

By St Michaels Association

From the CEO



John Gilpin

Welcome to our September issue of our bi-monthly newsletter "The Independent". Enclosed in this edition are stories and outcomes for the period of July and August and we hope you enjoy reading about your love ones and the activities we have been doing.

Firstly though, is an update of our "Assistive Technology Smart Home" buildings, which are coming along very nicely. From the way the project is progressing it looks as though the project will be on time and ready to be occupied by the mid to late November of this year. Over the next few weeks contact will be made with those family members on our waiting list to confirm whether or not the prospective tenants are ready for the next stage of their pathway into living independently.

July saw the extreme weather and we were all caught out with the beautiful

fall of heavy snow. Fortunately STMA only suffered a little amount of damage of which we were able to keep all tenants safely in their homes while the minor repairs were conducted. Throughout this addition you will see many pictures of our participants enjoying this novel occasion while playing around in the snow.

Inside the front cover read a heartfelt, personalised story, from one of our own, who has gone through the CoVID-19 pandemic in a very traumatic way. I thank you Kim for sharing your very brave journey with us and I hope that this inspires others to follow the COVID-19 guidelines set not only by STMA, the community and by the government of the day.

Great news for this period is the purchase in June of 15 George Street Launceston that settled in July and occupied by our Registered Training Organisation and our Support Coordination teams in August. This fit for purpose building will aim to service and support participants requiring support coordination as they navigate through the NDIS maze, while the RTO will have its own training facilities to deliver training not only to supported employees with a disability but also prospective learners wishing to enter the disability sector through to Disability training programs like Cert III in Individual Support (Disabilities). An

exciting time for both service teams to have a place that they can call their home base.

Devonport operations under the watchful eye of Marcia Lade is going from strength to strength. Our ability to listen and adapt to the needs of the individual has seen the community accepting STMA in around Devonport and the broader north west coast. Many thanks to our diligent team at Devonport who are servicing many, many varied participants with tailored programs to help these people reach their independent goals.

There are so many stories for each of the programs we run here at St Michaels and I hope you enjoy looking at the photos full of smiles and enjoying their activities.

To all the team here at St Michaels thank you for the work that you do and please try to remember you are making a difference in the lives of Tasmanians who are not being held back by their disability but by giving them the opportunity and dignity of risk to try new beginnings.

I really hope you enjoy reading this addition and in the meantime please take care, stay safe and follow all COVID-19 guidelines, John

Advertisement

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Holiday to Hospital to Home (COVID-19). Story by Kim Walters



My husband David and I were so looking forward to our first cruise around New Zealand, all the preparation and planning for our cruise was getting us more excited for the big day.

Upon arrival to Sydney, we checked in as we were spending a couple of days there prior to our departure on the cruise – Ruby Princess. On the morning of the 8 March 2020 we were transported by taxi to Circular Quay to board the Ruby Princess ship. Due to unforeseen circumstances we were unable to board until approximately 1900 hours and the ship set sail around 2230 hours.

Our first two days were spent at sea with our stop in Fiordland. Fiordland was one of the most beautiful places we have seen with the sightseeing and walking well known and is on many visitors' must-see list. Following our stop in Fiordland we set off for Dunedin where we enjoyed a trike tour which was a great experience and we were fortunate to meet new friends.

After Dunedin we set off for Akaroa where we went on a coach tour to Little River which is a lovely town with a lot of history. We then proceeded to Wellington and onto Napier for a coach tour to Arch of the Ancestors for a traditional ceremony of dancing and fighting. Approximately three hours after heading out of Napier we were advised by the Captain of the Ruby Princess that we would be returning to Sydney early as

the Australian and New Zealand borders were closing.

On the night of the 16th March 2020, I started feeling unwell presenting with a fever and cough. The next day I had not improved so we went to the medic bay to see the doctor. The doctor tested me for both the flu and Covid-19. Following this I was told the flu test results came back negative however I was still presenting with flu like symptoms. The Covid-19 swab was unable to be processed until we had docked in Australia.

Following this, I was advised that I was to isolate myself and present back to the medic bay that evening and again the next morning for observations. Unfortunately my symptoms were getting worse, hour by hour.

