

By St Michaels Association

## From the CEO



John Gilpin

Welcome to our September edition of our bi-monthly newsletter – The Independent. My front page of this edition is dedicated to a very special Annual General Meeting (AGM).

With approximately 40 people present (mixture of guests, Members and Associate Members) we shared the highlight of the evening with the following longstanding, loyal, dedicated supporters of the Association being recommended by the Board to become Life Members of the Association:-

- Jill Cooper
- Brian Dunham
- Donald Richards

Jill has rendered long, distinguished and voluntary service to the Association for over 45 years. Jill has participated in many capacities over this period, such

as involvement in the former School, membership and former Vice President of the Parents and Friends Association, volunteering at many events and for a very long time as an active Board Member (recently retired) of the Association of St Michaels.

Brian has rendered long, distinguished and voluntary service to the Association for somewhere between 30 and 40 years (Brian recalls his initial meetings at St Michaels as a guest of the Board in the days of Jack Lyne, so that makes the period around 1978 – 40 years ago, however remembers coming onto the Board at the age when his son Paul was 16 so that is at least 30 years ago). Brian

has volunteered in many events of the Association, had become part of the Executive Committee of the Association as Treasurer for many years, while for the remaining time has and is serving tirelessly for at least 30 years as a Board Member of Association.

Donald has rendered an extraordinary long and loyal employment service to participants of the Association, however it's the additional voluntary service for many of our participants, friends and their families that Donald has done for over 45 to nearly 50 years of service to Tasmanians living with a disability that the Board recommend Donald be awarded Life Membership.



Advertisement

# Peter Gutwein MP

Liberal Member for Bass

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## From the CEO (cont'd)

The AGM also resolved the following:-

### A) Board Members

- Two new Board Members appointed in Efi Kleiner and Peter Day
- 6 Board Members re-elected for a further two year term

### B) Office Bearers

- Colin Foon was re-elected as President of the Association for the next three years
- Simone Woodruff was newly elected as Vice President for two years

Congratulations to Colin for being re-elected President, Simone in her new role as Vice-President, the re-election of our Board Members and a special congratulations to our two new Board Members in Efi Kleiner and Peter Day.

We continued the night of celebrations through the acknowledgement of our staff service awards and the recipients were:-

- Rachael Evans
- Terry Gibbons
- Stephen Griffin
- Laura Kirkman
- Fiona McCashin
- Frankie Prestianni
- Craig Wrathall

All receiving five years acknowledgement of service

To my team, thank you all on a very successful holding of our AGM. A great team effort by all in putting this together, especially the refreshments after the formalities!

There is a lot more in this edition and we hope you enjoy the stories within.

Kindest regards,  
John





## Joblife Disability Employment service visits St Michaels

On Wednesday 28th August 2019 the residents of St Michaels listened to a presentation by local manager Natasha Morgan of Joblife on services available to assist people to find employment.

Twenty one people who live in the units at St Michaels attended this informative presentation by Natasha and her team of Employment Consultants. Natasha provided some background on Joblife and Sarah Pollock spoke about the services available through Joblife, the assistance people can expect to receive from Joblife and the success the organisation has had in placing people into employment.

Sarah explained their service was established to assist people with disabilities gain meaningful employment. The organisation works with individuals to address the complexities involved in

navigating the employment market for a person with a disability. Sarah then introduced two people who had gained employment with the assistance of Joblife. Both people spoke about their experience and the training and support they received to help them secure employment.

The presentation was followed by pizzas and question time with residents taking the opportunity to talk with the consultants in a less formal way.

Two people took up the opportunity to sign up for job seeking assistance and are looking forward to being part of the workforce. The evening was so well received, some people did not want to go home. I think the desserts prepared by the St Michaels cooking group contributed to a successful evening.

Pauline Robson,  
Disability Program Business Manager



## Como Crescent - Supported Accommodation

It has been a busy couple of months for the guys at Como.

Shereena and Aron have adjusted incredibly well with a few minor changes to some routines, additional shifts being added, a new Team Leader and some new staff.

