

By St Michaels Association

From the CEO



John Gilpin

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

Inside the newsletter, please read all the good news stories of what your love ones & our participants have been up to.

With that said, this front page will be dedicated to the unprecedented times with the pandemic outbreak of COVID19 or Coronavirus.

All disability organisations are working to make your love ones safe whilst ensuring the safety of our staff.

What St Michaels, in particular, has been doing:

- Consulted, drafted & implemented a COVID19 contingency plan
- Given this plan to all staff & primary carers
- 9 formal updates (to date) for staff

on clarity of Government guidelines (State & Federal) & expectations

- Signage & procedures to follow i.e. visitors questioning
- Infection control
- Stocktake of PPE equipment, centralised then re-allocated to all programs
- Ordering new stock of PPE equipment, some off E-bay via networks, some direct, some made by buying in bulk and making own disinfectant spray
- Daily, weekly or at times hourly information to remind staff of the practices expected

Communication

- Emails, letters, blog page on website & within STMA, Teams, Audit & Risk, Family Liaison Committee, Board & Sector working together
- St Michaels is working on COVID19 with Community organisations hosted by TASCOS
- COVID19 meeting of northern organisations hosted by Donna Bain
- NDS/HASCU forum hosted by NDS
- NDS industry state wide i.e. Department of Communities

STMA is practicing

- Social distancing, with all unnecessary contact to be avoided at all times

- Ensure participants remain in their homes as much as possible, except for necessary activities
- Re-configure areas in shared arrangements to 1.5m
- 20 second hand washing, regularly with prompting signage
- Infection control, disinfect, cleaning, etc.

STMA impacts

- Supported Independent Living Homes—participant staying home—requiring staffing
- Day services -
 - ⇒ Independent Services down to 6 participants
 - ⇒ Newstead participants down
 - ⇒ Devonport slight impactThese services are operating due to the size of the facility and separation distances they provide!
- Personal support in homes has an increased role. Closed are, Saturday & Wednesday Social Clubs, Wednesday's Basketball

STMA staff have been incredible to date! Willing to support where ever needed in this fast changing & demanding environment!

Thank you all & please practice safety

Regards, John

Advertisement

Peter Gutwein MP

Liberal Member for Bass

53 St John Street, Launceston 7250

Phone: (03) 6777 1007 or email: peter.gutwein@dpac.tas.gov.au

Tasmanian
Liberals



New Buildings Works at STMA - Update

The construction of our new buildings at the Hobblers Bridge Road are now starting to take shape.

The construction continues to amaze us with the various stages of the development from creation of the various slabs to staged development of buildings including framing, glazing, roofing and some now with brickwork underway. We can't wait to see it all come to together.

Thanks goes to the hard working team of RMB Constructions and their associated contractors.

It looks amazing, keep up the good work!



Independent Services - Community Access

For February and March, the focus was on birthdays here at Independent Services.

For Jane, David, Elaine, Mandy, Paul, Ricky, Stephen and Alistair, celebrations were aplenty with cake and birthday cheer.

Paul Cooper invited friends to celebrate his special day with a party at Chant Street. Paul was very eager to assist in the making of savoury sausage rolls, quiche, sandwiches and the cake in preparation for his party; thank you Paul for inviting us all to share your special day.

Our community programs resumed at

their regular venues. The Monday morning swimming group excitedly returned to the pool to continue to work on their water safety, drills and swimming techniques.

Wednesday afternoon sports group also enjoyed returning to the Elphin sports centre for the very competitive sport of indoor cricket with their friends from the Newstead Campus.

The fishing group made the most of the sunny weather as they returned to Waverley Lake on Monday afternoons. Although there were quite a few nibbles, they are yet to catch any fish.

The Chant Street garden produced

enough tomatoes for the cooking and gardening groups to make a batch of relish that was utilised when making our homemade hamburgers. This year we have successfully grown passion-fruit. We are now looking forward to a variety of recipes that will include this fruit.

