

By St Michaels Association

## From the CEO



John Gilpin

Welcome to our September Edition of our bi-monthly newsletter "The Independent".

A lot has happened over the last two months and I hope you enjoy reading all about what we have been up to in this Edition.

At the recent Tasmanian Training Awards St Michaels Training was nominated as a Finalist of the Training Provider of the Year. It is with great pride that I, together with the hard work of our RTO team, let you know that we were successful and have become Tasmania's **Training Provider of the Year**. Well done team!

Each year our RTO has got better, stronger and increasingly learner-centric, which after 17 years of providing Vocational Education and Training for disabled Tasmanians and the workforce in the disability sector has culminated in us being recognised as the Training Provider of the Year.



Thank you to the current and past team members of our RTO. This journey has been a long one, without all those who worked in the RTO this outcome would not have been able to be achieved.

Included in this Edition is a key result of our recent participant survey, which we are currently rolling out in full to our teams, to the Board, management of the Association and to the Family Liaison Committee. This survey highlights how our participants and family members see our services.

The core feedback mechanism for St Michaels has always been the engagement of participants and families through the Family Liaison Committee, however this direct survey information will now help the organisation to improve services where we are not fulfilling our service promise while keeping the areas that we do well and maintaining them into the future. This survey, now that we have a new baseline of information, will be used on a more regular basis.

Could you please save the date for our St

Michaels Association Inc. Annual Christmas Dinner for participants and their families? The date is 3rd December 2021 and will be held at the Door of Hope's auditorium as we wish to extend the function from 120 people to 150 people (max). Information will be sent to our participants and their families and RSVP will be required to meet our COVID-19 requirements.

Our Annual General Meeting is scheduled for Thursday, 30 September and Members, Life Members, Associate Members, Family and Participants are welcome to attend. The AGM will be held at St Michael's Hall at 22 Hobblers Bridge Road Newstead.

I hope you enjoy reading this Edition and look forward to giving you many more updates in our November Newsletter.

**Happy reading and take care,**  
**John**



### TRAINING PROVIDER OF THE YEAR

The Training Provider of the Year Award will be presented to a registered training organisation that demonstrates excellence and high level performance in all aspects of vocational education and training.

**T**he St Michaels Training Provider of the Year Award 2021 is St Michaels Training. St Michaels is a not-for-profit organisation offering contextualised training for the disability sector and providing training and support for people with a disability or those wishing to work in the sector.

St Michaels Association has shown outstanding

commitment as a training provider to the Tasmanian community by supporting people with disabilities to build skills, confidence and opportunities as well as creating a model to build a skilled workforce to guide these programs.

For over 30 years, St Michaels Association has worked as a disability support provider and in 2019 had 61 students enrolled in various programs with an impressive 90% on cost skill set completion rate, supported by staff in full time, part time or contract roles.

St Michaels Association sees its social responsibility to provide effective learn-

ing to achieve access and participation for people with disabilities. Training programs consist of practical workplace-based activities with specialist one-on-one training and coaching. In the last year St Michaels Association further adapted its training to ensure trainees were not disadvantaged due to COVID.

The strength of this award for powerful organisation is the combination of its learning approach, the strength of person relationships and its commitment to high quality qualifications and learning experiences within a sector which has clear need.



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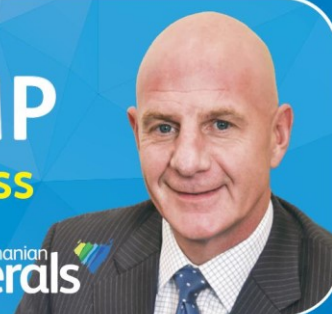
# Peter Gutwein MP

**Liberal Member for Bass**

53 St John Street, Launceston 7250

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

Tasmanian  
**Liberals**



## Hot of the Press

The Tasmanian Disability Festival art competition is still open for submissions, the inaugural theme is resilience. St Michaels is encouraging participants to enter their artwork. There are some fantastic cash prizes on offer too. Entries close on Friday 15<sup>th</sup> October 2021.