Both participants went to the casino to have a goodbye dinner with Ben Anderson; Shereena showed excellent initiative organising this with staff.

Aron seemed to enjoy the "all you can eat" setup at the Links buffet.

Shereena has connected with some of

her new staff and received some more time to spend with them during the week and over the weekends.

Shereena has been using these new shifts to spend more time in the community, visiting friends, visiting farm animals and spending time at a cat sanctuary.

Shereena was interested in volunteering at the cat sanctuary and this may be something we explore in the future.

Aron visited the barber during this time and has seen great improvement with this outing with the support of his weekend staff. Aron now spends this

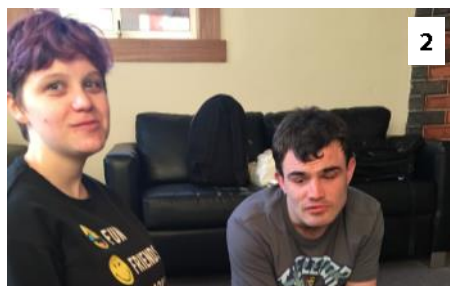
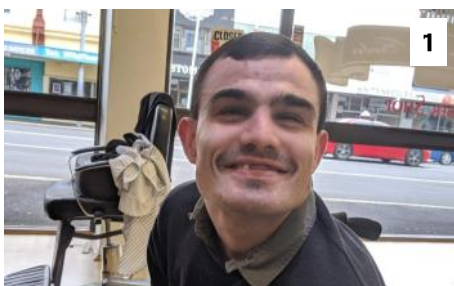
time smiling and enjoying the interaction.

Aron has bought new clothes and some new shoes which he has received a lot of compliments about.

Aron has been walking and swimming with Day Program; he seems to enjoy these physical activities

It has been encouraging to see both participants interacting with each other at home as well.

Jareth Redman,  
Como Crescent Team Leader



## Independent Services - Community Access

The change of the season brought an end to our Monday afternoon bike centre program at the Lawrence Vale Rd activity centre. With the promise of sunny skies and warm afternoons to come as the weather warms up, the group are now looking forward to heading to either Waverley Lake or St Leonard's picnic ground to try their luck at fishing.

With quite a few cold and wet days over the past months our Wednesday morning flying program have stayed indoors working hard to construct from scratch a homemade kite. Everyone is looking forward to launching this at Royal Park upon completion.

The last few weeks have seen both our

craft and art group very busy making their creations for the upcoming Royal Launceston Show in October.

There is quite a lot of interest this year with many participants entering their masterpieces in the annual show. The group as a whole have entered a collaborative piece: a decorated mosaic pot. Some submitted individual entries, including: painted canvases, dog/cat draught stoppers and some beautiful button art. Paul Cooper was one of many that worked extremely hard to complete and enter his draught stopper in the Show.

Good luck to everyone who has entered; we are all looking forward to see-

ing their work on display.

Everyone is looking forward to the upcoming warmer weather to continue with our activities in our community programs.

Amanda Mallett,  
Independent Services Team Leader





## Wellington Street - 'Our Home' Supported Accommodation

Both Participants at Wellington Street have adjusted well to having a new Team Leader; Ben will be missed and we all wish him the best of luck moving forward. This transition to a new Team Leader seems to have been made without difficulty, possibly due to Logan and Aaron already being familiar with myself in a Support Worker capacity before taking on this new role.

Logan has been accessing the community with M & M support once a week. He has been getting out for some walks around the Cataract Gorge during this time and going to the cinema with both M & M as well as his in house staff.

Both guys have expressed they are looking forward to Julie Scarratt returning to our team. Logan has already be-

gun thinking of meals to cook with Julie upon her return.

Logan has been socialising with his online community of friends while playing the online Beta of Red Dead Redemption together.

Aaron has begun a new work placement and has been enjoying this change.

