

By St Michaels Association

From the CEO



John Gilpin

Welcome to our November edition of our bi-monthly newsletter "The Independent". This is our final edition for 2019 and we hope you find this edition full of interesting activities, news and updates on how we support your loved ones to reach their goals.

With that said, Christmas and end of year celebrations are about to be upon us with many activities to prepare for! So I bring to your attention our annual end of year, Christmas celebration and breakup for our participants to be held Friday the 13th of December (See page 2 for details).

There are a number of congratulations to be made in this edition covering the last two months and they are:- To our 18 member Burnie 10 team, congratulations! Those 9 participants who completed the 5km course and to 9 partici-

pants who completed the 10km course, well done!

To our Community Participation Team, congratulations on coming out on top in the Life Without Barriers Sports Day Challenge – what a great team effort!

Congratulations also goes to Shereena who has made a giant leap forward in moving into her first individual home. With a great team around Shereena, which includes outside support such as David Hammersley from Anglicare we have been able to assist Shereena move into her new home. Exciting times ahead for Shereena and thank you all for assisting in the smooth transition.

Variety of what we do with our participants here at STMA still amazes me. These are so many examples sprinkled

throughout this edition, such as we assisted participants to get to the West Coast, or "D&D" nights, Halloween parties or even interstate to watch live wrestling (WWE) in Melbourne – yes we may get some things slightly wrong at times, but we get a lot of supports right, however isn't that life?

A small update on Devonport, Marcia and her team are going from strength to strength in our amazing facility and even more wonderful with a dedicated support staff of over 12. Well done Team and thank you!

As said above, this is our last newsletter so I wish you all a Merry Christmas and a Happy, Festive New Year!

Take care and best wishes, John



Advertisement

Peter Gutwein MP

Liberal Member for Bass

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Tasmanian
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Authorised by C. McQueen, Liberal Party of Tasmania, 125 Invermay Rd Launceston 7250

Participant and Family Christmas Dinner Invitation



Christmas Dinner Invitation

Please join us in celebrating another fantastic year at STMA with good friends, great food, entertainment and holiday cheer!

- Date:** Friday 13th December 2019
- Time:** 5:15pm - 5:30pm arrival time
5:30pm - 9:00pm event
- Venue:** STMA Hall, 22 Hoblers Bridge Road, Newstead TAS 7250
- Price:** \$25.00 per person

You must RSVP by contacting the STMA office on 6331 7651 by 9th December 2019 (we only have capacity for 110 attendees).

Burnie 10

Well it's been that time again with the anticipated Burnie 10. All the participants had been choosing their own method of training in the lead up to this event, with some people walking to work most days and other participants training within their program areas such as day program gym activities and walking programs.

The day started with a hive of excitement with all of the participants gathering at the St Michaels campus ready to take the trip to Burnie. Once at Burnie we had two supported groups of participants; one group doing the 5km event and another doing the 10km event.

The first event was the 10km run/walk.

In the beginning this was led by Peter Longman, a veteran runner and support worker. Peter tried his hardest to lead the field whilst encouraging the front runners. Alan Dengate, who is a seasoned marathon runner, then took front position in the St Michaels crew and completed the event in 46 minutes. I would like to recognise all of the other participants in this event; a photo shows a million words. I would also like to thank Tina Badcock who encouraged the rest of the St Michaels crew to complete their best times for this year.

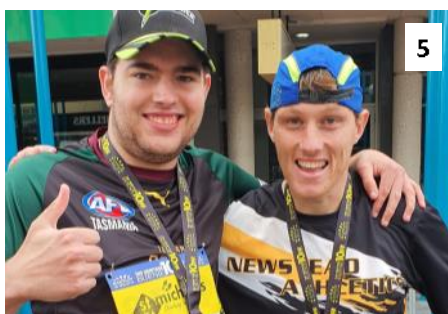
The next event was the 5 km run/walk. This popular event is enjoyed by veterans and newcomers to the running festivals; again this event is all about

fun and friendship. I would like to thank Danny Johnston and Robert Kin-yua for their support to the participants and the enthusiastic role all support staff played in helping this event to happen. Below are the participants who were involved in this event and I hope you enjoy the photos.

5km event: Leigh Gladman, Michael Rosier, Robert Smith, David Lynch, Emma Malouf, Ashley Seddon, Andrew Evans, John Reisz and Ben Hadley.