On the 19th March 2020 we arrived back in Circular Quay at approximately 2000 hours. Once we had reached port we were waiting on advisement as to when we could disembark the Ruby Princess; this occurred around 0945 the following morning where we to remain in isolation and at our accommodation at the Marriot.

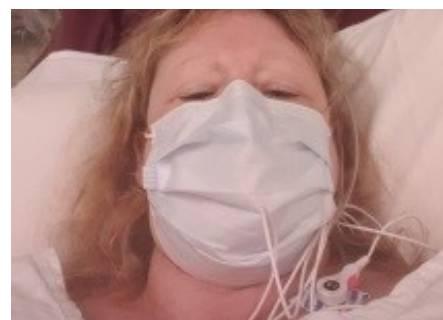
The next morning we were looking forward to catching our flight home. Whilst waiting for our flight just prior to boarding I received a phone call to confirm that I had returned a positive Covid-19 result and I was to remain on-site. We were escorted via the airport staff to a secure location to wait and were then transported via ambulance to the RPA.

At this point in time, I was feeling very unwell. My husband and I were placed in a room together at the hospital for approximately five hours and then transported to Norland Hostel which was set up for Covid-19 isolation cases.

On the 21 March 2020 my observations were taken and were all still very high, I explained to the nurse that I was feeling

worse and at this point I was transported back to RPA via ambulance. Upon arrival to RPA I was immediately admitted to ICU. During the first three days I was able to keep in contact with my husband, David. Day four is when I started to experience trouble breathing and I was advised they would have to put me on the ventilator so they could drain the fluid off my lungs and try and regulate my temperature.

When I woke, all I can recall is that I felt



like I was floating and in heaven with my dad. The ICU specialist contacted David to notify him that I was going to be put into an induced coma to give me every chance to get through this.

In the coming days, David would contact ICU daily to see how I was progressing. I remained in this comatose state for fifteen days with no progress. Day sixteen they attempted to take me off the ventilator but due to difficulties with my breathing this was unsuccessful.

On day nineteen, a tracheotomy was performed so that they could take me off the ventilator as the latest x-rays showed improvement with my lung capacity. The following day which also coincided with my wedding anniversary (35 years), I was brought out of my coma and was able to speak to David for the first time since the 25 March 2020.

The following day was horrible as I was evidently experiencing hallucinations and was completely unaware of my surroundings. On the 29 May 2020 I was

Holiday to Hospital to Home (COVID-19) continued



finally discharged from ICU and transferred to the general ward. I commenced rehabilitation as I was unable to walk due to muscle weakness. With support from physio I began to learn to walk again which I found extremely frustrating and exhausting however every day I became stronger and more independent.

I was released from RPA on the 3 May 2020 and was overjoyed to be out in the fresh air. We were transported to a hotel to continue my recovery for approximately four days. It was on the 8 May 2020 we were finally able to fly home, back to Tasmania.

Once safely back in Tasmania, we were in isolation for a period of 14 days this meant we were unable to see our son. During isolation I continued with my physio to strengthen my muscles to be able to resume everyday living.

During this turmoil I am grateful for our friends, family and St Michael's support, the ongoing well wishes and positive thoughts really helped us both get through this.

In closing, even though the initial symptoms are like the flu it is really much more savage than people give it credit for, I encourage everyone not to be complacent as it can take lives! I struggled for my life and want you all to know it is very debilitating and can take months for recovery and unfortunately some never recover fully at all.

This is my story...

Kim Walters
Disability Support Worker

Youth Break - Respite, Life Skills & Community Access

Spring is here at last!

It is great to see our participants now able to get out more. Since Covid-19 restrictions lifted, participants have been able to return to the markets. They love walking around and purchasing little knick-knacks for themselves or for Fathers Day.

We are welcoming back returning participants Katie-Lee, Patrick and Rowallen as well as welcoming three new participants. We are pleased to have Mitchell, Liam and Steven join us.

Liam and Steven both enjoyed time with the group going to Trowunna Wildlife and we are looking forward to seeing them for future weekends.

The group have been frequenting their usual favourite spots, including Bridport, Port Sorell, Latrobe, Gravelly Beach and Huntsman's Lake.

We did have some ordinary weather which has limited the guys going out. Instead they enjoyed games, crafts, visiting the museum and making Kokedama plants.

