

## From the CEO with John Gilpin



John Gilpin



## St Michaels Association Inc. Grand Opening

Welcome to our bi-monthly newsletter "The Independent". Our March edition is full of many and varied good news stories of our participants involved in their activities.

However in this edition I would like to bring to your attention to the opening of our new facility in East Devonport.

This is a very big investment for the North West community by St Michaels and is exciting for us to be entering our services and reputation into a new region of the state.

We currently have a number of participants accessing this particular facility and we are also

**When:** Thursday, 11 April 2019  
**Time:** 11.00am until 2.00pm  
**Where:** 19 North Caroline Street, East Devonport, Tas 7310  
**RSVP:** Monday, 8 April 2019  
**Telephone:** (03) 6459 2522  
**Email:** [natasha.reardon@stmichaels.asn.au](mailto:natasha.reardon@stmichaels.asn.au) or [marcia.lade@stmichaels.asn.au](mailto:marcia.lade@stmichaels.asn.au)

## Open Invitation

working in the community with personal support conducted in the homes of participants.

Our goal over 2019 is to continue to build services in the facility – e.g. centre-based programs that are flexible

and build our community base and social socialisation programs with participants in the community.

With that said, if you are in the region on 11th April you are cordially invited to attend

our opening day between 11am and 2pm.

Please see the invitation above.

John Gilpin,  
CEO



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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](mailto:peter.gutwein@dpact.tas.gov.au)

Authorised by: Sam McQuestin 2/24 Murray Street Hobart

## Walking Group

The Walking Group kicked off again in January with participants eager to continue their training for the multiple running/walking festivals this year.

Our first run/walk is the Ross Running Festival which commences on the 14th of April with a total of 14 participants entering this event. 'Just Like Jack' will be the beneficiary of the event and supports people with Cerebral Palsy in Launceston. This charity helps to buy running chairs so that more people with disabilities can compete in fun runs and marathons.

Event Director Tracey generously offered half

price entries to St Michaels participants. This brings the 5 or 10km fee down to \$15. Thank you Tracey for your generous donation!

On behalf of St Michaels, I would like to wish all the participants the best of luck for the event and take this time to congratulate everyone on their hard work and training in preparation for this event.

Richard Nicholls,  
Support Worker



## RTO Update

We have had some changes in the RTO over the past two months; Elizabeth Cooper has joined us as administration support for the RTO. Liz comes with over 6 years of RTO experience and is proving to be a very valuable team member.

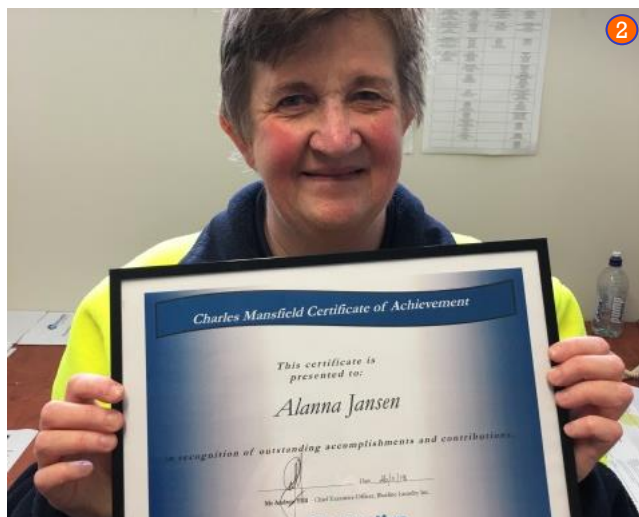
We also had the resignation of one of our trainers, Alan Higgins from Training3Thousand; Alan has returned to work in the mines. I would like to thank Alan for his contributions and wish him well in his endeavours.

Over the past two months I have had the pleasure of working directly with employees of Blueline Laundry in both

Hobart and Launceston. This opportunity has given me firsthand experience working with supported employees and as a result we are making a number of changes to our training delivery including the redesign of our assessment tools. These changes will result in a training model that is better suited to supported employees working with our ADE partners.

One of our trainees at Blueline Laundry Launceston, Alanna Jansen, was recognised for outstanding accomplishments and achievements by Blueline Laundry – well done Alanna.

