

# The Independent

EDITION 59  
MAY 2021

By St Michaels Association

## From the CEO



John Gilpin

Welcome to our bi-monthly newsletter "The Independent" for May 2021. We hope you enjoy reading this edition.

I would like to commence this edition with some very exciting news for our Northwest participants and their families. We propose to build 16 supported Independent Living Units, which are to be built at our North Caroline Street, East Devonport property.

The Development Application (DA) has been lodged with the Devonport City Council for permitted use as an assisted housing development for 16 supported but independent living one-bedroom smart units. After the DA approval, Building Permits will be sought and building hopefully commencing around September or October this year. Blog posts to our website and Facebook

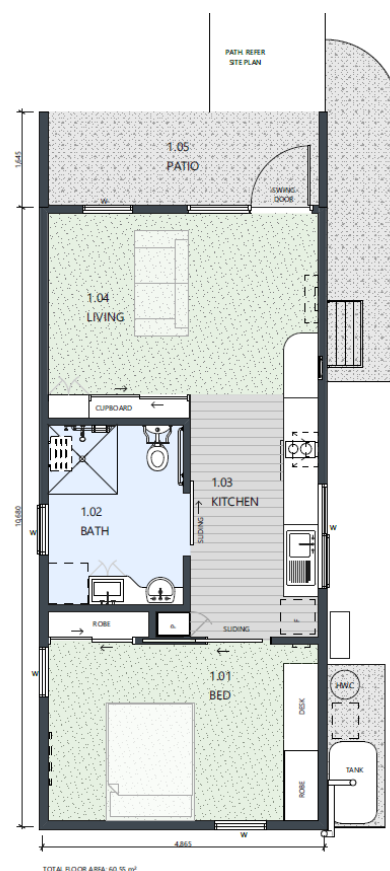
page will keep you informed.

My other key message for our readers is an update on the COVID-19 vaccination rollout here at St Michaels. We have been given tentative dates in mid-June for the first dose vaccinations to take place here at our Newstead campus in our own vaccination hub. We should have confirmation on these dates next week. Please stay tuned for further updates.

Due to the delays from the Federal and State governments with the vaccination rollout, I understand that some participants and staff have already received their first dose through their GP or at a vaccination clinic, this is great news! You need to be aware that you will need to have your second dose through the same channels as your first dose. For those who have received their first dose please keep us informed.

I hope you enjoy reading the rest of the stories and activities in this edition

**Kindest regards,  
John**



Advertisement

# Peter Gutwein MP

**Liberal Member for Bass**

53 St John Street, Launceston 7250

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

Tasmanian  
**Liberals**



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

## Hot of the Press



On the 1st May the Tasmanian government made it mandatory for all businesses to have 'check in' QR codes at their premises. If you visit any of St Michaels' campus you'll see that we have implemented this new process. If you intend on staying at any St Michaels campuses for more than 15 minutes you will need to check-in using the Tasmanian governments 'Check-in TAS' app.

Over the past few months, I've been busy finalizing our Day Program booklets. We have combined information from the Merrington Centre and Independent Services into one program booklet which has been printed and distributed. If you'd like a copy pop in to see Tracey Gillespie or Rebecca Atkinson at the Merrington Centre or Mandy Mallett and Jenny Hall at Independent Services. We've also produced a Day Program booklet for our Devonport campus which will be printed and distributed in the coming weeks. It has been a team effort updating and creating these booklets and I would like to thank everyone from the Disability Team and Corporate Services who has been involved.

It is so lovely to see our new residents at our Newstead campus making connections with their neighbours and building a community at the Assistive Technology Smart Home Com-

plex. Wise House residents Robyn and Vickie are our caring, social butterflies who have been busily organising birthday parties for their neighbours. They recently organised a party, a cake and wrote a card for Kaylene Barnard. Kaylene was touched by the gesture and said that she's never had friends before to celebrate her birthday with. Thanks, Robyn and Vickie for making so many people's birthdays so special. Wise House content on page 10 has more photos of the parties Robyn and Vickie have been hosting.