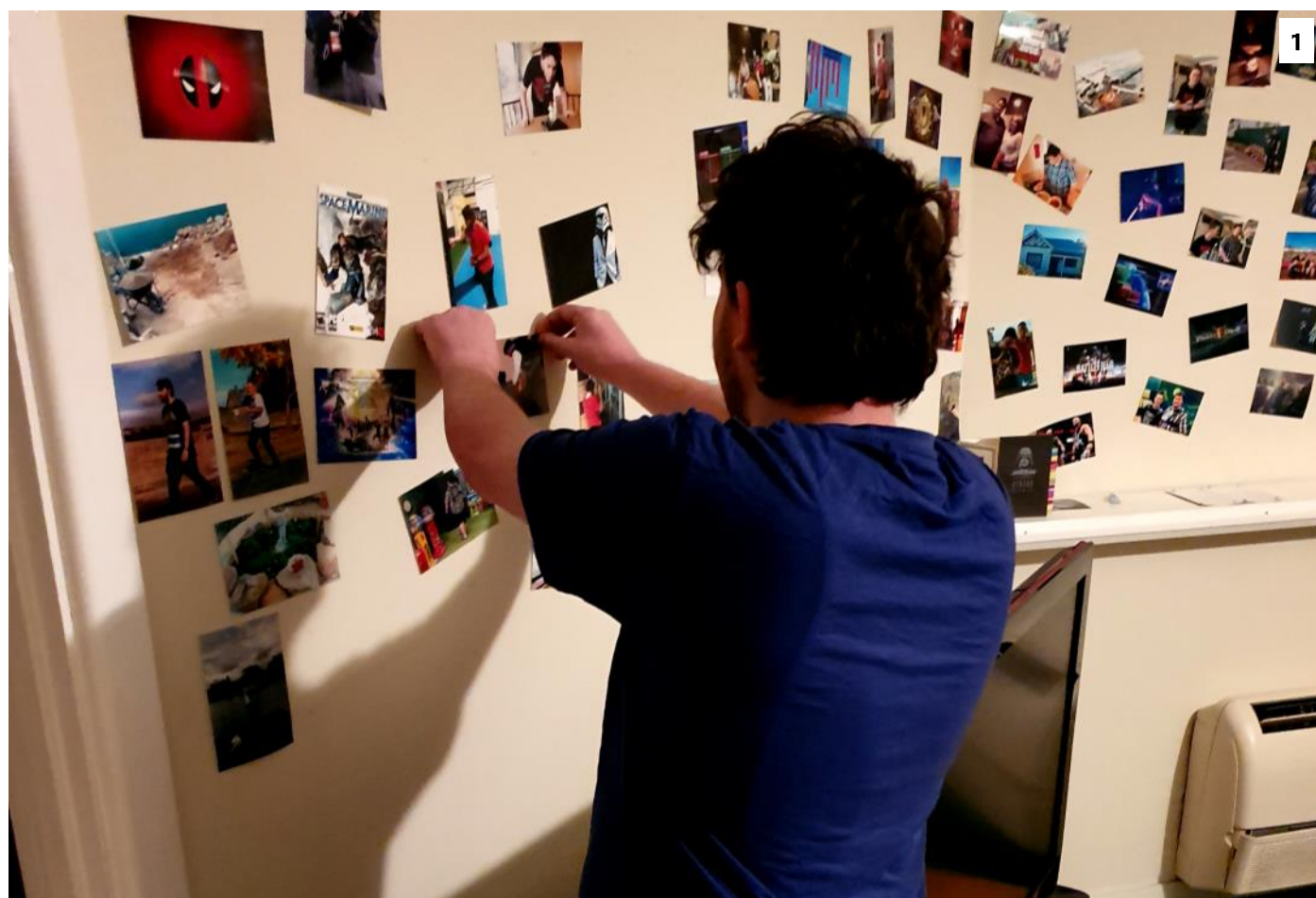
Aaron has done a fantastic job preparing and saving for his upcoming Melbourne trip. He is excited about attending a WWE show during this holiday.

Aaron is hoping Geelong can earn a place in the AFL Grand Final and is following the AFL Finals closely.

Aaron has recently made some updates

to the photo wall in the lounge room. Logan has also selected some newer photos of himself that he wanted to display on the photo wall as well.

