

By St Michaels Association

From the CEO



John Gilpin

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

We hope you enjoy reading this edition, it is filled with many fun and adventurous stories and pictures highlighting the activities that our participants engage in.

During this period St Michaels had the honour of hosting NDIS Minister Robert, Senator Askew and our local member for parliament Bridget Archer as they held a media announcement on the grounds of St Michaels.

As our guests were here for only an hour, we were able to take our guests on a short site tour of the old and new sections of our facilities here at 22 Hoblers Bridge Road Newstead, where the guests enjoyed some jam and scones made by our participants, played music and visiting the homes of a number of our participants in the new smart assistive technology



houses.

The highlight for our participant Liam of Baker House was beating Minister Robert in a push-up competition in the lounge room of his brand-new home, while another participant proudly showed the Minister and guests how she has proudly and personally decorated her independent living unit.

On behalf of St Michaels, it was an honour to showcase to our important guests how the NDIS has aided in the lives of people that move from high needs, group homes to independent living and pathways into training that the NDIS flexibility provides to people living and working with their disability.

A small part, but an important part, of St Michaels is its Registered Training Organi-

sation. 2021 will see the continuation of our Certificate III in Individual Support program and the first delivery of our Certificate IV in Disability program commencing. This is an exciting development for St Michaels' RTO as we have primarily delivered training to supported employees of Australian Disability Enterprises for over 15 years and more recently over the last few years has become an industry based trainer providing medication administration, first aid and now qualification programs.

Our participants continue to amaze me of what they do, where they go and what they get up to, so please read and enjoy this edition of our newsletter.

**Take care,
John**

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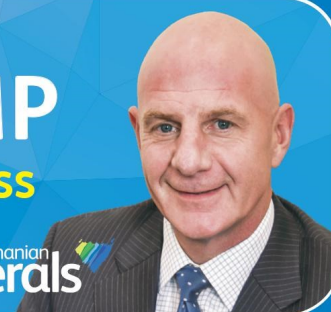
Peter Gutwein MP

Liberal Member for Bass

53 St John Street, Launceston 7250

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

Tasmanian
Liberal



Hot of the Press



The first three months of the year have been very busy. St Michaels' Quality & Safeguarding Coordinator, Waqas Fayyaz, Debbie Loosmore, Employee Engagement Manager and I have been coordinating St Michaels' COVID-19 vaccination rollout for our participants and staff with the Department of Health.

Given the epic task of vaccinating our state the Department of Health have been behind in the vaccination rollout. As this newsletter hits the press, we still haven't been given a date for the first dose of the Pfizer/BioNTech to be administered to our participants and staff at our Launceston campus. We will communicate with you as soon as we have been given a date.

It is important to note that two doses of the same vaccine is needed before you are protected against COVID-19.

You also can not be vaccinated for the flu until two weeks after your second dose of the COVID-19 vaccine.

The Australian government has produced some useful, easy to read information for people with a disability. The information can be found at <https://www.health.gov.au/resources/collections/covid-19-vaccination-easy-read-resources>.

We are still waiting on information from the Department of Health regarding vaccinations at our Devonport campus.

If you have any questions relating to St Michaels' COVID-19 vaccination rollout, please speak to myself via email: stacey.tweedale@stmichaels.asn.au or Waqas Fayyaz via email: waqas.fayyaz@stmichaels.asn.au.

In other news, all our new homes in the Smart Home Complex are occupied with the arrival of our new participant in Chugg House, Steven Beechey. Steven joins us from Queensland and has returned home to Launceston after a number of years away. Welcome Steven!

In our CEO's introduction he mentioned our VIP visit from The Hon. Stuart Robert MP, Minister for the National Disability Insurance Scheme (NDIS), Federal Member for Bass Bridget Archer MP, Tasmanian Senator Wendy Askew and NDIS representatives. Channel 7 and the ABC were also present and included the story in their news feeds that night. Please see some additional photos below of the visit.