On the 12<sup>th</sup> May, Kerrie Lake, one of our amazing Support Workers organized for staff and participants at the Merrington Centre to dress up as pirates for Pirate Day, which raises funds for kids' brain cancer research at The Kids' Cancer Project. Kerrie also organized pirate-themed games and activities that our participants had so much fun playing. An update on how much we raised will be posted on St Michaels Facebook page. Please see some photos below of the day.

As the weather cools down why not try some of the delicious recipes on page 15 of The Independent newsletter.

**Stacey Tweedale,**  
**Media, Communication & Member Coordinator**





## Penquite Road - Supported Accommodation

Here's to the sweetest and loveliest person we know, Happy Birthday to our participants Paul, Gary and our Team Leader Damien. May this birthday be the start of a year filled with good luck, good health and much happiness in your life. What a month, three birthday celebrations on top of Easter.

Paul enjoys his visits home with Mum and Dad. Firstly, he went home for Easter celebrations and then the second week for his birthday. During these weekends with his parents, Paul seemed to have had lots of fun. He also enjoys his walks to Heritage Park. He is doing well with his community garden too. A lovely Metro bus trip, morning tea, and lunch outside are providing Paul with an opportunity to socialise with others in the local community.

Gary also spent two weekends with his

parents and had lots of fun too. He enjoys being able to spend time outside in his community with his support staff.

Both of our participants were excited about celebrating Mother's Day. From being supportive to teaching important life skills, there are countless reasons why our participants want to spoil their mothers. We supported our participants to make a homemade Mother's Day card and flower arrangement for their Mums.

Let's hope this winter will be a gentle and kind season of rest from the wheel of the mind.

**Bimala Sapkota,**  
Support Worker



## Hawthorn Street - 'Our Home' Supported Accommodation

The first quarter of the year has been awesome at Hawthorn Street. Sarah C, who had been with St Michaels Association for over three years has moved on to look after her grandparents in their home after mastering some life skills while living at Hawthorn Street. Sarah's departure has left Hawthorn Street with two active participants, Sarah H and Emma J.

Sarah H, has taken her Saturday bowling activity to the next level. She had a competition earlier in April where she was in the top three, and she was awarded a prize. She is also regularly taking a walk on Saturdays in the quest to keep fit. Sarah had a few days of holiday during Easter to the Mainland and she has returned to share stories about her experience away. She has been

amazing at making healthy choices as well as cooking and also would cut up her apple with little to no support after having her dinner.

Emma J, has been actively engaged in various activities, especially over Easter. She had gone to the last speedway event of the season as well as attending the racing event during Easter, which included horse and dog racing. Emma had enjoyed her visit to the helipad, farms and different forms of games with mates as well as support staff members. Emma has also completed an activity board for the house within a fortnight with minimal assistance from support staff. This is a great achievement in speed as well as innovation and creativity. Emma attended ANZAC Day commemorations with Hannah S, one of her

housemates who had moved into one of the units on STMA campus.

Both participants here at Hawthorn Street and support staff hope for more achievements throughout the year.

**Sam Atoyei,**  
Team Leader



## Day Program - Community Access

Over the past few months, Day Program participants have been focussing on developing their independent living skills.

Pari and Alice went shopping and purchased Easter treats for a special morning tea celebration at the Merrington Centre. Ben also went shopping and purchased some new t-shirts for himself.

Brandon worked on his independent living skills by making his support workers a yummy lunch. Way to go Brandon!

We celebrated Easter with loads of unique crafts, an Easter egg hunt, and some fun games that everyone enjoyed.

Our Workshop Program is proving very popular, our Maney brothers worked together on a new project in the workshop. Sam is working on building a shelf for all of his games at home and Andrew is working on a table for his new unit. Great teamwork from the Maney brothers!

Daniel celebrated his 50th birthday with a party in his unit that his family organ-

ised. Staff also took Daniel out to celebrate. Happy birthday, Daniel, here's too many more!

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



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## Castlemain Road - Supported Accommodation

Shereena has been busy with NOSS and attending the Red Shed where she's produced some great artwork. Shereena has also been regularly visiting her daughter.

On the home front, Shereena has been rearranging her unit, moving furniture, and sorting out rooms keeping everything clean, tidy and organised. Shereena is also becoming more independent and is trialling less support.

When not busy Shereena likes to relax listening to music, watching movies, spending time with her partner and friends, shopping, and cooking some amazing meals for her partner and herself. Now that the weather is starting to get colder, Shereena has also started planting a different assortment of vegetables in her garden.

