

By St Michaels Association

From the CEO



John Gilpin

Welcome to the July edition of our bi-monthly newsletter "The Independent". We hope you enjoy reading this edition which is full of activities and interesting stories about our participants here at St Michaels.

In this edition, I would like to cover two important outcomes that we all should be proud of and that will give us strength over the next number of years and beyond.

Firstly, COVID-19 is ever-present in our working lives and the lives of our vulnerable participants who we support. No more so than the current outbreak that is occurring in other states of Australia.

We are proud to advise that over the last two months St Michaels has been able to create its own Vaccination Hub, we were able to vaccinate hundreds of

people (staff and participants) across Launceston and Devonport areas.

As you can see by the picture we were able to create the Vaccination Hub in our hall by using two gazebo style tents to act as vaccination rooms, while a waiting area and an observation area that combined an entrance booking zone and exit area that didn't interfere with the process of vaccination. This proactive action by our St Michaels team will put us in a safe, healthier position and hopefully will save lives if an outbreak of COVID-19 comes to Launceston and or Devonport. Thank you to all those involved including Aspen Medical who supported the creation of one of the initial employer-based hubs in Tasmania.

Secondly, the Board and I would like to welcome and acknowledge the appointment of two key people to our organisation. Mike Thomas has been appointed in the newly created position of Deputy CEO/CEO. Ann-Louise Young has been appointed as our Employee Engagement Manager as Debbie Loosmore has taken an opportunity to advance her career at another organisation.

Both Ann-Louise and Mike come to us with a wealth of experience in their respective fields. I believe we are fortunate to have two talented people joining our Executive Management Team as we continue to navigate a maturing system known to us as the National Disability Insurance Scheme which is regulated for quality through the NDIS Quality and Safeguards Commission.

I know you will join with me in making both Ann-Louise and Mike welcome and wish them all the very best in what they will contribute to our participants and the Association moving forward.

**Happy reading and take care,
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

Tasmanian
Liberal



Hot of the Press

St Michaels has signed on to be part of a new disability festival which will take place later this year. The Tasmanian Disability Festival, run by Event Connection is a multi-faceted festival that encompasses an expo that will launch in the first week in December, a gala dinner and awards nights and an art competition. The awards night and gala dinner will be held at the Country Club in Prospect and the expo at Woolmers Estate in Longford, which is ideally located in central Tasmania.

St Michaels will have two exhibition spaces at the expo to showcase our programs in Launceston and Devonport and our Registered Training Organisation (RTO). The RTO is sponsoring the Excellence in Education and Training Award at the awards night.

Participants can enter an art competition which has some fantastic cash prizes. Entries close on Friday 15th October and the theme this year is resilience. We are encouraging all our participants to submit their creations. For more information please go to:

<https://www.tasmaniandisabilityfestival.com.au/art-prize>

We've recently given our advertising an updated look that reflects our website branding and other collateral. The advertising features our participants from our Newstead and Devonport campuses. This advertisement will be used in print publications and we've also printed flyers that will be used to promote our amazing Association, please see the new advertisement to the right.

Our on-site COVID-19 vaccination hubs have been successfully completed. With Aspen Medical's professional and caring team we completed 8 vaccination clinics, 6 in Newstead, 2 in Devonport and vaccinated a total of 158 people. The success of the vaccination hubs was a team effort across the business. Thank you to everyone involved for your assistance.

Member's Information

I've recently been asked by members of the Association about our member's constitution. If you are a member of St Michaels Association and would like to view our member's constitution please write a letter of request and address it to the Board of Members President, Colin Foon:

Colin Foon

President

c/- St Michaels Association

22 Hoblers Bridge Road

Newstead, Tas, 7250

Stacey Tweedale,
Media, Communication & Member Coordinator



1



2



3

Penquite Road - Supported Accommodation

The wintry weather has kept the Penquite guys enjoying spending time inside with their new oven! Paul has been improving his cooking skills, preparing meals for the house as well as the occasionally treat. In addition to cooking his own meals, Paul has enjoyed a meal out occasionally at his favorite pub in Evandale. Paul enjoys interacting with the staff and he loves the old war photos they have on display.