Stacey Tweedale,
Media, Communication & Member Coordinator



Penquite Road - Supported Accommodation

Throughout the month of January and February, Gary and Paul were pretty busy with their schedules. Paul was busy with his strawberry and sweetcorn crops. He continues to invest his time to grow his strawberries and corn so they are ready to eat. He also enjoys his walking at Cataract Gorge. Paul has spent time with his parents which he really enjoys. He has redecorated his room and has been on a number of drives to Beauty Point. Paul has also immensely enjoyed re-establishing his community links and contacts by having a regular routine each week visiting the café of old friend Brett in Kings Meadows. Paul, not one short for words has enjoyed introducing himself to all of the regulars and holding many conversations between his coffee and shortbread.

Gary enjoys his trips to Trevallyn Dam with his day support staff. He was also very excited about his trip to Longford for a tractors and the train visit; these are his areas of interest. Gary enjoyed his home trip very much. He has had 2 trips to Hobart with his parents. He was also very enthusiastic about picking apples and assisting staff on cooking stewed apple, his favourite. Gary has always been interested in cooking at home.

Both Paul and Gary have enjoyed making the most of the beautiful summer weather of an evening, by choosing to have some relaxed dinners together at Punchbowl and by the Tamar at Seaport with many other Launcestonians.

All of Penquite's staff and participant are following the Covid-19 rules and regulation.



As the time is getting closer to Easter, our participants Paul and Gary are excited about their holiday plans.

Bimala Sapkota,
Support Worker

Hawthorn Street - 'Our Home' Supported Accommodation

Christmas time at Hawthorn Street was exciting for participants as they started making plans for the New Year. Three of the beautiful spirited four participants had gone away for the Christmas holiday and were expected back in their home in January.

Sarah C spent Christmas at Hawthorn Street, enjoying a day trip with staff. Sarah H had a great time while on holiday in Melbourne and spent quality time with her Dad. She was excited reuniting and sharing stories of her experience while away with her housemates. Emma J, since returning from her short Christmas break has sat with Sarah C to plan activities and experiences in their community for the rest of the summer.

Entering the New Year was bittersweet for Hawthorn Street, who bid farewell to a much loved individual, Heath. Heath was a great, funny and calm young man, and his presence has been missed in the house. His housemates, Sarah C and Sarah H, attended his funeral, wearing pink as it is Heath's favourite colour. Our thoughts are with Heath's family at this time, and we are privileged to have known and supported Heath.

The three house mates have been supported with quality services as well as being offered various options to support them in healing and grieving from the loss of a much loved housemate and friend.

The housemates are now actively participating in events, such as bowling, BBQ

outings, speedway events and also engaging in activities now as they are getting more involved in the community.

I can proudly say that the support staff at Hawthorn Street have been awesome, providing respectful, person-centred support in a time when the participants need it most. Well done team, and well done to Sarah C, Sarah H and Emma J for the positive progress they have made toward their goals.

Sam Atoyebi,
Team Leader

Day Program - Community Access

Day Program have had a great start to the year. We have also been able to introduce some new activities and programs to our regular ones which everyone enjoys.

We have been working on our independent living skills. Alice can be seen in the photo 1 out and about doing some shopping. Gabbie can be seen in the photo 2 making her own cup of tea!

Antony and Ben have been expressing themselves through art (Ben can be

seen in photo 3).

Everyone is so happy to be back at the Launceston Swimming School.

Claire has returned to our cooking program every Wednesday which is now gluten free.

John has helped Mick feel at home during a workshop morning. Mick is new to the team and is proving he is a valued member. He has some wonderful new ideas.

We all worked on our community access

and social skills during a day at Grindelwald where we played putt putt golf.

In January we celebrated Ben and Mitchell's birthdays.

Ricky had fun working on his cooking skills with a BBQ at Gravelly Beach during the summer program.

