

By St Michaels Association

From the CEO



John Gilpin

Welcome to our January and 1st edition for 2020 of our Newsletter "The Independent". We hope you enjoy reading this addition as we start a brand-new year.

2019 ended in a fabulous festive Christmas Function for over 120 guests who enjoyed a two course meal, light refreshment, music and laughter while our participants received their end of year goal reports to the applause and excitement of their family and friends.

We all agree that the highlight of the night was hearing Krystal Watson's solo singing performance, which enchanted the whole room with her beautiful voice. Thank you Krystal it was amazing!

After a very long and a difficult year we are all looking forward to 2020 especially after transitioning and bedding down our new organisational structure. This

structure is now complete with two Senior Team Leaders in Emma and Tyh leading and mentoring our Team Leaders and their Teams. Our new Business Manager Pauline will be driving business processes and management delegations to support her Senior Team Leaders through the provision of tools to deliver consistent service and supports, especially in the ever evolving NDIS world, which we are all operating in.

Late December saw the first sod of soil turned over as we start the build of our new Assistive Technology Smart Homes, which are due to be completed by November 2020. If you are Interested in this type of supported and/or independent living please do not hesitate to contact me directly on 6331 7651.

There will be more on this exciting project in the next edition, so please watch this space.

A special highlight for me in this last two months since our last newsletter was the observation and the supporting of Tony Kramer having a weekend away from his unit here at St Michaels. For most of us this is something we all take for granted but for Tony this was a monumental achievement and an anxious moment that has seen him reach one of



his long-term personal goals. Well done Tony, we are all very proud of you for accomplishing this achievement!

Throughout the newsletter you will see many interesting and varied activities that are being conducted for your loved ones and participants of the NDIS in reaching their goals. Each program area has a small story from the Team Leader and their staff about our participants reaching their goals. I hope you share with me in enjoying the stories and activities that we are collectively working together to provide.

Best wishes to you all and hope you have had a wonderful start to the New Year.

Happy reading, John

Advertisement

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Christmas at STMA

Can you believe another year has flown by! Christmas was celebrated with our participants and their families at the Annual Christmas Dinner on Friday 13th December 2019.

This time we opted to take the event back to the STMA hall to allow more seating space as well as give the opportunity for our group homes and day services to decorate the walls in their own unique and festive way. The end result showcased some real talent, thank you to all teams!

We'd also like to acknowledge all the hard work and creativity from our Day Program and Independent Services craft groups who were responsible for the colourful table centrepieces and decorations.

With approximately 110 attendees and a number of volunteers, the room was buzzing with Christmas cheer and excitement. John Gilpin began the night with a warm welcome which lead into a small musical performance by volunteer musician Jackie Anifandis and a group of keen STMA singers.

At approximately 6pm, dinner was served buffet style. We'd like to offer big thanks to Tammy Westwood and her kitchen team who spent the day creating some fantastic dishes for the night. The food was delicious!

After dinner, Krystal Watson wowed us with her beautiful voice during her solo performance. Many were amazed by her talent and we hope to hear more from her at future events.

Of course, the night wouldn't be complete without the presentation of participant End of Year Reviews. This is the favourite part for many of our attendees and the obvious joy from each participant as they received theirs was priceless.

Thank you to all who contributed to making the Christmas Dinner a memorable night. A lot of behind the scenes planning goes into these events and it's wonderful to see them unfold so successfully.

We look forward to another successful year ahead.

Bec Atkinson,
Disability Services



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Tony Kramer's Hobart Trip

Tony has made a great start to his 2020 by achieving his long awaited goal of travelling to Hobart and spending a night in a hotel.

Whilst in Hobart Tony travelled to New Norfolk and enjoyed visiting Willow Court. He explored the grounds and some of the old machinery that.

Tony also had some retail therapy in

the CBD making some purchases of his choice. Tony and his support staff John enjoyed an evening meal at the Claremont Hotel where Tony chose a seafood basket.

