

From the CEO with John Gilpin



John Gilpin

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

What a couple of incredible months it has been for St Michaels Association and our participants! So I may ask, how do you determine what or which story makes the front page of our newsletter?

Is it the "official" opening of our new services in Devonport (details page 2), is it the emotional return of our former St Michaels school staff visiting their former re-purposed school building (details page 3) or the generosity of Becks Mitre 10 generous donation of \$2000? Maybe it should be all three!

May I pass on my sincere thank you and congratulations to Richard Nichols, staff who have participated and his "Ross Running Team" of 11 participants who entered and completed the Ross running festival? What an incredible and fantastic result for all of the walking team.

Some insight to the activities we do:- Our participants have enjoyed many activities over the last two months including fishing, swimming, cooking, shopping, walking, singing, craft, birthday parties, football and basketball just to name a few, so join us if you would like to choose.



Congratulations and great pride goes to Krystal and her care dog Mya, in that Mya passed her muzzle free

program. It is a joy to see the bond that is building between Krystal and Mya as it makes a huge difference in both of their lives.

Thank you Team for supporting Krystal and Mya on their journey together as it is making an incredible difference (more details page 5).

Our Registered Training Organisation has started a food safety training skill set for employees of Self-Help Workplace, which aligns to their strategic direction of additional services to the community, while upskilling their Australian Disability Enterprise workforce.

Thank you for taking the time to read this edition and as you can see there are many and

varied stories, activities that our participants are enjoying here at St Michaels whether at Newstead in their homes, in their commu-



nity or now at Devonport.

Thank you to all those people who volunteer, donating and supporting St Michaels in its journey to assist Tasmanians reach their level of independence.

I hope you enjoy reading this edition and look forward to the next two months to give you an update of what we have been doing. In the meantime take care and best wishes, John

John Gilpin, CEO

Advertisement

Tasmanian
Liberals

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



East Devonport - GRAND OPENING



It's official! Our site in East Devonport held its Grand Opening on the 11 April 2019.

Our opening day was jammed pack full of fun and we had many guests visit and partake in tours of the site. We were fortunate to have the Devonport Mayor, Annette Rockliff attend who alongside our CEO John, officially opened the site.

We also wish to extend our thanks to the Launceston

teams for coming along and participating. Many participants joined in the open day activities including cooking, craft and art, workshop, basketball, self-defence, games and bowls. A shout out to our music group as well, we enjoyed the live entertainment – thank you.

During the past two months we have had more participants commence receiving our

supports. Alongside this we have been continuing to create and adapt interesting spaces within our centre to ensure our services meet the needs of people of all ages and abilities.

Our marketing continues across the North West Coast and we have seized opportunities to promote our services further with Becks Mitre 10 grand opening on 30 March 2019 in

Ulverstone and also the Free Splash Day for people with disabilities in Devonport. Additionally, our relationship with service providers, support co-ordinators and the community is continuing to grow and the name St Michaels Association Inc. is becoming well known.

Marcia Lade,
Program Coordinator
East Devonport

Former School Attendees Visit

A number of former St Michaels Association Special School teachers including Principal Pam Merrington and husband David Merrington, returned to the former school and were surprised at what they found!

The building in which they used to work had been completely renovated and had changed so much that they could hardly believe their eyes.

It has now been approximately 15 years since the former Special School closed its doors to students and the former teachers were amazed at how progressive the Merrington Centre has become with many commenting on how wonderful the facilities and amenities were now compared to when they had been working in the Special School.

CEO John Gilpin welcomed the former teachers to the Merrington Centre then acted as tour guide taking them through the facility. This in itself was interesting as there were many conversations around the different activities and programs that St Michaels now offers.

The visitors were then treated to a wonderful afternoon tea which was put on by the St Michaels staff and participants.

Thank you to everyone who assisted to make this event even more memorable for the former Special School teachers.