**Joanne George,**  
Team Leader



## Kenneth Court - Supported Accommodation

Our participants have had another busy few months, with the summer coming to an end, Nick, Val, Andrew and Stephen have made the most of warm days planting veggies in their new garden plot. Stephen celebrated his birthday with his housemates at the Newstead pub, thoroughly enjoying the outing.

Crossroads has been another popular regular monthly outing, with our participants always happy to see long-standing friends. SpeakOut is also attended monthly.

Stephen and Andrew "rock the house down" singing loudly at church every Sunday.

Easter was enjoyed by all participants with Val going home to Scamander and Nick going home to spend time with his Mum.

Stephen, Andrew and Val have really enjoyed their weekend dining experiences, always ready to chat with other patrons.

Stephen had a great time at a friend's 45th Birthday party in Perth while Andrew and Val enjoyed a meal at the Perth pub. All participants were happily talking about their day out on the drive home.

Stephen and Andrew had a great time visiting Robyn Bye in her lovely new unit, sharing a meal with lots of laughter.

Val really enjoys her days at home baking.

All in all another productive few months for our participants.

**Rosemary Brodie,**  
Acting Team Leader



## East Devonport - Community Access & Personal Support

Without a doubt we have had a ball the past few months!

Only last week we hosted our first 90s disco and many took the opportunity to shake their booties. All participated in many dances including, but not limited to, The Nut Bush, The Cha Cha Slide Dance and The Macarena. Games were also incorporated, for example Duck Duck Goose to ensure physical activity and physical movement were enjoyed by all.

The hall was also decked out in a 90s theme with posters displayed showing participant's favourite 90s bands and TV shows.

Before the disco, all participants were involved in cooking up a storm and pizzas were shared and enjoyed by all.

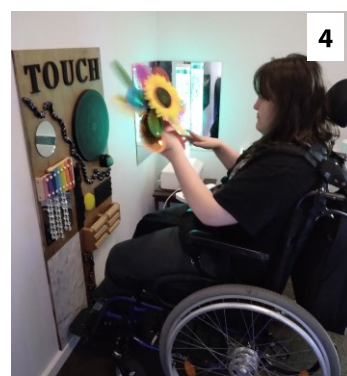
We would also like to share the news that Devonport has a Sensory Hub

which has just recently opened. We took advantage of the opening week and many of our participants had a wonderful time. The Sensory Hub is a place for people with and without disabilities to connect, calm and learn coping skills. With a BYO café space and the chance to relax with a sensory ice cream or coffee, you can connect with others in a safe, supportive space. You can book in for the massage chair, or one of two multisensory rooms, relax and have fun on the mobii interactive projector. The sensory Hub is located at 57 Formby Road, Devonport.

For Mother's Day our participants worked on some new projects for their loved ones. The projects on offer were lavender and rose petal bags and succulent gardens which were made in recycled pans.

Our STMA Devonport family continues to grow (we have some pending appointments of new staff). We are pleased to announce that Cheryl is our newly appointed Team Leader within the Devonport team for Day Program. I look forward to reading her article report next time around!

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



  
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## In-Home Tenancy - Personal Support

The last two months have been another busy time for the IHTS team. Participants have been planning for nominated holidays and activities that assist them to reach their goals.

One person that always manages to keep staff on their feet is our own Jacquie Spencer. Jacquie has been busy doing walks and keeping fit to enable her to participate in the 3 Peaks Walk during May. We wish Jacquie all the best and know that her strength and fitness will see her through this task.

Jacquie also received the Ray Bailey Memorial Trophy in March. This award is for a club member who strives to make the most of their given abilities, talents and opportunities, showing pride and humility in their achievements. Well done Jacquie.

Gerard Little has also been working on his fitness having his support staff complete

the Zig Zag track and the Duck Reach PowerStation several times per week. This is a fantastic way for Gerard and the staff to keep fit.

Brody Johnston was lucky enough to have his staff support him to see the Navy Submarine at Beauty Point which was such a highlight for Brody and his smile said it all.

Our staff members have been working on portion sizing of meals for participants. To assist us we have used the Diabetes Tasmania plate portioning chart. Photos of participant's meals are displayed so all staff that support the participants are aware of a typical meal portion for that individual.