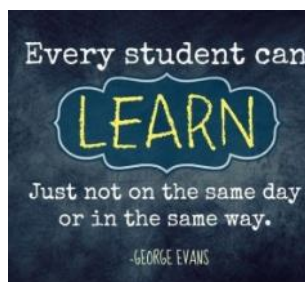
We have a number of



programs about to commence including:

- Food Safety
- Digital Skills
- Garden programs

Kim Dean  
RTO Manager





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

It's been a busy few months at Barton Street. Krystal has been very brave in making a lot of new decisions and making new changes in her life. One of those changes has been attending Independent Services at Chant Street. Krystal has made some new friends there and the bonus is that she can take Mya with her, which she is so happy about.

Krystal has been showing staff her amazing talent of reading Braille. Krystal has had a few different books that she has been reading to us. It has been very impressive to watch and listen to her do this.

Krystal has also taken up a new hobby of drying her own herbs. She has been able to collect a number of different herbs to take home and dry. She is then able to use them in her cooking.

Krystal has also started her own garden at home. It includes: Strawberries, Sunflowers, Wheat, Oregano and Thyme. We are looking forward to seeing the produce.

Lisa Matthews, Barton Street Team Leader



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

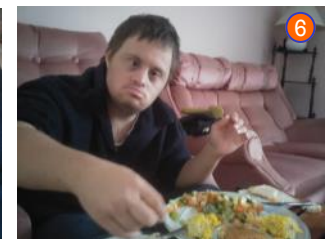
Sayer Street is going well. Both the young men seem to be comfortable in their new home and have grown a great relationship with each other and the new staff working in the house.

Kevin has been continuing with his evening programs this year and enjoys going to games night each Tuesday fortnight for a meal and to spend time with his peers. Kevin also enjoys the basketball group each Wednesday afternoon and being part of a team.

Sam is enjoying the freedom of his new home and has a good laugh with his housemate. Sam gets set in

his own routines of cleaning but is starting to come out of his shell. With each week Sam seems to be getting more comfortable and showing what a great sense of humour he has (especially when it comes to joking with staff). Sam is looking forward to joining his new Dungeons and Dragons group with a group of his peers that he met at Scenic Gaming; this will be starting on Thursday nights.

Kevin and Sam are starting to get used to the routines of the house. Both help with washing the house vehicle each Tuesday and with mowing the lawns on weekends. All in all, the house is



running smoothly with two great young men. We are looking forward to more goals and achievements being set and completed.

Well done Kevin and Sam.

Nathan Avery,  
Sayer Street Team Leader.

## East Devonport - Community Access

Wow, what a month it has been with the opening of our new site here in East Devonport on February 2019.

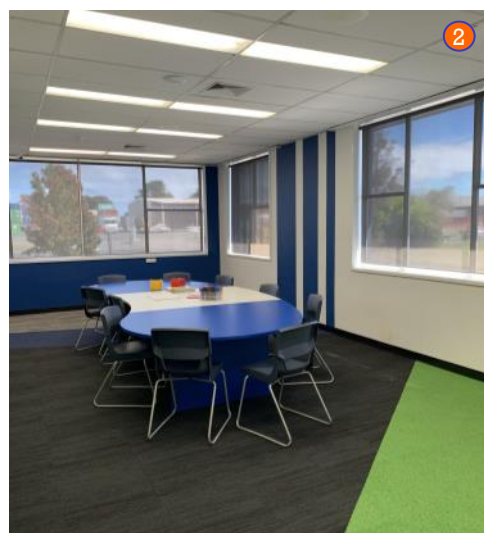
The facility is amazing and throughout the month of February we have welcomed an array of service providers, support co-ordinators, family members/ significant others and more importantly people with disabilities to view our wonderful facility and discuss supports that we are able to deliver across the North West Coast.

Our small team consisting of Donald, Jan, Tash and myself have been working tirelessly on creating interesting spaces within our centre, encouraging imagination and fascination for people to attend and be involved in.