Gary has still been able to get out and about with his day supports throughout the week. Gary has been enjoying the free Tiger Bus in Launceston with staff and looking at the local car dealer shops. Gary has also been participating in cooking at home. Both guys have had their COVID-19 vaccinations and are looking forward to summer days to get out and about more.

**Kartley Broad,
Support Worker**



Hawthorn Street - 'Our Home' Supported Accommodation

The participants at Hawthorn have been very busy over the last couple of months. Emma is going strong with her Taiko Drumming class, which she attends every Tuesday evening at the PCYC. Emma has gained great confidence in having staff drop her off and staff coming back to pick her up. She has set a fishpond up with some of her goldfish and she makes sure there is enough water in the pond and feeds the fishes regularly.

Sarah is still enjoying her bowling activity, which she attends every Saturday morning. She takes out time to exercise by walking around the block as well as taking a walk every Saturday to Kings Meadows Bowling Centre.

Both girls are gaining independence by

doing their grocery shopping each week, from deciding what they are going to cook and what items are needed to be bought. The girls are upskilling themselves with staff assistance, they are filling the vehicle with petrol and paying for the fuel, which is being done with staff support.

The girls are looking forward to the weather starting to warm up so they don't need so many layers on as result of the winter season. Both girls had their COVID-19 vaccinations on STMA's campus and are feeling well.

**Katherine Corcoran,
Support Worker**



Day Program - Community Access

Winter is definitely upon us. This means we are changing our programs to suit the weather. With the fishing season now over, participants are looking forward to going to golf or having a go at tennis.

Our “coffee shop” will be up and running soon. Keep your eyes open for this. Participants will be making cakes and slices to sell with a hot drink for staff and participants who are wanting to purchase.

Our Workshop Program is not just for the boys. Alice has been working on some wonderful creations. First, it was a jewellery hook stand, then a jewellery box and now Alice is making a jewellery

house. We also know Alice has her eye on a jewellery cupboard next!

We celebrated Antony’s birthday with a little party in Day Program. Antony’s cake was made by participant Kevin.

John finished his coffee table in our workshop group. This was a great effort and such a fantastic outcome.

We celebrated Pirate Day and raised money for kids’ brain cancer in the process. Everyone had a great day with games and a treasure hunt.

Participants have been decorating bird-houses to take home with them.

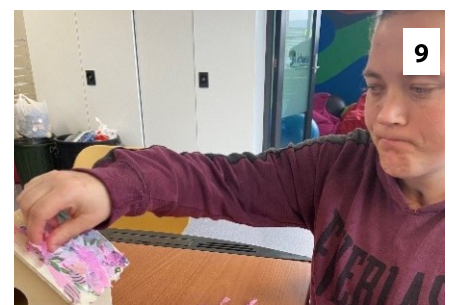
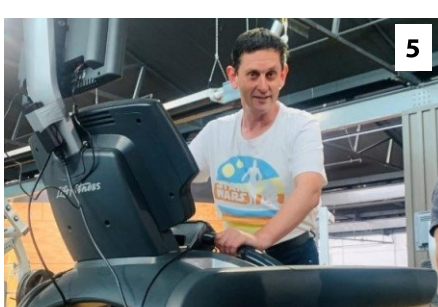
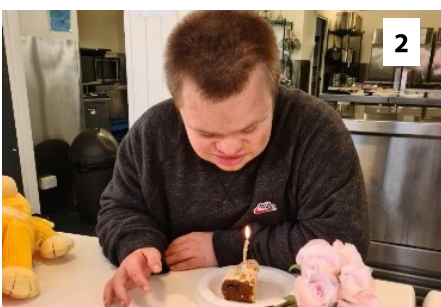
Leigh has been getting physical at the gym, go Leigh!