As always, our participants are also focusing on their life skills, such as preparing meals and bed makings, as part of their goals. They have all been working extremely hard towards achieving these goals.

We look forward to sharing more stories from our participants over the next couple of months.

Cheers from the Youth Break team.



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Penquite Road - Supported Accommodation

Penquite welcomed back Team Leader Ade Doyle. Everyone was glad to see her return and shared many Covid-19 air hugs!

Winter was very cold with everyone at Penquite staying rugged up and warm; Covid-19 is not helping either! Though we are pleased to report that everyone is following the Covid-19 strategies and staying safe.

Everyone enjoyed waking up to the surprise snow storm, the look on their faces was amazing! It was the first time some of them had seen snow.

Robyn has spent time at her sister's, going to the Casino for dinner and having some fun. Robyn also had another birthday with a party at Penquite and special dinner with her sister and cousin.

Paul has been very active, going for walks around the river, weekly grocery

shopping and trips to Evandale and other markets. Paul has spent time at his parents for sleepovers, which he really loves to do.

Gary has had weekends at his parents' which he seems to enjoy. He has been on many outings to look at cars and trucks. He has enjoyed watching Heavy Tow Truck Rescues on Netflix.

Penquite said goodbye to Kathy, which was very sad for everyone, but Robyn goes to visit every week to have dinner and spend time with her.

Ade celebrated a birthday, another year older!

All of us at Penquite are certainly looking forward to some warmer weather and hope to share more with you next time.

Ade Doyle,
Penquite Road Team Leader



Hawthorn Street - 'Our Home' Supported Accommodation

The participants at Hawthorn have been busy with Sarah Cripps moving her room upstairs and Hannah getting ready for the move to her new unit at St Michaels.

Sarah Hogan is spending time with her friends now the Covid-19 restrictions are starting to lift. The girls are excited to be able to go back to their bowling and with the warmer weather coming

they will be able to do more outdoor activities.

Hannah has just celebrated her 30th birthday at the Newstead Hotel with family and friends.

Every second weekend Heath spends time with his family and he really looks forward to these weekends.

Heath is excited to be able to get out

more with his day support and being able to go to the gym.

As the weather warms up the participants are looking forward to being able to go outdoors more often and do things they like to do, like going to the markets and going for long walks around the suburbs of Launceston.

Katherine Corcoran,
Disability Support Worker



Day Program - Community Access

Well we survived winter "snow and all". How exciting was it to be snowed in for the day. Some participants got out and had some fun, making snowmen and throwing snowballs at each other.

Participants have been out and about riding the trike bike. We are currently looking at resourcing another one.

We have been fortunate to have Lindy join our team. Lindy comes to us with a whole load of experience with swimming. Lindy has put together a program specifically for our participants. This has been such a valued experience for participants and staff supporting in the pool. A great job by you all.

Now that the sun is out and the re-

strictions of Covid-19 have eased we have been going out a lot more and enjoying some of our old favourite programs and activities. Ten pin bowling has become a competition and we are looking forward to IS joining us every Friday.

Fishing program will be back on in October. I am sure there are a lot who have been waiting for this to start again. I am looking forward to having my tea caught for me!

Our Gardening program is slowly starting again. Richard has been busy watering and keeping our plants alive for us.

Everyone has enjoyed going back to the library. This was my first trip there and I

was amazed at how big the library is here.

Our Day Program has been growing, new participants and some new faces in the team. We would like to welcome our new participants Mitchell, Tamika and Tania and welcome back Harley, Zack and Brody. Welcome to our newer support workers Mariah, Kerrie, Kate, Bima-la, Bishnu, Sophie and Shaun.

I would like to thank the team for all of the hard work and dedication they put in continuously. I am so lucky to have the privilege of working with you all.

Tracey Gillespie,
Day Program Team Leader



Castlemain Road - Supported Accommodation

Shereena is enjoying her weekly visits with her daughter McKenzie. She is attending Newpin where she is developing her parenting skills.

Shereena also likes attending NOSS, where she does craft and makes many new and interesting things. Shereena finds doing craft things very relaxing and she enjoys making new items. In her down time, she also likes to listen to music either on her phone or on the PS4 as well as spending time playing games on the PS4.