Tracey Gillespie,
Day Program Team Leader



Castlemain Road - Supported Accommodation

Shereena has been busy in her garden and enjoying eating her lettuces, peas and watching her seeds grow.

She enjoys going to New Pins, a new mother's group and spending time with her daughter. She is busy attending her regular outings with NOSS too.

Some exciting news from Castlemain is that Shereena and Sean recently were engaged. They spent a relaxing night at home with a home cooked meal to celebrate. Congratulations Shereena and Sean!

Shereena likes to relax playing the PlayStation or her Nintendo Switch,

listening to music and visiting friends. She recently celebrated her partner Sean's birthday and she enjoyed spoiling him.

Shereena is enjoying the warm weather and going to parks.

Katherine Corcoran,
Support Worker



Kenneth Court - Supported Accommodation

It has been a challenging time of late at Kenneth but I am pleased to say all our participants are happy, settled, well cared for and in good spirits.

A common goal that all our participants share and are keen to achieve has certainly been met over the past couple of months. That is to socialise in the community, eat out at various venues and cafes, enjoy a light beer with a meal on a Sunday after lots of loud singing at Church.

Stephen and Andrew had a great half day at Tasmania Zoo. Stephen, Andrew and Val went to City Park. Val laughed watching the antics of the monkeys. Stephen and Andrew liked the ducks and watching the train go around the park laughing when the driver tooted the horn at them.

Nick had a fun time in Sydney with his mum for 10 days in February enjoying lots of new experiences.

Stephen, Val and Andrew really enjoyed a trip to Devonport, sitting in the sun at The Bluff before enjoying a meal at a restaurant. All our participants enjoyed the recent Crossroads BBQ at Punchbowl Reserve.

Stephen and Andrew had a great time at Grindelwald while Val and Nick were spending quality time with their families.

All in all a fun 2 months for everyone.

A big thank you to Kenneth Staff for taking great care of our participants.

Rosemary Brodie,
Acting Team Leader



East Devonport - Community Access & Personal Support

Aussie, Aussie, Aussie. Oi, Oi, Oi!

For Australia Day we held our Australia Day party and what a day we had! Lots of water games and play, which ended with most of the staff being totally saturated and the participants getting fully involved one way or another. Meat pies and mini pavlovas with fresh fruit salad were available throughout the day, with the participants complimenting each other on the quality of the food they had prepared. Everyone expressed how much they enjoyed the day and are already planning for the party again in 2022.

Mid-January, we commenced a new concept to our Day Program. We now have two programs running side by side to better cater for the needs of our participants. We have found untapped talents amongst our people and they are now able to better express them-

selves through art, craft, and cooking.

The Don River Green group are currently making their way around the world by choosing recipes from different countries that they would like to try. This is expanding their skill set and gives them an understanding of new methods of cooking. The Mersey River Yellow group are learning the basic skills of cooking and this is encouraging them to be more independent in the kitchen.

A mystery bus tour was also enjoyed, last month, which led us to Burnie, to explore the local sites and enjoy a picnic lunch whilst looking out for platypus. Participants took the opportunity to use their sketch books and drew some of the trees and animals while relaxing in the shade.

Our STMA Devonport family continues to grow we are pleased to welcome

Artika 'Artie' to the team.

Marcia Lade,
Program Coordinator,
East Devonport




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In-Home Tenancy - Personal Support

IHTS has again been busy assisting our participants in their homes to reach their goals, which for many is to maintain an independent lifestyle and remain living in their units. This for IHTS staff means assisting them to maintain skills they already have or upskilling by learning new ones. With many new participants joining the St Michaels family there has been lots of discovery learning their current skills and how we can build on them. The staff have been kept on their toes thinking of new ideas to assist the new participants with adapting to their new independent lifestyles. This has included, assistance with budgets, shopping for one person as many have come from group home situations or branched out from the family home, cooking healthy meals and making healthy choices has been a real focus for

the team members.