Mitchell has been working on his independent living skills. He enjoyed setting the table for everyone on our morning tea outing.

Pari has also been working on her independent living skills. Using her metro green card to go on outings.

Our library outings have been well received by our participants, Zack has borrowed books whilst out in the community.

Tracey Gillespie,
Day Program Team Leader



Castlemain Road - Supported Accommodation

Shereena has purchased a cat, which she is independently taking care of, and is building a relationship with. She is working on keeping both her cat and bird safe with limited staff support, as of course, a cat and bird are not likely to be friends!

She has increased her independence to a level where she no longer requires 24/7 support, congratulations Shereena this is amazing!

Recently, she has commenced support under our In-Home Tenancy Support program, where she has support workers visit and assist her with the few areas she still requires assistance with. Great work Shereena!

In the next newsletter look out for Shereena on the In-Home Tenancy Support page.

Abigail Theobald,
Senior Team Leader



Kenneth Court - Supported Accommodation

How time flies when you're having fun. Even though we are into winter our participants have still managed to attend outings and enjoy their usual weekend treats.

Val, Stephen and Andrew had a terrific time at Seahorse World. This was organised by Crossroads and two busloads of very excited, happy participants enjoyed a full day wandering between Seahorse World and Platypus House. They then enjoyed a lovely lunch and purchased some interesting souvenirs.

Sunday church remains a favourite for Andrew and Stephen, attending regularly and still singing as loud as ever.

Nick enjoys spending every weekend with his Mum and enjoying the football, unfortunately he missed out on tickets for the Launceston match with his fa-

vourite team but the staff certainly tried hard; Better luck next time.

Val, Stephen and Andrew have had several lunch outings on a Sunday and really enjoy visiting new venues.

Kenneth Court is at present undergoing some exciting in-house renovations and the participants will soon have a great new, user-friendly bathroom and new kitchen where they can cook up a storm.

All in all a good few months, a bit quieter due to the cold weather but all participants are in good spirits.

Rosemary Brodie,
Acting Team Leader



East Devonport - Community Access & Personal Support

What a fabulous few months we have had here in Devonport. We have mostly been avoiding the cold weather bar a few brave souls taking on the water's edge to drop in a line. Justin is one of those souls who braves the elements every week rain, hail or shine to try his luck at Horse Head Creek. This week was a winner with Justin catching two fish! One within the first 2 minutes!

The remainder of us have been keeping warm with the commencement of "Blokes Time" the guys have been putting their skills to the test learning how to use the power drill. Everyone seemed to be having a great time learning new skills and putting their heads together to what new projects they can start next.

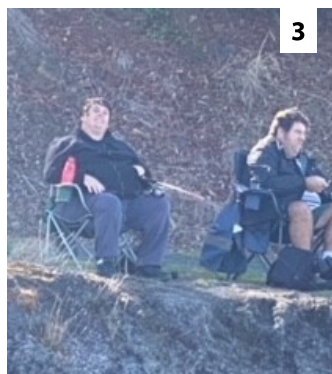
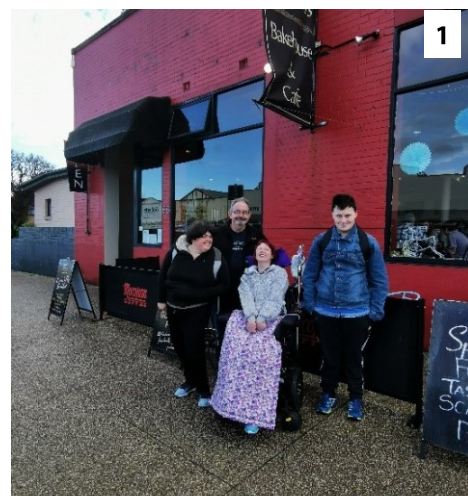
We had a recent outing to Sheffield. The participants certainly favour this town with the beautiful murals and scenery.

