

By St Michaels Association

## From the CEO



John Gilpin

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

The cover of this edition I will be discussing 3 key areas: COVID-19, the finalisation of Mental Health Respite: Carer Support (MHR:CS) commonly known as "Youth Break" within St Michaels after 10 years and finally a discussion on the Assistive Technology Smart Home Development here at 22 Hoblers Bridge Road Newstead.

### COVID-19

As everyone is aware we have all been on restricted operations over the last few months and I thank our staff and participants on how well we have come through this pandemic by following a detailed and lengthy Contingency Plan laid out by the Associa-

tion. As we head into stage two from stage one many of these restrictions are now being relaxed, however I remind all of us to remain vigilant and maintain practices learnt during this exposure to a highly infectious virus.

St Michaels will continue the following practices:-

- Keep 1.5 metres away from others (1 person per 4 square metres in a room). This does not mean your support person.
- Infection control
- Washing/sanitizing our hands
- PPE use when needed
- Structured and regular cleaning protocols
- Little things like coughing and sneezing into our elbows or staying home if we are sick

St Michaels is now transitioning our CoVID-19 Contingency Plan to form two smaller plans, one being a simplified CoVID safe plan that links with Worksafe Tasmania's requirements for a compliance plan by 15<sup>th</sup> June and a CoVID Recovery Plan on how we continue to transition out of the pandemic stage as we work collec-

tively with CoVID-19 risks for our sector.

### Mental health respite: Carer Support

After 10 years of providing respite and transition support through the Department Social Security, Youth-Break as it was branded, has now finished as the transfer from the Commonwealth Program of the Care Recipient (participants) have now all transitioned to the NDIS. That said, the program was based to help Carers as much as the Care Recipient, so to support Carers, Carers will now be able to access additional services through the new gateway, which is being run for the State of Tasmania through Carers Tasmania on 1800 242 636. The finalisation of this wonderful program has had the final people in the program being sent a letter from myself and if you wish to discuss any concerns please do not hesitate to contact me on 6331 7651. Respite support (NDIS call it short-term accommodation) should now come from the NDIS Plan of the participant.

CEO Report continued Page 2.

Advertisement

# Peter Gutwein MP

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Tasmanian  
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## From the CEO (continued)

### NEW Accommodation: Assistive Technology Smart Home Building Project

Update on some good news: the building of our **Assistive Technology Smart Home Building Project** is well and truly underway.

The project consists of 14 buildings that have the following capabilities or capable of the following; automation via tablet/voice control for TV, heating, curtains, doors, windows etc. They are also fitted with a hoist lift to and from the bathroom that are built into the ceiling and kitchen, that have sink areas that will move up and down at the touch of a button or a manual process. Please note; four of these buildings will be fully fitted with the above, however all the wiring and infrastructure is built into the walls ready for retrofit depending on the needs of the tenant or participant of the NDIS.

Nine individual units are there for those tenants on our waiting list and they will be called and interviewed in July/August, however a number of this list have been placed during that time of the waiting list creation. If you are interested please do not hesitate to contact me.

We have two, 2 bedroom homes that are designed for high needs people with accessibility issues. These units have been fully fitted with equipment or can be filled with equipment for one staff member and for one participant in an affordable accommodation rental price.

Supported Independent Living (SIL) is available with 3 to 4 bedroom group homes where one staff and three participants in a smart adaptable housing situation will be available.

We are currently reviewing our waiting list for these buildings, however given the needs of the community St Michael's would consider looking at applicants for these 4 Supported Independent Living smart homes.

In summary over the last couple of months quite a lot has happened. As always we welcome (especially as restrictions are easing) the opportunity to discuss any of your concerns in a more direct manner via telephone, face-to-face meetings and/or email.

On behalf of our team we hope you enjoy reading the stories within the newsletter.

Stay safe, follow social distancing and we will speak to you again soon.

John



## Participant Projects

We are lucky to have some very clever participants amongst us here at STMA!