Tony spent his second day out and about with his brother visiting the Hobart waterfront to look at the boats and have lunch.

This has been a great experience for Tony and he passed on that he was very happy with his trip.

Thank you to everyone who assisted Tony to achieve his goal.

Trish Wrigley
Personal Support Co-ordinator



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Welcome to our Senior Team Leaders

St Michaels has successfully recruited two new senior members to the Disability Services team, Emma Pearce and Tyh Lilley.

Emma Pearce has taken on the role of Senior Team Leader Residential Services. Emma is an experienced Team Leader and has quickly settled into the role providing guidance and support to the Residential Program Team Leaders.

Tyh Lilley has taken on the role of Senior Team Leader Day Services. Tyh was previously working as a behaviour management specialist and provides guidance and support to the Day Services Team Leaders.

Both Emma and Tyh have been busy getting to know their teams and participants and becoming familiar with the processes within the Association.

Emma and Tyh have both made a welcome addition to the structure of the Disability Services team and are looking forward to contributing to the

quality of services provided by St Michaels.

Pauline Robson,
Disability Program Business Manager



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New Building Works at STMA Newstead

New building works have commenced at 22 Hoblers Bridge Road, Newstead.

RMB Construction has won the tender for the construction of 9 single bedroom units, 4 x 2 bedroom units and a 6 bedroom Respite Centre.

The Assistive Technology Smart Homes are designed by ARTAS Architects and are due for completion by November 2020. If you are Interested in this type of supported and/or independent living please do not hesitate to contact John Gilpin directly on 6331 7651.

Stay tuned for more updates on our Website, Facebook page and or the next edition of The Independent.



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Como Crescent - Supported Accommodation

Over the Christmas break, Aron enjoyed participating in all the festivities that come with the holiday season. After assisting to decorate the hall, he enjoyed attending the St Michaels Christmas Dinner. He enjoyed socialising with other members of the STMA community, as well as getting the chance to look back on his year through the photos in his end of year review. From participating in the Ross and Burnie running festivals, swimming at the Aquatic Centre, saying goodbye to old house mates and staff, saying hello to new people and meeting the new Team Leader. Aron had lots of memories to reminisce over in his review.

Aron has seized the opportunity to socialise with his friend Heath from Hawthorn Street. Both young men enjoy their regular catch ups and look forward to continuing these sessions in 2020.

Although we have experienced some painfully hot days this summer, Aron has made the most of it by using this time to enjoy lots of summer snacks including new toppings on his ice cream, crushed biscuits, raspberries and chocolate. He has also been enjoying the chance to watch a lot of movies from his DVD collection, as well as visiting the cinema to see the new Star Wars movie.

The New Year brings countless opportunities for Aron and we all look forward to seeing what he can achieve in the next twelve months. Thank you to all those who have helped out at Como over the last year – you have all made a positive impact on this young man's life.

Jareth Redman,
Como Crescent Team Leader



Wellington Street - 'Our Home' Supported Accommodation

Everyone got into the holiday spirit at Wellington this year. The guys helped set up and decorate the Christmas tree and Logan bought chocolates for staff to show his appreciation.

Aaron helped out a lot with the decorations for the end of year dinner at St Michaels and attended on the night.

Both guys at Wellington enjoyed reading their end of year reviews and looking back over the wonderful year they have had.

Richard organised Christmas presents and Wellington staff pitched in; Aaron received a new pair of sneakers to help him with his training next year. Logan received a Star Wars light and Village Cinema voucher which he might use to watch the newest Star Wars film.

Both guys spent time with their families over the Christmas period and Aaron visited home again to bring in the New Year with loved ones.

It has been fantastic to see both Logan and Aaron develop and grow their skills over 2019. I'm sure they will both flourish in 2020 if they keep up the great work and positive atmosphere they have created here over the last year. They both continue to get along and still enjoy spending time together which is always brilliant to see and makes working at Wellington a treat for all staff that get to spend time with these young men.