We have also been having a number of outings in the beautiful weather which have included Gorge walks, walks at Seaport, friends having lunch together by joining supports and travelling to Beauty Point.

David Lynch requested to go to the speedway and invited some friends to join him. David has been a big fan of motorsports and thoroughly enjoyed his night watching the speedway cars with his friends Julian and Leigh.

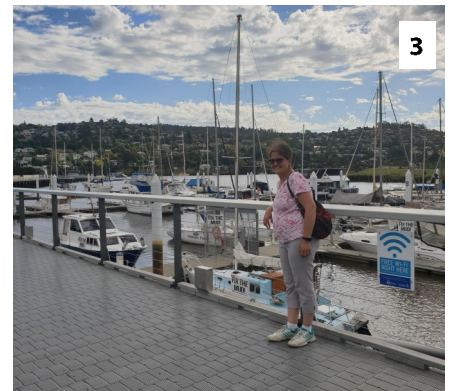
Gerard has spent many of his Wednesdays exploring Tassie which has seen him going fishing at Beauty Point, visiting the Berry Farm and visiting Little Blue Lake. Just to name a few.

Debbie and Kevin have had some outings together visiting Stones Throw for

a walk along the lake as well as putting on their best gear to attend the Launceston Cup. This is a favourite of theirs each year.

We look forward to enjoying the tail end of our summer months now and then moving in to the colder time of year where staff will continue to assist everyone to move forward and achieve their goals.

Trish Wrigley,
Personal Support Coordinator



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

Merton House - Supported Accommodation

As you would recall from the January edition of The Independent, Ben had initiated some online shopping for long sought after (and very specific) Care Bears. Staff were able to locate these in an online British marketplace. The wait was worth it, not only did they arrive soon after Christmas to pass as Christmas presents, we held on to one of them for a couple of days and it passed the grade as a birthday present. Ben was treated to a very positive and active start to the New Year.

This summer seems to have flown past. The guys haven't let it go to waste, however, with numerous weekend BBQs at every opportunity.

Jontae, on the other hand, has been taking in the sun himself during increased daily walks. He has also been hard at work with Day Program staff meticulously planning his impending move into a unit of his own.

Ash has continued to kick goals of her own – including finally pulling together separate strands of her behaviour support and medical support after over a year's waiting for some elements.

Christopher John,
Team Leader



Sayer Street - 'Our Home' Supported Accommodation

Our Sayer Street participants Sam and Kevin have adjusted well to changes in their support team. I'm currently the Acting Team Leader, the transition has been smooth thanks to the amazing team at Sayer Street.

Sam has continued his Thursday night routine of attending Dungeons and Dragons at Scenic Isle and has been working on his own campaign, helping him work towards his goals of creating and nurturing his social interactions in the community.

Kevin recently had his 33rd birthday which he celebrated with his family. He has been purchasing games and movies with money he has received from Christmas and his birthday, helping him with his budgeting skills and

managing his own money.

I'd like to once again thank all the staff at Sayer Street, without your unwavering commitment to supporting both the participants and each other we wouldn't have this incredible space for the participants to continue growing and achieve their goals.

Christiaan Seddon-Campbell,
Acting Team Leader



Independent Services - Community Access

February and March continue to be a very busy time of the year with birthday celebrations and cake for many of our participants.

Our budding artists have chosen, due to the cancellation of the Sheffield arts festival late last year, to finish their masterpieces for a display at Independent Services during April. Everyone is excited to be able to show-off their beautiful pieces of art they proudly created.

Our Tuesday golf group have enjoyed some beautiful mornings at the country club golf course on the driving and putting range.

Wednesday afternoon sports resumed at Elphin Sports Centre after their holiday break. Basketball is the chosen sport for this term with competition between Launceston's Day Program and Independent Services making for a fun filled afternoon.

Our fishing expeditions to Waverly Lake on Monday afternoons continues to provide fish a plenty, with many participants reeling in a catch.