Introducing Pauline Robson

Please welcome Pauline Robson to St Michaels as the Disability Program Business Manager.

Pauline is delighted to be working with St Michaels Association, returning to an area of work she is passionate about.

Pauline began her working career in the disability field, working as a Support Worker in the very first hostel in the north of England for people with an intellectual disability. Prior to the opening of this new facility all the people who moved in were living in an institution. Pauline finds it personally fulfilling to work for an organisation that supports people to live in their own homes in the community.

After arriving in Launceston, Pauline spent 9 years working with Disability Services in the north of the state in a variety of positions. Initially she worked as a Social Trainer, then manager of a service for children with severe, multiple disabilities then moving in to setting up and managing the first group homes. These were for adults with an intellectual disability in Tasmania. Pauline then moved on to managing the allied health support team and along the way taking on the role of Acting Regional Superintendent of Disability Services.

Pauline's passion for advocating for the rights of people with a



disability led her to spend her personal time establishing a number of services to support people with a disability and this included Northern Residential Support Group and Northern Employment service. She believes the most satisfaction she has ever had was being instrumental in enabling people to leave Willow Court (the State institution at the time) and live in these group homes (the first non-Government homes) in their local community where they could once again become engaged in family life.

Reuniting families brought her and the rest of the committee of the organisation a high level of personal satisfaction for the many evenings spent together establishing the service.

Pauline continued in the field of disability however moved into the employment area, managing the Commonwealth Rehabilitation Service in the North and North West of the State. The focus of this service was to assist people with a disability attain and retain open employment. Many great outcomes were celebrated for people with a range of disabilities who were overjoyed to attain their first job. One gentleman was 40 years old before he gained employment for the first time, he was ecstatic.

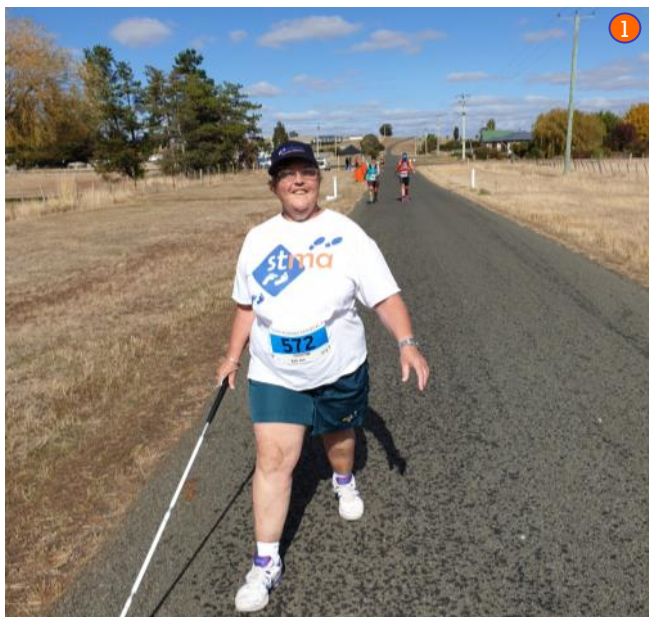
After 20 years in this role, Pauline was ready for a new challenge and moved into Aged Care and managed 9 Aged Care facilities across the State. She worked with a great team of Facility Managers as they navigated the intensely reg-

ulated world of Aged Care service provision. While she enjoyed the work it never filled her with the same level of passion and interest as the field of Disability, hence why she has now returned to the industry.

Pauline is looking forward to contributing her skills and enthusiasm to the business of St Michaels which provides a very much needed and well respected service within the Community. She sees many people going about their work with smiles on their faces, staff and participants alike and she hopes she can make a difference to their quality of life with her contribution as Disability Program Business Manager.

Welcome to St Michaels, Pauline and congratulations on your new role!

Ross Running Festival 2019



The Walking Group participated in the Ross Running Festival on the 14th of April and what a fantastic event it was.

