

# The Independent

St Michaels Association Newsletter



EDITION 53 | JULY 2020



*Supported Independent Living homes under construction*

## In this edition

- Introducing our new look newsletter
- Meet the team
- Program updates
- Supported Independent Living homes
- Recipes and more!

## From the CEO John Gilpin



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

The front page of this edition is dedicated to our new assistive technology smart "Supported Independent Living (SIL) homes project.

Thanks to RMB Construction and their

diligent team, the buildings are taking shape and ahead of the project timeline. If everything runs according to plan, the assistive technology smart homes will be available to view in October with a possible occupancy date in November 2020.

As many of you are aware the reason we are constructing five different styles of building is to accommodate people that have been on our waiting list for many years.

The waiting list has been maintained here at St Michaels, however as time has passed some people may have secured other accommodation, hence I'm seeking to take new expressions of interest for the new buildings, especially the 3 to 4 bedroom SIL (group homes).

Families may wish to work together

and we can build the home around the needs of individuals, as these homes are built to accommodate low to high needs participants. We can then coordinate as a team on how we will staff these new "Our Home" projects.

To discuss this very special opportunity of building a home around your loved ones please call me directly on 0438 571 978.

It has been a very busy past couple of months... I hope you enjoy reading this edition of our newsletter and I look forward to hearing from you regarding any discussions on our new homes.

Stay safe and please rug up on these chilly mornings,

*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](mailto:peter.gutwein@dpac.tas.gov.au)

Tasmanian  
**Liberals**



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

The introduction of Stage 2 Restrictions has meant that we have finally been able to go to some of our favourite places to do activities that we've been missing.

The Day Centre is slowly getting filled with participants returning and we also welcome some new faces.

Mitchell and Tamika have both joined us in the past few weeks and we

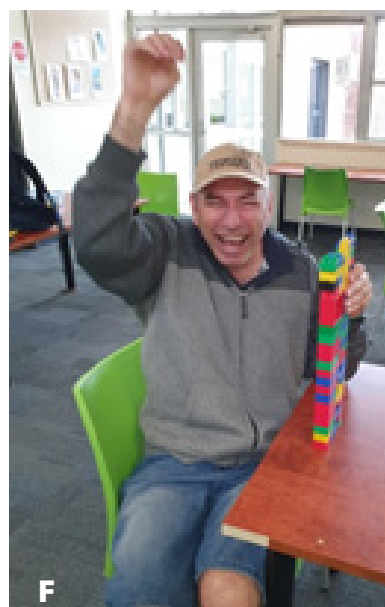
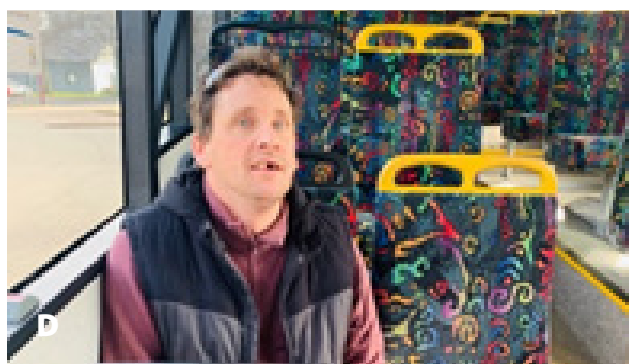
would also like to welcome some new additions to the team with Mariah, Kerrie, Shaun and Kate. All of you have bought something new and different to the programs and we appreciate you sharing your skills with us.

Everyone is looking forward to going swimming again and this will begin on Mondays for the time being. Hopefully it won't be long before we can go

swimming on extra days.

**Tracey Gillespie,**  
*Day Program Team Leader*

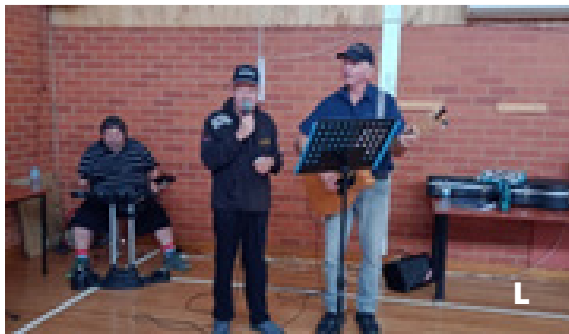
Here are just some of the things we have been up to in the past few months...