Our cooking program participants continue to tackle new recipes and learn new skills. Everyone enjoyed learning how to make a chicken schnitzel from

scratch.

Everyone is looking forward to Easter cooking and craft projects in the month ahead.

Amanda Mallett,
Independent Services



1



2



3

Baker House - Supported Accommodation

Brandon has fully settled into his new home, and he is easing into new activities and routine while building rapport and friendship with Liam, his housemate. Brandon is currently acquiring more independent skills with little assistance and prompting from staff. He can now cook some healthy meals, vacuum his unit, and prepare his lunch independently. However, he still needs some assistance with completing his laundry task independently. Brandon loves his swimming and golfing activities and would like this to continue. Every Tuesday, staff show him how to create a groceries shopping list and going out to the shops down the road to buy items on that list.

With some extra encouragement Liam has been participating in community access, with a bit of convincing he started going to the gym 3 times a week with staff for 2-3 hours. He also plays basketball weekly at KFM. With the Baker House team he has been exploring more exciting activities he would like to include in his weekly routine. Every Friday is game night for him and Brandon, where he invites Brandon over to his unit to play a video game that fosters friendship amongst housemates.

Emmanuel Meneke,
Team Leader



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Wise House- Supported Accommodation

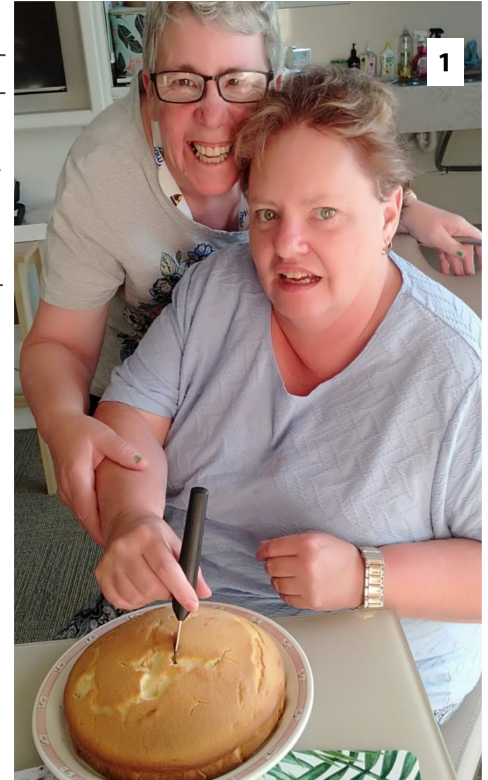
Robyn and Vickie started 2021 by moving into the Wise House unit. The two ladies went through the normal challenges of sharing accommodation space at first, but they have been overcoming this with support from the team.

They are now enjoying home life; chatting, listening to some favourite music by Daniel O'Donnell, watching favourite programs like "Home and Away", cooking and eating together. They have decorated their bedrooms and organised the living room, art room and kitchen beautifully, with staff assistance. The living room is decorated with artwork by Vickie and it's easy to find portraits and photos of Daniel O'Donnell. The two ladies are very clean and like everyone who visits them to maintain a clean house and facilities.

During the week they are very busy attending Independent Services, Community Access, Multicap, Life Without Barriers and Day Program. They involve themselves in many activities like learning literacy and numeracy, computer sessions, art, craft, grooming, cooking and games. They are learning, with support from the team, how to independently budget and manage their finances.

They spend most of the weekend visiting their families and friends and visit other St. Michaels participants in the neighbouring houses.

During the evening, they play games and watch television. Vickie and Robyn organised an oval tea party at their house and had lots of fun. They are looking forward to organising a BBQ and inviting their friends and family to join them for a meal.