Shereena is looking forward to the warmer weather so she can get outdoors more often. She is looking for-

ward to visiting parks and maybe being able to go swimming.

Shereena likes to visit the local neighbourhood house to see what goodies she can collect from them like fresh vegetables and premade freezer meals. Shereena likes to visit the tip shop to see the many bargains she can find; recently she got herself two porcelain dolls.

Katherine Corcoran,
Disability Support Worker



Kenneth Court - Supported Accommodation

The Kenneth participants have had a great couple of months, lots of socialising and visits to cafes and restaurants.

Val celebrated her birthday at Olives restaurant with housemates. Val has started a garden at Kenneth Court filled with strawberries, mint, parsley and a cactus. This will be a great outside activity for the residents in the coming warmer months.

Stephen and Andrew are extremely happy to be back attending church on a weekly basis.

Nick has been to Hobart to visit his

mother while she has been away throughout the month.

Nick is planning his birthday coming up in October getting ready to design and send out invitations.

Andrew and Stephen were enjoying the fun time shopping for Val's birthday while joking around and having lots of laughs.

Participants have been keeping up with their number and colour recognition skills by playing Uno and also improving their counting skills by beating staff at playing monopoly.

Nick, Stephen and Andrew all had a fantastic time at the annual Dynasty Crossroads birthday dinner.

As the time gets closer, the guys are getting ready for making holiday plans in the coming months.

Rosemary Brodie,
Disability Support Worker



East Devonport - Community Access & Personal Support

Spring has sprung and what a busy month it's been.

With the Covid-19 restrictions continuing to ease in Tasmania, we have been enjoying ten pin bowling every second Monday as well as indulging in an energetic swim each week at the Splash Aquatic Centre.

A lovely lunch out at The Argosy was also enjoyed in late August providing opportunity for participants to socialise with others within their own local community.

Our indoor and outdoor activities have been busy over the past month on-site, preparing a new outdoor area with a pallet plant shelf and some pallet garden beds to finish off alongside our new bird aviary. The provision of this new 'zen' outdoor area allows for all participants and staff to gather and enjoy our beautiful spring days to date. Many participants have also enjoying partaking

in sewing and have mastered the art of making library bags and aprons. Some additional items have included participants designing and creating masterful clothing consignments inclusive of a dress and a vest, this has highlighted potential avenues for catwalk and modelling opportunities for participants to further create items that then can display on a semi-professional level.

Participants have thoroughly enjoyed being involved in these projects, many have learnt skills for life and have appreciated if you take your time and do it correctly it will last much longer/forever. Over the past couple of months many of us have felt a sense of achievement, discovered new skills and built upon friendships. We are hoping with new participants attending we can continue to establish further relationships.

We are continuing to work and collabo-

rate amongst the North West Community and have many potential new supports that may come to fruition soon and this will suit the needs of the participant and their family/significant other. Watch this space...!

Alongside this we have a number of families enquiring about our Day Program specifically in relation to those transitioning from school (completion of Year 10 or 12) and requiring continued supports outside of the education system. We look forward to working with participants, families and current educational providers to ensure a smooth and welcoming transition to STMA, Devonport.

In closing, we would like to welcome our newest staff member, Chris to the team.

Marcia Lade,
Program Coordinator
East Devonport




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In-Home Tenancy - Personal Support

IHTS have had a busy couple of months with myself going on holidays; Louise Frankcombe stepped up and took on the PSC role for three weeks. Thanks Louise for a fantastic job in my absence and the team for pulling together to get things done.

Thanks to the Assets team for moving us into our new office space located at the northern end of the Merrington Centre. The move was seamless and had us back up and running in no time. This will make all our lives much easier and cause less disturbance to the Day Program and of course the Disability team

who also now have their own space.

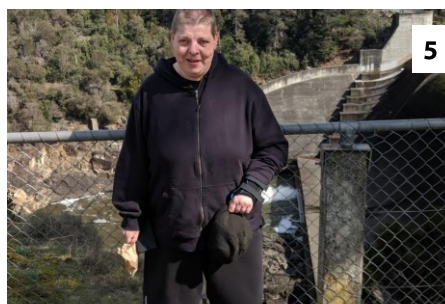
With warmer weather approaching participants are taking full advantage by starting to look to the future and organising trips away and barbecues on weekends. Participants are meeting and having barbecues as well as playing outdoor games such as croquet.