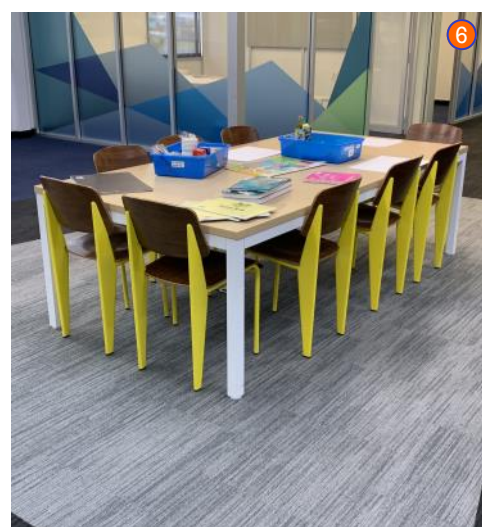
Participants have commenced receiving supports in late February and we look forward to providing ongoing services in the future.

We were thankful to Shane Broad MP Labor Member for Braddon to take time out of his busy schedule to meet with us and taking an interest in service delivery options for people living with a disability across the North West Coast of Tasmania.

Forward planning has us marketing throughout March, making progress to ensure all towns and areas across the North West Coast are fully aware that St Michaels has opened in East Devonport and that we



are ready to provide quality supports to people



ple living with a disability.

Marcia Lade,  
Program Coordinator  
East Devonport



## Independent Services - Community Access

The last couple of months have been busy at Independent Services with everyone settling back into their chosen programs after the holiday break.

We welcomed the return of several participants that had been absent last year; welcome back!

Our Monday morning grooming and relaxation programs are a great way for many to start the week.

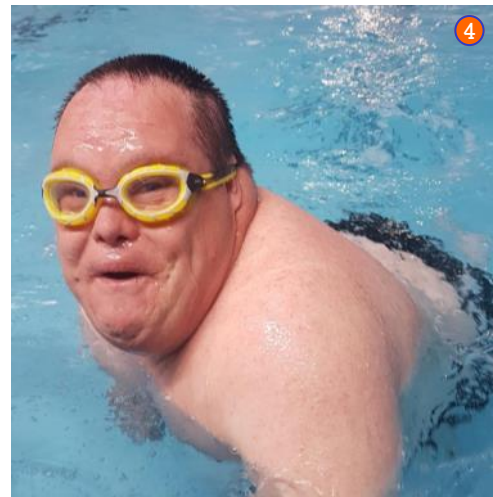
In the grooming program our ladies have enjoyed learning to apply their own makeup, have their nails painted as well as their hair styled and blow-dried.

In relaxation, a foot spa is often the favourite activity as everyone accepts the offer to have one.

Our swimming group returned to the pool to continue working on their water safety, drills and swimming technique and as always, have a little fun.

Our dancing program on Tuesday afternoons has again this year proven to be very popular. There is always an abundance of dance partners available to choose from and some very cool dance moves to be seen.

Our budding artists were extremely busy during the month of March painting with acrylic on canvas using different techniques. The string and tape paintings made for some beautiful art works.



We celebrated quite a few birthdays during the months of February and March.

The highlight for all was

Mandy's and Paul's joint birthday cake celebration where we all enjoyed singing happy birthday then a little slice of their cake.

Amanda Mallett,  
Independent Services  
Team Leader.



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

After a busy festive season the Merton House residents have started to settle back into their usual routines. Everyone has been enjoying their weekend outings, which have included trips to Myrtle Park, Bracknell and Exeter.

Ben celebrated his 20th birthday by going out to dinner with a friend. He then came home to open his present and have some cake with his housemates.

Mid-January saw the house welcome a new resident to Merton. This is the first time Ashlee has moved into full time accommodation away from her family home, so after a period of adjustment, she has started to settle into the routines of the house, and enjoys having her own space.

George started the year off by travelling to Sydney to represent Tasmania in Futsal. All of his hard work paid off when selectors saw him play and chose him to represent Australia later in the year. Congratulations George on this achievement as it shows that your hard work and determination will help you to succeed in life.

Thank you to everyone who has supported the residents at Merton House these past few months, as you have all made a difference in the lives of our participants.

Aman Narang,  
Merton House Team Leader.



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

Como Crescent made the most of the last weeks of summer by going on walking trips nearly every afternoon. Residents enjoyed their regular walks, some of these quite far and lengthy, and have been a frequent sight strolling about campus and on the streets of Newstead.