As many of our usual community access facilities are temporarily closed, Independent Services and Day Program have used this as an opportunity to run more sessions from their centre-based programs.

John Reisz is a regular participant in the Day Program's workshop program and recently completed his very own bread-

board. We can't wait to see his next masterpiece!

Lyn Tanner has been working hard in the sewing program at Independent Services and came by reception to show off the stunning floral dress she made.

Jo Wallace was all smiles when she came in to show off her colourful craft project, made at Independent Services during the craft program.

It is great to see our participants keep-

ing busy and adapting to the changes in their routines. Well done to you all!



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

Covid-19 has seen Youth Break find different ways to spend the weekends.

Before the restrictions came in, Youth Break participants were able to spend an amazing day discovering the treasures at Sheffield where we searched for certain murals and items. We also supported local businesses by purchasing lunch and afternoon tea. We played cricket and football in the park before heading back to Launceston.

Once the restrictions were put in place, we have had days filled with cooking, movies, craft and some exercise in simple ways. Covid-19 hasn't stopped us working together to reach goals set for each participant. Bradie-Lee has been working hard towards her goals of assisting more in the kitchen, such as choosing meals, peeling potatoes or washing dishes afterwards.

Youth Break and Desmond Wood also said goodbye to a staff member who has meant a lot to us all; Courtney Evans has graduated as a registered nurse late last year and has secured a graduate position, meaning her time with St Michaels has come to an end. We will all miss Courtney's wonderful smiley attitude that saw many participants and staff learn new skills in a wonderful way. The LGH is very fortunate to gain such a caring and wonderful person. Good luck in your new career Courtney, please come and visit us soon.

Hopefully the next newsletter will see us welcoming back many Youth Break participants who have stayed at home during these trying times. Thank you to all the families for doing everything you can to stay safe and well and I will see you all soon hopefully.

Megan Thomas,  
Youth Break Team Leader



## Penquite Road - Supported Accommodation

The Coronavirus has been a big transition for all of our staff and of course our participants. All of our participants had to learn the 1.5 metre rule and to give everyone their personal space. Paul Dunham has taken a little longer than the others as he 'shakes hands as he's a gentleman', he tells everyone Corona should be gone by Christmas.

Before Covid-19, both Kathy and Robyn started to join the Wednesday night basketball group. This was great for their fitness and personal skills. Robyn also had her swimming on Saturdays with some encouragement from our staff.

Robyn was also keen to get dressed up in her favourite football colours ready for her day program at Independent Services.

Kathy tells us she is looking forward to the basketball group and social club to start back up, as she has been practicing her Uno skills with her time spent at home.

Gary misses being able to go to his favourite spot to get a nice cup of tea.

Due to more time spent at home, Gary has been more interested in the technology side of things, including using a tablet to view videos of cars, trucks and vans. Moving forward, Gary is learning to use his own tablet with assistance from his 1:1 support to learn technology skills.

Paul has been going on a lot more walks around Evandale, his favourite place. He finds it hard at times to not be socialising but he is looking forward to Coronavirus passing. Paul has improved his skills within the home by assisting with his washing and keeping his room clean with his new bed! Paul also enjoys assisting in making lunches for the week.

As we move on to the following months, our clients are looking forward to socialising back into the community as they are missing interaction with others. The ladies have been missing

church on Sundays as well as the markets and Pancake Saturdays.

Richard Nicholls,  
Penquite Road Acting Team Leader



## Hawthorn Street - 'Our Home' Supported Accommodation

Just like it has everywhere in the world, life has really changed for the participants at Hawthorn Street over the last couple of months.

Sarah H has been at home with her mum since the lockdown started, but she seems in good spirits and has been keeping herself busy. In April, Sarah celebrated her 30th birthday, and although it wasn't the big celebration that she would have liked to have had, she still had a good day, and her house-mates all wished her a very happy birthday.