A number of our participants have celebrated birthdays this month and as usual the IHTS went above and beyond to ensure those that were unable to be with family celebrated in style. Julian has done it tough with Covid-19 and not being able to see his family so his

birthday was made extra special by the team.

Jo Wallace has moved into a new working roll at Red Cross helping out with Meals On Wheels. Jo has struggled with the staying home and being unable to go to her long term job at Fred French so this active young lady has now made herself busy again. We wish Jo all the best in her new position.

Trish Wrigley,
Personal Support Co-ordinator



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Merton House - Supported Accommodation

Post-Covid-19 lockdowns, life is slowly returning to normal at Merton House.

Brandon went on an overnight trip to Hobart with his family late last month. He reported having long, happy conversations with his mum and aunties whilst on the road and having a room on a separate floor to his family at the Wrest Point Casino. He returned to Merton visibly tired, but also invigorated by his time away from home.

Jacob has also resumed his family visits, with Merton staff providing transport for Jacob to visit his mum's house. He was happy to arrive there, but also very happy to come back home. Now he can visit more often, we can expect he will probably become more comfortable and gradually extend the length of those visits again.

Ashlee has continued to focus on her chosen health and wellbeing goals. She

is providing regular input to the weekly evening meal plan, putting new support systems in place with staff and (on some occasions) lending her expertise in the kitchen. For example, one evening she looked at the available ingredients, formed a plan and helped prepare chicken fajitas for everyone. Ash's kitchen know-how is quite substantial and it's great to have her contribute and participate in this way.

Ben has been avidly collecting the Little Tree House booklet series that currently accompanies the groceries from Coles. This Coles promotion has drawn more of Ben's attention to the online shopping process, meaning staff have been able to engage him in actively choosing more items he would like to have available in the kitchen, including dessert, fruit and vegetables.

Jontae has been browsing for new bed linen online with staff and using Day

Program to access shops in town. He has expressed a preference for an extremely high thread-count, meaning he has had to rearrange his budget a little. He says he is looking forward to making a big purchase somewhere in the next couple of weeks, meaning he will have more bed linen to rotate and make his cleaning schedule a bit less stressful.

Christopher John,
Merton House Team Leader



Sayer Street - 'Our Home' Supported Accommodation

The Sayer Street participants have been enjoying the new basketball hoop in their backyard.

Sam has continued playing Dungeons and Dragons every second Thursday night and Magic every other Thursday night as well as attending Scenic Isle Gaming throughout the week.

Sam has expanded his movie and anime collection. As a result Sam

bought a new bookcase to accommodate his extensive collection.

Kevin has been improving his skills around the house maintaining a clean home.

Kevin has bought some new PS4 games and has been playing these and socialising with staff.

The Sayer residents continued working

on their goals and improving their respective skills.

As they returned to their normal routines as restrictions continued to ease, both guys took advantage when they woke up to a snow covered backyard and had a snowball fight.

Jareth Redman,
Disability Support Worker



Independent Services - Community Access

At Independent services, participants were happy and excited with the return to their community programs. Our golfing group returned to the country club golf course to continue to work on their golfing skills. Although at times the weather played havoc, a hot cuppa was the decided alternative for all on wet and cold days.

Monday afternoons the Photography group travelled around various locations in Launceston to photograph their chosen subjects before returning to print them on the computer.

The Flying program resumed at Royal Park with the group also eager to get

back in to it.

Our Monday morning Swimming group was able to resume their swimming program at the Launceston Swim Centre and continue to work on their swimming skills.

The Gardening group took delivery of the third garden bed and are in the process of planning and shopping for their spring crops. Again, these crops will be utilised into our three cooking programs.

Fun Friday participants chose a trip to Launceston Lanes for bowling to try out the skills they practiced on the indoor bowling mat during restrictions. It was a

very active and fun afternoon for all with plans in motion for many more to come.

The Fishing program returns Monday afternoons starting the 5th October at either Waverley lake or St Leonards picnic ground. We are looking forward to the thrill of catching the elusive fish on sunny afternoons.