## Photos:

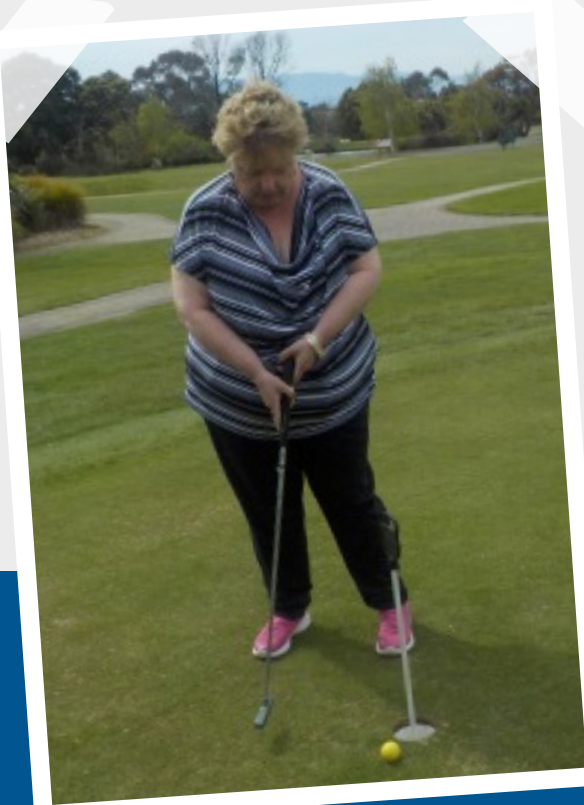
- A) Lara with our home cooked scones
- B) Richard at the gym
- C) Tamika making bath bombs
- D) Gary making the most of the free Metro
- E) Cooking up a storm
- F) Daniel enjoying table activities
- G) Alice and the bag she made





#### Photos:

- H) Chris enjoying the sun
- I) Tony singing for us
- J) Gabbie dot painting for Naidoc week
- K) Brandon unable to decide between guitar or drums!
- L) John, David and Stephen jamming



**"I love playing golf every Tuesday!"**

"Hi, I'm Robyn. I live in a group home. I love playing golf every Tuesday at the Casino.

When it is cold or wet we have a hot drink in the water garden."

St Michaels offer 46 different day programs over the course of the year.

For a copy of our Program Book which outlines all of the activities on offer, email [info@stmichaels.asn.au](mailto:info@stmichaels.asn.au) or phone (03) 6331 7651.

# East Devonport Community Access & Personal Support

There have been a lot of changes in the last two months. With COVID-19 restrictions easing, our participants are enjoying and planning future outings within the community.

A trip to Sheffield for a barbeque occurred recently with participants enjoying a great day out admiring the murals. Smaller groups have also enjoyed going back to the library and shopping for the cooking program.

We are extremely pleased with the purchase of various sporting equipment which has kept us occupied during rainy days.

The gym has never been busier and participants are enjoying our new equipment with everyone joining in a wider range of activities.

We have been working on a couple

of projects including renovating our outdoor furniture. This has been a satisfying project, with participants learning new skills that will assist them in future endeavours. Forthcoming projects include the building of raised and wheelchair accessible garden beds in preparation for spring.

Speaking of skills, the cooking program has unearthed a few budding chefs in the centre. With cooking occurring twice a week, participants are enjoying the fruits of their labour, on occasions being able to share creations with their families.

Healthy eating has been on the agenda with participants discovering that delicious food can be healthy too!

With the number of participants growing, we are developing and re-

introducing more programs including; sewing (new sewing projects – aprons and cushions), gardening, swimming and a bowling program.