Jareth Redman,
Wellington Street Team Leader



Independent Services - Community Access

What a fantastic, fun and busy month we had in December. With the count-down to Christmas fast approaching everyone was eager to finish their Christmas projects. The Christmas decorations were growing everyday with participants happy to make and add another piece of work to the collection.

Our cooking groups were very proud of their goody bags as they made and filled them with their homemade chocolates, shortbread, rumballs and white Christmas.

Everyone was excited to assist in the making of the shortbread and rumballs for the upcoming St Michaels Christmas Dinner as well as decorating our Christ-

mas Chimney to add to the decorations for the hall.

The craft groups were also busy finishing off their bonbons, filling them with goodies for their table decorations at home.

Our two cooking Christmas parties were full of fun, laughter and of course many Christmas treats proudly prepared and made by our participants. Everyone including our special guests thoroughly enjoy the parties and treats.

Participants looked forward to their holiday break as many had planned adventures away and trips home over the 4-week break.

January saw the return of our participants fresh and eager to get back into their regular programs. Everyone again enjoyed catching up with their friends and sharing holiday stories.

With many of our community venues closed until the end of January, participants took the opportunity to make the most of the sunny weather, with trips to the Sea Port for a walk and ice-cream the favourite for many.

We are all looking forward another busy, fun filled year.

Mandy Mallett,
Independent Services Team Leader



Youth Break - Respite, Life Skills & Community Access

The warmer weather and festive season meant some great times were had by staff and participants. With the annual Christmas dinner looming, we ventured to Lilydale to trace some of their Christmas decorations and then transfer these onto a sheet for our part of the hall decorations. Chloe Harrison-Hargreaves was in her element, as she loves art and craft, I think the photo shows how much fun she had.

We have also celebrated the end of the year with some nice outings and meals together. This included a lovely counter meal in Devonport; everyone ordered what they wanted and received wonderful service from the staff.

The warmer weather has also meant that we have been able to plant vegetables in the garden; participants are being given the task of ensuring it is watered and the growth of all plants shows what a great job they are doing. We look forward to making some relish.

I would also like to share some wonderful news about two of our Youth Break participants, Josh Wyley and Patrick Rosevear; both were finalists in the recent Tasmanian Community Achievement Awards. Josh was a finalist in the Prime Super Business achievement section. Patrick was a finalist in the Disability Achievement section. Well done to both of these fine young men! Patrick

was voted People's Choice and he still hasn't stopped smiling.

Megan Thomas,
Youth Break Team Leader



In-Home Tenancy - Personal Support

Welcome to 2020!

With only taking this position in late December it was certainly a busy time to move to a new department. The IHTS team were busy finalising end of year reviews for all our participants to ensure everyone received an update of the year and what they had achieved. These were presented to all our participants that were able to attend our annual Christmas dinner along with many parents, guardians and friends that attended the evening.

The Christmas dinner was a great success and saw 110 attendees. A huge thank you to Tammy and her team for

pulling together to prepare all the food. Thank you to all the great staff who contributed to making this evening wonderful.

The team has hit the ground running in 2020 to ensure all our participants are working towards meeting goals and enjoying life to the fullest. There will be many challenges but I'm sure the IHTS team is up for this.

I'd like to congratulate three of our IHTS participants; Michael Rosier and Gerard Little were recognised by Self Help Workplace for each achieving 40 years of employment with the organisation and Courtney Wilkes for 10 years of em-

ployment. An awards ceremony was held in January to congratulate the employees on their outstanding efforts over the years. Well done!

We are already preparing for outings to the Circus and preparing holidays for participants that have these as part of their goals. Attending the BBL (Big Bash League) seems to be on a number of peoples to-do lists. The great weather will ensure we are all out and about enjoying all the activities as well as achieving goals.