The participants mentioned that they enjoyed the scenery and the encouragement from other runners participating in this event also. They commented on how friendly the atmosphere was.

On the day of the race,

participant Glenn Patterson and support worker Peter Longman had a friendly rivalry with a handshake bet on who would finish the race first.

I am pleased to announce the winner to be Glenn Patterson. Congratulations to you, Glenn!

St Michaels would like to congratulate the following participants for

their training and participation:

John Reisz
Emiel Booth
Ben Hadley
Andrew Evans
Kaylene Barnard
Aaron Hilliar
Aron Blake
Jo Wallace
Lyn Tanner
Michael Rosier
Glenn Patterson

St Michaels would also like to show appreciation to support workers Robert Kinyua, Tina Badcock and Peter Longman for their contribution leading up to and on the day.

It is this continued support that helps make these events a success. Thank you.

Richard Nicholls,
Support Worker

RTO Update

We are well underway with our Food Safety training at Self Help Workplace. The group are really enjoying learning about hygiene in the kitchen and have made a variety of toasted sandwiches.

The first group of St Michaels staff are also well into their training and the feedback on the program has been extremely positive. We will be commencing a second group of 10 staff in the program at the end of June. This program has been developed to assist staff to improve their skills, competence and confidence in the area of food production directly linked to Disability Support Work.



Self Help Workplace employees Bob, Karmen, Michael, Adrian, Karen and Lyn

port Work.

The Digital Skills program will also commence in late June with

a group of 10 and is designed to enhance skills and confidence in using St Michaels IT system including the

changing rostering and reporting systems.

Kim Dean
RTO Manager

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



Krystal has had a few busy months doing her arts and crafts at home.

To add to her many talents, Krystal has learnt how to sew using a sewing machine. The staff assist her with this, by guiding the material through and Krystal pushes the pedal with her hand.

Krystal has made lavender filled teddy bears, and an apron for cooking. Well done Krystal, you should be very proud of yourself.

Krystal has been able to put the apron to use by doing a lot of cooking at home, with the staff's assistance.

Krystal has made cupcakes, cookies, choco-

lates, and cakes. The staff were very spoilt when Krystal provided for our team meeting a chocolate mud cake with rainbow icing. Thanks so much Krystal it was yummy.

Mya has been achieving goals too; she is now qualified to be muzzle free out in public. Mya has been very well behaved out in public and has been such a good therapy dog for Krystal. She received a certificate from Bright Side. Well done Mya.

Lisa Matthews, Barton Street Team Leader

Independent Services - Community Access

Busy times for all our participants during the last couple of months with an abundance of activities to choose from.

Excitement and fun was on the cards during the day trip to the new Devonport centre for the Grand Opening on the 11th April. All participants thoroughly enjoyed their outing, with the opportunity to participate in many different fun activities during the course of the day.

As Easter and ANZAC Day approached, the two craft groups filled and decorated their Easter baskets with beautiful handmade craft items and of

course a chocolate egg or two. The three cooking groups mastered their ANZAC biscuits and enjoyed tasting their creations. A number of participants chose to have a short break over Easter to spend time with their families.

During May, the craft group were busy making their beautiful cards, lace potpourri hearts and a decorated soap for that someone special on Mother's Day.

May was also the changeover from our Summer/Autumn programs to our Winter programs. With the end of the fishing season and no fish caught this



year the Monday afternoon program changed to the Bike Centre program at Lawrence Vale Road activity centre until the end of August. The Wednesday morn-

ing tennis group has also changed to the flying program at Royal Park.

Amanda Mallett,
Independent Services
Team Leader.

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



Easter has been a busy period for both residents at Sayer Street.

Kevin spent 10 days away with family and friends where he participated in the festivities of Easter, enjoying the company of 30 of his closest friends and family.

Sam spent time at home working towards his goals and communicating with staff. Sam went to the movies twice over the Easter period with staff where he enjoyed discussing the movies after watching them and how they all link into one and other.

