

From the CEO with John Gilpin



John Gilpin

2019 - Exciting news for people living and working with their disabilities on the North-West Coast of Tasmania.

St Michaels' footprint and commitment to the North-West coast population is not by renting a property in Devonport and being a "pop-up service provider", but

instead making a long term commitment to the region by purchasing an expansive property at 19 North Caroline Street East Devonport (formerly the Oakwood School).

St Michaels believes there is a need for these supports given the numerous requests to deliver services in this region from organisations, families and participants of the NDIS.

The property and buildings will require minor transformation only to provide community access and centre based programs for North-West Tasmanians and

**Exciting times!!
St Michaels is opening
services in Devonport
and NW - 1st Feb.**



will be operating from the 1st of February 2019. This commitment will provide further choice and control to those Tasmanians wishing to be supported by a disability services provider of some 52 years of experience.

Respite services will commence late 2019-20, with independent living units commencing 2020-21 for those par-

ticipants we will be working with from our daily support services.

It is an exciting time for St Michaels as it expands its operations.

We look forward to working with you and supporting Tasmanian's living and working with a disability on the North-West coast of Tasmania.

John Gilpin, CEO



Advertisement



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

Tasmanian
Liberals

STMA - Devonport

St Michaels Association Inc. is bringing its 52 years of experience with working with Tasmanians living with a disability to the North West of Tasmania. This commitment to the North West population is not an insignificant one as demonstrated by the footprint and purchase (not rent) of a 29,000 square metre property with substantial infrastructure.

This property is situated at:

19 North Caroline Street, East Devonport. TAS 7310

New contact number from 1st February 2019 is **(03) 6459 2522**

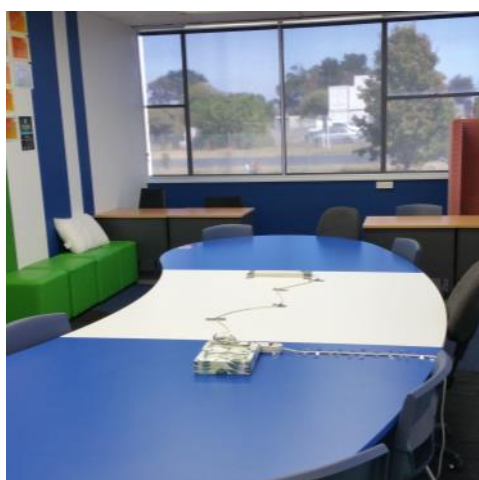
Contacts:

Marcia Lade,
Program Co-ordinator
marcia.lade@stmichaels.asn.au

Rod Campbell, State
Manager Disability Services.
rod.campbell@stmichael.s.asn.au

John Gilpin, CEO
john.gilpin@stmichaels.asn.au

We look forward to working with you, winning your support of this initiative and more importantly, giving your participants opportunity for choice from a longstanding and respected service provider.



Goal one: Centred based and in community with transport provided. Personal Supports

Goal two: Respite services in late 2019-2020

Goal three: Build purpose built Independent Living Units to those we have been working with 2020-22

Christmas at STMA

With another successful year behind us, the St Michaels Annual Participant and Family Christmas Dinner gave us the perfect opportunity to celebrate.

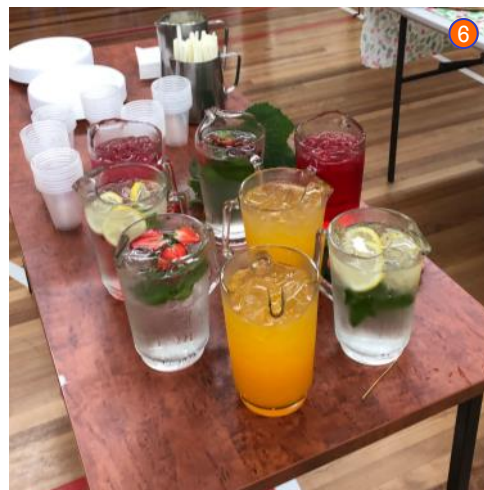
On 7th December 2018, participants, their families and staff gathered into the Merrington Centre for a delicious Christmas feast.