Instead of using the weekends to go bowling or head into town to watch a movie at the cinemas, the residents have had to be creative and think out-

side the box when it comes to entertaining themselves. Some of the activities that they have enjoyed most over the past few months include cooking new recipes in the kitchen, completing some boredom buster worksheets that staff have collated for residents and watching movies on Netflix. Sarah C has also been busy out in the garden, trying her best to keep it maintained.

Thank you to all the staff who have supported both myself and the residents during the past few months. I have really appreciated it and your hard work does not go unnoticed. Look after yourself and those around you and we will see you next time.

Juanita Hack,  
Hawthorn St Acting Team Leader



## Day Program - Community Access

Wow my first Day Program newsletter! I have to say I feel I have settled in well, I definitely have enjoyed getting to know all of the staff and the wonderful participants here.

We have all been trying to keep busy during this hectic time with COVID-19. With most of the programs on hold, we have had to make some changes to the daily activity program. I am happy to report that everyone has been smiling and keeping busy and the new activities have been accepted by all.

Our new and improved music program has been a huge success. There are some new instruments that our participants have been enjoying having a go at. The violin was enjoyed by most until unfortunately the strings broke. With the music program we combine the drumming, singing and dancing.

Gary is a lover of trucks! Gary went out to Kenworth Motor Company where he was introduced by Adolphus. Gary was given a visitor's vest to put on and off he went for a tour of the place. Gary was given the opportunity to jump in a truck, and as you can see by the photo, he was not shy in doing so! With a huge smile on his face Gary sat proudly in the

driver seat. Gary was given a few Kenworth treats before leaving. A special thank you to Adolphus for taking Gary on this wonderful day.

Following some gardening at the centre, Bradie-Lee went out to Bunnings for some tactile experience. Bradie-Lee was happy to assist in purchasing some new plants for our raised garden. Bradie-Lee enjoyed smelling and touching the plants. It will be great to see how they grow.

Ben has been enjoying our new computers. Thank you to Merv for setting these up for us. The participants are making use of them daily.

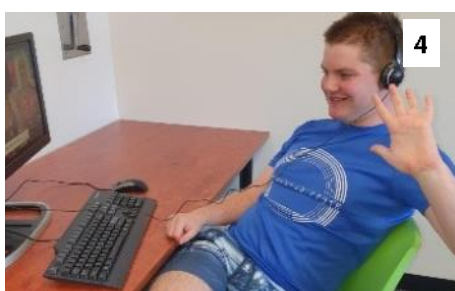
Day Program team member John joined in with the cooking program (so much for the diet); the participants really enjoyed all of the energy in the kitchen. All we could hear was laughing - so much so that at one point we weren't even sure we were getting fed. Brandon and Kevin have both decided they want in on the fun and now take part in our Wednesday cooking program.

We all discovered Pari is fantastic with the sewing machine, so I think we might have to put our orders in early!

Gabbie enjoyed some time out in the community (social distancing) while being supported from her home. It was nice to see her enjoying some fresh air during these uncertain times.

Our first theme week was a hit. We celebrated Mexico for a week, with craft, art, making our own piñatas, cooking up some authentic Mexican food (thanks to Tammy and the participants for some yummy treats). The participants made decorations and I have to say how bright and festive the place looked.

Tracey Gillespie,  
Day Program Team Leader



## Castlemain Road - Supported Accommodation

As they have been for everyone else around the world, the past few months have been very different for Shereena because of the restrictions put in place due to the COVID-19 crisis. However, Shereena has started to adapt to this new way of living, and has used this time to learn a bunch of new skills.

Shereena has always enjoyed cooking, and she has used this time to learn a few new recipes, including rocky road, something she really enjoyed making over the Easter period. Of course, her favourite meal to make is still tacos, but with a lot of encouragement, she is willing to venture out and try new recipes.