Sayer Street residents like living where they are and helping each

other out when the other is away or unable to help.

Both Kevin and Sam have improved in different ways from learning new skills to becoming more independent where possible. The staff are seeing these changes since Sayer Street opened and are commenting how far they have both come with some skills.

The Sayer Street staff look forward to working with Sam and Kevin in developing their skills even more and helping them learn new skills in the coming months.

Nathan Avery,
Sayer Street Team
Leader.

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

In April, Ben participated in the Ross Running Festival, which he absolutely enjoyed. Thank you Robert for accompanying Ben to this event, and to all the other staff who made the day what it was.

Brandon had a visit to the fire station, which gave him an opportunity to put on a uniform and have a ride in the fire truck; the smile on his face tells a thousand words.

When not at school, Ashlee has been interested in playing her new computer games.

George has been working really hard to keep his fitness up by going to the gym and attending Futsal and Basketball training once a

week. Jacob enjoyed his visit home in April, getting to see his mum and siblings.

In May, Merton House said goodbye to Luke, a long term resident of St Michaels. It has been a privilege watching you grow and develop into the young man you are today. We wish you luck as you move into your new house, and we look forward to hearing about your future endeavours.

Thank you to everyone who has supported Merton House over the last couple of months. The residents really appreciate it, and never forget that you are making a difference in their lives.

Juanita Hack,
Merton House Acting
Team Leader.



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



On Sunday 14th April, Como Crescent completed the 5km race at the Ross Running Festival. The flat course and cool, favourable race conditions resulted in the group finishing together in 1:01:18, crossing Main Street

with encouragement from spectators, locals and other entrants. Aside from being a fun event to participate in, sports can be a platform to promote connectedness and nurture diversity within communities. The respect, acceptance

and encouragement shown to participants during the event was exemplary of this and is a credit to everybody responsible, including entrants, support staff, event staff, the festival's committee and St Michaels Walking Group.

Earlier in the year, residents were supported to apply for Companion Cards and were excited for these to arrive and begin using them. The cards have been tested successfully on the Metro Bus system, Launceston Aquatic, Zoo Doo and Village Cinemas, going to watch Greta, How to Train Your Dragon: The Hidden World, and Curse of the Weeping Woman.

The initiative is another way of overcoming barriers to participation and residents wish to express their gratitude to the scheme and participating businesses.

Other recent memorable occasions include visiting Hadspen River to feed ducks and cook a BBQ, morning tea at Banjo's Longford, Sunday shopping at Esk Market, walking at Seaport and across the pedestrian bridge to see the North Bank developments, making a blueberry cheesecake and attending four birthday parties.

Ben Anderson,
Como Crescent Team
Leader

Day Program - Community Access

Well the year is slipping by and Autumn is now here. The weather is getting cooler and daylight savings has come to an end.

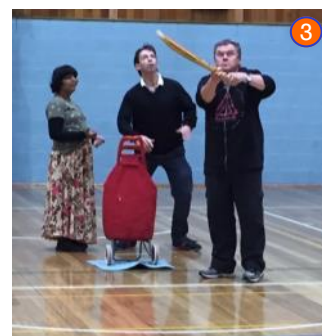
Wednesday afternoon sport is growing in numbers and with this comes the opportunity to have more group games. It is great to see the participants keeping active and be encouraged to try new sports. Keep up the good work team!

Music is reaching new heights. There are about 13 participants in the room for this activity; Stephen is getting solo performances from many more of the group. They choose a song and sing with great passion to the

rest of the group. Kevin and Brandon have been bringing in their guitars to strum along with Stephen.

Our monthly Hagley Farm trips get the group in touch with the farm. The participants get to feed some animals and have a ride around the farm on the tractor trailer. Everyone comes back saying it was great fun.