The local parks are a good time to stop and have lunch or sit and contemplate life. Photo 1 highlights the local bakery that the participants chose to visit on this occasion.

We have commenced another winter session. That being movement to music. As it's too cold to walk down to the beach, the participants can still maintain their fitness by learning new dance moves to their favourite music.

On the 30th June and the 21st July we had our two COVID-19 Vaccination Hubs here at our Devonport campus. We vaccinated a total of 20 people. The hub was a calm and an organised affair and participants responded well.

Cheryl Matthews,
Team Leader




financial streams
Clear, strategic & personal

financial advice for the people of
Launceston

Call Andrew for an
obligation-free chat
on 03 6388 9224



"I feel privileged
to be a part of my
clients' financial
journeys."
-Andrew Ledingham



andrew@financialstreams.com.au

In-Home Tenancy - Personal Support

The past couple of months have seen a huge focus on participants taking holidays. Damian Colpo visited the south of the state sightseeing at Hastings Caves, staying at Dover right on the waterfront and visiting Ida Bay, which is a place he had visited when he was on a school camp.

Tony went to the North West staying at Wynyard for 2 nights and spending time exploring Stanley and its surroundings as well as meeting up with his family for meals each evening.

Aaron stayed in an Air BnB with his support staff at Sulphur Creek. This involved some sightseeing around the North West, he also visited Stanley and Leven Canyon.

Julian Quarrell visited the south of the state for a few days with his support staff visiting the Salamanca Market and other surrounding attractions.

A special thank you needs to go out to Stephen Griffin, Peter Longman, John Barnes and Andrew Appleyard who supported these participants to achieve their goals of organising and fulfilling a holiday away. Your assistance and giving up time to support them to achieve this goal is much appreciated.

While I was enjoying a sunny holiday my busy team, with Louise Francombe at the helm, organised a number of our participants to complete the Launceston fun run.

- Gerard Little completed 10 km
- Jacquie Spencer completed 10 km
- Lyn Tanner completed 5 km
- Jo Wallace completed 5 km
- Kylie Barker completed 5 km
- John Reisz completed 5 km
- David Lynch completed 5 km

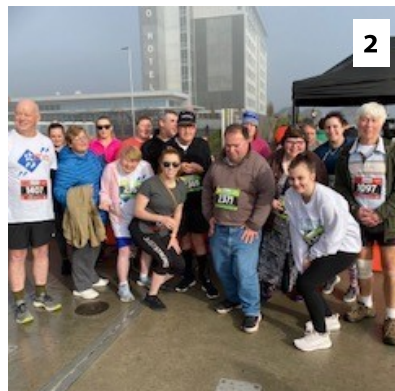
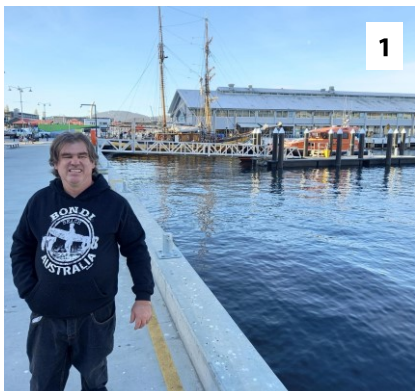
- Suzanne Rigby completed in event
- Damian Colpo completed 5 km.

Well done to all involved. There were other participants from other areas who also completed the run.

Thank you goes out to Richard for his support in organising this and all the other staff and family members who volunteered their time to assist on the day. Without you, all these events are not possible.

With still plenty of cold weather to come (some of us are hoping we won't have snow this year) the staff will be looking at activities for indoors and goals that can be completed.

Trish Wrigley,
Personal Support Coordinator



Audit + Assurance

Self-Managed Superannuation Funds

Financial Reporting

Bookkeeping

auditing & accounting
SOLUTIONS

Registered Company Auditor
Registered SMSF Auditor

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

Merton House - Supported Accommodation

The participants at Merton have been busy the past two months, focussing on building their independent living skills.