Jareth Redman,  
Wellington Street Team Leader



## Day Program - Community Access

The August/September period has seen our participants busy with many different activities. Our Jewellery Makers have been busy making their own beads so they can assemble some key rings for gifts at Christmas or just a special item for themselves.

We have seen a number of new participants join the programs and existing clients extend their time here at the Centre.

The Bike Centre program has now finished for the year and Fishing has moved into this time slot. Fishing this week saw Richard enjoying the sun on the bank at Waverly Lakes with no luck at landing his dinner this time around.

Sailability has been cancelled a number of times however we did manage one trip out on the water where Joel was

more than happy to join in; as you can see, Joel is always enthusiastic for the sailing!

With the warmer weather coming back to us, this will see our tennis program back for participants that are keen to get out and enjoy the sunshine.

Hagley Farm is always a popular outing and our trip this time around was no exception. We had a number of 1:1 participants that chose to join the group outing with their support workers. Feeding the animals and riding on the tractor always seems to be amongst the favourite activities.

Our participants have also been working together to achieve their goals, including learning metro bus travel, preparing and cooking meals, using electrical equipment in the workshop,

and keeping fit by attending the gym; these are just some of the goals we are all working towards together.

Our music program seems to get everyone involved in showing off their talents; management are quite often spotted passing through the centre having a sing along as they go. We have our very own Steve Griffin to thank for his fantastic efforts with this program that everyone enjoys. We are all looking forward to many more outdoor activities in the coming months.

Trish Wrigley,  
Day Program Team Leader



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## Hagley Farm Visit



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## East Devonport - Community Access & Personal Support

Well what a busy winter it has been here at the East Devonport Day Centre.

Preparations were in full swing for our 'Christmas in Winter' celebrations. All of our participants and staff played a big role in the planning and outcome of the day. For many weeks as a group we had been working on the decorations and meal plans. We had approximately 25 - 30 friends and family to show off our creations to and enjoy a meal with (a roast lunch with plum pudding for dessert). The participants formed a serving line in the kitchen to dish up all the lovely meals, while others waitressed. It

was a great team effort by all.

We are also all quite excited here, with the anticipation of some new arrivals - gold fish! During our coffee club program, the idea was thrown in the air that we would like some fish. We were very lucky to already have the equipment here on site. So, as a team, we all worked together getting the old tank up to scratch. As our group will soon tell you, it definitely wasn't easy but our hard work persevered and the tank is almost ready for our new family additions. There was a fair amount of elbow grease involved, research and even a

few trips out into the community to pet shops and surrounds. Stay tuned to see how it all turns out and what we will name them.

Spring has arrived...live life in full bloom!

Marcia Lade,  
Program Coordinator East Devonport



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## Desmond Wood - Respite Transitional Accommodation

It is great to see the weather starting to warm up and the days getting longer as Spring has arrived.

The Desmond Wood participants are starting to venture out with the warmer weather approaching.

Amelia has had a great spending spree, with staff taking her out into the community to purchase new furniture for her bedroom and new clothes for herself. It is wonderful to see Amelia venture out into the community with staff, improving and developing her social skills.

Alex has started to build on his online shopping skills, assisting staff with the Coles order and making informed choices of food to order for himself and the

participants for the week.

Alice comes into Desmond Wood every Tuesday night and is very keen to participate in Games Night, developing her social skills where she joins in and plays a variety of games with the other participants, laughing and having loads of fun. On the other Tuesday she is developing her living skills and is improving every week.

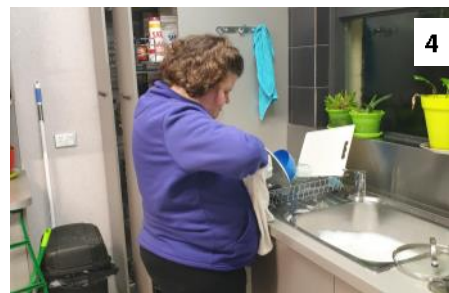
Brody is working hard on improving his cooking skills by getting involved out in the kitchen cutting vegetables and helping the staff cook the evening meal; he is starting to improve and make better decisions of healthy meal choices. Well done Brodie!