I would like to take this opportunity to say farewell to you all. I have had a busy 12 months working in Day Program; never a dull moment that is for sure. I will miss being surrounded by people who have so much to give. I have seen changes in many of the partici-



pants who attend the St Michaels Day Program. You should all be very proud.

Suzanne Sutcliffe,
Community Access
Team Leader.

Desmond Wood - Respite Transitional Accommodation



Desmond Wood participants have been excited to have Alice join us every second Tuesday night. This has been great for the group as it's another person joining in on games night and also someone else to have a conversation with around the dining table of a morning. Alice is settling in well.

Brody has started a work experience program at Blueline Laundry and he is very excited to see where this will take him in the future. Brody has been working very hard on his kitchen skills and will soon be cooking a new recipe for the group and he will share his story for the next newsletter.

Milli celebrated her 16th birthday in April and had a great evening of yummy food and of course a cake. She was happy to share the night with some Desmond Wood and Youth Break friends as well as staff who came to help her celebrate.

Alex was very excited that it was Targa time last month as he got to go to the Silverdome and wander around the cars. Alex is a wealth of knowledge when it comes to very cool cars and is happy to share this with others.

Megan Thomas,
Desmond Wood Team
Leader.

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

All participants have enjoyed Easter and their holiday break. We celebrated two birthdays, with Paul Dunham turning 47 and Gary Emery turning 37. Penquite staff and participants enjoyed a lovely meal and birthday cake at the Kings Meadows Hotel for the occasion.

Penquite participants said goodbye to the warm weather and their water activities to keep them cool. We took a trip to Bunnings to buy a new wheelbarrow and rake to clean up all of those leaves that have begun to fall.

Our weekends have been spent cleaning up our own homegrown vegetable gardens with the cold mornings start-

ing. The participants have also been very eager to go out and buy new winter coats and clothes to keep them warm with all their busy weeks coming up with programs.

Robyn and Gary enjoyed attending Agfest, spending the day with a staff member exploring everything they possibly could, coming home very tired but very happy.

We hope all the mothers, grandmothers and carers out there had a very happy Mother's Day from all the Penquite participants and staff.

Thank you from all the Penquite team.

Ade Doyle, Penquite Road Team Leader.



In Home Tenancy - Personal Support

A very rewarding achievement for some of the In Home Tenancy participants completing the Ross Running Festival and being rewarded with a medal to show their achievement; they are now all looking forward to the next exciting walking challenge.

The In Home Tenancy Support team have been working alongside participants, reviewing and updating their Person Centred Plans and discussing with them their goals and ambitions; using a Person Centred approach to become more inde-

pendent in their homes and in the community.

One of our off-campus participants Nancy Vandenberg is very creative and talented with the craft work she does and "WOW"; she has been very busy over Easter completing one of her masterpieces with her diamond kit of lions. Well done Nancy! Jo Wallace has the travel bug again and is off in June on a Rockies and Alaska cruise with her family; we wish you a safe and enjoyable holiday Jo. Well done to Jesse Glover who has kept on with his work placement at Coles and potential employment, an exciting time for Jesse to be involved in the

community and meeting new people.

It is great to see the participants being active and participating in the Wednesday basketball activity and as the IHTS office is in the hall it is a pleasure to hear all the laughing and loudness of the participants having fun while improving their fitness. Thank you to the staff who organise and help out with the activity.

We look forward to sharing more of our exciting events in the next newsletter, until then, stay safe and take care.

Carolyn Cousins,
IHTS Acting Team Leader.



Youth Break - Respite, Life Skills & Community Access

Youth Break has had a great couple of months; the weather is cooler, but that hasn't stopped us from being able to get out and enjoy many activities.

We are still visiting and exploring many of the parks and beaches in the north. We were excited to have been able to join in on the Carz for Kidz day that saw us have rides in some very cool cars. This day also enabled us to access the car museum and boy, what fun we had in there dreaming of what cars we could own and drive. We also went to Myrtle Park and took part in the annual Northern Support School truck run. There were a lot of very cool trucks and motorbikes

for us to look at and as you can see, Albert loved the fire truck.