10 km event: Alan Dengate, George Kearnes, Lyn Tanner, Joanne Wallace, Glenn Patterson, Emiel Booth, Damian Colpo, Aaron Hilliar and Ryan Herlihy.

Richard Nicholls,
Disability Support Worker



LWB Sports Day Challenge 2019

Congratulations to STMA's Day Program who participated in the LWB Sports Day Challenge 2019, coming out on top in first place!

It was a beautiful day and participants and staff were all smiles. Everyone put

in their best efforts in activities such as tug of war, sprints, ball games, wheel-chair races and staff dress up relay.

Participants are all excited to get their engraved shield, which will be proudly on display in the Merrington Centre. In

addition, each participant received a medal and certificate.

Thank you to Life Without Barriers for this fantastic event. We look forward to the challenge in 2020!



Donation from St.LukesHealth

"St.LukesHealth is proud to be providing a donation towards purchasing a defibrillator and cabinet, that can be accessed by disabled and abled Tasmanians attending, using, and working at St Michaels."

From all of STMA, thank you for your generous donation!



Castlemain Road - NEW Supported Accommodation

What an exciting time for Shereena!

In early November, Shereena moved into her first home where she is being supported to live on her own with staff support. She has been busy unpacking and setting her house up exactly the way she wants it.

Shereena has been so excited to have friends over and to show off her new home.

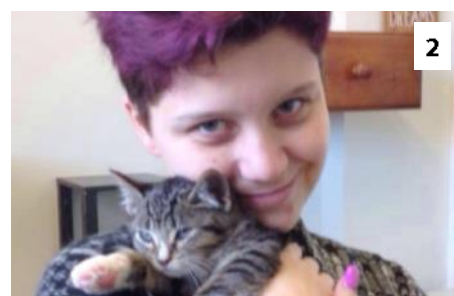
This next year will be a very exciting year with a lot of challenges; we are all looking forward to seeing Shereena achieve her goals, expanding her skills and learning new ones.

I look forward to working along side Shereena and my team of staff to help her achieve all these and more.

Abigail Theobald,
Castlemain Road Team Leader



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Wellington Street - 'Our Home' Supported Accommodation

It has been a busy couple of months at Wellington Street. Aaron trained hard at the gym in preparation for the Burnie 10; Aaron has been going to the gym twice a week increasing his stamina and fitness levels. Aaron has been enthusiastic leading up to this event and has been prompting staff to take him.

Aaron was out of bed early on Burnie 10 day, eager to catch up with his friends at St Michaels and travel on the bus to Burnie. Aaron was involved in the 10km section of the Burnie running festival and ran the first 500 meters before doing a brisk walk for the rest of the way. Congratulations to Aaron on a great achievement!

In October Aaron went to Melbourne to attend the WWE live event. Aaron flew to Melbourne by himself with a staff member helping him check in and another staff member meeting Aaron at the Melbourne airport.

On the first day in Melbourne, Aaron caught the double decker bus to Southern Cross station and got a fresh new haircut complete with blue hair dye

Aaron interacted with other fans at the event and seemed to be in his element. Other attractions that Aaron experienced were Melbourne Zoo, Luna Park and Eureka Sky Tower.

Logan has been enjoying some healthy meal choices which consist of a fresh garden salad and chicken breast along with staff helping with different recipes.

Spring time has the Wellington Street garden looking amazing with staff planting a variety of different edible plants such as corn, peas, beans, strawberries and other fresh produce which will be used in Logan's and Aaron's daily cooking routine.

Richard Nicholls,
Wellington Street Disability Support Worker



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Independent Services - Community Access

Excitement is building at Independent Services with preparations for Christmas festivities taking over and well under-way.

The craft groups are extremely busy making and sewing their Christmas bags to fill with various handmade decorations and cards that they will make in the weeks leading up to Christmas.

Planning has started in the cooking groups with discussions around what goodies to make for their Christmas treat bags. Rum balls, shortbread, coconut ice, white Christmas and home-

made chocolates are all on the menu. The three cooking groups are also looking forward to their annual end of year Christmas party where they all assist in preparing their party food for their lunch.

Everyone was very proud of their efforts and results in the Launceston Show in October. Winning entries came from craft, cooking, sewing and art programs with the majority of masterpieces taking home a place and a ribbon. Well done to everyone for all their hard work and their achievements.