Trish Wrigley,
Personal Support Co-ordinator



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Desmond Wood - Respite Transitional Accommodation

The end of the year has seen many wonderful events and times. It has also meant that Alex has graduated from high school. This is an amazing achievement for him and we are all so very proud of Alex. Well done mate.

Milli also ended the year by attending her school annual leavers dinner event. She looked stunning and enjoyed the night, which was full of dancing and pizza. What can beat that combo?

Bradie-Lee has been working really hard on cementing her skills in the kitchen, especially at peeling potatoes and washing her dishes. Staff are able to now provide verbal prompts and support to Bradie-Lee while she builds on

these skills.

Alex and Millie spent a wonderful afternoon in the final week of Alex's time here enjoying time at the aquatic centre which involved many laughs and smiles from everyone. Alex would sneak up on Millie and scoop her up which saw Millie giggle and smile. We then had a wonderful meal at the Commercial Hotel; it was a great way to end the year.

Megan Thomas,
Desmond Wood Team Leader



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Day Program - Community Access

Wow! Welcome to the start of a new year.

December was a very busy time for both staff and participants in the Merrington Centre. The fantastic weather allowed participants to spend more time out in the community and make the most of the sunshine.

As winners of the LWB Sports Day Challenge the participants enjoyed lunch at the St Leonards pub which was paid for using the winning vouchers. It was a social and interactive time for staff and participants and by all reports, the food was delicious; it was great to get out and celebrate the success of the team.

With Tammy leading the Cooking Program, participants continue to learn new skills each week and learn to use equipment correctly and safely. Using these skills, the group decided to hold a Christmas BBQ to celebrate the end of another great year in Day Program. It was great to see so many involved in the preparation, cooking and clean up.

The Workshop Program is still continuing to thrive, with many participants having already completed multiple projects. We had a few new additions to the program during the school holidays who commenced and completed their own smaller projects.

Our Bus Travel program continues to grow, with December being a very busy time for us; some of the favourites were trips into the city for morning tea and ice cream, visits to the museum and walks along the Sea Port. This program is growing in popularity as we have now had to form two separate groups. Staff continue to assist everyone to use their Metro Green Cards and order a nice cool drink or ice cream to cool off in the Summer.

Tony has been working hard on his Lego project, adding more to his casino; he has recently added an extension to it. Tony is always happy to interact with staff and explain all the intricacies of his project; if you have not had a chance to

see it yet, please take time to pop into the Merrington Centre art room to have a look.

During the Art, Craft and Jewellery Making programs, participants worked hard to create a number of Christmas gifts, cards and decorations. Alice in particular enjoyed creating Christmas-themed cards and jewellery; it was wonderful to see the smile and excitement on her face. Participants also took the opportunity in Craft to create some lovely table centre-pieces for the Annual Christmas Dinner. Thank you to all the participants who contributed!

I would like to thank all staff and participants who made the Day Program Christmas BBQ a success and look forward to the new year. Thank you to staff who have worked hard to encourage participants to stay active and engaging them in achieving their goals.

Adolphus Hill,
Day Program Acting Team Leader



Christmas Celebrations - Newstead



Castlemain Road - Supported Accommodation

What an incredibly exciting time it has been for Shereena these past few months.

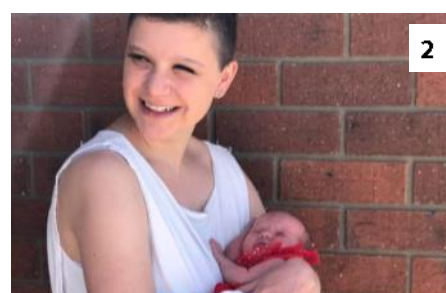
After a short stay settling into her new unit, Shereena spent about a month in hospital, awaiting the arrival of her baby. By the middle of December the wait was finally over and Shereena gave birth to her beautiful baby girl. Shereena had to stay in hospital for a bit longer, but this gave her some time to rest and also gave her the opportunity to learn the different aspects of motherhood from the nurses at the hospital.