Whilst in Youth Break, participants are able to practise their cooking skills and enjoy seeing how much they have improved since last time. There was way too much laughter coming from the kitchen when Katie and Jordan took on the role of Chief Potato Peelers.

Brody Johnston was fortunate enough to be able to spend two days with his favourite football team Hawthorn; he had a training session with them and then watched them play the next day. Hawthorn player Alistair Clarkson loved Brody's advice for the team.

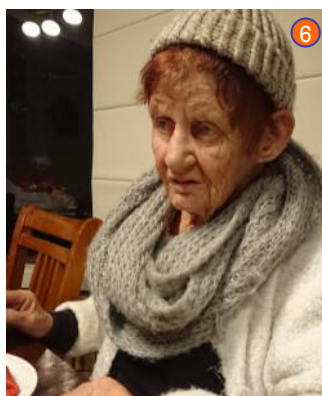


Enjoy looking at our photos.



Megan Thomas, Desmond Wood Team Leader.

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



Valma, Andrew, Stephen and Nick enjoyed the Easter period.

Nick spent time with his mum and went to the movies with friends, which he planned with only some assistance.

Val spent time with her family in Scamander where she enjoyed bonding with her nephews and going on picnics.

Stephen and Andrew spent the time relaxing at home, going to the movies and trying new places to eat.

The residents are preparing for the annual Crossroads Camp which is in Launceston this year. Stephen and Andrew are looking for-

ward to the Tamar River Cruise.

Andrew, Nick and Stephen danced with friends at the monthly Crossroads meeting.

Stephen and Andrew went to the fair where Andrew won a big teddy while Stephen enjoyed the atmosphere.

Residents have been working together to get things done around the house and learning how to communicate with one another. The staff look forward to working with the residents in the coming months towards their goals and learning/maintaining their skills.

Nathan Avery, Kenneth Court Team Leader.

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

These past few months have been super fun for the guys here at Hawthorn.

Sarah Hogan had a birthday celebration and we all enjoyed a sit down meal at Hogs Breath Cafe to celebrate with her. She then spent two weeks in Melbourne with her father.

Everyone really enjoyed Easter, mostly spending time with family and friends, trying not to eat too much chocolate and stay on track with healthy living, however no harm in having a treat every now and then.

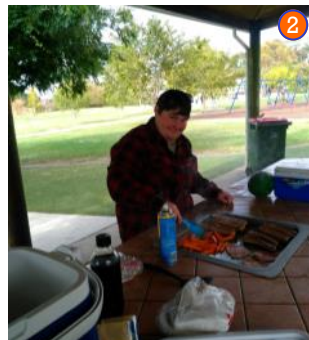
On the weekends, all the girls are playing Ten Pin Bowling; it's great to see them progress in

their skills and just going out and having fun!

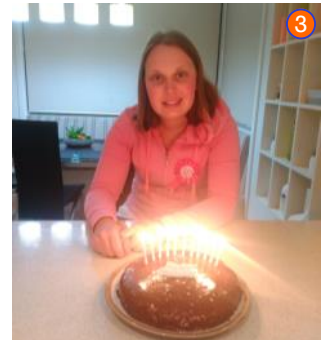
Everyone has been enjoying some time walking and seeing the new playground at the Seaport; we are all kids at heart and won't mind trying some of it out.

The guys have also been doing more activities as a group, going to laser tag and also playing on the interactive arcade games, then going to all different picnic areas to have BBQ lunches where everyone takes a turn to choose and cook.

Now that the weather is starting to get a bit wet and colder, everyone has started to learn how to loom knit, and are all excited to make a scarf each and show off to everyone their knitting



skills, while keeping warm outside of this crazy Tasmanian weather.



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 18* 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.