Jacob recently had his birthday and celebrated with his family, enjoying gifts and birthday cake. Most recently, he received his COVID-19 Pfizer vaccination without becoming upset or nervous – a huge win for both Jacob and the staff at Merton. Jacob is becoming increasingly interactive with staff and peers and has taken on the job of taking out the rubbish for the house.

Ben has recently been shopping for a new winter wardrobe and is now focus-

sing on sorting which clothes he would like to keep and which he will donate. He has enjoyed contributing to the household by participating in meal preparation and particularly enjoys cooking pasta.

Ashlee is readily improving her interaction skills and has proven to have one of the best senses of humour going around! Her 'knock-knock' jokes are a scream and she shares them enthusiastically.

Jontae is very independent and has continued his routine of daily walks. He is very excited to move into one of STMA's independent living units and has been focussing on his independent

living skills for some time to achieve this. Moving into his unit will be the realisation of a long-term goal for Jontae and demonstrates exceptional dedication from the team who have fostered this development.

Well done Merton!

Tyh Lilley,
Senior Team Leader



Sayer Street - 'Our Home' Supported Accommodation

The residents of Sayer Street are making the best of the winter weather, choosing to participate in indoor activities where they can remain warm and comfortable.

Sam has continued to expand his DVD collection and with the Sayer Street staff has been enjoying watching new additions as well as old classics.

Kevin has also been choosing to spend his time indoors watching movies and playing his Sony in the comfort of the Sayer Street house, often showing off his skills in the games and occasionally asking for assistance when a spot proves a little too challenging, usually after several attempts on his part first.

The participants are making the most of the weather and are looking forward to warmer days and the chance to get back to the outdoors.

Christiaan Seddon-Campbell,
Acting Team Leader



Independent Services - Community Access

Our budding artists were very excited to show their masterpieces at the Independent Services Art Show. With the cancellation again this year of the annual "Inspire feast" at Sheffield our artists choose to continue their artwork for a display at Chant Street to showcase their talent to family and friends. The morning tea and viewing was a wonderful opportunity for everyone to see our artists in action.

Our photography program on Monday afternoons has become a very popular choice with participants. This program offers the opportunity for everyone to

select a subject in a community setting, learn how to use a camera or iPad to take a photograph, and then download it to the computer and print it. One participant brought his digital camera in to enhance his skills.

In our Tuesday Brain Waves program, the new participants are enjoying a variety of games and puzzles to keep their minds active. In this program our ladies in the group have taken up a new challenge, the challenge is to learn and improve their skills in knitting and crocheting.

Well done to Debbie who is highly skilled in knitting and crocheting. She has taught Helen to knit and Karmen and Helme to crochet. Debbie is also assisting staff to learn these skills as well. This is a very social morning for the group with a cuppa and chat along the way.

Amanda Mallett,
Independent Services



1



2



3

Baker House - Supported Accommodation

Liam is seeking employment with enthusiasm and has registered with APM to assist him in gaining employment. He continues to train at Launceston Institute of Fitness and Training and he aims to get into powerlifting at the Para-Olympics Games. Liam is working with his physio at In Balance and the Baker House team who are supporting him to accomplish his Olympic goal. Liam is also learning how to cook healthy meals for his weight gain process to increase his lifting strength.

Brandon is still attending interviews in search of a potential employer. Brandon had a trial employment with the Launceston Football Club where he worked

as a General Hand on the first day and Kitchen Hand on the next.

Brandon and Liam continue to access the community together. On one of their outings, they decided to play a pool competition at the Mowbray Hotel. Where Liam won, potting the black ball and leaving Brandon with three balls. Both participants had so much fun and took turns selecting their favorite playlist on the drive back to Baker House.