For more information on the festival go to [www.tasmaniandisabilityfestival.com.au](http://www.tasmaniandisabilityfestival.com.au).

In July, we sent out our Participant Survey. The survey was both emailed and handed out to participants and their family members. We received 30 responses to the survey, which was a good result given this was the first time we have undertaken one. The results were encouraging, we are doing some things well and we need to improve in other areas. Your feedback is important to us and we will use the results of the survey to improve our service to you. We are going to run participant surveys every 6 months for the next two years to ensure we continue to hear from you about what

we are doing well and what we can improve on. Below is a snapshot of the survey results. If you would like more information on our Participant Survey please contact me at [stacey.tweedale@stmichaels.asn.au](mailto:stacey.tweedale@stmichaels.asn.au).

For the past few months, I've been working on a stand-alone Day Program Booklet for our Devonport campus. The completion of the booklet has been a team effort and I'd like to thank the Devonport team for their assistance in creating the booklet. If you would like a copy please see our reception team at Newstead or Devonport.

In addition to the RTO winning the 2021 Tasmanian Provider of the Year award, our CEO was awarded the 2021 Trevor Leo Medal for service to the VET sector in Tasmania. Congratulations John!

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

## PARTICIPANT SURVEY

### WHAT WE ARE DOING WELL

How good has our service been?



■ 4-5 stars ■ 1-3 stars

**93% of people rated between 4-5 stars**



### WHAT WE CAN IMPROVE ON

Communication around Person Centred Plans (PCPs)

Lighting at Hoblers Bridge Road

Resume Social Club and other on-site social activities

Increased Community Access

### WHAT WE'VE DONE SO FAR

- Presented results to the Executive and staff
- Actioned some of the feedback

### NEXT STEPS

- Plan for another survey in March 2022

## Penquite Road - Supported Accommodation

Greetings from Penquite Rd.

The past 2 months have been a busy period for the men at Penquite Rd.

Gary has been enjoying extended stays with his parents and also visiting his sister's new home in Hobart.

Gary fills his days by visiting his favourite farm machinery outlets such as John Deer in Longford and Hertz Camper Van Rental outlet at the airport.

Gary's most favourite activity at home is to clean dirty vehicles, even ones that are already clean!

He has been picking lemons from the tree out in the backyard to take home to his Mum, who makes yummy lemon tarts. Gary has also progressed in his ability to create flower arrangements for his Mum, which she thoroughly loves.

Paul has also been enjoying his visits home with his parents. He has even volunteered to cook the family roast. Great work Paul.

At home Paul has been enjoying the nicer weather, cultivating his plot at Heritage Forest. He has now planted his summer vegetables, such as carrots and strawberries in hopes of some tasty food.

Paul also enjoys baking his favourite chocolate muffins when his Mum and Dad visit. Who doesn't love chocolate?

**Damien Lavelle,**  
**Team Leader**



## Hawthorn Street - 'Our Home' Supported Accommodation

Throughout the past few months, Hawthorn Street has been a welcoming environment. Both participants, Sarah and Emma have enjoyed exploring chosen activities, like bowling (Sarah) and helping out at the horse/dog races (Emma). It is obvious to see the participants have built a very strong bond and share a beautiful friendship supporting and comforting one another.

Emma has been enjoying playing Monopoly most days, and becoming quite hard to beat! Sarah has enjoyed getting back into her favourite TV show, Home and Away. She also likes watching trivia-like television programs. It is impressive to note how many answers Sarah

has before the contestants have a chance!

Emma's passion for animals is easy for anyone to see. Our staff aim to transport Emma to as many animal-based activities as she requests. Emma is very knowledgeable and passionate about animal care and shows great nurturing and compassion.

Hawthorn participants have enjoyed having a warm welcoming atmosphere to grow and learn more about themselves, and I can see both Emma and Sarah sharing independence. Emma enjoys painting and decorating boxes, it is a way of expression for Emma. Sarah has become quite active, walking

around and being vigilant with her diet. These are characteristics most strive for, a huge well done and praise for the Hawthorn St participants.