Audit + Assurance

Self-Managed Superannuation Funds

Financial Reporting

Bookkeeping

auditing & accounting
SOLUTIONS

Registered Company Auditor
Registered SMSF Auditor

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

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

The recent stretch of public holidays offered some enjoyable days to rest and try new things such as painting hard-boiled Easter eggs, building a wreath, attending ANZAC dawn service, and baking ANZAC biscuits. These activities were planned to develop appreciation of the significance and history of these dates, rather than just considering them as a day off.

7th of April marked WHO International World Health Day, with residents supported to attend check-ups that week, as well as staff being encouraged to do the same.

Discussions have taken

place concerning personal budgeting, spending and saving. With both residents handling their own money and doing shopping independently of staff, they showed willingness to discuss and listen to suggestions for planning their shopping rather than continuing to shop ad hoc and impulsively. Following a system and committing to defined targets (goals used were attending Wrestlemania and buying the next generation of game console) will help make these happen.

Other highlights include The Ross Running Festival, visiting Launceston Lanes Bowling, Game Forge, Country Club,



Hog's Breath and PYCSAM gym, going for a birthday limousine ride, and watching Captain Marvel and Avengers: Endgame at

Village Cinemas.

Ben Anderson, Wellington Street Team Leader.

Family Liaison Committee

11 people attended the Parent meeting held at the Merrington Centre on Thursday 16th May at the earlier time of 6:30pm. We were fortunate to have two guests in attendance. The first was Sharon King from Palliative Care Tasmania and the second our CEO, John Gilpin.

After describing her role and explaining what Palliative Care is, Sharon spoke about the importance of early planning for good palliative care and how an 'Advanced Care Directive' will help guide doctors treating our loved ones.

Good palliative care should include symptom

control, comfort, the patient's wishes and dignity. It should also take the person's emotional and spiritual wishes into consideration. Sharon acknowledged that as parents of disabled adults, we may find it hard to know our loved one's exact wishes in this situation, but she suggested that we start with the things we know our loved ones would NOT like to endure in hospital. She also suggested that parents prepare a list of things which might help calm or soothe our loved ones, if they cannot be there themselves. She also urged families to plan who the 'substitute decision maker' will be for

our loved one. Ideally this should be done as part of an Enduring Guardianship application and lodged with the Guardianship Board.

John attended to address some concerns about security issues at STMA. He first talked about tenant responsibilities and the current security arrangements at STMA, then invited us to walk around the property, where security lighting was installed around the units. Several non-operational lights and additional areas needing more lighting were identified.

There was also some talk about re-establishing the Neighbourhood Watch for St

Michaels and whether this needs to operate under voluntary leadership, include the broader community or whether it ought to be a paid role by STMA staff. It was agreed this warrants more discussion at our next meeting.

The next meeting will be at 6:30 18th July 2019 at the Merrington Centre.

Cheryl Scott and Brian Dunham
Family Liaison Committee

Our Assets

Our property Grounds are looking great, overall the gardens are bright the gutters are free of sticks and leaves the grass is green I appreciate the work that our team does each week and I would like to acknowledge them for their efforts, and on behalf of the Assets team I wish to thank all of you – staff and participants, as we grow each year into the great facility that it now has become.

Our group homes have had a good month with minimal maintenance issues apart from some items of furniture requiring repairs

Several of the units in the older section have had the decks and ramps recoated in anti-slip paint or covered in rubber for extra safety for all of us, as winter and ice are on the way.

You may notice our office reception area is undergoing a facelift with new paint it will be a brighter place with the same bright smiles that you all know and trust.

The Shed - Those of you who attend our shed will notice some changes over the coming weeks as we further develop this great program to enhance safety and make this a better place to build things while at the same time building relationships. Did you know that this type of shed is in use around the world in places like New Zealand, United Kingdom,



Canada, USA and Scotland? If you would like to get involved why not ask Patricia in the day program for more information. I hope soon to have the shed better equipped with the help of Becks Home Hardware (and some help from our Management team) adding some new equipment and a little rearrangement our Shed program will be a great opportunity for many people to explore their own creativity and make some new friends.