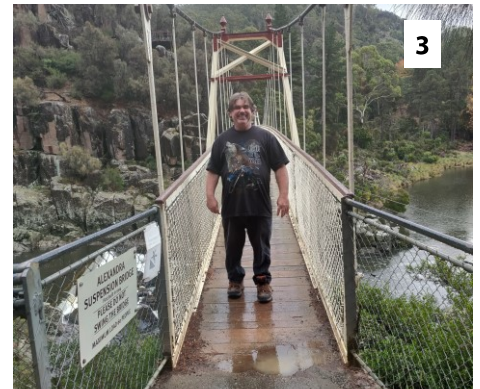
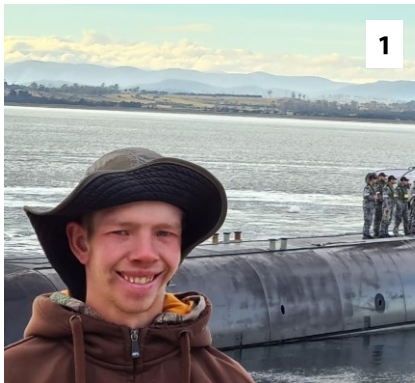
David Lynch has been out and about going to Speedway and the movies which David is thoroughly enjoying. Some participants also enjoyed the Cars for Kids outing where they were able to get up

close and personal with some very cool race cars.

Independent living skills always plays a huge part in the IHTS team. This includes things like arranging holidays which has also been a very big focus for many participants. This has included choosing and organising accommodation, meals and activities. We look forward to sharing everyone's holiday fun in the next edition and we very much appreciate our wonderful staff who give up their time to assist them with these activities.

As the winter months are upon us we will be looking towards inside activities and lots of home-cooked meals. Staff will be looking for new ideas to assist participants to continue reaching their goals.

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



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## Merton House - Supported Accommodation

Things are slowing down as summer has drawn to an end, but Ben and Jacob did enjoy sporadic BBQs during the warmer months. On the bright side, Jacob has been enjoying regular family contact as his mother, brother and sister come to visit him at Merton House every second Saturday.

Jontae recently travelled to Hobart for an overnight stay, he did mention it was cold. It was cold in Launceston that weekend, due to a stiff SSW Antarctic breeze - so it must have been absolutely freezing in Hobart!

Ashlee has been participating in the development of weekly meal plans regularly and enthusiastically engaging

with staff to record data. Ash has also been coming out into the kitchen during meal prep and contributing more of her prodigious food prep and safety knowledge.

Ashlee recently participated in the development of a new PCP with such good humour that it probably took longer than it needed to due to an endless stream of terrible jokes. Finally, Ashlee demonstrated an exemplary degree of initiative and personal accountability in successfully having some medical tests completed. These were all completely independent of STMA staff.

Ben is exploring his options in primary healthcare, he has also recently had some medical tests done. Ben successfully accessed mainstream medical services like any other young man. He has proven to be very comfortable in such clinical setting, which bodes well for his future access to mainstream healthcare.

**Christopher John,**  
**Team Leader**



## Sayer Street - 'Our Home' Supported Accommodation

With COVID-19 restrictions slowly easing the guys from Sayer Street have been taking advantage of being able to venture out more into the community.

Kevin has continued with his attendance five days a week at the Merrington Centre and reports his adventures to staff when he returns home. Kevin is happy to be back attending more sporting activities and riding the bikes.

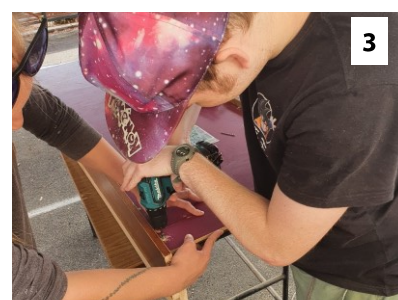
Weekends for Kevin means he is at his Dad's which he enjoys. We are not sure what they get up to and at times it might be best not knowing "boys will be boys"! But Kevin is always exhausted when he returns.

Sam has been attending Day Program

regularly and has been participating in the swimming and sporting programs.