Tanya Schneider,
Senior Team Leader Residential

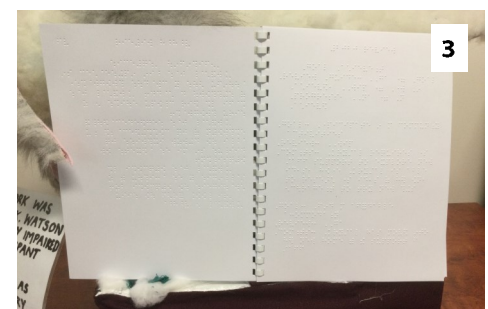
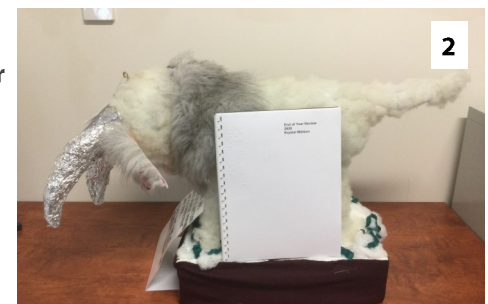
George Town Road - Supported Accommodation

Krystal has been active even while in hospital she has been making art pieces with the assistance of her support workers.

Krystal adores her dog Mya who visits twice a week and she created the first artwork for Mya. Krystal then wanted to wish everyone Happy Easter with her second artwork.

She was very appreciative of receiving her End of Year report in Braille. Abby had arranged this wonderful surprise for Krystal who immediately read out the title of the book, written in Braille. She then settled down for a full read of the book herself.

Pauline Robson,
Disability Program Business Manager



Lyne House - Respite Accommodation

We are all starting to settle back into routine after our move from DW to Lyne House. Millie is thoroughly enjoying her new space, and has settled back into her school routine without issue. Millie is still working hard on her exercise program and is enjoying the recent sunshine and walks in the park.

We sadly said goodbye to Paul Cousins who decided he needed a change and went back to an old job. He will be greatly missed by both participants and staff. We all wish him well on his new endeavour.

Youth Break has continued to be busy with participants enjoying the warmer weather. Some of the activities over the past weeks have been fishing, bowling,

markets, and BBQs in the sun.

Robert Smith in particular was quite impressed with his berry picking skills after he had been to the Longford Berry Farm, picking \$17 worth of strawberries.

Rowallen has bought his new fishing rod to Youth Break during his stays and has been excited to get out and fish. Unfortunately no fish yet, but lots of stories about the one that got away.

Also a huge congratulations to Patrick Rosevear who received a Young Citizen of the Year award for all the hard work he puts into at Agriculture Field. WELL DONE PATRICK!

Jodie Beveridge,
House Coordinator



St Michaels Training



2021 has started with a number of new programs commencing; Food Safety/basic cookery with employees at Self Help Workplace, Certificate III in Individual Support programs and Personal Care programs in both Launceston and Devonport. We have conducted information/enrolment sessions for the Certificate III in Individual Support and Certificate IV in Disability JobTrainer programs in both Launceston and Devonport, this will be our first training delivery out of our Devonport site.

To the right is a snap shot of the first two months of the year.

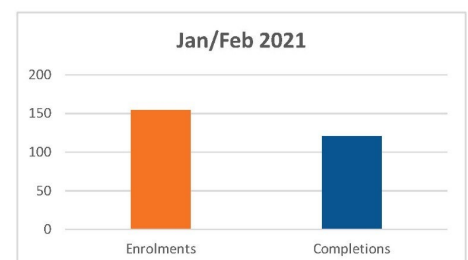
A number of new programs will commence in the coming month; such as Leadership, Disability Skill Sets, Report Writing and Food Safety that will see

our enrolments increase significantly.

We are pleased to announce that Molly Young has joined our team as a Trainer/Assessor, with over 12 years' experience in the disability sector Molly brings many skills to the role.

Some exciting developments are underway for George Street, we have met with the architect to improve our training spaces, and we are hoping that building works will be completed by 30 June.