**Yohana Fulton,**  
**Team Leader**



## Day Program - Community Access

Winter is finally over and we are so happy to see sunnier and longer days already. We have had quite a number of changes in Day Program these past couple of months. My name is Julian and I am the new Team Leader in Day Program. I have had a busy few weeks getting to know all the wonderful participants and staff and am looking forward to contributing to the success here.

Alice celebrated her 23<sup>rd</sup> birthday and was all smiles on the big day! The participants came together to sing happy birthday and celebrate with cake.

The colder weather outside meant more indoor activities for our participants. The music program was a favourite among the group each Wednesday morning. Support Worker Steve Griffin, continues to lead this program and we would like to thank him for the extra effort he puts into the session – Steve regularly arrives early to set up the

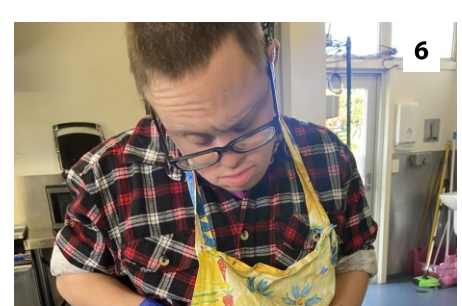
space and often takes it upon himself to learn new songs that have been requested by the participants. Thank you Steve!

At the end of July, the Day Program celebrated Christmas in July with plenty of food, music and fun. It was great to see everyone in such high spirits during the colder months. Some of our participants have already begun to count down the days left until actual Christmas!

The Cooking Program every Wednesday and Friday has been very popular for our participants (including for those who don't participate but get to enjoy the finished product!). Kevin has recently chosen to participate in the program and is working hard on his meal preparation skills. We hope he can continue working on these skills at home too. We would like to remind all participants and staff that every Wednesday and Friday, lunch and dessert is available for purchase for \$5.00. If you wish to order, please contact the Merrington Centre office. The week's menu will be emailed to all staff each week.

We are all looking forward to some warmer weather and spending more time outside during our programs. I would like to thank everyone for giving me such a warm welcome to St Michaels and look forward to providing you with the next update.

**Julian Munoz,**  
**Day Program Team Leader**





## Como Crescent - Supported Accommodation

Jacob Goldstraw and Ben Hadley recently moved into their new home at Como Crescent. The large house has allowed them to spread out, Ben has 3 rooms for his toys and games collection! The house has a big kitchen and lounge room with a 65 inch TV which Ben especially loves watching cartoon shows on. The garden is also getting ready for spring.

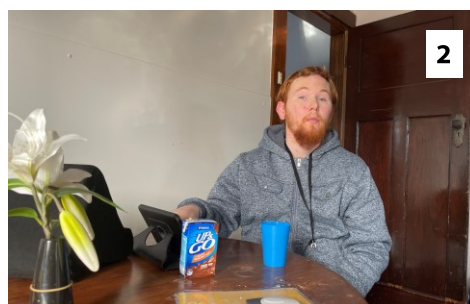
Ben has been participating in making meal plans and going to Coles with staff who assist him with the weekly grocery shop.

Every weekend Jacob has been visited by his Mother which has assisted him in

settling in. Every time Michelle (his Mum) brings something for both of them, such as biscuits, chocolates, cakes or muffins and also cooks lunch.

We are so pleased that Ben and Jacob have settled into their new home.

**Ujwal Magar**  
Support Worker



## Kenneth Court - Supported Accommodation

Our participants at Kenneth Court have had a mixture of happy times and sad times since our last newsletter with the passing of their dearly loved friend and housemate Val Tweedie.

As usual, Stephen and Andrew have attended Church regularly eagerly looking forward to lunch at new venues afterward. Stephen and Andrew are becoming quite the socialites, with patrons often stopping to have a chat with them while waiting for their meals.