Sam has also been attending the Day Program workshop where he has built himself a shelf for his many DVDs.

**Christiaan Seddon-Campbell,**  
**Acting Team Leader**





## Independent Services - Community Access

Easter was a busy time for all with our cooking and craft groups busy finishing their Easter goodies.

With the closure of some venues over the Easter school holiday period our participants choose this time to explore other options out and about in our community.

The Seaport boardwalk appeared to be everyone's favorite choice with an ice cream or coffee on offer at the end of the journey. The museum was also the place to visit during the holidays.

Caroline had an awesome birthday par-

ty at her house and invited many of her friends from St Michaels. With lots of party food, a good time was had by all.

Richard and Keith are learning new skills with Jimmy in the sewing program. They made their own patterns, measured, cut out and have sewn new aprons for the cooking program. Well done gentleman.

Indoor bowls on Thursday afternoons continues to provide plenty of entertainment and excitement with Stephen, Andrew, Nick and Mandy playing to win in a very competitive afternoon.

Our newest participant Jamie, is work-

ing on his project at the Ravenswood Community & Men's Shed. Jamie and Jimmy continue to amaze everyone there with the making of a laminated wooden fishing net.

With the fishing season ending on Sunday the 2<sup>nd</sup> May our fishing program at Waverley Lake/St Leonard's will be replaced with the photography program.

**Amanda Mallett,**  
**Independent Services**



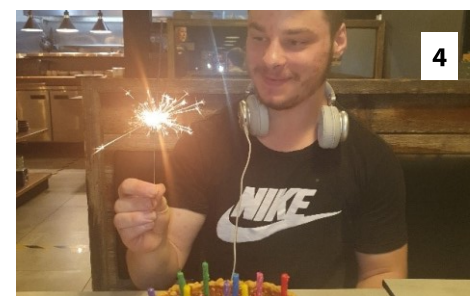
## Baker House - Supported Accommodation

Brandon has made significant progress in working towards his independent living skills goals, which can be demonstrated by making his dinner, groceries, shopping, and house chores with minimal support from staff. Brandon has also shown enthusiasm to gain employment and has registered with an employment agency (APM). He has completed his CV and currently distributing his resume to Coles, restaurants and cafes with hopes of getting called in for interviews and getting hired. So far, Brandon has attended two interviews with potential employers and is waiting for feedback. He didn't quite answer all questions asked on that day. However, the team at Baker House is supporting him with

interview workshops to nail his upcoming interviews.

Liam just celebrated his birthday in April. With support from staff, both housemates prepared a Pecan cake from scratch for Liam's birthday. Later on the same day, they went to Titanium restaurant, where Liam celebrated his birthday and cut his cake. It was a fun-filled night for them both.

**Emmanuel Meneke,**  
**Team Leader**



## Wise House- Supported Accommodation

Wise House has been full of joy over the last two months. The ladies, Vickie and Robyn, are now fully settled and are best friends. This last period has been full of social connection activities. They entertained family, friends, and neighbours in their house; got invited by family to celebrate Easter, spent time at neighbouring units and engaged in Day Program activities at Independent Services, Merrington Centre, among others.

During the Easter holiday, both ladies joined their respective families to celebrate. Vickie went to her Mother's and Robyn spent time at church with her sister and went on to have lunch. They had bought gifts for their families and came back with lots of chocolates to share.

Robyn and Vickie made teas, snacks and dinner meals, and invited Vickie's family, their friends from Smith House and Ken-

neth Court to come and enjoy. They spent time with Kaylene at her house keeping her company. They joined Aron at his Smith Unit to celebrate his birthday on 10<sup>th</sup> April.

Robyn and Vickie engaged in their hobbies, at Day Program and at home. Vickie completed her puzzles while Robyn did what she loves best- sang her heart out! They have been planning to do hobbies they share together and going on a holiday together to Devonport. Robyn also had her COVID-19 Vaccination in April.

**Irene Mukiira,**  
Team Leader



## George Town Road - Supported Accommodation

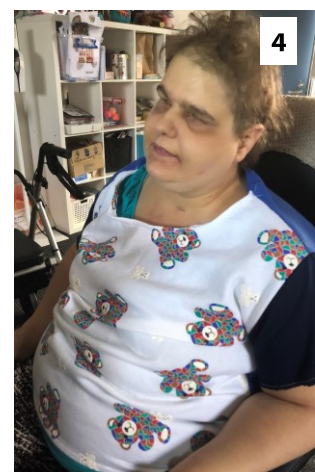
Krystal has been busy with her craft-work especially coil pictures which are displayed on her lounge room wall.