Kim Dean,
RTO Manager



Smith House - Supported Accommodation

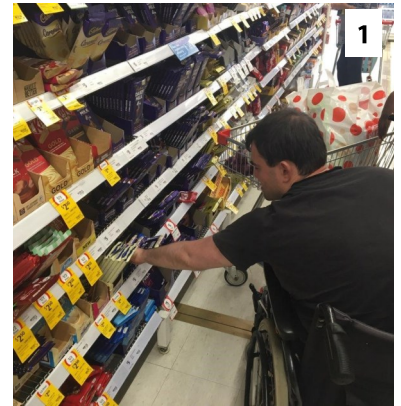
Aron Blake had a great January and February at his unit; Smith House, Day Programs and community access activities. He has now settled down and enjoys spending the warm afternoons in his house watching music on YouTube. You would easily find Aron seated on the couch or relaxing on the floor rocking his head side to side as he dances to his favourite music. He makes choices of the music he wants to listen to and staff assist him in changing from one song to another.

He focused on achieving his NDIS Plan goals of improving independence through making personal choices of clothes, food and activities he wants to engage in. He did this by using words like "yea" "more" by shaking his head, choosing from at least three photos or pointing using his hands to communicate. He is improving in exercising ac-

tivities by using his walking frame to walk around the centre and wheeling himself with close supervision by staff. He goes grocery shopping and picks favourite items from the shelves. He then puts them in his trolley and helps to put them on the conveyor for payment. He then carries his shopping on his lap to unpack at home.

Aron recently went for an outing to Lilydale market. There was live music playing and he could not hide his excitement as he smiled and danced to the music. He had lunch out and enjoyed chats from other people enjoying the event.

Irene Mukiira,
Team Leader



Meet The Team



KAITLIN DELPHINE-LEE
BUSINESS/ADMINISTRATION
TRAINEE

Prior to joining St Michaels I came from a background in retail, and started my first paid job at 15. The last 5 years I was an Assistant Manager at Jeanswest.

Favourite food:

This is hard, as I absolutely love all kinds of food. I have a guilty pleasure of ice cream it's my favourite treat on a hot day. Otherwise I love a good chicken parmi or chicken in pyjamas as I say!

Hobbies:

I love to sing and dance, I grew up with a dancing background, otherwise I love all things fashion and socialising with a cheeky wine on the weekends.

Fun fact:

I can play guitar and I've done a fair bit of travelling and would like to continue to see the world when it's safe to do so.



LILLIAN ROBINS
BUSINESS/ADMINISTRATION
TRAINEE

I started working at Woolworths when I was 15 and still in school. Once I graduated from College I started working full time at Richardson's Harley Davidson in Prospect as a Service Advisor.

I left my job there due to a job offer at Doppio Foods in St Leonards but when

COVID-19 hit I sadly lost that job. Then I found the job here at St Michaels (and I'm loving it) !

Favourite food:

I don't really have a favourite food, but orange juice is my favourite drink.

Hobbies:

Motorcycles, boxing, watching NRL, I love doing anything that involves being around family and friends.

Fun fact:

I love Rubix cubes, my solving record is 42 seconds!

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, Newstead and Devonport 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.

Lyne Building - Short term respite - 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 Lyne Building 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.

Supported Independent Living - Our Home and Group Homes - There are a number of facilities located on site and in the broader community. Services provided incorporate assistance in meeting daily life requirements and to develop the skills of an individual with standard support needs to live autonomously as possible. These program operate 7 days a week and conditions apply for eligibility.

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. Currently on hold due to COVID restrictions.

Independent Living Units - The 53 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.

St Michaels Training (Registered Training Organisation 60067) - St Michaels Training provides accredited training for Tasmanians with a disability and individuals working in the disability sector.