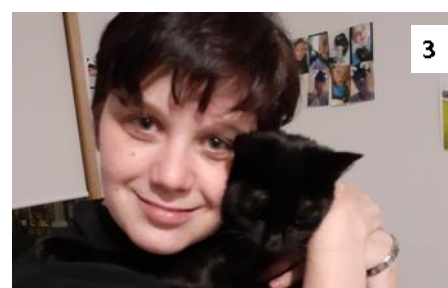
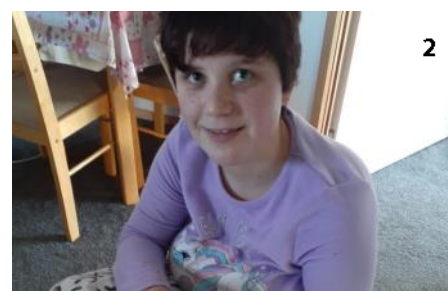
Another thing that Shereena has been doing to keep herself busy is a number of different craft projects. From blankets to paintings, colouring in to knitting, she has tried just about everything there is to try to keep herself entertained during this lock down.

May also marked Shereena's first Mother's Day. Although this event could not be celebrated the way she wanted to,

Shereena still enjoyed the day and was spoiled with lots of presents.

Thank you to all the staff at Castlemain who have assisted Shereena to cope with the changes that have occurred over the past few months. Shereena and I have both really valued your help and your hard work does not go unnoticed. In these difficult times, I hope that everyone can find at least a little bit of happiness in their day, and urge you all to stay safe and look after yourself and those around you.

Juanita Hack,  
Castlemain Road Acting Team Leader



## Kenneth Court - Supported Accommodation

The last two months have been mostly based at the house finding different activities they normally would not do.

For Val it was spending time with her bird (Bella), finding different outfits to wear to shock the staff but mainly building her friendships with her housemates.

Andrew has been giving his vocals a work out by singing along with Karaoke, taking in turns with his housemates.

Nick has put his focus on improving his cooking skills, learning new ones as well as maintaining the skills he has already got by cooking not only meals for himself but for his fellow housemates.

Stephen has got in touch with his artistic side by drawing, painting and doing

some craft at the house.

All Kenneth participants have been spending this time brushing up on their winning skills while playing UNO.

Andrew, Nick, Stephen and Val are all looking forward to when they can resume their normal routines of going out into the community.

Nathan Avery,  
Kenneth Court Team Leader



## East Devonport - Community Access & Personal Support

The month of April has been different to months before with COVID-19 changing the way we live, work and socialise. Here at STMA Devonport we have been adapting our current programs in alignment with current restrictions and great things are still happening.

We have been keeping our minds and bodies healthy, being active and taking advantage of what our size and space within our site has to offer. Participants have been getting to know the neighbourhood and enjoying the waterfront on their frequent walks. As the cold weather approaches we have moved indoors for games and fun activities in the gym. Woodworking projects are keeping participants engaged with practical demonstrations and working on skills needed for any project; measuring, sanding and the use of basic hand tools. In the kitchen there is always something cooking and this month ANZAC biscuits were on the

menu. This is just a few of the many good things happening here.

Amongst all our goings-on we have also celebrated some pandemic birthdays. Taking this opportunity to ensure our participants celebrate their special day in style and with cake!

Speaking of style...we are pleased to share with everyone our transportation requirements have been significantly enhanced with a new van which is also wheelchair accessible. We are looking forward to our future community access day outings enabling us to now be inclusive for all.

From an In Home Tenancy Supports (IHTS) perspective adaptability has been instrumental in allowing us to provide ongoing supports where possible and we look forward to returning and resuming all supports in the near future.

Alongside our participant growth we

would also like to welcome our newer staff. Additional staff members to the Devonport team include: Natasha and Emma.

On a personal note, we look forward to everyone returning to their normal programs in the near future!

Marcia Lade,  
Program Coordinator  
East Devonport



  
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## In-Home Tenancy - Personal Support

The past couple of months have proven to be a challenge to say the least but not a challenge that the IHTS staff did not meet head on; having to find different activities for their participants and a different way of delivering service. This has been met by our participants quite well and they have adapted to many new things during this time. Travelling has been kept at a minimum and for social distancing reasons, our participants have travelled in the back of the vehicles.