Krystal has been doing a lot of sewing, patchwork and clothes. She is enjoying being at home and has been busy cooking and finding new recipes to try including apple pie, sausage rolls and banana muffins.

With the cooler months coming, Krystal is hoping to try out some new slow cooker recipes. Mya, her service dog has also been busy and has made a new friend called Emma who likes spending time with Mya and taking her for walks, which Mya likes too.

When not busy Krystal enjoys listening to music, audiobooks and attending to her succulent plants.

**Joanne George,**  
Team Leader





## Lyne House - Respite Accommodation

The last couple of months have been busy at Lyne House. Mitch, Rowie, Liam and Bradie-Lee all enjoyed a visit from the Easter Bunny who dropped off bags full of Easter eggs. Millie enjoyed a holiday away over the Easter period and from all reports thoroughly enjoyed her time away.

Millie celebrated a milestone birthday, turning 18 on the 5<sup>th</sup> of April. She celebrated in style with a party at the Lyne House with all her friends. Millie loved all the party food, presents and the cake having two big slices.

Millie continues to thrive in her new environment and is developing quite a personality. She continues to enjoy her exercise program and 1:1 time with

staff. Millie is also being supported to understand the process of using the toilet and is liking having continence free time during the day. While this is going to be a long process we have had quite a few successful trips to the toilet. Well done Millie!

Mitch has been cooking up a storm on his Thursday stays and has really improved his cooking skills. His pizza-making skills are some of the best we have seen. Every Thursday afternoon Mitch is keen to get into the kitchen and help prepare the evening meal.

One of our recent weekend activities was a visit to Latrobe for lunch and to explore the Reliquaire shop. Patrick, Alex, Robert and Bradie-Lee loved the experience.



Anusa, one of our new participants is learning lots of new daily living skills such as cooking, cleaning up her dishes and washing her clothes. Anusa is now able to cook a meal from start to finish on her own which is an amazing achievement. Anusa also has a love of dancing and attends Bollywood dance classes on Mondays and Tuesdays.

**Jodie Beveridge,**  
**House Coordinator**

## St Michaels Training

What a great start to the year; having developed new relationships with disability support providers we now have three learner groups undertaking the Certificate III in Individual Support in Launceston and Devonport. We have a group in Launceston in the Certificate IV in Disability and four groups undertaking Disability Skill Sets both in the north and south of the state.

The Food Safety/Basic Cookery programs are progressing very well with some very enjoyable food being produced, the pictures to the right, show some of the food being made by the group at Self Help Workplace.

The demand for training has increased and as such we are pleased to announce that Jules Eades has joined our

team as a Trainer/Assessor, with over 8 years' experience in training and assessment, Jules brings many skills from having over 20 years' experience the Health and Social Assistance industry.

We had 265 new enrolments during the March/April period, of these 136 are subsidised by funding received from Skills Tasmania, the remaining 102 enrolments were Fee for Service and we currently have 960 active enrolments.

**Kim Dean,**  
**RTO Manager**



## Wellington Street - Supported Accommodation

Logan has been living at Wellington St by himself for some time, awaiting a new flatmate to move in.

Logan has been keeping busy playing his online games, with all his friends from across the world.

He has had two holiday trips to Devonport to stay some nights away from the hustle and bustle of Launceston, which he thoroughly enjoys.

Logan has been enjoying an assortment of different foods for dinner, making many more healthy choices whilst still enjoying some takeout as a treat.

Now that the weather is getting colder, it's time to rug up and keep warm with the fire going.

**Abigail Theobald,  
Senior Team Leader**

## Become a member



### St Michaels is calling for new members to join our organisation.

St Michaels Association Inc. has been serving the Tasmanian community for 55 years through the provision of care and accommodation services to those living with an intellectual and/or physical disability.