Amanda Mallett,
Independent Services Team Leader



Castlemain Road - Supported Accommodation

These past few months have been very busy for Shereena, finding a routine and getting into the swing of being a new mum. Shereena is doing great and loving it.

Shereena has also managed to keep some balance in her life, still being the social butterfly, attending events such as the Devonport regatta; she was super excited she got to meet Colby, one of the Home and Away celebrities and of course got loads of photos. Shereena also went on some of the show rides they had, what an awesome day out full of fun and excitement.

Shereena has been able to keep her

social connection with many of her friends coming to visit, also attending her usual day programs outside St Michaels, in between the hectic mum life at home, however she is loving all of it.

Shereena has also regularly been visiting the cat haven in Longford, the guinea pigs at Pet Stock and also the miniature ponies in Ravenswood.

Shereena is excited for the next few months, however doesn't want it to come because she knows bub is already growing up way too fast.

Abby Theobald,
Castlemain Rd Team Leader



In-Home Tenancy - Personal Support

The last couple of months has seen the IHTS staff very busy with a number of activities in the community. The circus was in town and quite a few of our participants were jumping at the chance to see it. Brody, Julieanne, Helen, John, Leigh and Daniel were just a few that attended. Everyone reportedly had a great time.

Paul celebrated his birthday this month and with mum away Paul had some very thoughtful and dedicated staff that gave up their own time to take Paul and some of his friends out for a birthday tea at The St Leonards Hotel. Thank you to all that attended this special dinner for Paul.

Lee C enjoys his day out in the community with his support staff each week and when he returns home there's nothing better than a good foot soak. Lee enjoys the Tiger Bus and Hungry Jacks for lunch.

Our involvement in supporting our participants with day to day living skills has certainly ramped up and staff have been busy encouraging our participants to work on skills like vacuuming, cleaning, bed linen changes, taking care of pets, shaving, grocery shopping and making healthy choices.

Last weekend saw some of our participants supported to attend the aeroplane and car show at George Town

which was an enjoyable day out and enabled them all to enjoy the tail end of our warmer weather. There have been many weekend barbecues and outings like Myrtle Park which is getting quite a few of our tenants together to enjoy each other's company.

I would like to say a huge thankyou to all the IHTS staff as they have all stepped up put in extra hours to ensure all our participants received their support when we have had a very large volume of staff on leave. Your dedication is very much appreciated.

Trish Wrigley,
Personal Support Co-ordinator



Desmond Wood - Respite Transitional Accommodation

January saw Millie spend a night away from Desmond Wood. She travelled down to Richmond with a couple of stops on the way. We had lunch at Ross at the old Bakery; we also purchased a couple of slices to have at Richmond Bridge for afternoon tea. After checking into our cabin we travelled to Hobart for a spot of shopping, Millie purchased a new lunch box for school and other essential items before having some fun and buying things to brighten her room. After this we went to source some quotes for a new bed, but none seemed quite right after a try, so we headed back to Richmond where we went for a swim in the pool and completed Millie's exercise program. On Wednesday after a great night's sleep we ventured to Zoo Doo, where Millie

enjoyed watching the Marmoset or I think the Marmoset loved watching Millie! We also enjoyed the safari trip around the zoo; Millie wasn't scared of any animal and seemed to enjoy it all. After a great day we slowly made our way back to STMA. We are eagerly planning a night away for the Easter holiday. Watch this space to see where we end up.

2020 has seen Zack return to respite, this year staying during the week, and all I can say is welcome back Zack and what a pleasure it is to watch you excel in the kitchen and enjoy learning new things to cook. We look forward to seeing what you achieve this year.

Megan Thomas,
Desmond Wood Team Leader



Day Program - Community Access

There has been a lot happening in Mer-rington Centre these past two months.

Daniel Henry just had his birthday; we celebrated with some birthday cake made by Tammy. Daniel was in the best mood all day and especially enjoyed the staff and participants singing Happy Birthday to him.