Many people have taken this opportunity to work on their skills in the kitchen with baking and preparing meals. Chris Gipson has brushed up on his culinary skills and being supported to cook meals from scratch with a fantastic meal plan on a 4 week rotation.

Leigh Gladman has made a huge change to his routine which has seen him stay at St Michaels every weekend. Leigh has spent his time assisting with the Sunday Roast meals that have been prepared as a joint effort with staff and their participants as well as takeaway of his choice on Saturday night.

Lee Carver had some adjusting to do when his all-time favourite weekly Tiger Bus ride around the city was cancelled. Quick thinking from his support staff saw Lee join the music group in our day program each Wednesday where Lee has been enjoying singing and playing instruments.

Aaron Garcia found his volunteering at the cats home had to come to an end for now so he set about reaching another one of his goals which was to have NBN connected at his unit. Well done Aaron!

Tony Kramer has continued on with his Lego building which has kept him busy and he has created a wonderful building of a castle in his unit.

Jo Wallace has been surprising her staff by having a meal prepared before her staff get there! This has given extra time for spring cleaning, budgeting and a good chat which is one of Jo's favourite past times.

Many of our participants have also had to adapt to using bank cards instead of cash with a lot of their shopping which I

am pleased to say is another change they have all welcomed.

We are all looking forward to getting back on track and assisting everyone with their goals again, however this will be a slow process back to normality. I am very proud of the staff and the participants in the way they have all handled this unusual turn of events. This includes parents of participants who have not been able to have their family together during this. Well done to all.

Trish Wrigley,  
Personal Support Co-ordinator



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## Merton House - Supported Accommodation

It has been a bit quiet at Merton House as we are all following the restrictions and social distancing. The residents have had to adjust to some changes with Tracey Gillespie leaving Merton House and moving into her new role as Day Program Team Leader. We have also gained Jontae as our new resident. Jontae has been busy moving in with help from his mum; he has bought himself a new fridge and bed and settled in quickly. Jontae loves going to the pictures and walking so when you see Jontae walking around be sure to give him a smile and say hello.

Good news, George has decided to move into one of the vacant units on the St Michaels grounds so he can further his independent living skills. He's been busy making shopping lists with staff and is excited about the move. George has just purchased a second-hand fridge and washing machine and has been using his valuable one on one time to go shopping and price items that he needs to make the move. George is really looking forward to mov-

ing day, but Merton House participants and staff will be sad to see George go, even though he's only a stone's throw away. He says he plans to come and visit all the time.

Jacob has been going well, using his iPad to watch YouTube and following all the ads. Now that things are starting to relax, Jacob's mother is excited to have Jacob resume his Saturday visits. Jacob loves going home to mum where he knows that he's going to be spoiled rotten.

Because of the restrictions, Ben has been communicating with his advocate Terri by phone which is a bit hit and miss but both Terri and Ben seem happy under the difficult circumstances at the moment and both are looking forward to it easing.

Brandon has been making some good choices lately and helping with the participant meal choices. Brandon has been eager to help cook the evening meal and he made a fantastic spaghetti bolognese last Friday night. He is excit-

ed to plan more meals.

Ashlee is spending her usual time gaming and shopping on the internet, choosing to spend most her time in her room but now and again she will come out on a group outing for tea on Thursday nights.

During the restrictions the boys have been busy playing cards, watching TV and having some great conversations but we are all looking forward to being able to move around and explore Launceston again.

Wade Harding,  
Merton House Acting Team Leader



## Sayer Street - 'Our Home' Supported Accommodation

Sayer Street has been adjusting to the COVID-19 restrictions by trying to find things to do around the house.

Sam had bought himself a new PS4 controller so he can play two player with staff and has even made rules for a game, which he worked with the staff to make. One of Sam's goals is to com-

municate better, and he has improved on this greatly.

Kevin has been spending more and more time in the living room with staff and his housemate watching movies or playing games.