The attendees had a ball with many saying receiving their end-of-year report was the highlight. These reports provide a snapshot of each participant's achievements and showcase all the fun activities they have been involved in throughout the year.

By all reports, it was a memorable and fun-filled night. Thank you to all that attended.

On 18th December 2018, a Christmas lunch was held in the St Michaels Hall for staff. Once again, the array of food and drink was impressive and enjoyed by all. Staff used this as an opportunity to catch up with colleagues who they might not regularly work closely with.

John Gilpin read the nominations for good work that had been submitted throughout the year by staff. Those nominated received a



small gift of appreciation for their work and all they do for our participants. Thank you to all who nominated.

Special thanks goes to the staff and participants who assisted in preparing and catering for these important events and to those

who assisted in the room setup and clean up. It is these contributions that allow events like these to be successful.

Cynthia Routley Retirement

In December Cynthia Routley retired from St Michaels Independent Services after 21 years of service. At the time of her retirement Cynthia was Independent Services' longest serving staff member and she will be greatly missed by both participants and staff.

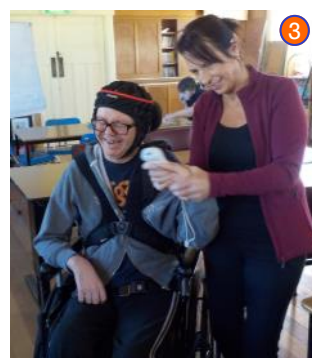
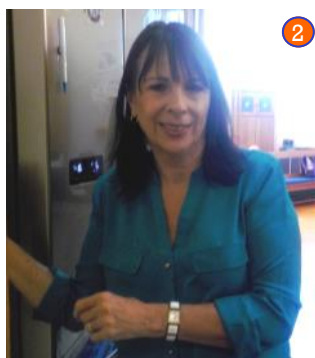
Cynthia was a qualified home economics teacher who was highly skilled in many other areas. During the course of each week she ran a number of programs including cooking, literacy, brain waves and sewing.

The merger of Independent Services and St Michaels in 2015 gave Cynthia the opportunity

to enjoy many new experiences. She was able to work in other areas and programs. This gave Cynthia even greater confidence as she stepped out of her comfort zone to fill in for staff during times of need. Over the 21 years of service, Cynthia has met many participants and staff who have benefited from her knowledge and experience.

In 2019, Cynthia will generously return as a volunteer to Independent Services and will guide and assist the participants and staff members in the sewing program.

We would like to say a very big "thank you" to



Cynthia for all her support and committed work over many years.

We wish her all the best in her retirement.

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

Welcome Kevin and Sam to your new home! Sayer Street is now up and running and is going well. Sayer Street opened on the 2nd January 2019 and Sam moved in to his new home on this day. Kevin moved in just days later on the 6th January 2019.

With the excitement of the new house, both residents have been busy unpacking, setting up their room they way they would like it and getting to know each other.

Both Sam and Kevin have been taking full advantage of the warmer weather and have been going out for walks and visiting different places around

Launceston.

Sam and Kevin look forward to the new adventures throughout the year including achieving their goals, expanding existing skills as well as learning new ones.

The participants also look forward to the new staff in their home and working alongside the staff in their day to day lives.

I look forward to working more closely with these two young men going forward.

Nathan Avery,
Sayer Street Team
Leader.



RTO Update

We ended 2018 on a very successful note, after 6 months of preparing for our re-registration audit in December. The outcome was better than expected and we have been granted re-registration for a further 7 years.

We have also been successful in gaining substantial funding from Skills Tasmania for programs with our ADE partners in 2019

We supported over 85 learners from our ADE partners with 48 learners successfully completing their traineeships in 2018.

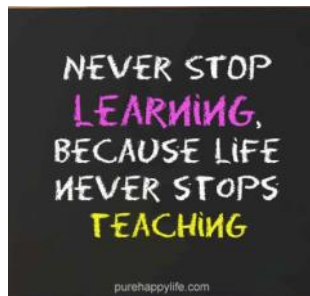
Through our Third Party arrangements with

Medecs Australia, we had over 1000 completions in First Aid, CPR and Medication.