Great things are happening in our work-shop. The participants are producing some fantastic projects, such as book shelves and they have just purchased some more materials to do more projects.

We had the pleasure of welcoming Zac to Day Program. He seems to really enjoy heading out into the community on the Bus Travel program. When Zac comes from activities he expresses to staff that he is happy and enjoyed it with a big smile on his face.

Kevin seems to be enjoying using his 1:1 support on Mondays with staff using

the Reader Pen to read. The pen works by reading the text aloud as it is glided across the page; he is now able to operate the Reader to read sentences and it is helping him greatly with his literacy skills. Well done Kevin!

On the Monday swimming program, Geoffrey has come a long way. The program enables him to experience social interactions in the public and with staff. He enjoys his swimming, interacts well with others and has a big smile on his face while exercising in the pool. Well done Geoffrey.

Staff at the centre are working hard to encourage our participants to stay active and to achieve their goals. It has not been an easy month for everyone but well done to all staff and participants as we look forward to some more great achievements in the coming months.

I want to thank management for the opportunity they have given me as Act-

ing Team Leader in Day Program. I am really enjoying working with staff and participants and assisting the team in supporting our participants to work towards their goals. To our great staff, thanks for all of your support.

Adolphus Hill,
Day Program Acting Team Leader



Daniel Henry's Birthday Celebrations



Youth Break - Respite, Life Skills & Community Access

My name is Robert and I have been coming to Youth Break for about 18 months; I come for the full weekend which includes overnighting for 2 nights.

I've been to one other respite service, but St Michaels is my favourite as the staff are better towards me. I like the staff at Youth Break, they support my needs and listen to me. They are always encouraging and coming up with ideas I enjoy. I feel happy mum can have a break and I know I have another group of people I can trust, I am very thankful for that. Staff are always friendly and approachable when I see them when they're not working and that makes me feel good. I do love stirring them up and having a banter with them.

When I first started coming it was difficult because I was not used to the routines or sharing spaces with different people. As I became more confident, I settled in well. I've learnt to cook different items but really enjoy barbequing. I like to help with chores, but I do struggle with washing up, I hope to learn better and adapt my techniques so I can succeed in this.

I appreciate having my own space, which is a bedroom, it's nice having my own privacy when I need it. I've really liked making new friends and coming

into Youth Break and catching up with them.

I've learnt to be patient and understand that sometimes I have to wait my turn, I've learnt to communicate better with people and that has helped me have stronger friendships.

My favourite outings have been:

- The Exeter Show
- Ulverstone
- Bridport
- The Lavender Farm, I got to sing Slim Dusty and Alan Jackson songs with a guitar player!

I hope to keep coming to Youth Break

By Robert Smith



Circus Highlights



East Devonport - Community Access & Personal Support

Wholey moley and just like that it's March already!

If only all of you could smell what's been cooking down here at East Devonport. Our cooking programs have been thriving with the production of our cookbooks taking place. This week it was home-made relish with tomatoes out of our own garden, also, some vegetable and broth soup has been prepared for these colder days we have started having.

Before winter is upon us, we set off on another one of our exciting community access days to Boat Harbour! We made quite a few stops along the way enjoying what the North West Coast of Tasmania has to offer. Our first stop was at Wynyard for morning tea, the chilly breeze did have us eating at quite a pace to get back into the van. From there we enjoyed the sites of Table Cape including the lookout, the tulips, and the lighthouse and also spotting

some deer along the way. We arrived at our destination and all of our participants enjoyed a picnic lunch making great use of the BBQ facilities on-site. The view was breathtaking and magnificent!

Within Day Program we have been very busy. All participants and staff are working harmoniously together, having regular catch ups to plan new activities for ongoing enjoyment and engagement. Some recent projects include: working on Easter crafts, Mother's day projects and even testing out our wood work skills with some pallet projects. To date we have many exciting things in the making.