Both residents have been maintaining their skills when it comes to the house-

work. They are looking forward to the restriction being lifted so they can do a lot more community based activities.

Nathan Avery,  
Sayer Street Team Leader

## Independent Services - Community Access

April and May had everyone adapting to very different routines. Whilst some participants chose to stay home, others continued to attend their chosen programs, some chose to even attend other days to try new activities. With the closure of all community facilities, our programs continued to run from Chant St. Our tennis court provided us with an opportunity for not only tennis, basketball and bocce. It also provided us with a six hole mini golf course for all to maintain their putting skills.

Our main hall echoes music, fun and laughter as every Tuesday afternoon we have our dancing program with video clips on the projector screen, much to everyone's delight. Thursday afternoons the indoor bowls challenge with Nick, Stephen and Andrew is extremely competitive with again many laughs.

Our Fun Fridays became a dress up day of choice with many different outfits and styles. It is all about fun on Fridays.

Our home support for participants offered a chance to maintain skills as well as social contact. Val, Caroline, Mandy and Kaylene all chose to have this support at home. Val has been cooking up a storm and enjoying some pampering. Caroline and Mandy are busy craft making for family and friends whilst also cooking in their kitchens. Kaylene has enjoyed working on her cross-stitch for her craft afternoons.

Paul chose to join our art program on Thursdays with great success. He is drawing and painting some beautiful pictures for his favourite family and friends and is currently trying to fill all his orders. I know everyone that has received one of Paul's paintings is very

proud and impressed with his hard work.

We welcomed Millie at the beginning of May for home schooling. Millie has her own classroom and adapted well to the change, whilst also maintaining her social network. We look forward to seeing everyone back soon.

Mandy Mallett,  
Independent Services Team Leader



## Barton Street - Supported Accommodation

I have been a member of the Choir of High Hopes for a number of years now. It is awesome that we are able to sing in a choir even if we have disabilities.

Just before Christmas 2019 our choir travelled to St Helens to participate in the Carols By Candlelight Concert. This involved performing late at night in the Concert and staying overnight.

Shortly after this, on Christmas Day, Mya my service dog and I got to sing at the Launceston City Community Christmas

Day lunch held at the Albert Hall. Their hall was filled with people and families sharing this day and this is the certificate that our choir was awarded for our contribution to this event.

Krystal Watson,  
Barton Street Resident



## Desmond Wood - Respite Transitional Accommodation

Hi everyone. Desmond Wood staff and participants would like to share what we have been achieving over these past few months.

Zack has settled into being back with us again and is working hard towards achieving his goals. We have seen Zack improve greatly with his kitchen skills, both in preparing healthy meals with staff for him and Millie to enjoy and also assisting to check both the Coles and Young's grocery orders. Zack has also started to do a menu planner which he is really enjoying, working out what he wants to eat for each week and checking the fridge and pantry to see what is needed. Zack is also working towards a

new goal (stripping and making a bed) and he is trying really hard to become more independent with his household duties.

Even though it has been hard over the last couple of months with Covid-19, this has given staff an opportunity to help Millie move into her new bigger room which she has enjoyed. Millie has also been working hard on continuing with her exercise program by walking regularly with staff. With school also being closed, Millie's school program has had to be altered and she is now being home schooled from Independent Services site. Millie is adjusting well to her new home school environment

and meeting new people.

We look forward to sharing with you more of the participant's achievements in the next newsletter and we hope all the Mums had a lovely Mother's Day.

Paul Cousins,  
Desmond Wood Support Worker



## St Michaels Training



It's certainly been an interesting couple of months adapting to the changes COVID-19 has placed on us. It's mostly been business as usual for us; with some of our training programs having a small break, the majority have continued with a few changes made to the delivery.

Our training partner Medecs Learning have launched their online learning with great success and are still running classes, just with smaller numbers.

We have moved the delivery of our Certificate III Individual Support program to the St Michaels Hall where we have more room and our Food Safety program has been spread over two kitch-

ens.

The past few months has given us the opportunity to re-evaluate our training programs and we have made some changes that we are looking forward to implementing over the coming months.