Alongside our participant growth we would also like to welcome our newest staff member Alex to the team. A warm welcome back to Kim who has just returned to work due to unexpected leave, we missed you! In closing, congratulations to Kristy on the arrival of baby Isabella, we look forward to meeting her soon!

**Marcia Lade,**  
*Program Coordinator, East Devonport*



## Photos:

- A) Bethany playing music
- B) Tristan taking part in a day on the farm
- C) Jie on the sewing machine
- D) Thomas painting the table
- E) Thomas sitting at the finished table
- F) Cooking group with Tristan, Kelly, Emily, Danielle and Jie





June and July have again seen extremely busy times had by all at Independent Services.

Participants returned eager to continue with their regular programs. With our home supports also coming to an end, it was fantastic to see all the photos of everyone maintaining their

skills at home.

Although we were limited by some community venue closures, the alternative programs that were chosen at Chant Street were very popular with all.

Our Wednesday afternoon sports group joined with day programs for

some fun and competitive afternoons playing cricket and basketball in the St Michaels hall.

The Monday swimming group chose to do some Tai Chi in the Chant Street Hall and there was fun and laughter as everyone joined in.

The pool and the YMCA Gym reopened in July with everyone excited to work to maintain their fitness levels.

Amelia returned to spend some time with us during the school holidays furthering her skill development, especially the social aspect.

We are looking forward to a busy end to the last half of the year.

**Amanda Mallett,**  
*Independent Services*



## Photos:

- A) Everyone having fun with Tai Chi
- B) Caroline cooking
- C) Liza painting
- D) Val playing cricket
- E) Jo playing UNO
- F) Janelle's first day back at Independent Services
- G) Mandy in the kitchen





## Sayer Street 'Our Home' Supported Accommodation

Sayer Street participants have been enjoying new items that were bought for the house.

Sam played Pictionary with his family and staff, learning how to best draw items so his teammate could guess.

Sam is happy to be back to his normal routine of going to D & D every Thursday night, and attending Scenic Isle Gaming throughout the week.

Kevin has been maintaining his skills around the house by cleaning the car and home whilst interacting with his

housemate and staff.

Sam celebrated his 21st birthday by having a quiet night at home relaxing while playing his PS4.

As the restrictions slowly lift, the Sayer residents are enthused to continue working on their goals and skills and are looking forward to returning to their normal routines.

**Nathan Avery,**  
*Sayer Street Team Leader*



*Above: Kevin cleaning the car*

## Kenneth Court Supported Accommodation



**A**

With restrictions slowly lifting Kenneth participants have been exploring the community and have enjoyed being able to go on different outings again.

Nick has been working on his cooking skills in the kitchen and is improving his confidence and presentation. Nick is excited that football is finally here and he's hoping his team make it into the finals.

Valma has also been expanding her skills in the kitchen before visiting her sisters in Scamander for a catch up with family and friends.

Stephen and Andrew have been exploring different cafes around town and the outskirts now that Stage Three Covid restrictions are in effect. They're happy to get back into their normal routine.

The Kenneth participants are looking forward to attend all their normal things they attend to open up again.

**Nathan Avery,**  
*Kenneth Court Team Leader*



**B**



**C**



**D**

### Photos:

- A) Nick cooking up a storm in the kitchen
- B) Andrew and Stephen enjoying afternoon tea
- C) Valma dishing up dinner
- D) Nick having a cuddle

## George Town Road Supported Accommodation



Over the last two months Meyer and I have had some significant amazing changes, I have moved from Barton Street to Georgetown Road. This was a stressful situation but all well worth it.

Staff and I packed everything up and we moved in record time, in one week we cleaned up the old house which was a mammoth job.

My service dog Meyer and I have had lots of fun and she is now used to her new house, although she did run away because she's a bit confused at the moment, but Meyer is enjoying her job as a service dog and also helping mum and staff.

I have made some amazing clothes lately, I made a cool patchwork top.

I have also been sad that choir has not been able to return yet due to the COVID-19 pandemic. At Independent Services (which I call school) I've made a fantastic wall hanging.