A range of external activities continue to be as fun as always. Participant favourites include visiting Paranapple Art Gallery, the local Library and the RSPCA (Cuddle Club). Whilst being a great benefit to our participants providing meaningful volunteer experiences they are

also socialising with fellow volunteers and mingling within the community.

In closing, we are continuing to grow here in Devonport. New participants have joined over the past few weeks and settling in well. We have also greeted some additional staff members to the team, welcoming Kristy, Samantha, Damian, Brent and Sharon.

Marcia Lade,
Program Coordinator
East Devonport




financial streams

Clear, strategic & personal

financial advice for the people of
Launceston

Call Andrew for an
obligation-free chat
on 03 6388 9224



"I feel privileged
to be a part of my
clients' financial
journeys."
-Andrew Ledingham



andrew@financialstreams.com.au

Hawthorn Street - 'Our Home' Supported Accommodation

The festive season may be over, but that hasn't stopped the residents at Hawthorn Street from keeping busy. Hannah and Sarah H have been particularly social over the past few months, attending a number of birthday parties with their friends.

Heath enjoyed some time away with his family to enjoy his twenty fifth birthday. When he arrived home, he was eager to show staff and his housemates all the wonderful presents he had received to mark the occasion. He also got to attend a family member's wedding, an event he had been excitedly waiting to arrive for quite a few months.

Sarah C has enjoyed the most of what summer has to offer, and has been visiting the gorge and the aquatic centre on the particularly hot days. She especially liked getting in the spa at the aquatic

centre after spending most of the time in the pool. Sarah has also been working towards saving for her trip to Queensland later in the year, and is getting closer each week to achieving this goal.

The residents at Hawthorn Street also assisted to help set up the first Social Club of the year, celebrating the Chinese New Year. With fried rice and beef and black bean on the menu and "Mulan" playing in the background, everyone had a great time being back from an extended break after Christmas. What made this night even more special was that the residents also raised money to donate to the Australian Bushfire Relief. Good on you all for acknowledging the devastation that has hit our country and for looking for ways in which you can help.

As always, thank you to everyone who has assisted the residents at Hawthorn over the past few months; you are really making a difference in the lives of these residents. Special thank you to Charlotte who stepped up to perform the higher duties while I was away on annual leave. It was really appreciated.

Stay safe everyone and we can't wait to see what the next few months bring for the residents at Hawthorn Street.

Juanita Hack,
Hawthorn St Acting Team Leader



Audit + Assurance

Self-Managed Superannuation Funds

Financial Reporting

Bookkeeping

auditing & accounting
SOLUTIONS

Registered Company Auditor
Registered SMSF Auditor

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

Penquite Road - Supported Accommodation

What an active two months we have had at Penquite Road.

Kathy and Robyn have joined the fortnightly games night at STMA on a regular basis and have taken to it like ducks to water; Kathy has been participating in playing UNO which seems to be a popular game among the participants, while Robyn has been working on her bowling skills on the Wii gaming system and also racing Mario in the Mario Kart game on the Game Cube. These are new activities for Robyn and Kathy

and it is exciting to see these ladies branching out.

Paul attended the Sesame Street Circus Spectacular at Royal Park; Paul had a fantastic time interacting with the public and treating himself with a few souvenirs on the way. Once back at Penquite he could not contain his excitement and told all staff and participants about the show. Paul was great at imitating some of his favourite characters as well.

Gary has been very interested in his car

restoration programs on TV of late and has also been involved in a trip doing some kayaking at Grindelwald.

All participants have been forming independence and expressing their choices of lifestyle in their residence from a cup of tea to a nice walk in the park. It is encouraging to see them make their own healthy choices.

Richard Nicholls,
Penquite Road Acting Team Leader



Sayer Street - 'Our Home' Supported Accommodation

Hi to all from everyone at Sayer street. It's been an interesting month at the house with a few different activities going on.

We had the return of Kevin after his long holiday; he swung right back into his normal routine.

Kevin is still enjoying his fortnightly Tuesday nights at the St Michaels games night. He seems to really enjoy playing the games with other participants and peers whilst having a feed.