The gardening groups were busy planting their Spring garden. We are hoping to make our own relish again next year and that our new crop of tomatoes will be as good as last years. Our participants also enjoy using our fresh home-grown produce in recipes in their cooking programs.

We look forward to a busy and exciting end to 2019.

Amanda Mallett,
Independent Services Team Leader



Como Crescent - Supported Accommodation

The year might be drawing to a close, but that doesn't mean that the staff or residents have started slowing down.

Shereena has been enjoying her one on one time with staff, and got the chance to travel down to Hobart at the beginning of October. Although it was for a medical appointment, she still got to enjoy some time window shopping, and said that she is excited to travel back down to Hobart one day for a proper holiday.

At the end of October, Shereena started the next chapter of her life and moved into her new unit. Some of her support workers have accompanied her and will continue to work within her new support team.

We all wish her the best of luck in her new home, and look forward to seeing her achieve great things in the future.

Aron has been very active over the past couple of months. He enjoys going swimming, and is now able to swim with the support of a pool noodle, without staff assistance. He also enjoyed the Burnie 10 in October; he and Frankie took on the 10km course this year. A special thank you to Frankie for supporting Aron in this event.

Aron has been enjoying meeting up with Heath from Hawthorn Street once a fortnight for dinner. These catch ups have been full of laughter and quite a bit of silliness and fun.

Thank you to everyone that has sup-

ported the residents and the staff at Como Crescent in 2019. From everyone here at Como, we wish you a very Merry Christmas and a Happy New Year. We look forward to seeing everyone back in 2020.

Jareth Redman,
Como Crescent Team Leader



In-Home Tenancy - Personal Support

IHTS staff are continuing to support the participants to work towards and achieve their goals outlined in their NDIS plan; the participants are developing their living skills to endeavour becoming more independent with their daily living skills within their units and in the community.

As most of you are aware IHTS has now moved down to the disability sector in the Merrington Centre, which has been an adjustment for the staff and participants. IHTS numbers are still growing with participants being supported within STMA campus and out in their homes in the community. Staffing has in-

creased to enable and provide quality service to all the IHTS participants and we welcome the new employees to the IHTS area and look forward to working together to achieve positive outcomes for the participants we are supporting.

Lyn, Jo and Alanna went off on an adventure to the West Coast with Jo's father and sister and had a wonderful experience exploring. Social club celebrated Halloween in October with the Merrington Centre being decorated, participants and staff dressing up and food cooked for the event. It was a fun filled night, with plenty of spooky props, masks and costumes around the centre

- in some cases, it was hard to tell who was who! A big thankyou to the participants and staff of Day Program and others involved.

Christmas is drawing near with only a few short weeks left and decorations will be going up soon; the IHTS team would like to wish in advance a happy and safe Christmas and New Year to you all. We look forward to sharing more of our exciting events in the new year, until the next newsletter, stay safe and take care.

Carolyn Cousins,
IHTS Disability Support Worker



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Desmond Wood - Respite Transitional Accommodation

September and October has seen Desmond Wood participants start to enjoy being outside more of an afternoon and also preparing for the Christmas months.

Milli has been working hard to complete her physio program of an afternoon; this ensures that Milli is outside visiting new and old parks to ensure that her mobility is kept at the optimum. Milli has also been accessing the aquatic centre and has been improving with every visit.

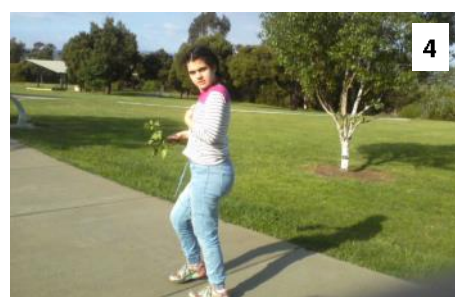
Alex has been working really hard with staff to complete the grocery online order every week. He has also been choosing an activity with staff for every

Wednesday. Alex and I have enjoyed meals out at KFC and establishments such as Prickly Cactus. We have also been searching for Christmas decorations for the tree which we will put up soon.

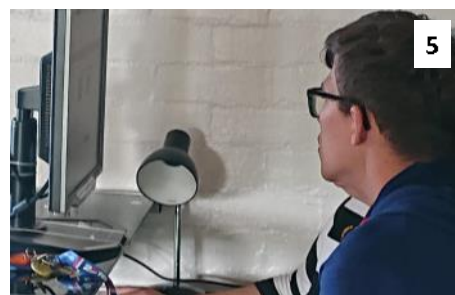
Alice has also been working hard on her daily living skills and we are now concentrating on making the bed. We will enjoy sharing her improvements with you next newsletter.