We have some exciting new projects commencing in 2019 that I am looking forward to sharing with you in the coming months.

Happy New Year!

Kim Dean
RTO Manager



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

In the last couple of months, Krystal has been busy singing and performing at end of year parties. Not only has Krystal been busy entertaining, but her lovely dog Mya was also a star, stealing the limelight as a reindeer at the NOSS end of year BBQ. They are both superstars!

Krystal has been doing a great job taking care of Mya in this warm weather. She makes sure she stays cool, by giving her baths and making sure she has plenty of water to drink. Well done Krystal!

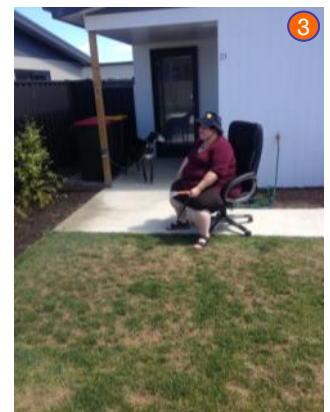
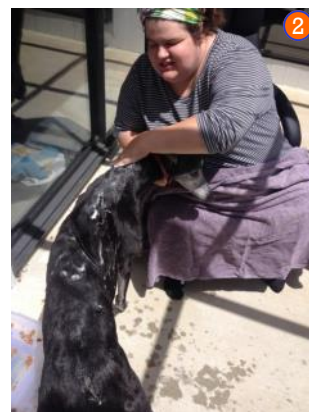
It has been so good to see Krystal reach one of her goals of taking

2000 steps a day. Because Mya loves going for walks, she has been a great encouragement to Krystal in reaching this goal.

Mya not only loves going for walks but loves helping Krystal keep the gardens watered too. They make such a great team.

Keep up the awesome work Krystal and Mya.

Lisa Matthews, Barton Street Team Leader



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

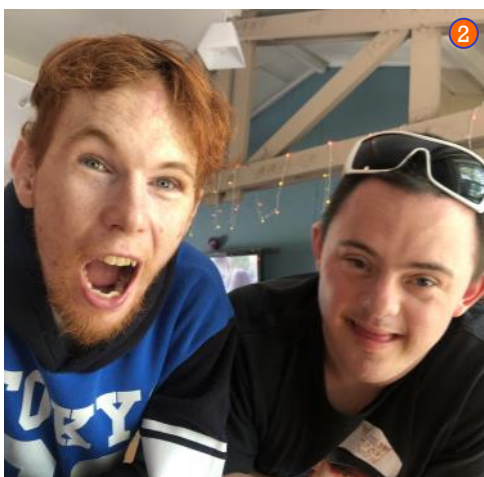
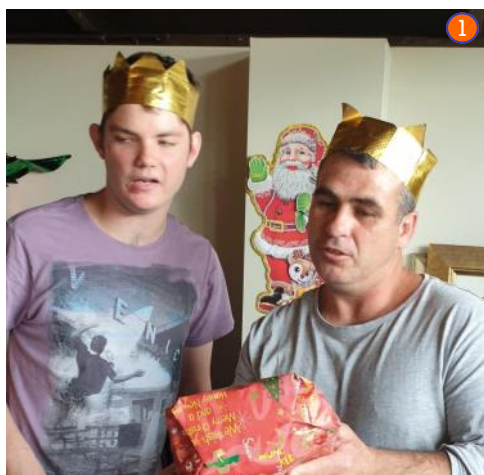
As 2018 drew to a close the residents of Merton House enjoyed the number of different celebrations that this time of year is known for.

With the days getting longer, everyone has enjoyed getting the opportunity to get outdoors and participate in activities that the winter months have prevented us from doing, such as swimming, night time walks around the park and barbecues for dinner. As Christmas neared, Luke and Kevin also enjoyed looking at the Christmas lights around Launceston.