A pleasing trend emerging is having people pay closer attention to their grocery shopping, selecting meals to cook based on what fresh food they own and creating accurate shopping lists before going shopping. Without this we would find people mostly consuming non-perishables at the expense of having to

throw out fresh food that had gone unused. This has helped to minimise waste and unnecessary purchases, and in staying under grocery budgets.

A visit to the Evandale Village Fair and Penny Farthing Championships was enjoyed and offered some different and unusual entertainment including bike races, veteran car display, live music, people in costume and a parade of clowns. Other recent outings include lunch at Hoo Hoo Hut, exploring the QVMAG, lunch at Banjo's Longford, swims at the Gorge, Social Club, visiting Hadspen to walk the banks of the South Esk River, Sea-port, dinner at the



Country Club, Village Cinemas, Green's Beach and Tamar Ridge Winery.

Ben Anderson,  
Como Crescent Team Leader

## Day Program - Community Access

February saw all activities back in full swing at day program. Trips to Bunnings craft workshop and Sailability resumed in February and we welcomed back some participants who had a summer break with family. A number of participants had birthdays so there was the odd cake making its way into the centre for all to share.

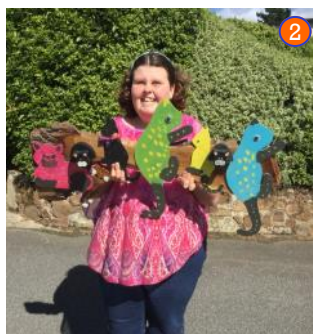
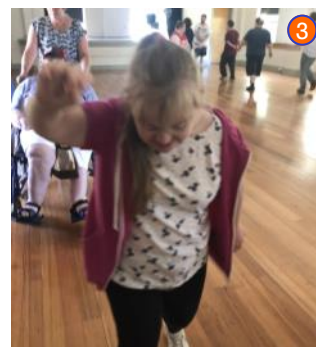
There have been many enquiries from NDIS clients, some new to St Michaels and some known that have not accessed Day Program previously; some just for one or two activities and some for a full day.

In the summer months swimming is a real hit on Monday and Tues-

days. Water confidence is a great skill for all participants to have. Support Workers get into the pool to ensure that participants gain confidence with the activities set for the session. Some participants go in a group others have individual sessions.

Dancing is one of the most popular activities with up to 12 participants attending to join with the City Campus team for a few hours of dance. Lara has only just started attending this year and is showing a lot of enthusiasm.

The workshop shed has two sessions a week this year. There are a number of females now attending the session



on Wednesday afternoon. Alice has made a great cat collage from timber.

Suzanne Sutcliffe, Community Access Team Leader.

## Desmond Wood - Respite Transitional Accommodation

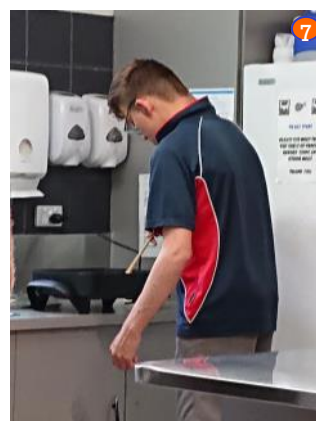
January and February are quiet months in Desmond Wood as participants are still on holidays and beginning to start the new school year.

This has seen Milli enjoy a trip to the shops to purchase a new lunch box and items required for her school year. Milli did extremely well navigating the trolley around the store. She was surely on a mission and we accomplished a lot.

Alex has now started his final year of high school and is seemingly enjoying the end of the warm weather with a recent trip to Prospect to hang out taking pictures and enjoying the wonderful surrounds.

This year we will be working hard to continue building stronger daily living skills and also friendships with each other. Desmond Wood staff are looking forward to seeing what meals they can assist students in cooking and also plan more outings for during the week. This will ensure that we have some great pictures and stories to share with you all for the next newsletter.

Megan Thomas, Desmond Wood Team Leader.





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

All participants have been very helpful in the garden this month, especially Paul raking and weeding the flower beds. We have also been picking up rubbish, replanting zucchinis and carrots and watering the plants.