Bradie Lee is also working hard on her daily living skills. She is washing and drying her dishes each night and is very proud of herself.

Megan Thomas,
Desmond Wood Team Leader



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Day Program - Community Access

The last couple of months have been a very active time in the Merrington Centre. With the weather improving, all of our participants have been busy out in the community as well as on site.

The Workshop has seen our staff assisting everyone to complete new projects and they are all working hard on their bookshelves. Harley Miller completed his Western Bulldogs chair as well as making plaques to show off all his medals from bowling and special Olympics. Harley put in lots of effort sanding and preparing before applying paints and lacquers to finish his projects.

The school holidays saw Pari, Gabby and Millie taking advantage of the free movie cinema at Door Of Hope where they watched the Secret Life of Pets and Aladdin. What would a movie be without popcorn, one of Millie's favourites. They also had lunch out and then went to the museum, Tiger bus and Sea Port.

Our Cooking program grows each week and Tammy has been cooking up a storm with the participants. They are learning new skills each week and also learning to use the electrical appliances correctly and safely.

Pycsam Gym on a Thursday is seeing our participants use their determination to reach their Gym goals and the improvements have been spectacular. The staff have assisted and encouraged them to use the machines safely and we are seeing improvements in their health and fitness every week.

Tony has been working hard on his Lego buildings and keeps adding to his casino. He has added external elevators and mono rails. Tony spends any spare time he has adding to this spectacular building. He is always happy to chat with staff and explain all the intricacies of his project. If you haven't seen it make the time to pop by the art room and take a look.

Arts and crafts have been busy doing paper mache as well as doing Halloween decorations to decorate the centre for our Social Club Halloween evening which the participants enjoyed. Halloween saw all our staff at the centre dress up for fun and the faces of our participants when they walked through the door was priceless. Thank you to all the staff that made such a wonderful effort and a special thanks goes out to Tammy who created an amazing Halloween Cake for all to enjoy.

We are now moving into Christmas decorations and preparing some lovely table centre pieces for the Participant and Family Christmas Dinner. We are sure this will be a wonderful event.

Trish Wrigley,
Day Program Team Leader



Halloween Celebrations



Youth Break - Respite, Life Skills & Community Access

September and October brought Youthbreak cold and wet weather, but this didn't deter the enthusiasm of staff or participants.

Our outings took us to many places to explore our amazing surroundings:

Lilydale Falls, where the group found a field of daffodils to pick and make into bunches for loved ones.

New parks such as Riverbend and Regent Square Park at Georgetown, bowling, markets and tasting ice cream saw us out in the community.

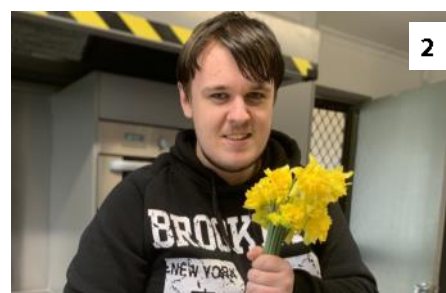
Grand Final Day saw Desmond Wood turn into a whirl of colours, sledging of AFL teams and screaming at the TV.

At the Queen Victoria Art Gallery, a small group ventured out in the rain where they learnt about the culture of the Tasmanian indigenous people, including what they ate, how they hunted, and their housing brought up lots of questions. Later some members of the group drew their own masterpieces.

Youthbreak may appear focused on having fun but underneath, staff always find opportunities to encourage new skills and develop current ones further. Friendships blossom, goals are achieved, new opportunities offered and taken. Challenges are met with support and are overcome together, creating a supportive environment for all that walk through the doors.

With the warmer weather approaching fast, we can't wait for new adventures to start.

Kristy Spencer,
Youth Break Disability Support Worker



Penquite Road - Supported Accommodation

Gary spent two weekends with his parents, which he appeared to have had a fun time.

Robyn has enjoyed playing records on the record player in the garage, dancing and singing along with Kathy and staff.