Fortunately, Shereena was released from hospital in time for Christmas. Baby's first Christmas is always an exciting event and it was no different for Shereena and bub. She was one very spoilt little girl, receiving lots of presents from friends and family. They both celebrated Christmas Day with the family and everyone was bursting full of festive food.

This is a new and exciting time for both Shereena and staff, who are all learning to care for Shereena and her child. Exciting times lie ahead and we look forward to seeing Shereena and bub achieve each milestone.

Thank you to everyone who has helped Shereena in the past few months including the staff at Castlemain, staff at the hospital, STMA management team, staff at Como Crescent and anyone else who has supported Shereena in whatever capacity. This is the start of a new journey for Shereena and St Michaels. I wish you all the best for 2020.

Juanita Hack,
Castlemain Road Disability Support Worker



Kenneth Court - Supported Accommodation

Kenneth has been enjoying the holiday season and have been having a relaxing time.

Andrew celebrated his birthday with his housemates and staff then spent time with his housemate Stephen while the other two participants were away spending time with their family.

Val spent time with her family down in Scamander and while down there even made jam with her sister and spoke with her sister all about how excited she was going on a holiday in March with her housemates and staff.

Nick flew to Sydney then Cairns to spend time with his family. Nick also

spent some time with his best friend while away.

Stephen celebrated the holiday period by going to the Newstead Hotel for Christmas lunch. While having time off from normal day services, Stephen went to different locations enjoying a nice meal, even sometimes a beer.

All four housemates Nick, Stephen, Andrew and Val are looking forward to their holiday in Sydney and also looking forward to what 2020 brings them throughout the year.

Nathan Avery,
Kenneth Court Team Leader



East Devonport - Community Access & Personal Support

Happy New Year All!

Upon reflection for 2019, December was definitely the silly season month.

Our Christmas Celebration for participants, family (including significant others) and staff was held on Monday 23 December 2019. We hosted a BBQ and participants also received their End of Year Reviews. A special thanks to both John Gilpin and Rod Campbell for coming through and taking the opportunity to meet and mingle amongst our STMA family.

During the year 2019, we have had great success with a particular participant attending Day Program on a regular basis and socialising with fellow participants. Prior to this he had limited exposure to daily living outside of his household and did not engage with others in any social environments/ settings.

Alongside this, we have seen several

participants achieve certain goals; this has provided them with increased self-confidence and being integral to their overall health and wellbeing in a positive manner.

We also hosted a field trip to Launceston in the later part of 2019. Our participants were impressed and thoroughly enjoyed visiting Head Office. Thanks to those that made everyone feel welcome on this day.

Welcome 2020, here we come!

In consultation with current Day Program participants we have scheduled a community access outing calendar that encapsulates a variety of activities suitable for all and also in alignment with their goals.

Further activities are currently being planned and organised, one which we are very excited about is Mary from Mooveability. Mary will be providing drama, movement and music for all

abilities. This new class will assist our participants in confidence building, increased social skills, increased physical skills, expression, opportunity to participate in fun and games, developing imagination and memory, assertiveness and building upon current friendships. We look forward to sharing some pictures in the next newsletter.

Due to our continued growth we are also pleased to welcome additional new staff to the team including Sam and Tabatha. We look forward to welcoming further staff in the near future.

In closing, we are determined to achieve great things in 2020! Please stayed tuned for further updates.

Marcia Lade,
Program Coordinator
East Devonport




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Hawthorn Street - 'Our Home' Supported Accommodation

What a busy few months it has been for Hawthorn Street!

The Christmas period saw the residents enjoying the opportunity to deck the house out with festive decorations. Everyone also enjoyed getting the opportunity to decorate a section of the hall for the St Michaels Christmas Dinner. After a productive brain storming session, the residents decided to make an advent calendar, highlighting all their achievements from the year by putting photos behind each window of the calendar. Well done guys for working together as a team to produce something to make everyone smile.