**Written by Krystal Watson**

*Below from L-R: Krystal with her handcrafted patchwork top, wall hanging and plants*



## Desmond Wood Respite Transitional Accommodation

Desmond Wood participants would like to share what they have been achieving over the past few months.

Both Zack and Millie are working hard to achieve their goals.

Staff are continuing to see Zack improve greatly with his kitchen skills. He is now cooking his favourite meal (spaghetti bolognaise) with minimal prompting and assistance. Zack is understandably proud of his achievement and loves letting staff know, "Look, look I cooked spaghetti bolognaise!"

He and Millie both enjoy his cooking as well as preparing other healthy meals throughout the week. Zack is also continuing to work towards one of his

other goals of stripping and making his bed and is impressing staff with his improvement as he works hard to become more independent with household duties.

Millie has also been working towards achieving her goals, she will get her cutlery from the kitchen draw with prompting and assistance and is now starting to eat her meals with a fork.

Even though it has been hard over the last couple of months with Covid-19, the gradual easing off of restrictions has seen Millie return to school, where she has enjoyed being back with her friends. Millie has recommenced her exercise program, walking around various local parks after school and enjoying going out into the community. With the reopening of the

Aquatic Centre, Millie has been able to continue with her physio program and she enjoys splashing around with staff.

We look forward to sharing with you more achievements in the next newsletter. Take care and stay safe everyone,

**Paul Cousins,**  
*Desmond Wood Support Worker*



## Penquite Road Supported Accommodation

In the last month our participants have been getting used to the colder weather and spending time doing indoor activities such as cooking, art and Netflix.

Paul has been enjoying getting out on sunny days and is socialising more as restrictions start to ease. He's looking forward to spring so he can get back into the garden to grow sweet corn

and tomatoes.

Gary is very happy he can now sit in McDonalds and enjoy a cup of tea and has been working on gardens with the red shed during the week through the Noss program.

Robyn visited her parent's grave and has enjoyed designing her own clothes with Independent Services and improving her cooking skills on Fridays.

As we move onto the next month Robyn is looking forward to going back to church while Gary will enjoy an outing to the Esk Market on Sunday.

**Kartley Broad,**  
*Support Worker*



## Castlemain Road Supported Accommodation

In the past few months at Castlemain Road, Shereena has been spending time interacting with her daughter McKenzie; Shereena likes the new PS4 that was gifted to her from St Michaels.

Shereena has been working on many craft activities like colouring in, making a back massager out of cardboard tubing and gluing buttons and beads onto it. Shereena enjoyed giving staff a

back massage, it worked very well.

Shereena has also been spending time with her boyfriend. They've been out for dinner a few times on their own and this has been a new learning experience for both of them.

Keep up the good work Shereena!

**Katherine Corcoran,**  
*Support Worker*



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A

In-Home Tenancy has had a busy time returning to some of our more usual programs and support. With restrictions subsiding and the winter weather creeping in participants have not let the cold interrupt any of their busy lifestyles.

Tony returned to the gym as soon as he was able to as he was unable to attend during closures.

Julieanne and Helen have certainly been contributing to the economy now they are able to enjoy their social community outings with staff. Cafes and meals out have been a hit and participants are now enjoying returning to activities like the Esk Market on weekends.

Leigh has been getting in his exercise at the Gorge and enjoyed a trip across the river on the chairlift. Leigh was very excited about this adventure and staff reported the excitement and smile on Leigh's face was well worth the experience.

Andrew has also been enjoying the outdoors, heading to the Gorge to take some photos to use during his art and photography classes.

Sally and Debbie decided it was pampering time and with support from staff headed off for a new hairstyle. Both participants enjoyed the wash and cut after a long time with no hairdressers.

Brody continued with studying for school with his support staff at home, showing great commitment.

Damian took a trip out to the Lilydale Falls - seeing the sights of Tasmania is high on Damian's list of things to do so he enjoyed outing with his support.

It has been great to see everyone return to what they love doing and enjoy special times that we all took for granted prior to lockdown. Although some things were on hold, the support of our participants was never in question and participants and support staff were able to navigate through this time redirecting interests and establishing new goals to meet.