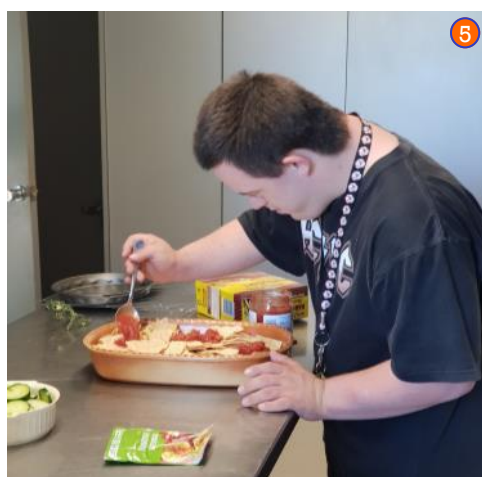
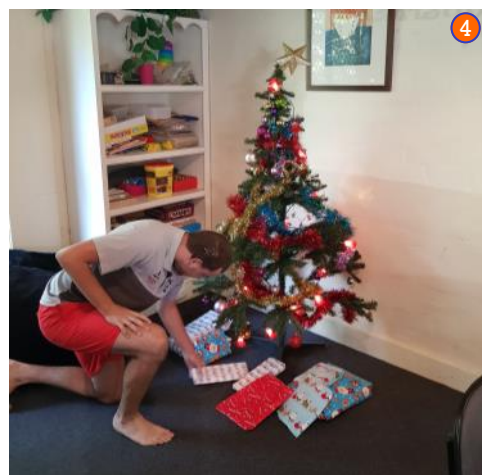
Merton House residents thoroughly enjoyed the annual Christmas dinner held in the Merrington Centre. Thank you to everyone who helped out for this event.

Christmas Day was celebrated differently for everyone. Kevin spent the week with his dad and Luke travelled to Melbourne for the holiday season, something he had been eagerly counting down to for weeks. Ben and George had lunch at the Newstead Hotel, while Jacob and Brandon had lunch with their families.

After the holiday season, Kevin moved into his new home in Sayer Street. Although he only resided at Merton for a short period of time, he leaves a marked presence in the house and will be sorely missed. We wish you all the best Kevin and we can't wait to hear about your adventures with your new housemate, Sam.



Thank you to everybody who has been a part of the Merton House community in 2018. The year has definitely seen a lot of changes, but it has been wonderful to reflect upon how far the



residents, both current and previous, have come in the past twelve months. Happy New Year and we look forward to what 2019 brings.

Aman Narang,
Merton House Team
Leader.

Independent Services - Community Access

The end of year festivities for participants at Independent Services was a fun and exciting time for everyone.

The Wednesday and Friday cooking groups were busy preparing their food and setting up for their respective break up Christmas parties. All the groups took home their scrumptious goody bags of treats that they had proudly made themselves.

The craft groups finished all their Christmas projects to take home; the programs room looked quite empty without all the snowmen.

The festivities continued into the community programs with the YMCA Thursday morning

group. Jodie and Jodie from the YMCA treated the low impact exercise group to an ice cream at McDonalds for the last session of the year. The group also received their certificates for all their hard work.

The Thursday afternoon self defence group received their certificates for their participation effort throughout the year.

Our garden has survived the 3 week break thanks to Kelly Johnson who watered and tended to it on a regular basis.

Independent Services closed for the Christmas break and re-opened on the 14th of January with participants eager to return to their regular programs. Although



some of our community venues were not available until February, alternative activities were planned in the commu-

nity as we made use of the wonderful weather. Amanda Mallett, Independent Services Team Leader.

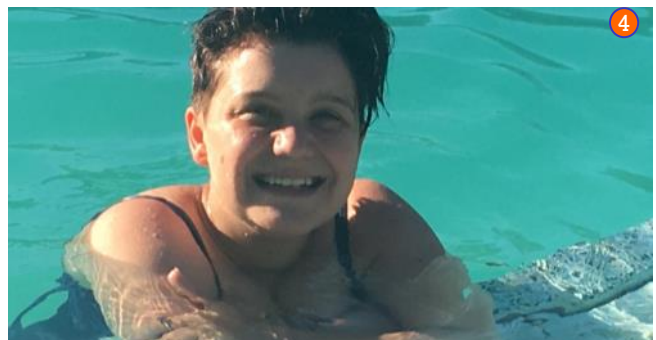
Como Crescent - Supported Accommodation (S.I.L.)