Paul has started a veggie garden so we can all enjoy fresh vegetables; he maintains it with help from staff. He bought a pitch fork which he is very proud of; he dug up all the ground and prepared it for the plants. Both Paul and Gary have also spent time in the garden, weeding and making Penquite look beautiful.

Kathy enjoyed 1:1 time with staff to repaint her finger nails and toenails; Kathy loves to choose her colour and is always excited when it's finished, wanting to

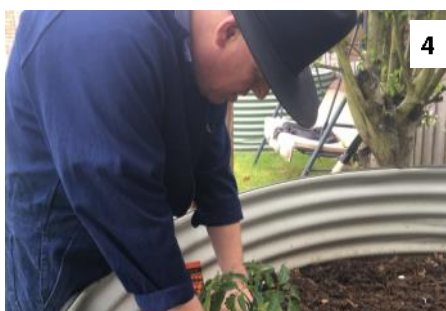
show everyone her nails.

It was Penquite's turn to cook at Social Club on the 19th Oct. We decided to cook roast chicken and roast vegies and yummy green vegetables. For dessert we had apple pie with ice cream and custard. Everyone said they had a good night and enjoyed their meal.

Kathy also had a birthday during October when she turned 51 years young; she enjoyed an evening out with her Mother, staff and participants.

Everyone is getting excited that Christmas is just around the corner.

Ade Doyle,
Penquite Road Team Leader



East Devonport - Community Access & Personal Support

Spring has encouraged many participants in our Day Program to enjoy a wide range of Community Access activities within the Devonport region.

The Devonport Regional Gallery is becoming a favourite visit with our participants viewing the current exhibits; Here at Earth's End, Flatland and the Natural Estate. Regular visits to the gallery have provided social participation and assisted in building self-confidence for community involvement as well as providing cultural experiences that many participants have not previously had opportunity to attend.

National Bird Week was celebrated with Day Program participating in the "Aussie Backyard Bird Count".

Mental Health Week was celebrated with attendance at the Mental Health and Well Being – Connecting with Com-

munity Expo at the Devonport Rooke Street Mall.

We were fortunate to be asked to participate with the Devonport Becks Store -Launch with two Community BBQs. The funds raised will be utilised for resources within our East Devonport Program Areas.

A number of participants are enjoying working with wood and currently have a number of small projects on the go as well as a multitude of Christmas decoration ventures occurring as well.

As our participant numbers increase each month in Day Program as well as with IHTS we have welcomed new staff members Justin, Paul, Jess and Kathy to our team here in East Devonport.

Halloween was celebrated by decorating our reception/front entrance area. Congratulations and thank you to

Stefanie and Emily for designing and implementing a massive cobweb/spider experience for us all to enjoy!

Gardening plots have commenced so that we can introduce paddock to plate within our cooking program as many participants are working toward reaching their health and wellbeing goals. All participants are taking responsibility for tending the gardening areas as well as looking after our onsite "gold fish". Following on from the last newsletter I can advise that our goldfish have been named: Black Caviar, Winyx, Goldy, Speedy and Nemo. Quite a number of themes in the name choices!

We look forward to sharing more of our achievements and activities in the next newsletter.

Marcia Lade,
Program Coordinator East Devonport



Sayer Street - 'Our Home' Supported Accommodation

Sayer Street has been going very well; both participants have been busy enjoying some fun activities as well as working towards their goals.

Kevin really enjoyed going to the Launceston Show, experiencing the rides and tasting some of the food that was on offer.

Kevin also went to a friend's birthday dinner where he helped celebrate his friend's birthday, independently making choices on what he wanted to eat and drink.

Sam has been attending D&D every Thursday night, enjoying the roles he has been given and even being the D&D master when it is his turn.

Sam won a Pokémon card game which resulted in him receiving prizes and having his picture put on the venue's Facebook page.

Both residents have been improving their skills around the house from gardening to folding their washing without verbal prompting.

Coming up to Christmas the residents are looking forward to spending time with their families and relaxing then getting back into things in the New Year.

From all the Residents and Team at Sayer Street, Merry Christmas and Happy New Year.

Nathan Avery,
Sayer Street Team Leader



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Kenneth Court - Supported Accommodation

Wow, what a great two months! Kenneth residents have been busy working on their goals and taking a break to celebrate two of their birthdays.

Val celebrated her birthday down with family in Scamander then went out for dinner with her housemates at the Newstead Hotel.

Val has been helping in the kitchen a lot more and assisting staff with things around the house while maintaining her skills in different aspects of daily living.