Robyn has been going to the pool doing workouts and enjoying a nice cold fresh orange drink for her hard work.

Gary went to the Outdoor Lifestyle Expo, where he explored caravans and campers, ski jets and buggies

Gary got to hold a lizard and saw lots of snakes.

Paul went home to visit with his parents. Gary, Robyn and Kathy went to the Esk Market to check out the stalls and chat to stall holders.

Robyn saw lots of things that she wanted to buy. Kathy kept heading back to the bus but she managed to stay with everyone and seemed to enjoy it in the end.

Robyn and Kathy went to Mission in Youngtown to have a look around. They enjoyed a special cuppa beforehand.

Paul, Gary and Kathy helped make chocolate crackles for morning teas which they enjoyed with a cup of tea.

Paul enjoyed his icy after a long walk around the tram tracks at Invermay.

Ade Doyle, Penquite Road Team Leader.



## In Home Tenancy - Personal Support

We are now well into the year and our IHTS participants are back in the swing of things with their day programs and work commitments. Some of our participants have entered the Ross Running Festival in April and have been eager to join the Monday afternoon walking group to improve their fitness for the event.

The IHTS dinner of a Wednesday at the Merriington Centre is still a big success, giving the participants the opportunity to have an enjoyable two course meal, engage in socialising with fellow residents and becoming familiar with their neighbours.

Over the last couple of months we have had a

few changes within our IHTS sector with the welcoming of new participants, staff and a change of leadership. Our Team Leader Marcia Lade has moved down to the new STMA location in Devonport and is greatly missed, we wish her all the best and success in her new role. That brings us to our new Team Leader Rebecca Smith and on behalf of the participants and staff of IHTS we would like to welcome her to the IHTS team. Bec has settled well into her role and is very highly liked and respected by all participants and staff of STMA.

As the evenings are drawing in and daylight



saving is coming to an end it brings us closer to exciting events for our participants, Easter and Cross Roads camp that our excited Paul Cooper keeps reminding us of each day.

We look forward in sharing more of our ex-



citing events with all of you throughout the year, until the next newsletter, stay safe and take care.

Carolyn Cousins, Disability Support Worker on behalf of Rebecca Smith



## Youth Break - Respite, Life Skills & Community Access

January and February has seen the participants enjoying the summer sun. We have attended a couple of great community events, including the annual truck show at Carrick. This saw the participants enjoying what trucks were on display and also the remote control car club.

Another event that was enjoyed by some lucky participants was the Symphony under the Stars. Brody Johnston really enjoyed this event and was fortunate enough to have his picture taken with one of the performers.

Participants have also been working hard on their daily living skills and also building on

better friendships whilst in Youth Break.

But who says a weekend has to be all hard work? Participants were able to enjoy some wonderful cuddles and fun with a very cute puppy that belongs to one of our support workers, Kristy. This was wonderful to watch and everyone enjoyed the special visit; we are all hoping to see the puppy again.

On behalf of myself, staff and participants, we look forward to sharing some great stories and pictures plus also welcoming new participants to Youth Break this year.

Megan Thomas,  
Desmond Wood Team Leader.



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

Kenneth Court is going well with Andrew, Stephen, Nick and Valma enjoying a number of events and celebrations.

Nick went away on camp where he enjoyed the outdoors and spending time with his friends from church.

Stephen has been busy planning for his 50th at the Hogs Breath Café. He is looking forward to seeing a few friends while having a beer and tasting some nice food.

Val has been enjoying having fun with the staff and joking around. Val has been focusing on cleaning her birdcage and changing the food and she is doing a great job.

Andrew has been counting down to Stephen's birthday to help him celebrate it and make the day a fantastic one.

All participants have been working more towards their skills and trying to improve them where they can.

Coming up to the colder weather the guys are wanting to stay at home more and do relaxing things such as playing UNO card game and catching up on their favourite shows.

Nathan Avery,  
Kenneth Court Team Leader.



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

The guys here have been keeping busy with their usual day placements and employment. Hannah has gone to Adelaide with her mum for a music festival.

They have all been catching up on the latest movies that have come out in the cinemas.

Heath has spent some time with family which he always thoroughly enjoys.