- Offering the following qualifications:
- CHC33015 Certificate III in Individual Support
- CHC43115 Certificate IV in Disability
- MSM20116 Certificate II in Process Manufacturing
- TLI11215 Certificate I in Warehousing Operations.
- Skill sets offered include:
- CHCSS00081 Induction to Disability
- CHCSS00098 Individual Support - Disability
- Food safety and basic cooking
- Digital skills
- Leadership

For further information visit:
<https://stmichaelstraining.tas.edu.au>
 Email:
info@stmichaelstraining.tas.edu.au
 Telephone: 03 6333 2600



Crunchy Topped Potato and Mince Bake

Ingredients

- 2 large desiree potatoes, cut into 3cm pieces
- 200g semi dried tomatoes, coarsely chopped
- 100g Turkish bread, finely chopped
- 100g tasty cheese, grated

Savoury Mince Ingredients

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 2 tablespoons tomato paste
- 600g beef mince
- 1 large carrot, finely chopped
- 3x 400g canned crushed tomatoes

Instructions

Step 1

Heat oil in a large saucepan over medium heat. Add onion and garlic. Cook, stirring occasionally, for 5 minutes or until onion is soft. Add mince. Cook, stirring with a wooden spoon to break up mince, for 15 minutes or until browned.

Step 2

Add carrot. Cook, stirring, for 5 minutes. Add tomato paste. Cook, stirring, for 2 to 4 minutes. Add crushed tomatoes. Increase heat to high. Bring to the boil.

Step 3

Reduce heat to medium-low. Simmer, uncovered, for 20 to 30 minutes or until sauce thickens. Season with salt and pepper.

Step 4

Meanwhile, place potatoes in a saucepan. Cover with cold water. Bring to the boil over high heat. Reduce heat to medium. Cook, uncovered, for 6 to 8 minutes or

until just tender. Drain. Add potatoes and tomatoes to mince mixture.

Step 5

Preheat oven to 180°C. Spoon mixture into a 8-cup capacity ovenproof dish. Sprinkle with bread and cheese. Bake for 40 to 50 minutes or until golden and heated through (cover during cooking if top is browning too quickly). Serve.



Gluten Free Apple Crumble (serves 6)

Ingredients

- 6 Granny Smith Apples, peeled, cored and cut into wedges
- 2 tablespoons of lemon juice
- 2 tablespoons of caster sugar
- 1 teaspoon of pure vanilla extract
- Pure icing sugar, to dust
- Gluten free vanilla ice cream, to serve

Crumble

- 50g (1/3 cup) plain flour
- 40g (1/3 cup) almond meal
- 35g (1/2 cup) shredded coconut
- 1 teaspoon ground cinnamon
- 60g (1/3 cup firmly packed) brown sugar

- 60g unsalted butter, chopped

- 25g (1/4 cup) flaked almonds

Instructions

Step 1

Preheat oven to 180°C/160°C fan forced. Lightly grease a 1L (4-cup) round ovenproof dish.

Step 2

Combine apple, lemon juice, sugar, vanilla and 80ml (1/3 cup) water in a large saucepan and cook, stirring occasionally, over medium heat for 10-15 minutes or until apples are tender. Transfer to the prepared dish.

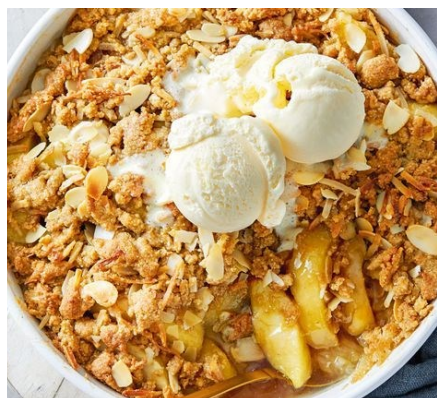
Step 3

To make the crumble, combine flour, almond meal, coconut, cinnamon and sugar in a medium bowl. Use your fingertips to rub the butter into the flour mixture until

mixture resembles coarse breadcrumbs. Stir in flaked almonds.

Step 4

Sprinkle the crumble mixture over the apples. Bake for 25 minutes or until golden. Set aside for 5 minutes to cool slightly before dusting with icing sugar. Serve with ice-cream.





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Highlights



Highlights



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