Bradie-Lee is continuing to build more

skills and is trying hard to ensure she listens hard to staff advice with washing her dishes.

We look forward to bringing more exciting news about the Desmond Wood participants in the next newsletter.

Paul Cousins,  
Desmond Wood Disability Support Worker



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

Youth Break has been venturing out and about in the community and although the weather has been cooler over the past few months, the groups have still found exciting activities to participate in giving them the opportunity to build on their social and interaction skills with each other and meeting new people in the community.

The Youth Break participants have been visiting some of their favourite destinations, recapturing the exciting and eventful places we have in Tasmania.

They enjoy visiting Bridport, George Town, Beauty Point and many more places where the participants will pack a picnic basket and esky to have a BBQ lunch, kick the footy, walk along the beach collecting shells and use the equipment at the picnic areas.

Markets and garage sales are popular with the Youth Break participants, where the group have the opportunity to buy knick knacks and ornaments of their choice.

Some of the Youth Break participants were fortunate enough to go see the Circus Quirkus at the Door of Hope last month where they watched the magicians perform their magic, capturing the groups attention and excitement on how the magic is performed.

While the Youth Break participants build on their social skills in the community, they also are improving on their daily living skills. When they are back at the Desmond Wood complex, the participants will get involved with cooking alongside staff and build their everyday living skills, improving their independence and life skills.

As the weather is starting to improve and the days are getting longer, we hope to have more exciting and eventful activities to share with you in our next newsletter.

Paul Cousins,  
Youth Break Disability Support Worker



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## Penquite Road - Supported Accommodation

Penquite participants have had a busy two months. Both Paul and Gary spent time with their parents, while Robyn and Kathy enjoyed trips to the Star Theatre to watch movies and have dinner out.

Everyone loves going to the Trevallyn Dam for walks and watching the waterfall.

Robyn went to Harvey Norman to purchase a new Lazy Boy recliner for her birthday in August.

Ade had a birthday and the participants surprised her with a cake and sang Happy Birthday to her when she arrived back from holidays.

Robyn wanted to have a Rock and Roll 50th birthday party so we set out to

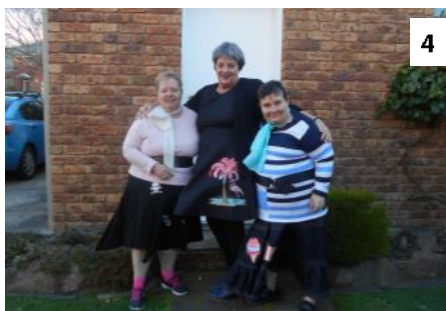
make it happen. We found decorations and went to op shops to buy outfits to wear; it was all happening and Robyn was getting very excited about it. She sent out invitations to her friends and family and invited staff from other areas.

Robyn helped staff to decorate the garage and by the time her party was here the garage looked fantastic and she appeared to be very happy.

The turnout was good, with lots of rock and roll music, food and dancing.

Thanks to the staff who helped Robyn to organise her 50th Rock an Roll party.

Ade Doyle,  
Penquite Road Team Leader



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## In Home Tenancy - Personal Support

Hello to all! How quick the year is slipping by and Spring is upon us with warmer weather and daylight savings to look forward to.

I think we can all agree in saying goodbye to the cold winter weather as this year has been challenging with the flu and sickness for both participants and staff. Walking group will soon be starting up again with the participants getting ready to enter and participate in the Burnie Ten in October. It is also great to see the IHTS participants being active and joining in the Wednesday afternoon basketball, building new friendships with other participants and working together as a team.

As most are aware, IHTS office has relocated and now operating in the Disability Services offices in the Merrington

Centre. We would also like to welcome to the IHTS team our new Senior Team Leader Saikim Wan, who is very much appreciated and a pleasure to have as the Senior Team Leader of STMA Day Services.