We are all looking forward to the warmer weather to continue our community programs.

Mandy Mallett,
Independent Services Team Leader



George Town Road - Supported Accommodation

Over the past few months here at George Town Road, Krystal has settled nicely into her new unit and has started to enjoy life a bit more freely.

In the recent months Krystal has been able to buy a new air fryer; she's been loving how her wedges are cooked.

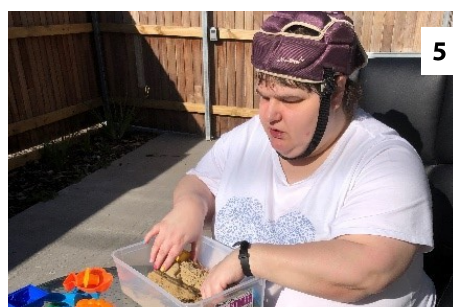
It's been a shame Krystal hasn't been able to get back into choir this year due to Covid-19 but has been keeping up singing with her new karaoke machine.

Krystal has been enjoying learning how to play monopoly with staff members; it's even better that her new game is done in Braille, giving Krystal the ability to read everything herself. Together

with staff Krystal has had the ability to create her own Braille games that she enjoys playing with staff. One of her favourites was Yahtzee.

Over the past few months Krystal has been enjoying baking again with staff, scones are definitely one of her favourite to bake. With the warmer weather coming around Krystal is already planning a trip to the beach to get her feet into the sand again, but for now Krystal has been recreating the beach at home.

Emily Hyland,
Disability Support Worker



Como Crescent - Supported Accommodation

The past couple of months have been very busy for Aron.

He has been visiting three (would you believe) of his favourite cafes where he has become extremely popular and where the waiting staff greet him. He always greets them back with a big smile.

During Covid-19 swimming has been off Aron's agenda, however as things are easing he is looking forward to re-turning to his swimming program.

Aron has advanced on his own communication skills by gesturing, pointing and taking things to staff. When Aron feels this isn't sufficient enough, he has been making use of his Compics book.

Aron purchased some brand new shoes with his day support staff. Aron spent quite a bit of time selecting his favourite style but we got there in the end!

With the weather warming up, Aron has enjoyed walks by the river with a few snacks to top off his day.

During the day, Aron chooses what he would like to do. This can range from enjoying visits to the Merrington Centre on location at St Michaels where he can join in programs, or simply socialising with other participants who have similar interests.

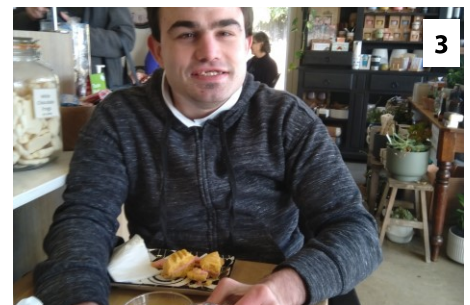
Aron also likes visiting cafes, going for walks, driving in his specialised van, swimming, walking in his support frame

with assistance, shopping in the city, riding on the bus and visiting parks.

Aron is well versed in having fun with his dedicated team who have gotten to know his humour which he directs with much laughter at them!

We look forward to sharing with you his continued progress.

John Dean,
Disability Support Worker



Wellington Street - Supported Accommodation

Welcome to Wellington Street Spring newsletter update.

'Bring on the warm weather', Aaron and Logan say and let's get outside and do some constructive activities.

The veggie garden is getting a makeover ready for planting soon. Aaron loves his beans, potatoes and tomatoes for cooking dinner, so they are going in first.

Aaron is still really enjoying his work and goes two days a week for eight hours a day and is updating his movie collection with his extra spending money. He has some wonderful collections

he is very proud of, especially wrestling, which is his favourite.

Logan has been to Devonport a few more times to meet friends there and have lunch. A walk along the beach is his favourite still. Will be more enjoyable now the weather is warming up.

Logan and Aaron are still really enjoying their online gaming sessions against all their friends and family; this gets very competitive at times!

We are spring cleaning the house and it looks great. Aaron has done a great job moving his room around to make a lot more space and cleaning his room also.

Great job Aaron!

Well that's about a wrap up from us all, so we hope everyone gets outside and makes the most of the warmer weather which is approaching us.