As of late, Kevin has also been going out with his friend Courtney for an activity at least every fortnight or month, such as bowling. He really enjoys these outings.

Sam has generally been keeping to the same routine of going to see and play

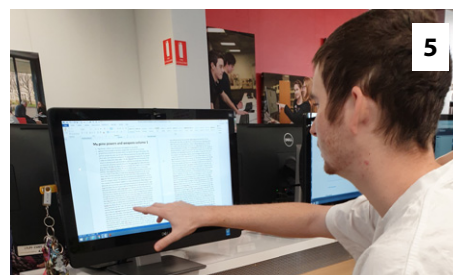
games at Scenic Isle through the day.

Sam still continues to go to Scenic Isle of a Thursday night for his dungeons and dragons sessions; the guys involved with this night rotate who is the dungeon master each week which means they write the chapter for that week of the story they are following. Sam seems to do pretty well at this and has quite the imagination! This has been passed on from others involved in the party. Well done Sam.

Both of these young men do a very good job with the routine of the house. Lately they have been able to cook meals independently with minimal prompts and assist in the cleaning after eating.

Stay tuned to hear about what the next two months month will bring.

Phil Southon,
Sayer Street Acting Team Leader



Merton House - Supported Accommodation

We celebrated Australia Day with some decorations, games and a BBQ for lunch. Cricket was the favourite for the day, with even some participants from the units joining in.

Exciting news, Ben turned 21! He was given a lot of special gifts, most requested by himself. Staff put up banners and birthday signs for him to wake up to. There was a special birthday lunch followed by Ben spending time enjoying his gifts. Ben went out for dinner and received more presents from Terri, his advocate. Ben returned with his arms full of gifts, cards, balloons and some left over cake. Ben also went to see some shows, first the Wiggles and then the Sesame Street Circus.

George was supported to attend the BBL in Launceston. I have to admit I did not have a clue what BBL was but George was quick to inform me. From

what I am told George had a fantastic time and was exhausted when he got back home. George has also started playing touch footy and loves it. George showed off his cooking skills and made homemade sausage rolls for everyone. George has been busy studying for his learners license.

Brandon continued to enjoy his nights going to the pub to socialise and listen to the music. Brandon is looking forward to a holiday to Melbourne with his family soon. Brandon cooked up a huge spaghetti bolognese for everyone, he even did the dishes after and mopped the floor. Brandon has been so busy with his drawing, I am now the proud owner of a one of a kind work of art.

Ashlee enjoyed the variety of female support workers over the school holidays. Ashlee is still our number one online gamer. At times you can hear her

laughing so loud from her bedroom. We managed to find a new hobby for Ashlee and she is very proud of her efforts; Ashlee is now sewing and doing long stitch. Ashlee had her first day back at school this year.

Jacob has enjoyed spending time at his mum's. Jacob is a huge Bee Gees fan and lucky for Jacob his mum gave him a new tablet so that he can enjoy and share his music more. Just about everyone in the team is now singing Bee Gees songs. Jacob has been working on his communication skills with the use of a yes or no button, this is coming along faster than we all expected.

We are all now looking forward to Easter. The decorations will be starting soon.

Tracey Gillespie,
Merton House Team Leader



Barton Street - Supported Accommodation

Well these past few months have been rather relaxing for Krystal, after such a busy Xmas period with all her choir concerts, it's nice to slow down and take a deep breath.

Krystal has been busy with her arts and crafts, making paper mache boats that float on water and also making a new quilt for Mya.

Krystal has also been making new social connections, utilising the free BBQ areas around the Tamar and going to the beach at Low Head. Oh what a great

feeling to have the sand between your toes and the sound of the waves, then a snag on the BBQ to top off the day.

Krystal is excited to get back into choir and start singing again; they have some new songs to trial, some old classics but also some newer ones to mix things up a bit.

The next few months will be back into routine, almost a choir concert every month, which is always exciting. Krystal will make the most of what hot sunny weather we have left before the snowy

conditions arrive.