The residents enjoyed a busy build up to the Christmas season, attending the St Michaels Christmas dinner, numerous end of year break-up barbeques and picnics, and Christmas day buffet lunch at Newstead Hotel.

To get in the spirit, we saw The Grinch at Village Cinemas. In addition to providing many slapstick laughs, we found some wholesome messages in the story. Conversations the movie prompted covered the importance of empathising and connecting with people rather than living in isolation, believing in people's capacity to change, and that Christmas is not

just thinking about presents for oneself, but also about spreading hope and bringing joy to others.

A mini-heatwave following Christmas saw the house enjoying several trips to the Gorge to swim, enjoying the pool and inspecting the play area redevelopment. Speaking with the workers, they explained once complete the area will have a large sandpit, water play zone, accessible swing set, giant mouse-wheel treadmill and importantly improved access for people with disabilities and we are looking forward to making good use of the facilities. We also found the QVMAG Museum,



Myrtle Park and browsing shops provided some relief on hot days.



Ben Anderson, Como Crescent Team Leader

Day Program - Community Access

The Christmas rush started in November with participants planning Christmas meals, making Christmas decorations in craft and painting Christmas trees and angels in art.

The Paddock to Plate group spent time planting out in the garden so there would be fresh vegetables to use in the cooking program. Richard Kindred has been doing a fantastic job ensuring the plants are regularly watered.

Andrew Evans and Katie-Lee Howell have been taking part in the Wednesday cooking group every week. They have learnt many new skills and are very proud of the meals that they have helped to

prepare under the guidance of the chef and a support worker.

The Tuesday Metro bus group had a trip to the Cinema to watch The Grinch.

On New Year's Eve we put on our hats and had a morning tea and said an early farewell to the year.

Tony has been busy constructing the largest Lego tower. He needed to purchase more blocks as he has used so many.

Ben has put together so many jigsaw puzzles that they now take up two tables. He is a real wiz and can complete a puzzle within hours.

We have had a few new people join the Day Pro-



gram in December who are keen to join the activities in the new year.

Suzanne Sutcliffe, Community Access Team Leader.

Desmond Wood - Respite Transitional Accommodation

Desmond Wood participants have been enjoying the usual end of year activities through their schools, but the warmer months have also meant that we can venture out of an afternoon and evening. Alex loves this time of year and is never afraid to go for a quick swim at the Gorge and Amelia has been happy to go along for the entertainment and water.

Participants have had a great end of the year; they have been able to polish up their skills and Brody was so very excited to show off his cooking skills. Josh Reid is also now able to complete morning chores unaided and without

being asked. Well done to you both.

Ashlee has been out and about exploring the areas for rocks to add to her collection; Ashlee has a great interest in seeing what she can find and collect and it's great to see the enjoyment this brings. She also enjoyed a platter for tea while at Supply River recently with staff and from the pictures it is easy to see how much it was enjoyed.

Summer nights have also seen participants enjoy a BBQ in the courtyard to end the year. Friends were invited from Merton House to join the group including Justin from Unit 3. This was a fun



night of laughter and great food.

Staff and participants enjoyed time away for Christmas and New Year with family and friends and are looking

forward to 2019 and sharing our adventures with everyone in the coming newsletters.

Megan Thomas, Desmond Wood Team Leader.

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

With December gone and January nearly over the Penquite participants have been up to lots of activities.

Robyn thought it would be a good idea to take her harmonica down to the duck pond at Punchbowl Park and play it for the ducks.

Penquite had a slow start to Christmas as we were waiting for our carpets to be cleaned before our tree went up; as you can see it looked wonderful with all participants helping to decorate it except for Gary Emery who had already left to go stay with his family. Paul Dunham also went to stay with family over the Christmas period.

It was really nice to catch up with friends

over Christmas lunch at the Newstead Hotel. Big thank you to the staff who helped make it a really good day. There was enormous amounts of food and it all tasted yummy.