It is wonderful to see a familiar participant back at STMA Launceston, Theresa Roser, who returned after living in Devonport for a couple of years. Theresa has settled back comfortably and living independently in the community making new friends and receiving in-home support.

Some of the IHTS participants are off again on camp, this time the Speak Out Conference which is held in Devonport in mid-September. Staff are busy helping the participants get organised to ensure everything runs smoothly while

they are away, so they can get the most out of their experience while meeting old and new friends from other organisations. A big thank you to Andrew Appleyard and Richard Nicholls who have offered to attend the Speak Out Conference with the IHTS participants.

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



## Sayer Street - 'Our Home' Supported Accommodation

Sayer Street has been going well; both residents have been focusing on improving their life skills in maintaining a household.

Sam has become more confident in lighting the fire and developing his skills when it comes to maintaining the house on a more frequent basis. Sam has set his own routine when it comes to washing his clothes, cleaning his dishes and ensuring the lounge room is kept cleaned. The staff have been working with Sam on his goal to communicate more effectively and carry on a conversation with people other than staff. Sam has built a rapport with his housemate, making sure that he is okay and showing interest in his life.

Kevin has been enjoying his time at games night and basketball group. Kevin has become set in his routine even reminding the new staff what needs to be done. Kevin has opened up when communicating with staff and joking around with them and pulling pranks on them.

The staff have noticed that the housemates have been even joking around together and have noticed how far both residents have come in opening up.

I look forward to seeing what goals these two gentlemen achieve over the next two months and assisting them to reach their goals.

Nathan Avery,  
Sayer Street Team Leader



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## Kenneth Court - Supported Accommodation

Kenneth Court has been looking forward to the warmer weather and planning for the Speak Out conference.

Nick has been bringing the skills he learns in day placement home and assisting where he can, from helping prepare meals, working towards his goals, learning the skills required for washing his own clothes and budgeting for things he wants to buy.

Andrew has been excited and looking forward to his housemate's birthday and meeting new people at the upcoming Speak Out conference. Andrew is more willing to assist in daily things

such as helping peel vegetables or even discussing one of his goals which is a trip and talking about what he wants to do.

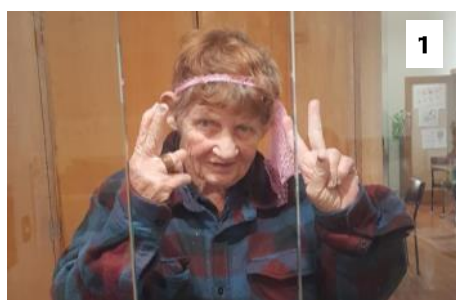
Valma has been planning her birthday at the Newstead and creating a list of people she might want to invite. Val has been improving her skills when it comes to looking after her bird and helping staff write a list of things that need to be bought regularly.

Stephen, like always, likes to keep the staff smiling by trying to tickle them and reminding them of his routine. Stephen is currently planning a trip away

looking at places he wants to stay and things he wants to do while away. Like Andrew, Stephen is excited for his housemate's birthday and really looking forward to going to Devonport for the Speak Out conference.

The Kenneth residents have enjoyed having new staff while other staff have been on annual leave, but are happy the regular staff are back.

Nathan Avery,  
Kenneth Court Team Leader



## Hawthorn Street - 'Our Home' Supported Accommodation

These past two months have been really exciting for the participants here at Hawthorn.

Sarah H went to Ireland with her family for 3 weeks. What an amazing adventure! She still could not escape the cold weather though.

Hannah has had her taekwondo tournament, in which she was awarded three different medals, first, second and third in her categories; her hard work certainly paid off!

All the girls have been working hard with their health and fitness, all going to the gym at least 2-3 times per week and sticking to their meal plans; more hard

work paying off as the weight is dropping off.

On the weekend now the sun is coming out more, everyone has been down to check out the new Riverbend playground.

Hannah had her Gala dinner which was thoroughly enjoyable, being a part of the performance they put on.

Everyone now is looking forward to the sunny warm weather.