Abby Theobald,
Barton Street Team Leader



Our Assets

All vehicles in our Newstead fleet have been installed with Nighthawk Wi-Fi devices in preparation for the use of Tablet computers in these vehicles, essentially this will allow staff to access client information out in the community.

Just a reminder to those who use company vehicles: our vehicles don't all take one type of fuel – by adding unleaded to a diesel (example) and starting the engine it is possible that the engine can

be ruined and this can cause several problems – extra downtime, extra expense, extra inconvenience, along with the embarrassment. Please pay attention when fuelling any vehicle and make sure you are adding the correct fuel.

During February we have been able to deliver two truckloads of green waste to the tip and that's a lot of cuttings and tree branches. Our grounds are looking good, although we still suffer with

weeds and are spraying them weekly. We will be fostering one of our friends (a participant) who wishes to become a volunteer gardener over the coming months so if you see another orange vest working in our grounds please wish him well.

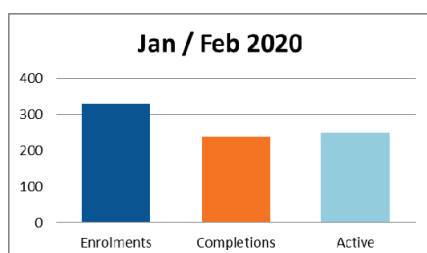
Paul Westgarth,
Asset Supervisor



St Michaels Training



It's been a busy start to the year in the RTO as you can see from the figures below.



We have a number of programs up and running already with more to commence in the coming weeks. Our Food Safety program is again very popular and this month we saw the STMA group in the kitchen preparing sandwiches. We are looking forward to commencing a new Food Safety Program in April for Vincent Industries in Wynyard.

We have completed our internal audit in preparation for submitting our annual declaration on compliance to the

Australian Skills Quality Authority (ASQA) at the end of March.

Due to increased demand we are seeking another Trainer/ Assessor for the delivery of Certificate III in Individual Support (Disability); if you are interested or know someone who might be please contact me on 6333 2600.

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 TL11215 Certificate I in Warehousing Operations.

Skill sets offered include:

- Food safety and basic cooking
- Horticulture
- Digital skills
- Leadership



Baked maple-glazed salmon with wilted spinach

Ingredients

- 1/2 cup (125ml) freshly squeezed orange juice
- 1/3 cup (80ml) maple syrup
- 2 teaspoons freshly grated ginger
- 1 garlic clove, crushed
- 4 x 180g salmon fillets, without skin
- 2 teaspoons olive oil
- 150g baby spinach leaves

Instructions

Step 1

Preheat the oven to 200°C. Line a baking tray with baking paper.

Step 2

Place orange juice, syrup, ginger and garlic in a small pan over medium heat,

and bring to the boil. Reduce the heat to medium-low and simmer for 8 minutes or until slightly reduced and syrupy.

Step 3

Place salmon on prepared tray. Reserve half the maple glaze. Use remaining glaze to brush over salmon fillets. Bake for 8-10 minutes, until cooked to your liking, brushing salmon with reserved glaze halfway through cooking.

Step 4

Meanwhile, heat the olive oil in a large non-stick frypan over high heat. Add the baby spinach leaves and cook, stirring, for 2-3 minutes, until just wilted. Season to taste with sea salt and freshly

ground black pepper.

Step 5

To serve, divide the wilted spinach and salmon fillets among four serving plates, and drizzle salmon fillets with any remaining reserved glaze.



Hot cross muffins

Ingredients

- 135g dried cranberries
- 1 cup (150g) currants
- 2 1/2 cups (375g) self-raising flour
- 1/2 teaspoon bicarb soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2/3 cup (165ml) sunflower oil
- 1 cup (250ml) buttermilk
- 2 eggs
- 200g caster sugar, plus extra 2 tablespoons
- 80g icing sugar
- 1 teaspoon lemon juice

Instructions

Step 1

Preheat oven to 200°C. Grease a 12-hole muffin tray and line with paper cases.