Emmanuel Meneke,
Team Leader



4

Wise House- Supported Accommodation

During the last two months, Robyn and Vickie have intensified their friendship by doing activities together and going for outings. On Fridays, they have dinner outings and on weekends, the two go out for lunch and have hot drinks.

They work together in the house, cooking, cleaning, and planning their weekly meals, shopping for groceries, watching their favourite TV programs like Big Brother and AFL football. Evenings are busy for the two, working together to get their meals ready, as one chops, the other stirs the food. They have had friends and family coming to visit and the two women are very hospitable, serving their guests tea/coffee and chatting with them candidly.

Vickie prefers to spend time with her Mum at home on Fridays. Her sister and brother-in-law, together with their dog, visit her every Sunday. At Independent

Services, she likes to get involved in swimming, massage, pampering and the cooking program. At home, she chats with her housemate after house chores or sits to enjoy some personal time with her crafts, watching TV or play games on her tablet. She is very caring to her housemate, and one day when Robyn had a sore neck, Vickie made a heat pack for her using her own sock.

Robyn enjoys having a clean house and cooking her meals. She had been learning to plan and make healthy meals. She gets frequent visits from her cousin, Ruth, which has been good for her. She was supported to connect her computer and laptop to Wi-Fi to build on her technological skills. During the week, she goes to Independent Services, the Merrington Centre and Multicap. While she is out at her services she gets involved with cooking, music, arts/crafts, out for morning tea and a flower pro-

gram.

Vickie and Robyn have improved their independent living skills through staff support.

Danielle Brown,
Support Worker



George Town Road - Supported Accommodation

After a rough start to the year health-wise, Krystal has enjoyed spending time at home over the past few months. She enjoys getting to spend time with Mya, her dog, which has been particularly important recently, as there were some issues with the backyard. During the three weeks that the backyard wasn't in use, Krystal and our staff spent some time teaching Mya to use the front door when she needed to go out.

While winter has set in, Krystal has made the most of the days when the sun is shining by sitting on her newly erected outdoor swing. She is hoping that winter will continue to offer her

more sunny days so that she can continue to enjoy this activity.

As usual, Krystal has been enjoying her craftwork, with her most recent project being the quilling of animal pictures. Over the past few months, Krystal has crafted "Giddy the Goat", "Sally the Snake" and "Claire the Caterpillar".

Now that Krystal is out of hospital, she is enjoying the variety of food that the world has to offer. Her favourite new recipe is Chicken Carbonara, and she is keen to try new recipes in the future.

Juanita Hack,
Support Worker



Lyne House - Respite Accommodation

Participants attending Youth Break have enjoyed a number of different outings on the weekends, including the movies, picnics and lunch at the casino. Participants have also been enjoying 'take out night' on Fridays where they don't have to think about cooking, they can just enjoy a meal with their friends. Robert Smith has also formed a special friendship with Suzanne who lives in one of the St Michaels' units. Robert has been quite the gentleman buying Suzanne flowers and taking her out for coffee.

One of the perks of the winter months is footy season, and Joel and Chloe have enjoyed going to watch a match being played here in Launceston at UTAS Stadium.

Mitchell has been staying at Lyne House

on Thursday nights and we now have the pleasure of his company on Wednesdays as well. Mitch assists with cooking the evening meal on both nights and is very helpful with washing and drying the dishes as we go. Without prompting, on most occasions, Mitch will wipe down all the benches.

Anusa continues attending her Bollywood Dance classes twice a week, and is improving on developing her independent living skills. She is doing this by assisting staff to prepare her meals, with one of her favourites being curry. Anusa celebrated her 18th birthday and enjoyed sharing her birthday cake with everyone. She has also started a basic computer course through the library and is hoping to learn to type a lot faster.



Millie is developing quite a little personality and can communicate well through vocalisations and facial expressions on what she likes and doesn't like. Millie continues to enjoy her weekend outings with her peers and especially likes going walking in the park.