**Trish Wrigley,**  
*Personal Support Coordinator*

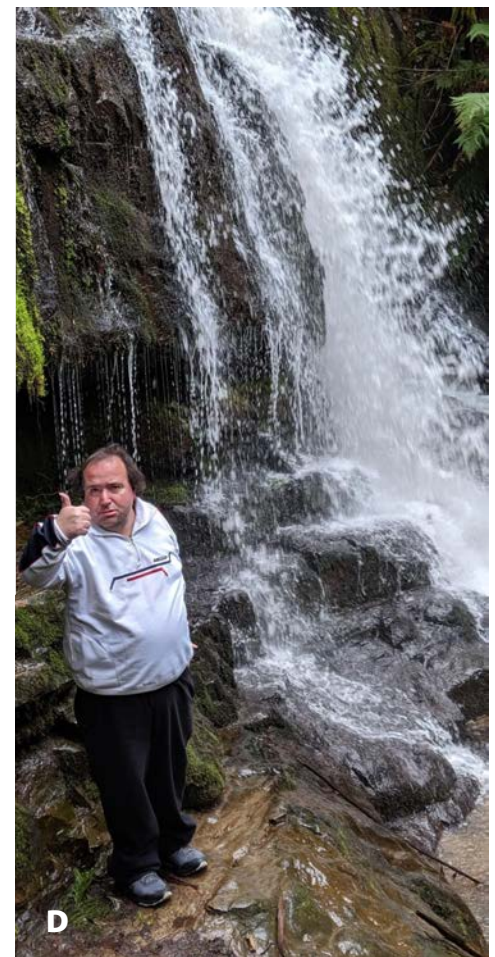


B



C

**Happy Birthday Gerard!**



D

## Photos:

- A) Andrew at the Cataract Gorge
- B) Leigh on the chairlift at the Gorge
- C) Gerard celebrated his birthday with staff and cake, Happy Birthday Gerard!
- D) Damian at the Lilydale Falls

## Merton House Supported Accommodation

Merton House is pleased to have a new team leader, Christopher John, whose experience will be greatly appreciated. With the easing of restrictions we're able to start park visits and our Thursday night outing will soon resume.

Jontae is fitting in well, enjoys walking and is building on his independent living skills and communication by preparing meals and ordering out.

Because of the weather, the boys have been playing card games regularly. Ben especially enjoys puzzles so staff have been finding him lots as he finishes them so quickly! Ben is now going out Wednesdays with his advocate Terri and he spends Friday afternoons in community based activities with Noss.

Jacob has been going out on weekend shopping trips and has resumed spending some time with his family every second Saturday. When he gets dropped off he'll push the staff member out of the way, so happy he is to be at home, but at the end of the day he's eager to get back to his own house and his own routines. Jacob has also been making his own selections to watch on his iPad and on Youtube.

Ashlee has been very helpful around the house and is becoming more involved in menu decision making. Ashlee has been spending time with day program staff and has been accepting help to clean her room. Ashlee is aiming to be more involved in balancing her money and is doing well

(but still loves a bargain!)

Brandon has been keeping himself entertained by playing card games with staff and has been more involved with the day to day running of the house by cooking some meals. Brandon has spent time with Danny working on his community access and money handling skills by catching the bus.

Now that George has moved out he's become one of our regular visitors, coming over for lunch and watching the football with Brandon and Ben.

**Wade Harding,**  
*Merton House*

## Wellington Street 'Our Home' Supported Accommodation

Welcome to Wellington Street's celebratory update! Yes, we are celebrating that Tasmania is currently Covid-free and we can get out in the community, see our friends and feel free once again.

Although it's been a cold and wet winter lately, Logan and Aaron have been making the most of their free time by visiting family and friends.

Logan has been enjoying day trips to Devonport, walking along the beach and having lunch somewhere different each time. Logan is also looking forward to a 3 day getaway to Devonport later this month and is enjoying online gaming with his friends. Aaron often joins in and

it's pretty funny hearing them both shouting from their rooms whilst battling each other on screen!