Everyone has been trying to stay fit and healthy, trying new food recipes and doing lots of walking on the weekend around town and the seaport.

Everyone has enjoyed visiting some of the native bush walks around the Tamar area.

On the very hot days they have all enjoyed a BBQ lunch at the free picnic sites around town, also taking a dip in the pool at the Gorge, or even having a water fight at home with staff.

Hannah attended the Launceston Cup with some friends, what an amazing experience.

We are all making the most of the sun that we have left before the weather starts to turn cold.

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

The house was excited to take delivery of this year's firewood, helping to unload and stack the timber neatly in the backyard. Residents began using the wood heater last winter in addition to the heat pump to reduce their power consumption and it became an early evening routine to ask staff to light the fire and enjoy the warmth and glow in the lounge-room while discussing their day. Staff donated their time and energy cutting and delivering the wood and as usual their generosity helps build a positive harmonious home where peo-

ple feel valued and appreciated.

The garden beds produced a large summer crop of butter beans, these being used to add fibre and nutrients to many curries, pastas and stews. Strawberries have remained ever popular although it was a learning experience having a few plants die off after forgetting to water them over the stretch of 30°C+ days.

Chilli Skyfire occurred on 25th January, with residents enjoying the wrestling and fireworks and catching up with friends. Other recent activities include seeing



Captain Marvel at Village Cinemas, attending games nights, swimming at the Gorge, researching World War 2 history and the usual online gaming sessions, the current favourites



being Red Dead 2, Kingdom Hearts 3, Assassin's Creed Odyssey, Fortnite, Battlefield V and WWE 2K19.

Ben Anderson, Wellington St Team Leader.

## Family Liaison Committee

The Parent Support Group met again on the evening of Thursday 21st March.

Our guest speaker, Mitch Stoddart, is a NDIS Plan Coordinator and employed through St Michaels. He was able to give us an insider's view of the NDIS and had some very practical advice for those affected by the latest roll out. He also spoke about his role as a Plan Coordinator and outlined the benefits of seeking funding for this in our children's plans. He indicated he was happy for parents to contact him if they would like more information about the NDIS and his role in it. Mitch can be contacted through the St Michaels main office.

At the meeting we also discussed the challenges in communicating with members.

We would love to see more parents come along to these meetings. Although many people have email, some prefer to receive a hard copy of invitations, minutes and newsletters.

If you would prefer to receive your notifications one way or the other, please contact the main office to update your details. The girls in the office are always striving to keep the database accurate, so they would appreciate your input if we are getting it wrong.

With colder weather and shorter days approaching many people are reluctant to go out in

the evenings. Those present agreed to try earlier meeting times. So, for our May and July meetings we will start at 6pm for a 6:30pm start.

Also under discussion was the issue of security for residents and managing some instances of Anti Social behaviour around the complex. There was discussion about tenants and landlord, their roles and responsibilities and several solutions were floated. One thing that was agreed was that the process for complaints needs to be more transparent.

As Board Members, Brian and I were able to raise this at the Board Meeting the following week and John Gilpin has agreed to attend

our next meeting to talk with parents about it.

So, for your diary, our next meeting is on May 16th, at the earlier time of 6pm for a 6:30pm start.

Guest Speaker:

John Gilpin CEO of St Michaels discussing Safety and Anti Social behaviour at St Michaels. What can we do to support our children?

Cheryl Scott and Brian Dunham  
Family Liaison Committee

## Our Assets

We have been very busy these past two months. Most of our vans have been fitted with reverse cameras for added safety and have had signs installed front and rear; I think it's great to see our vehicles moving about the city proudly displaying our brand and now in Devonport as well. St Michaels is the same business it has been but with good management it is growing. This, combined with our excellent participants, employees and programs, it's a formula for success! One of these programs is the workshop shed, a great place to make something for yourself or for a friend and a place where you can meet with others in a group or talk about projects with staff and friends.

Working with tools and wood has some safety issues we all need to think about. Eye and hand protection to start with, such as safety glasses and gloves and sometimes ear muffs when things get too loud. Good footwear and correct clothing appropriate for the job is always essential. The staff running these programs are safety conscious and I'm told they love this program as much as the participants. They are keen to listen to their ideas and show them how something is done with the mindset of safety. If you have an idea please bring that idea to the shed or the day



program and discuss it with a staff member – let's see what you can make!