Nick celebrated his birthday with friends and family at Olives Restaurant where he got a mobile phone which he

was over the moon about.

Nick has been learning how to use his phone by making phone calls and learning how to send a text message, check emails and basic mobile phone use; Nick learnt very quickly. Nick is looking forward to keeping in contact with his family on the mainland and his best friend.

Stephen has been working on his kitchen skills, learning how to follow a recipe, preparing, and cooking a meal each week.

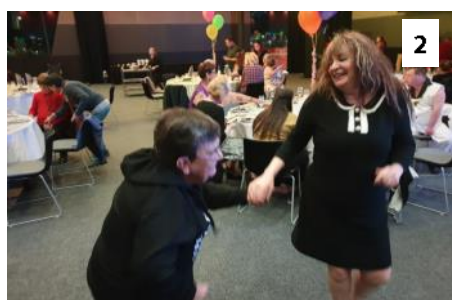
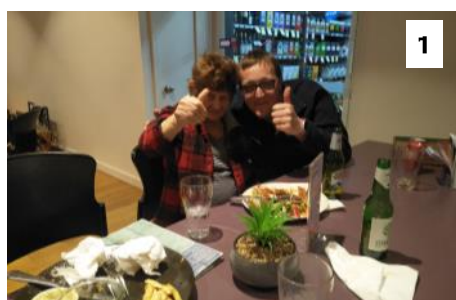
Stephen is looking forward to the Holiday season and all the different things

he might receive for Christmas.

Andrew has been working with staff and his fellow housemates to plan a holiday for next year and all the exciting things they want to do while on holiday, including a short cruise and sightseeing.

From the Residents and Team at Kenneth Court, Merry Christmas and Happy New Year.

Nathan Avery,
Kenneth Court Team Leader



Hawthorn Street - 'Our Home' Supported Accommodation

The housemates at Hawthorn street have been enjoying the warmer weather over the last few weeks. It's given them more opportunity to get stuck in around the garden and tame the lawns. They're looking to plant some seedlings soon for fresh vegetables in the Summer.

Everyone joined in celebrating Hannah's 29th Birthday at Hogs Breath and managed to get a snap with Boss Hog himself.

An impromptu drive down to Beauty Point allowed the housemates to have a guided tour through Seahorse World where everyone was very full of questions. It was an excellent day!

All of the participants took advantage of the day off and went to the Launceston Show this year. Everyone had a few laps in the bumper cars and some even braved the scarier rides for a go or two.

Sarah C, Sarah H and Hannah have all been offered the opportunity to participate in the National Tenpin Championships next year in June and have begun planning and saving for this trip.

From all of us here at Hawthorn Street, we hope you all enjoy the holiday season, and we will see you again in 2020.

Mel Chan,
Hawthorn Street Support Worker



Merton House - Supported Accommodation

What a great couple of months at Merton House.

George has just signed up for Movember, which we are all supporting him with. George had a goal of \$100, but has already gone over this. Well done George!

If anyone wishes to sponsor him, head to the Movember website, go to the donate page, search for George Kearnes and donate an amount of your choice.

Ben has been enjoying trips to the beach over the weekends. His favourite was George Town where they all went for a long walk on the beach, followed by a BBQ lunch.

Ben has already put his order in for Christmas (Wiggles dolls please). Terri and Ben will be attending the advocates dinner at the Country Club later this

month.

Jacob has had a few visits at his mum's house with his family. Jacob has been enjoying the variety of meals we have been having on our Thursday night outings. His favourite was the Chinese meal. Jacob has been doing more cooking and working on his independent skills

Brandon has been on several outings with the team, his mum and his one to one support workers at his day supports. I think his favourite outing was meeting up with the ladies from the Ambulance services. Brandon has started going to basketball every Wednesday with George.

George has been playing his sports, although he thinks he might be doing too much. George has been busy prac-

ticing to get his learners driver's license

Ashlee has been online gaming and has been chatting with people from all over the world. Ashlee went with the rest of the house to the Chinese restaurant for tea and liked the food so much she bought some home to enjoy later.

In other news, we are looking forward to decorating for Christmas. Invitations have gone out to family, advocates and friends to join us on Christmas day or Boxing day.