Jodie Beveridge,
House Coordinator
and
Phil Southon
Support Worker

St Michaels Training

Over the last couple of months, we have been busy with our current programs and had two graduation ceremonies. The group at Self Help Workplace were presented with their certificates for the Food Safety/Cookery Program, a big thank you to Gary Harvey for all his work with the group, they are keen to do more.

The group from the Migrant Resource Centre completed their Careers in the Disability Sector program and received their certificates. Many have already secured employment in the sector and we have a lot of interest from the group to move into Certificate III in Individual Support.

Our building works commenced in June and we now have two additional training rooms at our site in George Street.

We are excited to be commencing several new groups during July in the Certificate III in Individual Support. This is thanks to funding received from the Department of State Growth (Skills Tasmania) in the Rapid Response - Careers in Aged Care and Disability Support funding.

Kim Dean,
RTO Manager



Wellington Street - Supported Accommodation

Kristen joined St Michaels in early July and staff have been working with him to build positive relationships with them, which will assist his journey to independence. Kristen's move to Wellington St is the first time that he has lived out of his family home. Congratulations Kristen!

Kristen particularly enjoys long drives and staff have worked with him to plan these to ensure he has choice and control of his supports. He is a highly social individual and staff are working on ensuring he builds and maintains positive relationships with friends in the community.

Welcome back to St Michaels, Kristen!

Abigail Theobald,
Senior Team Leader

Smith House - Supported Accommodation

After a very busy previous period, Aron relaxed more during the May-July period. The weather was getting cold at the start of winter and this meant fewer outdoor activities. Aron participated mostly in house activities like making warm drinks or cooking with staff and watching his favourite music on YouTube. If the weather allowed, he would go for outings and shopping for his groceries.

To help improve his health and welfare, Aron had assessments during this period with his medical team. He got a full assessment for his health by the GP and got approval to have the COVID-19 Vaccine, which he tolerated well. His medical team visited him at Smith House to assess some of his seating at home. He

got approval to trial a dining/relaxing chair, which he seems to like sitting on, even to watch TV after dinner. The physio is currently pursuing other ways for Aron to exercise.

Aron continued with indoor activities at his home and the Merrington Centre. He used Tapit technology to choose his favorite music and at the house, he made choices of music with support from staff to change using a remote. On days when it was sunny Aron went to the park or café to enjoy a nice drink or a meal.

Irene Mukiira,
Team Leader



Meet The Team - Mike Thomas



CHIEF OPERATING OFFICER

My career journey has been very broad and interesting. After university, I started my career as a Research Scientist making animal vaccines. However, after a few years, I swapped the lab coat for a suit and became a Political Advisor and Chief of Staff at both State and Federal levels. After escaping politics I worked in the private sector in several senior corporate affairs roles with top ASX-listed corporations, such as Virgin and

Suncorp, before another career change saw me move into the health care sector. I worked for Australian Hearing as the Head of Corporate Governance and Compliance. Most recently, I worked as the Chief Operating Officer with an Aboriginal health corporation responsible for delivering primary health services to remote Aboriginal communities throughout North East Arnhem Land in the Northern Territory.

Favourite food:

Anything that can be made from a pig.....bacon, pork schnitzels, roasted pork knuckles (Schweinshaxe in German), pea and ham soup, pork sausages, stir-fry pork, salami and prosciutto.

Hobbies:

Having grown up on the Sunshine Coast I am a water baby, so I love to swim, snorkel and scuba dive. However, I truly unwind by spending time with my wife, or watching rugby union, reading, cooking and planning overseas holidays (before COVID put travel on hold)!

Interesting fact:

I am learning to speak German so that I can speak with my wife's Swiss relatives better than she can (I am not competitive at all).