We have been able to secure another small car for In Home Tenancy team, this will be in use shortly and now extends our vehicle fleet to 21.

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.



MDH Accountants and Business Advisors

Maximising your potential

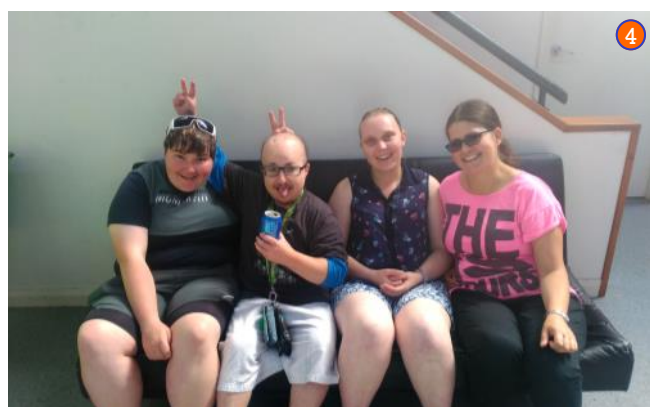
MDH Accounting - 03 6334 4496
Level 3, 63-65 Cameron Street
Launceston TAS 7250
Australia

Things we do...



Would you like a copy of a photo? **See P18** for details

Things we do...



Would you like a copy of a photo? **See P18** for details

Healthy Lifestyle Recipes



Chicken Pesto Grilled Portobello Mushrooms - Serves 4

Ingredients

- Cooking spray
- 1 small red onion, peeled and cut into 1/4 inch - thick slices (about 8)
- 1/3 cup basil pesto
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 350g shredded cooked chicken breast
- 4 large Portobello mushrooms, stems removed
- 3/4 cup light mozzarella cheese

Instructions

Step 1

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Arrange onion slices on pan; cook 2 minutes on each side or until lightly charred. Remove pan from heat; coarsely chop onions.

Step 2

Combine chopped onions, pesto, oil, salt, pepper, and cooked

chicken in a medium bowl; toss well. Divide mixture evenly among mushrooms, pressing gently to fill each cap.

Step 3

Return pan to medium-high. Coat with cooking spray. Gently transfer mushrooms to pan; cook 3 to 4 minutes or until mushrooms are heated through and tender. Sprinkle cheese evenly over chicken mixture.

Step 4

Transfer pan to oven; grill 2 minutes or until cheese melts and begins to brown.



Blackberry and Muesli Breakfast Muffins - Serves 12

Ingredients

- 2 eggs
- 1 cup buttermilk
- 1/4 cup extra light olive oil
- 1 cup rolled oats
- 1 1/4 cup whole-meal flour
- 1/2 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon bicarbonate of soda
- 1/2 cup walnuts (toasted, roughly chopped)
- 2 tablespoons sesame seeds
- 2 tablespoons pumpkin seeds
- 1 cup blackberries (chopped)

Instructions

Step 1

Preheat oven to 180°C conventional (160°C fan-forced) and line a 12 cup muffin pan with pa-

per cases.

Step 2

Whisk the eggs, buttermilk and oil together.

Step 3

In a separate bowl, combine all remaining ingredients. Tip the wet ingredient into this bowl.

Step 4

Mix until just combined and then spoon into paper cases.

Step 5

Bake for 20 minutes or until muffins are golden on top.

Step 6

Let cool on a wire rack and either enjoy warm or store in an airtight container.

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

Find us on Facebook for regular updates

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.....
- ☐ 8x10" = \$7 No. of copies..... Page Number..... Photo ID Number.....
- ☐ 12x8" = \$10 No. of copies..... Page Number..... Photo ID Number.....

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

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

Find us on Facebook for regular updates