Tracey Gillespie
Merton House Team Leader



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Barton Street - Supported Accommodation

Krystal has had a good few months. She has started back at Choir of High Hopes, and contributed her amazing singing voice in three concerts so far. Mya also loves meeting all the new people and getting lots of pats.

Krystal is looking forward to all the concerts coming up during Christmas time, and a St Helens trip, which will be a much needed little get away as it has

been a while.

Krystal has even made a choir uniform for Mya to wear so she can be a part of the team too.

Krystal has some new staff on her team which she has really enjoyed welcoming to her home with Mya.

Now that the weather is getting hotter, Mya is excited to get out and about.

Abigail Theobald,
Barton Street Team Leader



4

Our Assets

The biggest news in our facility is the new footpath from Merton House to the Merrington Centre. What a fantastic upgrade! Firstly, in the area of added safety with the removal of the old stone wall, drivers and pedestrians are able to see clearly across from the corner to the area in front of the Merrington Centre main entrance doors. There will be some minor works carried out by the main contractor in the coming month in

this area, along with the sheltered area that we use as an evacuation point will have a new entrance ramp constructed, making the area more accessible for wheel chairs and still a great place to have lunch or a break.

On another point, I'd like to mention all the little things that add up to a beautiful place to live or work; things in the right place like hoses rolled up, rubbish

in bins and not piled up around the bin, clean windows and clean homes - great surroundings all add up to a great place!

Please take five minutes to help us make STMA the best place to live and work in.

Paul Westgarth,
Asset Supervisor



RTO Update

We are pleased to announce that the RTO is now known as St Michaels Training and we have our new logo and website www.stmichaelstraining.tas.edu.au up and running.

We are a boutique provider offering customised solutions advocating strongly for the disability sector. St Michaels Training is committed to providing quality customised programs to learners so they have an opportunity to reach their full potential. St Michaels Training is a registered entity of St Michaels Association Inc.

We are excited to have our first group from STMA signed up in the CHC33015 Certificate III in Individual Support (Disability) with training commencing in November. We have also commenced planning for the 2020 intake and are looking forward to delivering this qualification to the disability sector.

We have recently completed a number of Digital Skills programs with STMA staff and are now planning for the next round of programs including our very successful food safety program.

Planning for 2020 is well underway, with our 2020 user choice funding application approved and our Skills Fund applications have been submitted for a number of programs for STMA employees and our ADE partners.

Kim Dean,
RTO Manager



Vision Statement:

St Michaels Training is committed to providing quality customised programs to learners so they have an opportunity to reach their full potential.

Family Liaison Committee

St Michaels Parent Support Group Coffee and Chat

11 members and two guests attended our last meeting for 2019 on Thursday evening.

Our first guest was Duncan Massey, from Advocacy Tasmania, who presented a short talk on the current Royal Commission into Disability. This is set to run over the next three years and has been set up to investigate instances of violence, abuse, neglect or exploitation of people with disabilities.

Any person, either with a disability, a family member of a disabled person or someone who works with people with disabilities is able to make a submission. Submissions may be made online, by letter, over the phone or even face to face. Advocacy Tasmania provides free advice and support to anyone wishing to make a submission – or even simply thinking about it. This might include assisting people talk through their options, helping them prepare a submission, providing counselling or even legal advice to individuals.

After submissions are received, the Commission will go on to investigate specific cases and then some of these may go on to public hearings. At the end of this very thorough process, the

Royal Commission will make recommendations on how to keep people with disabilities safe.

If you are interested in making a submission to the Royal Commission, or would like more information, you can contact Advocacy Tasmania on 1800 005 131.

Our second guest was CEO John Gilpin who attended to address some of the concerns raised at our last meeting. Three of the issues were:

1. The upcoming upgrade to the phone system at St Michaels and the way that this was communicated to the participants who have a phone service that goes through the St Michaels' switchboard

John conceded that the communication about this matter was not handled correctly and that steps have been taken to remedy this. An additional outcome was to invite other participants to change an existing private phone service or to have a new service linked to St Michaels for a modest cost. One advantage of having a phone service through the switchboard is that it should be cheaper and a second, that it can also work as an emergency call number.

A letter about this will be sent to families soon, so keep an eye open for one if you've not received yours.

2. Communication with and distributing information to families of participants

John talked about STMA's challenges in achieving good communication with its community: from ensuring staff running sheets are accurate, giving medications on time, maintaining confidentiality and privacy of participants, to multiple copies of newsletters being received by some and none by others. He assured us that efforts are being made to streamline these.