Our Assets team have completed 66 maintenance jobs in February, 10 being listed for our Devonport site. We have attended to several small maintenance issues in the last month at this site and what a fantastic facility it is! I believe it will soon be as busy as our Launceston site, helping many people to live a life of independence.

All the group homes are working well and providing stability, safety and instruction.

Paul Westgarth,  
Asset Supervisor.



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## Things we do...



1



5



2



6



3



7



4



8

Would you like a copy of a photo? **See P16** for details



## Things we do...



Would you like a copy of a photo? **See P16** for details



## Healthy Lifestyle Recipes



### Mexican Bean & Sweet Potato Bowl - Serves 4

#### Ingredients

- 500g sweet potato, peeled, cut into 2cm pieces
- 1 teaspoon olive oil
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 2 large vine-ripened tomatoes, chopped
- 400g can black beans, rinsed, drained
- 4 eggs
- 100g baby rocket
- 1/2 avocado, roughly mashed
- 2 teaspoons hot chilli sauce, to drizzle

#### Instructions

##### Step 1

Preheat the oven to 200C/180C fan forced. Line a baking tray with baking paper. Place sweet potato on prepared tray and spray lightly with oil. Bake for 25 minutes or until golden and tender.

##### Step 2

Meanwhile, heat oil in a large non-stick frying pan over medium heat. Cook onion, stirring, for 5 minutes or until soft. Add garlic, paprika and cumin and cook, stirring, for 1 minute or until aromatic. Add the tomato and black beans and cook for 5 minutes or until the tomato has softened. Season. Roughly mash the beans with a fork.

##### Step 3

Lightly spray a separate large non-stick frying pan with oil. Heat over medium-high heat. Fry the eggs until cooked to your liking. Remove from the heat.

##### Step 4

Divide the bean mixture, sweet potato and rocket among 4 serving bowls. Top each with a fried egg, some avocado and a drizzle of chilli sauce.



### Banana Bread Muffins

- Serves 12

#### Ingredients

- 2 cups self-raising flour
- 1/4 teaspoon bicarbonate of soda
- 1/2 cup brown sugar
- 3 teaspoons cinnamon sugar
- 2 eggs, lightly beaten
- 1/3 cup extra virgin olive oil
- 1 teaspoon vanilla bean paste
- 1/3 cup plain natural yoghurt
- 1 cup mashed banana
- Extra banana, sliced

#### Instructions

##### Step 1

Preheat oven to 190C/170C fan-forced. Grease a 12-hole muffin pan.

##### Step 2

Sift flour and bicarbonate of soda into a large bowl. Stir in brown sugar and 2 teaspoons of the cinnamon sugar. Make a well in the centre.

bonate of soda into a large bowl. Stir in brown sugar and 2 teaspoons of the cinnamon sugar. Make a well in the centre.

##### Step 3

Whisk egg, oil and vanilla together. Add to flour mixture. Do not stir. Add yoghurt and mashed banana. Stir mixture until just combined. Divide mixture evenly among holes in prepared pan. Top each with 1 slice of banana. Sprinkle with remaining cinnamon sugar.

##### Step 4

Bake for 15 to 20 minutes or until golden and just firm to touch. Stand in pan for 5 minutes then transfer to a wire rack to cool.

## Contact Details

St Michaels Association Inc.

22 Hoblers Bridge Road

PO Box 306 Newstead Tas 7250

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

admin@stmichaels.asn.au

www.stmichaels.asn.au

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## Photos

Yes, I would like to purchase copy of a photo/s (please indicate page number, caption details, size and how many copies)

☐ 6x4" = \$2 No. of copies..... Page Number..... Photo ID Number.....

☐ 6x8" = \$3 No. of copies..... Page Number..... Photo ID Number.....

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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

Electronically BSB 017042 Account Number: 002398139 or by

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

Credit Card ☐ Visa ☐ Mastercard Card Number

Expiry Date:

Card Holder: ..... Signature.....

☐ Yes, please contact me to discuss other ways I may be able to help St Michaels Association

Details

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

## Contact Details

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