Our veggie garden is thriving and produce is ready to be picked and cooked.

Nick is looking forward to chopping up the veggies to make soup.

Stephen, Andrew and Nick attended the Crossroads annual birthday dinner at Dynasty Restaurant. This is something they all look forward to each year as they love Chinese food and catching up with old friends.

As spring brings sunny days, our participants are already planning activities for the warmer months ahead.

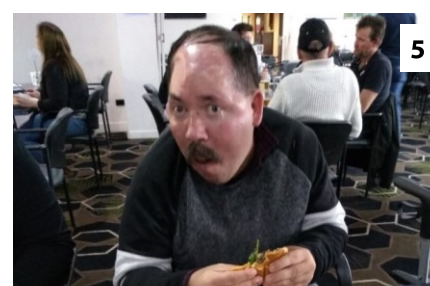
Everyone has settled into their lovely new surroundings, as Kenneth Court has received an upgrade in many areas

of the house, resulting in a new kitchen, bathroom, carpets, light fittings and central heating throughout the house. Some further improvements are planned for coming months.

Nick has enjoyed his weekends at home with his Mum, trying out new cafes and a special Father's Day luncheon with friends.

All our participants are well and happy and looking forward to the next BIG event which is XMAS.

**Rosemary Brodie,**  
Acting Team Leader



## East Devonport - Community Access & Personal Support

Shake off the cabin fever and embrace the fresh air!

We are getting excited about the end-of-year performance and are already in the groove, with weekly rehearsals underway. The participants are looking at their favourite poems or a song they would like to sing as a group or solo. The event will be prerecorded so no last-minute nerves on the day.

The front garden is looking very showy, with the daffodils out in flower. They were planted out last year - a true sign

that the seasons have changed. It is nice to receive comments from the visitors that come to the centre. Our hard work last year is paying off.

We are commencing the planting of our vegetable and annual flower gardens next week. The participants are looking forward to choosing their preferred veggies and favourite flowers to help brighten up the place.

The veggies will be used in the cooking programs that we hold each week. The participants will look at what is in the

garden that is ready to eat and then make a recipe that will suit what is available on the day.

We continue to have fortnightly meetings with the participants and I heard that they are already planning what they can do and where they can go now that the weather is more favourable.

**Cheryl Matthews,**  
Team Leader



  
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-Andrew Ledingham



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## In-Home Tenancy - Personal Support

The past couple of months have again seen staff supporting their participants in IHTS with a range of cooking skills, as well as some staff and participants working together to maintain and better their fitness levels. There has been a lot of gym work by many participants, including Kylie Hardacre who has been attending the gym on several occasions to improve her fitness. This is great to see, well done Kylie, keep up the good work.

Jackie Spencer and Gerard Little ran the Women's 5k race. Staff member Raigan Kettle again supporting our participants to stay fit and support such a wonderful cause.

With good weather pending we hope to see our walking group return to assist our participants to keep fit and par-

ticipate in such events as the one previously mentioned. The Burnie 10 is the next walking event on the calendar.

Suzanne Rigby has been working hard in her unit, learning and maintain skills for independent living. Tasks that Suzanne now tries to complete without staff help are remembering her wheelie bins needs to be taking out and back in each week. Also, doing the grocery shopping whilst using a budget and sticking to it, doing her washing and preparing meals for herself with staff support and guidance. Well done Suzanne.

Julian Quarrell enjoyed a wonderful birthday surprise where he was kindly given a ride in a Harley Davidson sidecar. Simon from Richardson's Harley Davidson took Julian out for a ride and

made Jule's birthday the best one ever. Such a special moment.

We look forward to warmer and longer days in the coming months to support our participants to develop new independent living skills and maintain skills already developed.

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



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## Merton House - Supported Accommodation

It has been quite a busy period for Merton House over the past few months, with several changes occurring within the house.

Long-term residents Ben and Jacob have left Merton House and have moved into their new home in Como Crescent. Jontae has also moved on from Merton, moving into his own unit. All staff wish Ben, Jacob and Jontae all the best in their future endeavours and hope that the transition into living more independently in their new accommodation has run smoothly.