Abby Theobald,  
Hawthorn Street Team Leader



## Merton House - Supported Accommodation

The past few months have been very busy at Merton House, with two of the residents celebrating their birthdays.

Ashlee celebrated her big 18<sup>th</sup> birthday by having some cake with her housemates and going out for lunch at Hogs Breath with her family. Later in the month, Brandon celebrated his birthday by sharing some cake with his housemates and some friends from Como Crescent. He then spent the weekend with his family in Hobart.

Merton House also welcomed a new house mate. Jontae has been staying with us for the weekends and has enjoyed his outings with the Youth Break group.

George has had a busy couple of months. He recently enjoyed a week-long trip to Sydney to represent Tasmania in the AFL inclusion games. George had a great time and is looking forward to playing again next year. George also started working at Self Help, which he

has so far been enjoying.

As usual, Jacob and Ben have been enjoying their nights at Social Club and Games Night. Thank you to everyone who helps out for these nights, as every participant who attends enjoys the chance to enjoy a nice meal while socialising with their friends.

Once again, thank you to all the staff who have helped the Merton House residents over the past few months. Everybody is making a difference in the lives of the people who live here, and your hard work and commitment does not go unnoticed.

Juanita Hack,  
Merton House Acting Team Leader



## Barton Street - Supported Accommodation

Well the past two months have gone rather fast for Krystal and Mya.

Krystal has done a great job welcoming new staff and a change of routine.

It is also the season to start back up with Choir, which Krystal has been most excited about. She has an amazing voice and Mya also loves the music.

Be on the lookout as some amazing concerts will be coming up!

Krystal and Mya are still regularly attending Independent Services and enjoying the programs.

Now that the sun is coming out more, we have been taking the opportunity

to go for short walks, which has also been great for Mya to get out and about. Both can't wait for Summer and beach time.

We hope you enjoy the warmer weather coming up as much as we do, and look forward to giving you our next update.

Abigail Theobald,  
Barton Street Team Leader





## RTO Update

The past few months have seen a few changes for the RTO; we are pleased to announce that we are now registered for the delivery of CHC33015 Certificate III in Individual Support. We have a number of St Michaels Association employees that will be enrolled into the program before the end of the year. We are also in the process of re-branding the RTO as St Michaels Training and have a new logo and website coming soon.

We recently presented our second group of STMA employees with their certificates for successfully completing the Food Safety Program. Well done to

Pier Ruse, John Dean, Toby Brasser, Clare Lonergan, Tina Badcock, Wade Harding, Danny Johnston and Abi Theobald.

We recently presented workers from Self Help Workplace with certificates for the successful completion of their Garden Maintenance Program. Congratulations to Garry Clarke, Kyle Thompson-Kerr, Dale Kean, and Gerard Little (Wayne Booth and Andrew Evans absent from photo).

We attended the 2019 Tasmanian Training Awards on Friday 6 September and congratulate the following finalists in the equity category:

Alanna Jansen – Blueline Laundry Launceston

Alex Horsey – Blueline Laundry Hobart

Natalie Williams -Vincent Industries Wynyard

Congratulations to St Vincent Industries who were announced as the 2019 Equity Employer of the year.

We are pleased to announce that we were also a finalist in the Training Provider of the Year category.

Kim Dean,  
RTO Manager



## Our Assets

Spring time – time to plant!

Many of you have access to a garden and for those who don't could ask a friend to share space for a favourite vegetable, flower or maybe even some herbs as these only require minimal maintenance. What's in for the season? Rocket, silverbeet, spring onion, lettuce, zucchini, pumpkin, Asian greens, beet-root, cabbage, capsicum, cucumber, parsnip, strawberries, rhubarb and tomato to name a few. Even flowers grown in pot plants from seeds or seedlings can present a beautiful picture outside your home without much effort and can include daisies, roses, polyanthus, snapdragon, and sweet pea to name a few. I am looking forward to

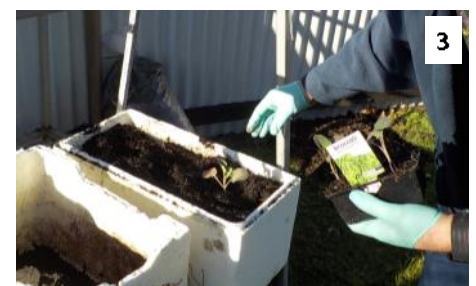
seeing our gardens utilised for vegetables or for beautiful garden flowers in our gardening programs which can hopefully be grown and given to your family or loved ones.