There are two types of memberships available:

**Member (full voting rights) | \$25.00 pa**

**Associate (non voting rights) | \$10.00 pa**

Benefits of being a member:

- Invitations to St Michaels AGM
- Invitations to St Michaels functions
- Personalised calendars
- Join the mailing list of our bi-monthly newsletter, The Independent.

If you would like to become a member of St Michaels Association or to discuss membership options please contact John Gilpin for a form on 6331 7651.



## Smith House - Supported Accommodation

The smile tells it all. It has been a period of joy and laughter. Aron has received much love from his STMA family and was able to reconnect with his cousin Suzie and her husband. During the months of March and April, Aron enjoyed social connections with other participants at STMA, had a great time with his support team, enjoyed a nice Easter with his cousins, had a great birthday celebration, and for the first time went on holiday to Grindelwald, Tamer Valley Resort.

Aron spent the Easter holiday at his unit, where he hosted Suzie and her husband who paid him a visit on Easter-Monday. He visited his neighbours at Wise and Lyne House. He seemed to fit in well, as he enjoyed meals with Robyn, Vickie and family.

On 10<sup>th</sup> of April, it was Aron's birthday. His support team organised a nice birthday party for him and helped him to invite participants from other units. Although the invitations were sent the evening before, everyone at STMA units wanted to be part of the celebration. Participants from IHTS, Merton House, Lyne and Wise House, including staff who were nearby came to celebrate with Aron. He could not hide his joy. He had a cake and BBQ. He even had gift packs for his friends.

To support Aron to achieve his goal of going on holiday, STMA staff organised for him to spend 3 days and 2 nights at Tamer Valley Resort. It was planned for him to visit the beautiful sceneries around and go to places like Tasmania Zoo, a lavender farm, Seahorse World, Beaconsfield Mine, among others. Aron

was surprisingly happy to spend the nights at the hotel room and enjoyed meals at the restaurant. He went for walks around the Resort, went for drives and enjoyed music. Aron chose not to go to Tasmania Zoo and Seahorse World; instead preferring to go to the beach.

**Irene Mukiira,**  
**Team Leader**



## Meet The Team



**JOANNE GEORGE**  
**TEAM LEADER**

I've worked in the mental health, welfare and disability sector for 21 years all over Western Australia. Before that I worked in the travel industry.

**Favourite food:**

Anything sweet, particularly cake and chocolate.

**Hobbies:**

I really enjoy walking and doing arts and crafts.

**Interesting fact:**

In WA I owned and ran an animal sanctuary for 8 years. We rescued farm animals, ex race horses, a donkey, dogs and cats. In total we had 72 animals we looked after. I also moved to Tasmania two months ago.



**ADEDYIN OMOLOLU**  
**NDIS SUPPORT COORDINATOR**

My background is in Public Health. I have a Master's degree in Public Health (MPH), in Health Policy & Management from the University of Ibadan (Nigeria) and a B.Sc. in Public Health from Babcock University, Nigeria.

I have worked on different projects with the last one being a USAID-funded HIV/AIDS project in River's State and Lagos State, Nigeria. I supervised a community-based organization and community volunteer's to ensure strict adherence to standard operating procedures in the delivery of core services to the program beneficiaries.

**Favourite food:**

Special fried rice, Smoky Nigerian Jollof rice.

**Interesting fact:**

I enjoy focusing on the topics of women empowerment as a means of fighting child poverty, adolescent health, gender issues, domestic violence, rape, infected or affected orphans and vulnerable children.

## 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](mailto:info@stmichaelstraining.tas.edu.au)  
 Telephone: 03 6333 2600





## Curried Sausage Meatball Tray Bake

### Ingredients

- 2 teaspoons olive oil
- 500g beef sausages
- 1 brown onion, halved, thinly sliced
- 3 teaspoons cornflour
- 310ml (1 1/3 cup) beef stock
- 3 teaspoons curry powder
- 2 zucchini, sliced
- 2 large carrots, halved lengthways, sliced
- 1 bunch broccolini, trimmed
- 150g (1 cup) frozen peas
- Steamed rice, to serve

### Instructions

#### Step 1

Preheat oven to 200c/180c fan forced. Heat the oil in a large non-stick frying pan over medium-high heat. Squeeze out 1/3 of the meat from 1 sausage and roughly squash into a ball. Repeat to make 2 more balls from the remaining meat, then repeat with remaining sausages. Add to pan and cook, tossing occasionally, for 4 minutes or until browned. Add the onion to pan and cook for 1 minute or until starting to soften.