Step 2

Soak dried fruit in just enough boiling water to cover for 10 minutes. Drain well, then pat dry with paper towel.

Step 3

Sift the flour, soda and spices into a large bowl. In a separate bowl, whisk together the oil, buttermilk, eggs and sugar until combined. Add to the dry ingredients and stir to combine. Gently stir in the fruit. Divide the mixture among muffin cases, then bake for 20-25 minutes until lightly browned and a skewer inserted into the centre comes out clean. Cool completely on a wire rack.

Step 4

Meanwhile, place the extra 2 tablespoons sugar in a pan with 2 table-

spoons water and simmer over low heat, stirring, until sugar dissolves. Brush the glaze over the muffins.

Step 5

Sift icing sugar into a bowl. Add lemon juice and just enough hot water to make a thick, pipable icing. Use a piping bag or drizzle from a spoon to draw a cross on each muffin, then serve.





Photo Order Form

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

<input type="checkbox"/> 6x4" = \$2	No. of copies.....	Page Number.....	Photo ID Number.....
<input type="checkbox"/> 6x8" = \$3	No. of copies.....	Page Number.....	Photo ID Number.....
<input type="checkbox"/> 8x10" = \$7	No. of copies.....	Page Number.....	Photo ID Number.....
<input type="checkbox"/> 12x8" = \$10	No. of copies.....	Page Number.....	Photo ID Number.....

TOTAL = \$ includes postage delivery

Payment options:

Cash in person at St Michaels Association office (22 Hoblers Bridge Road), EFTPOS via phone (6331 7651), electronically (BSB 017042 Account Number: 002398139), Cheque/Money order made payable to St Michaels Association Inc. or Credit Card

☐ Visa ☐ Mastercard Card Number
Expiry Date:

Card Holder: Signature:

Details

Mr / Mrs / Ms / Miss First Name Surname:

Address Suburb:

Postcode 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

Payment options:

Cash in person at St Michaels Association office (22 Hoblers Bridge Road), EFTPOS via phone (6331 7651), electronically (BSB 017042 Account Number: 002398139), Cheque/Money order made payable to St Michaels Association Inc. or Credit Card

☐ Visa ☐ Mastercard Card Number
Expiry Date:

Card Holder: Signature:

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

Details

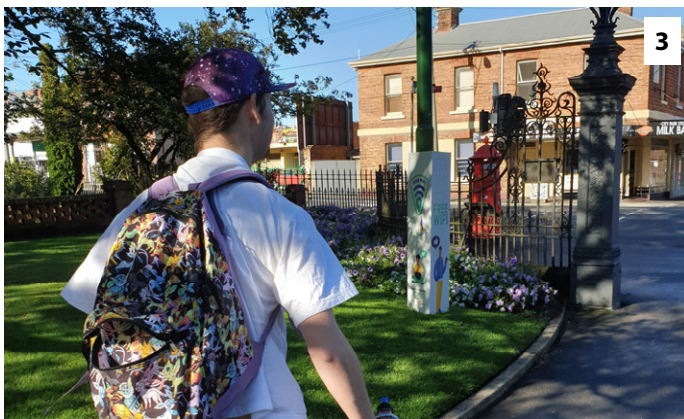
Mr / Mrs / Ms / Miss First Name Surname:

Address Suburb:

Postcode Phone: Mobile:

Email:

Highlights



Highlights



Contact Details

St Michaels Association Inc.

Northern Tasmania

22 Hoblers Bridge Road

PO Box 306 Newstead, Tas 7250

Phone (03) 6331 7651

North West Tasmania

19 North Caroline Street,

East Devonport, Tas 7310

Phone (03) 6459 2522

admin@stmichaels.asn.au

www.stmichaels.asn.au

Find us on Facebook for regular updates



NDIS | Choice and Control | Daily Living | Accommodation | Respite | Social and Community