Bye for now.

Julie Scarratt
Disability Support Worker

Desmond Wood - Respite Transitional Accommodation

Spring is here at last! Here at Desmond Wood we have had a busy couple of months since our last newsletter piece.

Both Zack and Amelia have been working hard on their goals.

Millie has been going walking, swimming and doing well eating her food with her fork.

Zack is constantly improving with his life skills, such as cooking and vacuuming.

We also welcome Brody Johnston back to Desmond Wood again and we look forward to seeing Brody improve with his living skills.

We look forward to sharing more of our

achievements in the next letter.

Cheers from the DW team.

Paul Cousins,
Desmond Wood Support Worker



St Michaels Training



We have now moved into our new premises in George Street and love the new space we share with the St Michaels Support Coordination Team. This larger space will now enable us to offer more programs to organisations within the disability sector.

We have already received a number of enquiries from Disability Service Providers for training and commenced new programs. We are looking forward to establishing new relationships and are excited about the opportunities this will bring for St Michaels Training.

We have a new Trainer on board; David Gallagher who has over 20 years' experience as a trainer. David has also been working in the disability sector for over six years. David has fitted into the team very well and with the skills he brings, we look forward to offering many new programs.

The group at Vincent Industries in Wynyard have commenced their Food Safety / Cookery program with Garry Harvey and from all reports are enjoying

their time in the kitchen. They have already produced some very nice looking pizzas.

We have a busy couple months ahead of us, with a number of STMA employees due to commence their Report Writing and Food Safety Programs.

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 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 TL11215 Certificate I in Warehousing Operations.

Skill sets offered include:

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



Grilled chicken burger with red cabbage coleslaw (serves 4)

Ingredients

- 600g chicken mince
- 70g (1 cup) fresh breadcrumbs
- 1/4 red cabbage, finely shredded
- 500g extra lean beef mince
- 1/2 red onion, very thinly sliced
- 1 carrot, peeled, coarsely grated
- 1/4 cup finely chopped chives
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 2 teaspoons honey
- 1 tablespoon olive oil
- 1 loaf Turkish bread, quartered crossways, split
- 100g baby rocket leaves

Instructions

Step 1

Combine the chicken and breadcrumbs in a large bowl. Season with salt and pepper. Divide into four even portions. Shape each portion into a 9cm patty. Place on a plate. Cover with plastic wrap and place in the fridge for 30 minutes to rest.

Step 2

Meanwhile, combine the cabbage, onion, carrot, chives, mayonnaise, mustard and honey in a large bowl. Season with salt and pepper.

Step 3

Preheat a barbecue or chargrill on high heat. Lightly brush the bread slices and chicken patties with oil. Cook chicken on barbecue for 3 minutes each side or

until golden brown and cooked through. Transfer to a plate. Cook bread on barbecue for 2 minutes or until lightly toasted.

Step 4

Place bread bases on serving plates. Top with red cabbage slaw and chicken patties. Top with rocket and remaining bread. Serve immediately.



Oat choc chip cookies (makes 42)

Ingredients

- 250g butter, softened
- 1 cup brown sugar
- 1/2 cup caster sugar
- 1 egg, at room temperature
- 2 teaspoons vanilla essence
- 2 cups self-raising flour
- 1 teaspoon ground cinnamon
- 1 cup choc chips
- 2 cups rolled oats
- 220g jar Nutella
- 42 chocolate freckle lollies

Instructions

Step 1

Preheat oven to 190°C. Line two baking trays with baking paper.

Step 2

Using an electric mixer, beat butter, brown sugar and caster sugar until pale and creamy. Add egg and vanilla essence. Beat well to combine.

Step 3

Sift flour and cinnamon over butter mixture. Add choc chips and oats. Stir with a wooden spoon to combine.

Step 4

Roll heaped tablespoonfuls of mixture into balls. Place onto prepared trays, allowing room for spreading. Bake for 12 to 15 minutes, swapping trays after 10 minutes, or until light golden.

Step 5

Stand on trays for 5 minutes before transferring to a wire rack to cool.

Step 5

To serve, spread each cookie with 1 teaspoon of Nutella and top with a chocolate freckle.





Email:.....

Highlights



Highlights



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