Aaron has been enjoying visiting his brother's house to play games online together. He also has dinner there occasionally, a good family time for all.

Aaron has been excited in the lead up to the first day of his new work placement. When I picked Aaron up after his first day of work he was so happy as he made new friends and really enjoyed his job. He now goes 2 days a week and is already thinking about how he can spend his money. Aaron would like to go to Melbourne again or the Gold Coast for a holiday and has started saving.

Everyone in the house has continued our Covid safe practices including cleaning everything down every day with disinfectant and social distancing, as a result we've all been well.

Over winter we will be preparing the vegetable gardens ready for spring planting with lots of healthy seedlings. The vegetables will be used for Aaron and Logan's favourite curries and pasta dishes that they enjoy cooking.

Until next newsletter, stay safe, happy and healthy everyone.

**Julie Scarratt,**  
*Wellington Street Support Worker*



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-Andrew Ledingham

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It's been busy times in the RTO as we completed our Food Safety program. A big thank you to our trainer Garry for his patience during trying times and to Liz who stepped in during Covid to take a session, the group really enjoyed cooking and eating Liz's brownies.

We are now preparing to recommence programs that were having a small break. The group at Vincent Industries in Wynyard are looking forward to

getting started on their Food Safety/ Cookery program that had to be rescheduled and programs at Oakdale Enterprises and St Vincent Industries in Hobart will be back up and running by the end of July, keeping our trainer Chris Clark busy after a well-deserved rest.

We have again been successful in gaining Skills Funding for a range of programs for our clients, many

of which are new programs for St Michaels Training that we are very excited about.

We are keen to get current programs back on track and our new programs commenced over the coming months.

**Kim Dean,**  
RTO Manager



## Meet the team

Over the past few months we have welcomed a number of new staff to the St Michaels team. Each newsletter we will be introducing you to some of the people who help to keep

St Michael's running. Both new to St Michaels are Lindsey and Waqas, who form our quality team.

### MEDIA & COMMUNICATIONS COORDINATOR

Lindsey Brown



Lindsey's background is in Marketing, Publishing and Graphic Design and she has moved back to her home state of Tasmania

after 10 years away, most recently in the beautiful resort town of Wanaka in the South Island of New Zealand.

Lindsey is looking forward to keeping everyone up to date with the goings on here at St Michaels.

**Favourite food:**  
Lemon Meringue Pie

**Hobbies:**  
Travel, renovating and anything design related

**Fun fact:**  
I have a twin brother

### QUALITY & SAFEGUARDING COORDINATOR

Waqas Fayyaz



For the first time STMA has an employee to look after, monitor, direct Quality Policy and Procedure in our Association that

will comply with the NDIS Quality and Safeguards Standards as administered by the new NDIS Quality and Safeguards Commission.

Waqas comes to us with an immense amount of experience in this field and we hope he will help improve STMA to go beyond expectations.

**Favourite food:**  
Barbecue

**Hobbies:**  
Cricket, snooker, movies and social media

**Fun fact:**  
I have a fear of ghosts!

## Hawthorn Street 'Our Home' Supported Accommodation

Participants have been getting back into the swing of returning to their work placements after the shutdown.

The start of nicer weather has meant participants are able to venture out and have a bit more freedom.

Sarah Cripps has started getting the garden straightened up and is enjoying working outdoors. Sarah is settling into her new room upstairs at Hawthorn and also has a bike that she's looking forward to using to increase fitness.

Sarah Hogan has been going out for dinner, interacting with friends now

that she is able to venture out. Sarah is excited to be back at work with friends and being able to go bowling once more. Sarah is looking forward to going out to dinner on Saturday to celebrate her birthday with housemates and friends at the Iron Horse Bar and Grill.

Heath Millhouse has been spending time with his Aunt and grandparents at Westbury. Heath also has his daily carers coming in through the day and is doing many activities with them. He enjoys playing PS4 games (unfortunately I am not able to help him as I'm not good at playing the

games and don't understand them!)