Robyn went to dinner and a movie to see Crimes of Grindelwald. Robyn chose KFC for dinner, she ordered and paid independently. Robyn appeared to enjoy the movie, making lots of comments. After the movie we went to Morty's for a cup of decaf tea. Robyn saw her friend with his mum and said a quick hello and wished them a happy New Year.

Lorraine Cornwall,
Penquite Road Support Worker.



In Home Tenancy - Personal Support

Christmas celebrations were enjoyed by all participants with the STMA dinner a highlight for participants and family members that attended. Receiving the End of Year Reports was a highpoint for participants who enjoyed reviewing their goals and achievements attained throughout the year.

Happy New Year and welcome back to the participants that have been away with family throughout the Christmas break. Participants have travelled within Tasmania and throughout Australia to celebrate the festive season with loved ones. Participants that remained on campus enjoyed an ex-

quisite luncheon at the Newstead Hotel.

IHTS staff are looking forward to working with participants to again strive in meeting individual goals and aspirations. We continue to encourage and support participants to maintain their living skills and personal care needs whilst gaining confidence in accessing their local communities.

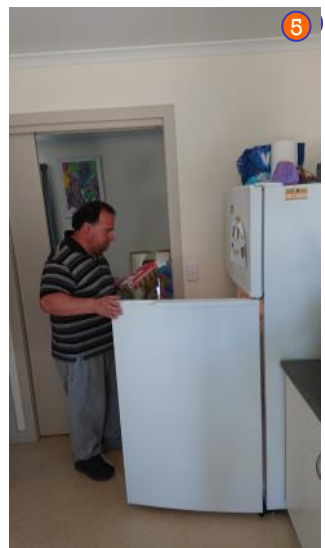
IHTS participants have taken advantage of the glorious weather with BBQs, swimming and beach walks to name just a few of the activities that have been enjoyed.

We are looking forward to the walking group and basketball recom-



mencing and encouraging more participants to attend these social programs.

The In Home Tenancy dinner on Wednesday nights is again up and



running with the first dinner on the 9th January 2019 which was enjoyed greatly by all that attended.

Marcia Lade, IHTS Team Leader.

Youth Break - Respite, Life Skills & Community Access

It is Summer time and we have taken advantage of the beautiful weather. Youth Break participants have been able to join in with the Queen Victoria museum activities at the Inveresk site and also out past Myrtle Park which saw the participants able to join in with activities around our local wildlife, especially reptiles. Chloe Hansson enjoyed learning about the Blue Tongue Lizard and getting to hold one. Albert enjoyed making a badge and all enjoyed the face painting that was provided.

Other weekends have seen participants explore and learn about what Ulverstone has to offer. Staff and participants looked into hiring

carts and will plan another trip in the future.

Bridestowe Lavender Farm didn't disappoint as it is in full bloom and has "the best chocolate ice cream going" stated Rowallen.

We also ventured to Ross to explore and discover some of the local history; Kristen thoroughly enjoyed looking through the old church and the streets to see what he could find and then sat with others and showed the pictures that he and Rachael took.

Happy New Year everyone and I look forward to sharing our 2019 adventures with you.

Megan Thomas,
Desmond Wood Team Leader.



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

Kenneth Court residents had a busy two months preparing for Christmas, enjoying all the Christmas breakup dinners as well as Andrew counting down to his birthday.

Nick spent time with his family catching up with his sisters and getting into the Christmas spirit.

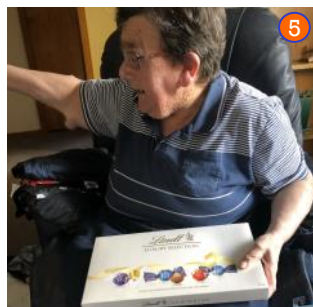
Andrew celebrated his birthday by going out for tea with his housemates and friends.

Val has been working towards one of her goals improving on her skills by keeping her bedroom clean the way she wants it. Val has also been using her makeup kit, improving her skills by practicing on staff and herself.

Stephen has been embracing all that the Christmas period has to offer by spending time with housemates going to Christmas breakups and even catching up with old friends.