Another favourable past time is spring cleaning – time to clean out and clean up! Great for your health as cleaning supports a strong immune system, reduces stress and can improve your heart health. A clean bedroom will help you get a good night's sleep and encourage a healthier lifestyle.

A friendly reminder, if you identify any required maintenance around our site or in the group homes or units, please complete a maintenance request form and be specific with sufficient detail to

enable us to quickly rectify any issues you are experiencing. If something is broken, please specify what is broken, where it is and sign the request that will allow me to enter your unit; this will make my job a bit easier and faster and ensure any issues can be rectified sooner.

Paul Westgarth,  
Asset Supervisor



## Services Offered at St Michaels - All NDIA Registered Supports

**Co-ordination of Supports** - Support coordination is designed to minimise the complexity of negotiating with service providers, government agencies and accommodation providers.

**Community Access** - 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 Newstead Campuses.

**Merton House** - 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. 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** - 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** - 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** - 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** - 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 3pm Friday to 3pm Sunday. Conditions apply for eligibility.

**Individual 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 STMA.

**Our Home** - Currently there are four 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 STMA every Saturday Night from 6 pm to 9.30 pm. This is a time for cli-

ents 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





## Honey Chicken Salad

### Ingredients

- Zest and juice of 1 lemon, (plus 1 tablespoon lemon juice, extra)
- 2 tablespoons honey
- 1/4 cup (60ml) extra virgin olive oil
- 1 cup mint leaves, half the leaves finely chopped
- 4 x 200g chicken breast fillets, each sliced into thirds
- 200g podded (from 1kg unpodded) fresh or frozen broad beans
- 1/2 (200g) garlic ciabatta loaf, halved lengthways, torn into small pieces
- Large handful of baby spinach
- 400g can chickpeas, rinsed, drained
- 125g cherry tomatoes, halved
- 1/2 cucumber, finely chopped
- 1/4 cup flat-leaf parsley leaves, chopped
- 2 teaspoons wholegrain mustard

### Instructions

#### Step 1

Preheat grill to medium-high.

#### Step 2

Combine lemon zest and juice, honey, 1 1/2 tablespoons oil and chopped mint in a large bowl. Season with sea salt and freshly ground black pepper. Add chicken, stir to coat, then place in the refrigerator for 10 minutes to marinate.

#### Step 3

Meanwhile, blanch broad beans in boiling water for 1-2 minutes. Drain and refresh under cold running water. Remove tough outer skins. Set aside.

#### Step 4

Place ciabatta on a baking tray and grill for 4-5 minutes until golden and crisp.

#### Step 5

Preheat a chargrill pan to high. Cook chicken for 2-3 minutes each side until caramelised and cooked through.

#### Step 6

Toss broad beans, ciabatta, baby spinach, chickpeas, tomatoes, cucumber, parsley and whole mint leaves in a large bowl.



## Lemon Spaghetti with Tuna

### Ingredients

- 350g spaghetti
- 250g broccoli, cut into small florets
- 2 spring onions, finely chopped
- 85g pitted green olive, halved
- 2 TBSP capers, drained
- 200g can tuna in oil
- Zest and juice of 1 lemon
- 1 TBSP olive oil, plus extra for drizzling

### Instructions

#### Step 1

Boil the spaghetti in salted water for 6 mins. Add the broccoli and boil for 4 mins more or until both are just tender.

#### Step 2

Mix spring onions, olives, capers, tuna and lemon zest and juice in a large serving bowl. Drain the pasta and broccoli, add to the bowl and toss really well with the olive oil and lots of black pepper. Drizzle a little extra olive oil and serve.

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☐ 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:.....



## Highlights



## Contact Details

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