Hannah Syms is excited about being able to go back to New Horizons to continue on with her dance routines that were being conducted over the zoom app. Hannah is also excited to be able to go back to her old work placements from before Covid-19 shutdowns.

**Katherine Corcoran,**  
*Support Worker*



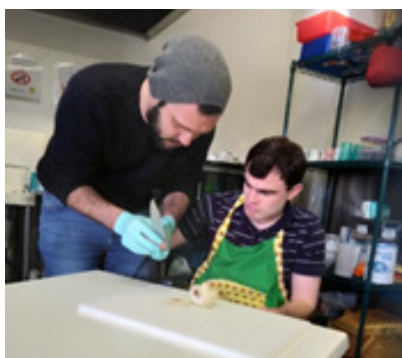
## Como Crescent Supported Accommodation

With restrictions lifting, Aron has been enjoying getting out and about these past few weeks.

Aron has been spending a lot of time getting to know his new support worker and spent some time in the kitchen cooking as part of the Day Program while also receiving a special visit from Antony in his home.

We are all learning the words to Taylor Swift songs and KFC is our latest favourite weekend food!

**Tracey Gillespie,**  
*Day Program Team Leader*



*Above: Aron in the Day Program kitchen  
Right: Antony & Aron having a visit*





# Weekend Respite Program



The end of Tasmania's lockdown restrictions brought huge smiles to everyone's faces at the Weekend Respite Program, after all, the program is about fun times, adventure and life skills.

A small group took a journey to Don River Railway on a cold, wet day. The participants were full of excitement as it was everyone's first time on a train.

Purchasing tickets, exploring the museum and the train ride were enjoyed by all. We cannot thank enough the generous and helpful staff at Don River.

Bowling championships, a trip to the Anvers Chocolate Factory, walks in

town, movie nights, new board games and craft were just some of the things that filled our weekends.

We worked on existing skills in the kitchen and have discovered we have some amazing pizza chefs in the making, although the 'does pineapple belong on pizza' debate has not been settled just yet...

Getting out in the community at the Latrobe Market was a great way for the group to interact in these unusual times, by following procedures to sanitise hands and social distancing. This provided us with an opportunity to learn that if we follow the guidelines life doesn't change that much, and

we can make the most of any given situation.

A beautiful winters day inspired staff to get creative with a mass of wattle flowers and we made the most whimsical flower crowns.

The simple things in life are often the best. Thank you to all staff and participants for these last few months, we look forward to continuing our fun weekends.

**Kristy Spencer,**  
*Support Worker*



## Photos:

- A) Amelia, Robert and Bradie Lee enjoying lunch
- B) Mitchell at Gravelly Beach
- C) Bradie Lee at Reliquare, Latrobe
- D) Bradie Lee and Amelia modelling their floral crowns at Gravelly Beach
- E) Robert, Albert, Brody and Rowallen enjoying lunch at Gravelly Beach

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## Cream of chicken soup

### Ingredients

- 2 large chicken breasts (250 g each), trimmed
- 2 small carrots, peeled, cut into 2cm pieces
- 1 leek, white part only, halved, thinly sliced
- 1 large washed potato (270 g), peeled, cut into 2cm pieces
- 1 litre (4 cups) chicken stock
- 300 ml tub light thickened cooking cream



### Step 1

Place chicken in a large saucepan. Cover with cold water. Bring to boil. Simmer, covered, for about 10 minutes, or until chicken is just cooked. Drain. Cool chicken slightly. Thinly shred.

### Step 2

Lightly oil same saucepan. Place over a medium heat. Add carrot and leek. Cook, stirring occasionally, until soft.

### Step 3

Add potato, stock and cream to pan. Season with salt and pepper. Bring to boil. Simmer, stirring occasionally, for about 15 minutes, or until potato is tender. Stir in chicken.

### Step 4

Serve soup with crusty bread and cracked black pepper.