The Kenneth participants have liked the warmer weather by going out and having BBQs when they get a chance and just spending more time out in the sun, even having tea outside a few times.

Val has spent time with one of her sisters exploring what Tasmania has to offer from going to the blueberry farm to spending nights at the Great Lakes, even spending some quality time with her nephews.



The Kenneth participants are happy starting a new year back at their day services.

Nathan Avery,
Kenneth Court Team Leader.

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

Hawthorn residents enjoyed the festive season with new adventures and endless opportunities.

Sarah H spent her holidays in Melbourne with family which she enjoyed; she said it was very hot and kept cool most days swimming in the pool.

Heath spent his Christmas with family, loving not only all the gifts he received, but the faces when people opened what he had brought for them.

Hannah spent time with her mum and family, making the most of the sunshine, spending time at their shack also.

Sarah C relaxed at home, spending some time with family and friends.

Everybody had a good time off relaxing from their usual commitments; it's always good to have a break to unwind.

2019 approached quickly and now everyone is back into the swing of things, trying to keep cool on these hot days, making the most of the pool at the gorge as well as having water fights at home with each other and staff.

Hannah and Sarah H have been going to the Cinema to watch the new releases, they are very social butterflies.

We all can't wait to see what the rest of 2019 will bring.

Abby Theobald,
Hawthorn Street Team Leader.



St Michaels - At a glance

St Michaels Association Inc. is a not-for-profit non-government organisation providing accommodation and support to people with intellectual and physical disabilities for over 50 years.

The vision of St Michaels is to *develop independence through maximising the individual*

qualities of Tasmanians living with a disability.

Our Mission is to *support the physical and emotional needs of our clients and their families through the provision of personalised care programs, training and a variety of accommodation services.*

St Michaels relies heavily on grants, local

community support, donations and fund raising to meet our clients needs.

All proceeds received are redistributed back into the St Michaels Association Inc. community.

If you feel you would like to make a donation, please contact Rod Campbell on 6331 7651

or complete the form *see page 15* and forward to 22 Hoblers Bridge Road, Newstead.

Thanking you for your consideration.

St Michaels is supported by the Crown through the Department of Health and Human Services.

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

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

The residents enjoyed their summer holidays with a short break from day services providing time to visit families over Christmas and for all important rest, recreation and recharging for the new year ahead.

Residents enjoyed the Big Bash encounter between the Hobart Hurricanes and the Perth Scorchers, with the Hurricanes securing a comprehensive 15 ball and six-wicket victory. Numerous comments were made about the exciting atmosphere at the venue, the energy of the crowd and the quality of the cricket

itself, with many 4's and 6's hit, although we would have preferred the result to be more competitive.

Before the year was out we gathered with other houses to have a shared dinner and a swim at the Gorge. There was also time for fishing at the Tailrace pontoon.

New years often prompts reflection, and 2019 commenced with informal discussions about the house's values and goals moving forward. The residents agreed they are happy with the direction and momentum their lives have, and identified out-



comes they'd like to reach for in 2019:

- Agreeing to try out new recipes and try to follow healthier diets
- Making every day count – trying to get



out of the house everyday

- Speaking up and being heard
- Going for walks to new places

Ben Anderson,
Wellington St Team

Family Liaison Committee

It was a small group which attended the last parent meeting for the year on the 15th November, but everyone who attended found it very worthwhile.

Dr Robyn Wallace, 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. She backed this up with some statistics that many of us found very worrying.

She then spent some 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 if we haven't already done so and she had some handouts to help us with that process.

Dr Wallace 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.

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, please let either Brian or me know at the following contacts:

Cheryl by email: cks-cott13@hotmail.com or to Brian by email bdunham@bigpond.net.au or by phone 0418137461.

Cheryl Scott
Brian Dunham

Our Assets

Thanks goes to the Asset team who worked hard keeping with wheels turning whilst I was on leave during the December period.

We have been fortunate to purchase another vehicle which has been allocated to our new Group Home in Sayer Street, Newnham. This makes 20 vehicles in total and a fine transport fleet for any organisation to boast! You may have noticed the Black Hyundai Imax, already showcasing the new STMA signage which looks great.