Aside from everyone dressing up to attend the St Michaels Christmas Dinner, everyone had multiple opportunities to celebrate the festive season, including work parties and a barbecue

held for the staff and participants at Hawthorn Street. Everyone should be really proud of this event, as the residents each took charge of at least one area of cooking for this event. It was a day for staff and participants to share a casual meal together and thank each other for a great year.

Everyone has been enjoying the summer break by getting out and about in the community. Some of the activities that we have been doing include going to the Seaport for ice cream, swimming at the Gorge and going to the cinemas to catch the latest releases (everyone loved Frozen 2). It has also been a chance for everyone to catch up with their friends and family, as well as just relaxing inside under the air conditioner, away from the excessive heat we have been experiencing.

Like always, thank you to everyone who has supported the residents at Hawthorn. The Christmas and New Year season always brings with it some degree of uncertainty and rostering issues, but the staff have taken it in their stride in order to try and provide the best possible support for the residents whilst ensuring their goals are being met.

From all the staff and residents at Hawthorn Street, we wish everyone a Happy New Year and hope that 2020 brings you health and happiness.

Juanita Hack,
Hawthorn St Acting Team Leader



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Penquite Road - Supported Accommodation

Coming up to December the Penquite residents were getting organised for a busy month with Christmas celebrations. Paul and Gary both went home until early January so the ladies enjoyed a well deserved holiday in a quieter house.

All the residents enjoyed decorating the Christmas tree but were more looking forward to what was going under it.

Kathy and Robyn enjoyed a lovely meal at the Newstead Pub on Christmas Day and then following on to Boxing Day.

Robyn packed her bags and headed up

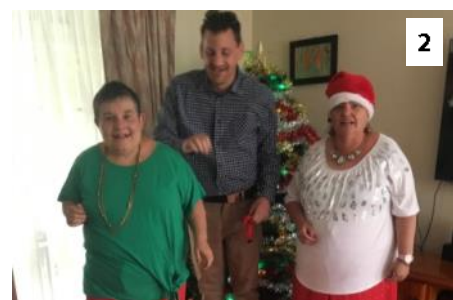
to her sister's for a week. Robyn enjoyed her time with her sister while Kathy had the whole house to herself and took the opportunity to have her mother over for a Christmas tea. Kathy enjoyed a lot of 1:1 time with staff and having a nice quiet home, though was very eager to check up on her friend Robyn.

Paul returned home and went out and picked his very own home grown vegetables to take home to his parents; this is a project Paul had been working on with his in-home tenancy support with

great success. Paul was very happy with the outcome of his gardening efforts.

The Penquite crew are looking forward to a new year and exciting few months ahead with regular daily programs recommending and getting back into their usual routine.

Kartley Broad,
Penquite Road Disability
Support Worker



Sayer Street - 'Our Home' Supported Accommodation

Sayer Street has had a very relaxing two months. Kevin has spent many weeks at his family home and celebrated Christmas, New Year and his birthday with his family.

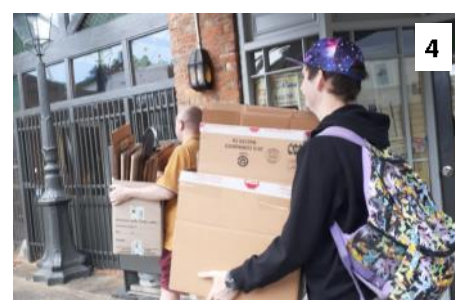
We are looking forward to Kevin returning to Sayer as the house has been too quiet without his laughter and usual joking around with staff.

Sam spent time at home relaxing and catching up with family as well as enjoying his new Christmas presents. Sam also went to the Casino and celebrated his Nan's birthday. Sam has started going to the gym with staff, which he is enjoying.