3. Challenges for participants regarding understanding rosters with 24 hour time notations

John indicated that the rostering tool only works on a 24hr clock, so a work-around has been developed for participants who are experiencing confusion. You can expect to see two clock faces inside the blue folders (24 hour and 12 hour) which will work as a visual aid for staff to explain the concept.

Our next meeting will be early next year. Brian and Cheryl will continue to represent your concerns to the board, so keep an eye on the newsletter for the date of the next meeting and consider coming along. Thanks to those who have made the effort to attend our meetings this year.

Cheryl and Brian.

St Michaels - At a Glance

St Michaels Association 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 fundraising to meet our clients needs.

All proceeds received are redistributed back into the St Michaels Association

community.

If you feel you would like to make a donation, please contact Rod Campbell on 6331 7651 or complete the form on page 17 and forward to 22 Hobblers Bridge Road, Newstead.

Thanking you for your consideration.

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

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



Moroccan Spiced Vegetable Couscous

Ingredients

- 2 tablespoons olive oil
- 1 medium red onion, chopped
- 1 yellow capsicum, chopped
- 1 carrot, chopped into cubes
- 2 cloves garlic, minced
- salt & pepper, to taste
- 1/2 teaspoon paprika
- 1/2 teaspoon ground coriander
- 1/4 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- cayenne pepper, optional, to taste
- 1 cup frozen peas
- 1 can chickpeas, drained
- 6 Peppadew Piquante peppers, chopped, mild or hot
- 1½ cups chicken stock, or vegetable stock

- A good handful fresh parsley, chopped
- 1 cup instant couscous

Instructions

Step 1

In a medium-size skillet heat the oil over medium heat.

Step 2

Add red onion, yellow capsicum, and carrot; sauté 10-15 minutes or until all the vegetables are your desired tenderness. Add the garlic, sauté another minute.

Step 3

Mix in the salt & pepper, paprika, ground coriander, turmeric, celery salt, cumin, cinnamon, and cayenne pepper (if using). Stir-fry until fragrant (about a minute).

Step 4

Add the frozen peas and cook briefly. Stir in the piquante peppers and chickpeas, followed by the stock.

Step 5

Add the chopped parsley and stir in the couscous. Remove from heat and let stand 5 minutes or until liquid is absorbed. Fluff and serve.



Yummy Green Smoothie

Ingredients

- 1 cup pineapple
- 2 cups spinach
- 1/2 cup grapes
- 1 1/2 cup orange juice
- 1 banana
- Ice

Instructions

Step 1

Add ingredients into a blender and blend until smooth and creamy. Add ice depending on temperature preference.

Note:

Frozen bananas work best in smoothies. Peel, slice in half, and place in a large Ziploc bag in the freezer overnight.

Add more spinach and kale to increase nutritional benefits.

Book a tax return that gives back twice

with



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



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Level 3, 63-65 Cameron Street
Launceston TAS 7250



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Expiry Date:

Card Holder: Signature:

Details

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

Address.....Suburb.....

Postcode:..... Phone:..... Mobile:.....

Email:

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.....

☐ One time ☐ Ongoing ☐ Monthly x _____ months ☐ Quarterly x _____ years ☐ Annual x _____ years

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☐ Visa ☐ Mastercard Card Number

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:

Highlights



Highlights



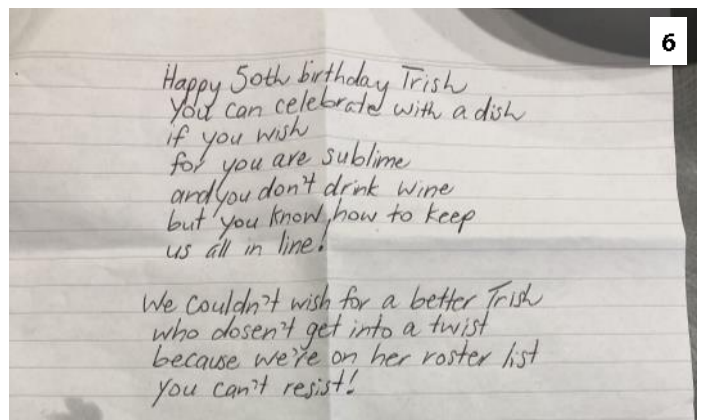
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Highlights



Contact Details

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