afternoon, which has already attracted a very keen and enthusiastic group.

If you are interested in small woodwork projects, ask the helpful staff in the Merrington Centre for more information.

Paul Westgarth,
Asset Supervisor.

Book a tax return that gives back twice

with



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



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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



Spring Minestrone Soup Serves 8

Ingredients

- 6 cloves of garlic
- 2 onions
- 2 carrots
- 2 sticks of celery
- 1 zucchini
- 1 leek
- 1 large potato
- 1x400g tin of cannellini beans
- 1 smoked ham hock
- olive oil
- ½ tsp dried oregano
- ½ tsp smoked paprika
- 1 fresh bay leaf
- 2x400 g tins of crushed tomatoes
- 2L vegetable stock
- Handful of seasonal greens, chopped (e.g. baby spinach)
- 100g pasta
- ½ bunch of fresh basil
- Parmesan cheese

Instructions

Step 1

Place hock in pot of cold water and bring to the boil, then simmer for two hours. Skim off any foam. Once hock is soft and able to be "pulled" apart, drain water, keep water for your stock and

set aside hock meat.

Step 2

Finely chop the garlic, onion, carrots, celery, leek and zucchini. Scrub and dice the potato and drain the cannellini beans.

Step 3

Heat 2TBSP of oil in the pot and add garlic, onion, carrots, celery, zucchini, leek, oregano, paprika and bay leaf and cook slowly for about 15 min or until the vegetables have softened, stirring occasionally.

Step 4

Add potato, cannellini beans and tin tomatoes, then pour in the hock stock and stir. Cover with a lid and bring everything to the boil, then simmer for 30 min.

Step 5

Add greens and pasta to the pan, and cook for a further 10 min. Pick over basil leaves and stir through. Serve with grating of parmesan.



Baked New York Cheesecake Serves 12

Ingredients

- 1/3 cup almond meal
- ¾ cup plain flour
- ¼ cup caster sugar
- 90g chilled butter
- 330g cream cheese,
- 500g fresh ricotta
- 4 eggs
- 1 1/3 cups caster sugar
- 1TBSP lemon rind
- ¼ cup lemon juice
- ½ tsp vanilla extract
- 1½ TBSP cornflour

Instructions

Step 1

Preheat oven to 150°C. Place almond meal, flour, sugar and butter into a bowl. Rub mixture with your fingertips until it forms coarse crumbs.

Step 2

Line the base of a 20cm spring form tin with

baking paper. Place base mixture in the tin and press gently with fingers until even and then smooth out with a spoon. Bake for 15 min or until light golden. Set aside.

Step 3

Place cream cheese, ricotta, eggs, sugar, lemon rind, juice and vanilla in a food processor. Combine the cornflour and water until smooth and add to mixture. Process mixture until smooth.

Step 4

Pour filling over base. Bake for 1 hour. Turn oven off and stand for 1 hour with door closed. Refrigerate until cold and serve with berries.

Contact Details

St Michaels Association Inc.

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PO Box 306 Newstead Tas 7250

Phone (03) 6331 7651 Fax (03) 6334 2132

admin@stmichaels.asn.au

www.stmichaels.asn.au

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TOTAL = \$ **includes postage delivery**

Payment options

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

Electronically BSB 017042 Account Number: 002398139 or

byCheque/Money order made payable to St Michaels Association Inc. or

Credit Card ☐ Visa ☐ Mastercard Card Number

Expiry Date:

Card Holder: Signature.....

Details

Mr/Mrs/Ms/Miss First Name..... Surname.....

Address..... Suburb..... Postcode.....

Donations

Tax Tip

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

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

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

☐ 1 time contribution

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

Payment options

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

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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

Contact Details

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