Sam has recently increased his 1:1 support community access hours; this will enable staff to support Sam in increasing his community engagement and social skills, we look forward to Sam being able to achieve more of his goals.

Both Kevin and Sam are looking forward to seeing what the year 2020 brings including working with the Sayer Street staff and seeing what goals they can achieve.

Nathan Avery,
Sayer Street Team Leader



Merton House - Supported Accommodation

Merton House started getting excited for Christmas from the 1st of December by putting up the tree and decorating the house. George was the instigator in this and could not wait an extra day! Everyone from that day started the countdown with Ben taking the lead of writing up how many days left until Santa arrives. Christmas wish lists were written so that Santa got it right and these lists continued to grow during the month; Santa had his work cut out for him with Merton House requests!

Shopping began and everyone was looking for a traditional Christmas at home. Family, friends and Advocates were all invited to join us during the day. With the preparations completed, it was time to enjoy the beautiful weather and get out and about.

There were visits to the parks, beaches

and picnic areas. Jacob got involved by cooking up a storm for everyone. Brandon and George enjoyed games of football and basketball. Jacob even enjoyed his time at futsal and had a few kicks of the ball. Ashlee came out with us for some of our Thursday night meal outings.

We enjoyed having some meals outside in the cool breeze along with some great conversations. Everyone was a bit keen when day programs started to close as this meant a bit of a sleep in for some.

Christmas finally arrived, there was even the chance of spotting Santa and getting in a sneaky photo of him putting all of the gifts under the tree.

Christmas wrapping paper covered the floor and everyone was happy with the

surprises they found under the tree.

The day was full of delicious food, including a hot breakfast of pancakes and bacon and eggs, along with yoghurt and fresh fruits. Lunch was traditional with cooked turkey and baked vegetables with ham. Finally, dessert was a big hit with choices of pavlova, Christmas cake, Christmas pudding, custard, cream and ice cream.

All of this with everyone sitting together at the table we shared with a few others who were happy to have somewhere to go for the day.

We are now busy planning Ben's big 21st birthday and looking toward to continuing the great work by all.

Tracey Gillespie,
Merton House Team Leader



Barton Street - Supported Accommodation

Krystal has had a few busy months enjoying being a member of the Choir of High Hopes. She has been attending every Wednesday and really enjoys it. Krystal and the choir sang at the Albert Hall Christmas Lunch and the St Helens Community Christmas party. Krystal also had the privilege of doing a solo performance at the STMA Christmas Dinner. Well done Krystal.

Mya has also been attending all the performances and has her own red Choir of High Hopes jacket. All the members love having her there to cheer them on.

Krystal was also very busy making Christmas decorations for the STMA Christmas Dinner. Great job with the ginger bread house, Krystal!

Lisa Matthews,
Barton Street Acting Team Leader



Our Assets

Our Asset team works tirelessly to maintain the units and grounds of St Michaels. This includes Independent Services in East Launceston, our primary facility in Newstead and our new facility in East Devonport.

In any given week we may have a number of contractors from multiple trades working at our sites including electricians, plumbers, painters and glaziers along with building inspectors, fire alarm inspectors/installation contractors and groundsmen. I would like to

take this opportunity to remind you to be respectful of these workers and keep clear to allow them to complete their tasks.

Presently we have a team of builders from RMB Construction working at our site building the new units. These works are progressing well and should be finished November 2020. For your safety, please stay clear of the building site and allow the contractors to conduct their work uninterrupted.

I have had many compliments from

members of the public regarding how clean and tidy St Michaels is.

Over the coming weeks we will be inspecting the units once again as part of the lease agreement. All tenants will be advised in writing days in advance of the inspection.

I thank all tenants, participants and staff for their help in keeping St Michaels looking its best.

Paul Westgarth,
Asset Supervisor

St Michaels Training



Wow, 2020 already, how time flies!