#### Step 2

Place cornflour in a jug. Stir in about 1 1/2 tablespoons of stock to make a paste, then stir in curry powder and remaining stock.

#### Step 3

Transfer meatballs and onion to 2.5-3L baking dish. Add the zucchini, carrot, broccolini and peas. Toss to combine.

Pour the curry sauce over the top. Season. Bake for 15 minutes or until meatballs are cooked through and the vegetables are tender. Serve with rice.

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.

Recipe courtesy of taste.com.au



## 4 Ingredient Flan

### Ingredients

- 1/2 cup sugar
- 5 eggs
- 1 can evaporated milk (375ml)
- 1 can sweetened condensed milk (300ml)
- 1/2 teaspoon of vanilla extract

### Instructions

#### Step 1

Preheat oven to 180c. Heat the sugar in a small saucepan until it turns to liquid and a golden caramel colour. Pour into the base of a 20cm diameter round baking tin or a 20cm x 15cm rectangular glass oven proof dish and allow to harden for a few minutes at room temperature. There is no need to line or grease the tin.

#### Step 2

Whisk the remaining ingredients together and strain through a fine sieve over the caramel to remove any lumps. If you want a creamer flan you can strain it 2-3 more times to remove further bubbles.

#### Step 3

Put the baking tin/glass dish in inside a larger baking tray and place into the oven. Pour boiling water into the larger tray (careful not to get it on the flan) until it comes halfway up the sides of the flan tin/glass dish, bake for 45 minutes to 1 hour, then remove from the oven.

Tip: It is best to turn off the oven when the flan is still a little wobbly in the centre (test by tapping or wiggling the tin and watching the ripples on the top of the flan).

#### Step 4

Cool to room temperature then chill in the fridge. To serve, turn the flan upside down on a large platter. If it doesn't come out, run a knife gently around the edge before trying again.

Recipe courtesy of Adam Liaw on SBS Food





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**"EVEN A \$2 DONATION CAN BE USED AS A TAX DEDUCTION!"**

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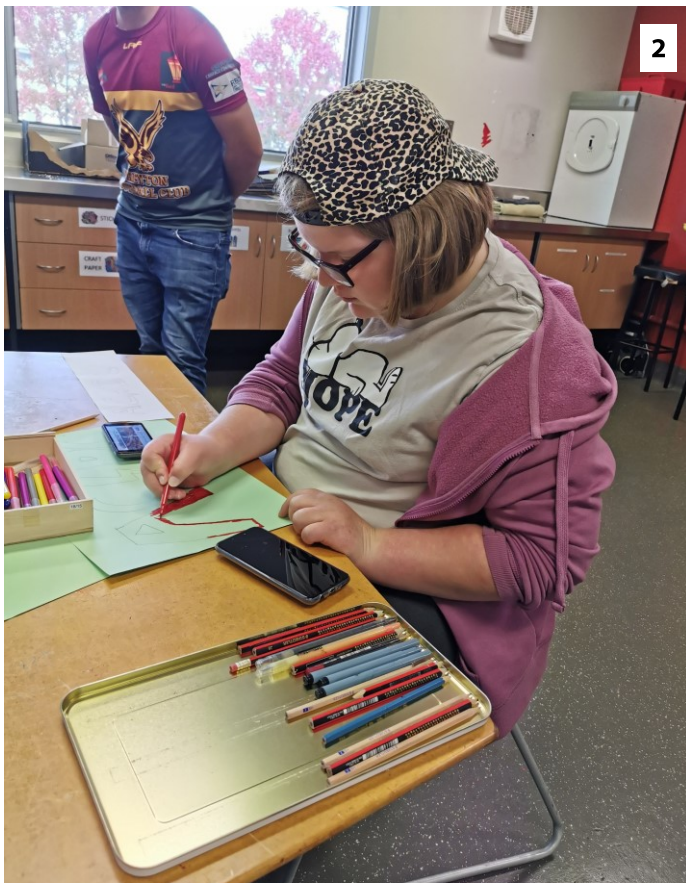


## Highlights





## Highlights





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