The grounds are looking a bit dry which is expected over Summer. We have plans to spray the grounds for weeds in the grassed areas over the coming weeks. Please note that this may seem to kill off the grass even more, however this will only benefit it and make for a greener appearance next season.

The workshop shed continues to thrive with many fantastic projects being completed. John Reisz can now display all his medals from the races he goes in on the trophy board he made and Kevin Wells made a box to keep his favourite belongings in. The workshop is gaining more interest among other participants and we anticipate the group will only get larger. We look forward to seeing what else the group comes up with.

Our group homes only had a few minor



maintenance issues that required attention over the recent period.

In general we are doing very well in ensuring all maintenance related issues are reported thanks to our staff and team leaders.

The new Devonport site offers some new challenges in ensuring maintenance and general conditions of the facility are in line with St Michaels requirements. We look forward to being able to work with the team and make this facility the shining light in the North West.

Paul Westgarth,
Asset Supervisor.

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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



Thai Chicken Salad

Serves 4

Ingredients

- 1/4 cup lime juice
- 1 1/2 TBSP brown sugar
- 1 TBSP fish sauce
- 2 tsp lemongrass paste
- 1 tsp sesame oil
- 2 chicken breast fillets, halved cross-ways
- 2 cucumbers, peeled into ribbons
- 1 red onion, thinly sliced
- 200g cherry tomatoes
- 1 cup coriander leaves
- 1/2 cup mint leaves
- 1/2 cup peanuts, toasted and coarsely chopped

Instructions

Step 1

Combine the lime juice, sugar, fish sauce, lemongrass and oil in a small bowl. Place chicken in a glass or ceramic dish. Pour over 1 tablespoon of the lime juice mixture. Set aside for 10 mins to marinate.

Step 2

Heat a barbecue grill or chargrill on medium-

high. Cook the chicken for 3 mins each side or until cooked through. Transfer the chicken to a plate and set aside for 5 mins to rest.

Step 3

Meanwhile, combine the cucumber, capsicum, onion, tomato, coriander and mint in a large bowl. Drizzle with the remaining lime juice mixture and toss to combine.

Step 4

Thinly slice chicken. Add to the salad and toss to combine. Divide among serving plates. Sprinkle with peanut.



Healthy Lemon Cake

Serves 10

Ingredients

- 2 cups spelt flour
- 1/3 cup coconut flakes, plus 1/4 cup extra
- 1/2 tsp bicarb soda
- 2 eggs
- 1 cup maple syrup
- 1 cup coconut yoghurt
- 1 tsp vanilla extract
- 3 tsp finely grated lemon zest
- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup marmalade

Instructions

Step 1

Preheat oven to 180°C. Grease a 21 x 11cm loaf pan and line with baking paper.

Step 2

Whisk together the flour, coconut flakes, baking powder and bi-

carb soda.

Step 3

In a separate bowl whisk together eggs, maple syrup, yoghurt and vanilla extract.

Step 4

Make a well in the middle of the dry ingredients and whisk in the egg mixture, lemon zest and juice and the oil. Whisk well to combine.

Step 5

Pour mixture into the pan and bake for 40 min or until springy to a gentle touch. Brush with marmalade and sprinkle with the extra coconut. Bake for a further 7 min or until coconut is golden. Cool in the pan for 10 min, then cool on a wire rack.

Contact Details

St Michaels Association Inc.

22 Hoblers Bridge Road

PO Box 306 Newstead Tas 7250

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Credit Card ☐ Visa ☐ Mastercard Card Number

Expiry Date:

Card Holder: Signature.....

Details

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

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

Donations

Tax Tip

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

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

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

☐ 1 time contribution

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

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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 and individuals working in the disability sector.

We offer blended learning opportunities through on-the job traineeships in MSM20116 Certificate II in Process Manufacturing and TLI11215 Certificate I in Warehousing Operations.

Skill sets offered include:

- Food safety and basic cooking
- Horticulture
- Digital skills
- Leadership

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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