I would like to recap our 2019 achievements:

- Over 2000 learners completed training with us across the following programs:
 - First Aid / CPR
 - Medication endorsement
 - TLI11215 Certificate I in Warehousing Operations
 - MSM20116 Certificate II in Process Manufacturing
 - Leadership Development
 - Food Safety
 - Digital Skills
 - Garden Maintenance
- We engaged three new trainers who have been very well received

by our learners:

- Garry Harvey - Food safety
- Michaels Fyfe - Garden Maintenance, Warehousing and Process Manufacturing
- Rosa Casey - Individual Support
- Finalist in the 2019 Tasmanian Training Awards (Training Provider of the year category)
- 3 individual finalists in the Tasmanian Training Awards (Equity category)
 - Alanna Jansen – Blueline Laundry Launceston
 - Alex Horsey – Blueline Laundry Hobart
 - Natalie Williams – Vincent Industries Wynyard
- Commenced delivery of CHC33015 Certificate III in Individual Support

- Rebranded to St Michaels Training with a new logo and website

We are pleased to say that the following partner organisations will again be providing training on our behalf under a registered Third Party Agreements:

- Medecs Learning
- Rural and Equity Training

We have been successful in gaining funding through the Skills Fund and the Apprentice and Trainee Training Fund (User Choice) for 2020 programs so that we can provide our learners with new skills.

I am looking forward to leading St Michaels Training into another exciting and successful year.

Kim Dean,
RTO Manager



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



One Pan Salmon and Broccoli Bake

Ingredients

- 4 green spring onions, trimmed, thinly sliced, plus extra, to serve
- 2 garlic cloves, crushed
- 1 long fresh red chilli, thinly sliced, plus extra, to serve
- 2 teaspoons finely grated fresh ginger
- 60ml (1/4 cup) soy sauce
- 2 tablespoons honey
- 1 teaspoon sesame oil
- 4 x 200g skinless salmon fillets
- 500g broccoli, cut into florets
- 1 tablespoon olive oil
- Steamed jasmine rice, to serve

Instructions

Step 1

Combine the shallot, garlic, chilli, ginger, soy sauce, honey and sesame oil in a large glass or ceramic dish. Add the salmon fillets and turn to coat. Set aside for 30 minutes to marinate.

Step 2

Meanwhile, preheat oven to 200C/180C fan forced. Line a baking tray with baking paper. Place the broccoli in a bowl, toss with olive oil and season. Place on the prepared tray and roast for 15 minutes.

Step 3

Push the broccoli to the sides of the

tray. Place the salmon fillets in the centre of the tray and drizzle with the marinade. Roast for a further 12-15 minutes or until the salmon is cooked through. Sprinkle with the extra green shallot and chilli. Serve with steamed rice.



Fluffy Marshmallow Pavlova

Ingredients

- 6 egg whites
- 1 1/2 cup caster sugar
- 2 teaspoons cornflour
- 1 teaspoon vanilla extract
- 300ml tub thickened cream
- 250g strawberries, hulled, sliced
- 1 banana, sliced
- 2 passionfruit, halved

Instructions

Step 1

Preheat oven to 120C/100C fan-forced. Using a pencil, mark a 20cm circle on a sheet of baking paper. Line a baking tray with the baking paper, pencil-side down.

Step 2

Using an electric mixer, beat egg whites just until firm peaks form. Gradually beat in sugar, 1 tablespoon at a time, until sugar is dissolved after each addition. Add cornflour, vanilla and vinegar. Beat for 30 seconds. Spoon meringue onto prepared tray, using circle as a guide. Smooth edges using a spatula.

Step 3

Bake for 1 1/2 hours or until firm but not browned. Turn oven off. Cool in oven, with door ajar, for 1 hour. Cool completely at room temperature.

Step 4

Using an electric mixer, beat cream until firm peaks form. Dollop onto pavlova.

Top with strawberries and banana. Drizzle with passionfruit. Serve.



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

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

Email:.....

Highlights



Highlights



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