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## Golden syrup dumplings



### Ingredients

- 3/4 cup (155g) brown sugar
- 1/3 cup (80ml) golden syrup
- 100g butter
- 1 1/2 cups (225g) self-raising flour
- 3/4 cup (185ml) milk
- Ice cream or cream to serve

### Step 1

Combine 2 cups (500ml) water, brown sugar, 1/4 cup (60ml) golden syrup and 50g butter in a large saucepan. Stir over a low heat until melted.

### Step 2

Meanwhile, use your fingertips to rub in 50g butter into flour. Combine milk and 1 tablespoon golden syrup. Stir into the flour mixture until well combined.

### Step 3

Bring the sauce to the boil then drop heaped dessert spoonfuls of the mixture into the sauce. Reduce the heat to low and simmer, covered for 15-20 minutes or until a skewer comes out clean. Serve with ice cream.



# Services offered at St Michaels

## All NDIA Registered Supports



### Community Access

Support to enable a participant to independently engage in community, social and recreational activities during the week

*9am to 3pm Mon - Fri*

*City and Newstead campus*



### Merton House

Assistance with and/or supervising tasks of daily life in a shared living environment, either temporary or ongoing, with a focus on developing the skills of each individual to live as autonomously as possible.

*3pm to 9am Mon - Fri & 24 hrs Sat/Sun  
St Michaels Accommodation facility*



### In Home Tenancy Support

Assistance with and/or supervising personal tasks of daily life to develop skills of the participant to live as autonomously as possible.

*Operates seven days a week.*

### Weekend Respite Program

Respite Program provided to people of all ages.

*Operates out of the Desmond Wood Complex  
3pm Fri to 3pm Sun*

*Conditions apply for eligibility.*

### Desmond Wood (weekly)

Integrated support for self-care, accommodation, food and activities for short periods.

*Operates 5 nights per week.*

*Short term respite program providing 24 hour support.*

### Group Homes

We have 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.

*Operates 7 days a week.*

### 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 at home or at STMA.*



### Our Home

We have four Our Home facilities located in the broader community.

Services provided incorporate minimal assistance in meeting daily life requirements and develop the skills of an individual with standard support needs to live autonomously as possible.

*Operates 7 days a week.*

### Independent Living Units

Independent Living Units provide independent living in a safe, supported environment with a tenant/landlord agreement.

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.*

### Social Club

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.

*Location: Hall at STMA*

*Every Saturday night 6pm to 9.30pm.*

### Registered Training Organisation

St Michaels is a Skills Tasmania Endorsed RTO (60067) providing accredited training for Tasmanians with a disability and individuals working in the disability sector.

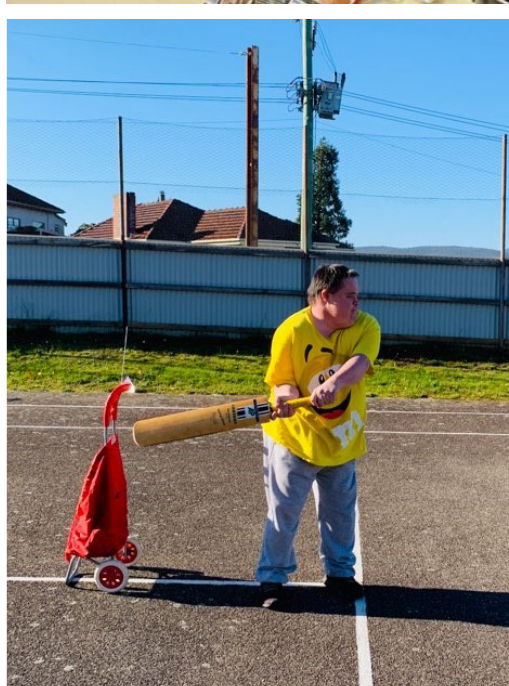
We offer blended learning opportunities through on-the job traineeships in MSM20116 Certificate II in Process Manufacturing and TL11215 Certificate I in

Warehousing Operations.

Skill sets offered include:


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







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



Find us on  for regular updates!



### St Michaels Association Inc.

#### Northern Tasmania

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