Meet The Team - Ann-Louise Young



EMPLOYEE ENGAGEMENT MANAGER

I started my career working in IT Recruitment in Brisbane but quickly discovered my passion and strengths were not in sales. After 11 months in agency recruitment, I was fortunate enough to get a role working for Arnott's Biscuits as a Graduate Training Officer. This set me off on my career path into learning and development and HR. After working at Arnott's, I moved back to Sydney (where I grew up) and continued my HR career, working in Logistics and then Healthcare / Pharmaceuticals. My family

and I moved to Tassie in 2018, and I have spent the last 2.5 years at Tas Gas. I am excited to continue my HR career journey with you all here at St Michaels. Having a passion for people in general, I care about people enjoying where they work and what they do and realising their professional learning goals.

Favourite food:

I love all the bad stuff – pizza, chocolate and ice-cream. You'll often find me in the chocolate aisle at the supermarket!

Hobbies:

I love exploring Tassie with my husband, Jason, and our two kids, Zach and Jasmine. We enjoy camping and the East Coast has become a favourite spot of ours. I bought a surfboard at the be-

ginning of this year and have loved getting in the water (in my thick wet suit) and attempting (there have been a lot of attempts) to stand up. When we are not exploring, I love nothing more than reading a great book with a glass of wine. I also run and am training to do my 5th half marathon in September.

Interesting fact:

We live on a five-acre block and have A LOT of animals – chickens, ducks, 3 cows, 2 dogs and 4 cats. Our dogs and cats are all named after chocolates and lollies – Mintee, Crunchie, Skittles and Milko are our cats and Twix and Freddo are our dogs.

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



Easy Chicken and Mushroom Pie

Ingredients

- 1 hot roast chicken, bones removed, meat shredded
- 60g baby spinach leaves
- 475g creamy mushroom simmer sauce
- 1 cup shredded pizza cheese
- 1 sheet frozen puff pastry, just thawed

Instructions

Step 1

Preheat oven to 200c/180c fan forced.

Combine the chicken, spinach, simmer sauce and cheese in a large bowl. Spoon into a 6-cup (1.5L) ovenproof dish.

Step 2

Place the pastry on a clean work surface. Cut into triangles. Arrange over the chicken mixture in the dish and spray with olive oil spray. Season.

Step 3

Bake for 25 minutes or until the pastry is golden brown and puffed.

Recipe courtesy of taste.com.au



Rhubarb and Chocolate Crumble

Ingredients

- 900g rhubarb, trimmed, remove leaves, washed and cut into 2.5cm lengths
- 125g caster sugar
- 1/2 large orange, zest finely grated and juiced
- Double cream or vanilla ice cream to serve

Crumble Ingredients

- 150g plain flour
- 150g raw sugar
- 75g unsalted butter, chilled and chopped
- 90g 70% cooking chocolate, finely grated

Instructions

Step 1

Preheat oven to 180c. Place rhubarb in a shallow baking dish. Add sugar and orange zest and toss to combine well. Pour over the orange juice and cover the dish tightly with foil. Bake for 25 minutes or until the rhubarb starts to soften. It may need a little less time if your rhubarb is very thin.

Step 2

To make the crumble, place the flour and sugar into a large bowl and using your fingertips, rub in the butter until the mixture resembles breadcrumbs. Stir in the grated chocolate.

Step 3

Take the rhubarb out of the oven and remove the foil. Sprinkle the crumble mixture over the rhubarb and bake for another 25-30 minutes or until the crumble be-

gins to crisp and the rhubarb juices bubble up around the edges to make a glossy chocolate sauce.

Serve with chilled double cream or vanilla ice cream.

Recipe courtesy of Willie Harcourt-Cooze on SBS Food





Email:.....

Highlights



Highlights



Contact Details

St Michaels Association Inc.

Northern Tasmania

22 Hoblers Bridge Road

PO Box 306 Newstead, Tas 7250

Phone (03) 6331 7651

North West Tasmania

19 North Caroline Street,

East Devonport, Tas 7310

Phone (03) 6459 2522

admin@stmichaels.asn.au

www.stmichaels.asn.au

Find us on Facebook for regular updates



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