We are always looking for ways to improve our programs to make sure we are offering high quality programs for our learners.

I think we now have a new "normal" that we must adapt to and I look forward to moving forward with my team and our clients into the new world. Stay safe!

Kim Dean,  
RTO Manager



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

**Co-ordination of Supports** - Support co-ordination 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 clients to get together for a meal, socialise and engage in leisure activities of their choice such as cards or board games, singing, dancing or enjoying a footy match on TV with a friend.

**Independent Living Units** - The 44 Independent Living Units are currently fully occupied with a tenant/landlord agreement in place. The units provide independent living in a safe, supported environment. The units are more suited to clients with higher skills, requiring minimal assistance and can incorporate assistance with self-care activities (see In Home Tenancy Support). Please note there is a specific criteria that is required to

be eligible for this service.

### Registered Training Organisation (60067)

- St Michaels is a Skills Tasmania Endorsed RTO providing accredited training for Tasmanians with a disability and individuals working in the disability sector.

We offer blended learning opportunities through on-the job traineeships in MSM20116 Certificate II in Process Manufacturing and TLI11215 Certificate I in Warehousing Operations.

Skill sets offered include:

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



## Bolognaise Pasta Bake

### Ingredients

- 1 teaspoon olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 500g extra lean beef mince
- 700g bottle tomato passata
- 1 cup water
- 2 carrots, grated
- 2 zucchini, grated
- Cracked black pepper, to season
- 250g dried pasta
- 200g reduced fat ricotta cheese
- 3/4 cup grated reduced fat mozzarella

### Instructions

#### Step 1

Heat oil in a large, deep non-stick frying pan or stockpot over a medium heat. Add onion and garlic and cook, stirring

occasionally, for 5 minutes or until soft. Increase the heat to high and add mince. Cook, stirring with a wooden spoon to break up mince, for 10 minutes or until browned.

#### Step 2

Stir in the tomato passata and water and bring to the boil. Reduce heat to medium and add carrots and zucchini. Simmer, uncovered, for about 10 minutes, stirring occasionally, until vegetables are softened and sauce thickens. Season with freshly ground black pepper.

#### Step 3

Preheat oven to 180C (200C fan-forced). Cook the pasta in a large saucepan of unsalted boiling water, following packet directions until al dente. Drain and stir into mince mixture.

#### Step 4

Spoon the mixture into one 10-cup capacity ovenproof six 1 1/2 cup capacity ovenproof dishes. Crumble over the ricotta, then sprinkle with mozzarella. Bake for 20 minutes or until golden and bubbling around the edges.



## Chocolate Berry Slice

### Ingredients

- Canola oil spray
- 3 eggs
- 75ml sunflower oil
- 200ml buttermilk
- 3/4 cup caster sugar
- 220g self-raising flour
- 1/3 cup cocoa powder
- 1/2 teaspoon bicarb soda
- 250g fresh or frozen raspberries, strawberries or blueberries (if using frozen, make sure they are unthawed)
- 250g berries, extra to serve
- Reduced fat yoghurt to serve

### Instructions

#### Step 1

Preheat the oven to 170°C (150°C fan-forced) and lightly spray a 20 x 25cm brownie tin with oil

#### Step 2

Using a hand-held beater, beat together the eggs, oil, buttermilk and sugar in a mixing bowl until well combined.

#### Step 3

In a separate bowl sift the flour, cocoa powder and bicarbonate of soda. Fold into the egg mixture then carefully add 250g of the raspberries and fold to combine.

#### Step 4

Pour the mixture into the prepared tin and bake on the centre shelf of the oven for approximately 45 minutes or until a cake skewer comes out clean when inserted into the middle of the slice. Remove from the oven and allow to cool for 10 minutes.

#### Step 5

Cut into 18 squares then carefully trans-

fer to a wire rack to cool completely. Serve with the extra berries and a dollop of reduced fat yoghurt.



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## Highlights



## Highlights



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