Ashlee has been enjoying watching YouTube videos and playing video games based on her favourite Anime. She has also enjoyed working with staff to prepare a menu plan each week and is looking to make some healthier choices with this menu.

With old residents moving out of Merton, it has given the maintenance team the chance to repaint the bedrooms, freshening up the place. It has also allowed for a new participant to move in. Lita has joined us recently and we hope that the transition runs smoothly, as

staff and Ashlee begin to learn her likes and dislikes, as well as her daily routine.

**Juanita Hack,**  
**Support Worker**

## Sayer Street - 'Our Home' Supported Accommodation

Sayer Street has been very busy this little while, it has been a pleasure witnessing Sam and Kevin's day-to-day lives.

Kevin has shown great initiative and organisation skills packing his bag ready for Day Program. He particularly likes playing basketball in the hall and the woodwork program where he made a Hawks (his favourite AFL team) wine rack.

Sam has loved making connections at his favourite venue - Scenic Isle Games. Sam has shown some wonderful socialising skills with his peers while participating in games. Sam has excellent sportsmanship, regardless if he wins a game or not, he is still very happy to experience the game. Both partici-

pants enjoy routine and predictability, I have spent time learning the way which they like things done and the routes they like me to drive when transporting.

Kevin is very happy to say good morning when he has seen staff arrive and ask what they are up to. It has been a pleasure working with these individuals. Sayer Street has a lovely relaxed homely atmosphere. I am very excited to see what the future holds being a part of Sayer Street and witnessing participants reach their goals. Wonderful work guys!!

**Yohana Fulton**  
**Team Leader**



## Independent Services - Community Access

Everyone is looking forward to the warmer weather and getting out and about in the sunshine for our community programs.

With the opening of the fishing season, our Monday afternoon fishing group returns to Waverley Lake/ St Leonard's picnic ground on Monday 4<sup>th</sup> October to begin their quest to catch a trout. Everyone is looking forward to a leisurely lunch by the lake followed by the opportunity to catch the elusive trout.

Our Monday morning swimming group continues to work hard in the pool each week in the fun-filled, high-energy ses-

sions as they learn all aspects of swimming and water safety.

All our artists are extremely focused as they continue to work on their creative masterpieces for the upcoming Tasmanian Disability Festival art expo in December.

Friday afternoon ten pin bowling has become a very competitive and fun afternoon for all. The excitement builds all week with Paul, Elaine and Alistair often heard predicting who is going to win at the end of the week. With so much fun on offer, Jo decided she would like to go and have some fun, enjoying the

outing.

Congratulations and well done to Keith who reached one of his goals in sewing. Keith was so excited to make his superhero cape and mask that he proudly displayed to all.

Jamie finished his handmade fishing net at the Ravenswood Men's Shed and received well-earned praise on a job well done.

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



## Baker House - Supported Accommodation

Liam recently took a break from the gym, after weeks of intense workouts, building muscles and smashing out heavy weights. He does this every day, sometimes twice a day, with consistency. Liam has been making the most of the spring weather and has started taking long walks along the river while enjoying his music. Liam is consistently building skills at composing raps which he has been sharing with friends on different social platforms. Liam is capable of putting a rap together within a time frame of 10 minutes and definitely has a talent in this area. He is close to getting a job, a journey he has been on for a couple of months now.

Brandon celebrated his birthday in July

with a weekend away with his Mum. Brandon was very excited to visit his family, especially his brother Thomas while enjoying a night out in Hobart. He enjoyed a Chinese meal out, as well as a cake with ice cream in celebration of his birthday with his housemate after his trip.

Brandon has been avidly following the AFL this season, with his beloved Bulldogs making it all the way to the grand final. He is hoping to host a grand final night at his unit with some friends.

Brandon and Liam often spend time together at home and enjoy a friendly rivalry trying to outdo each other in different tasks, such as gaming, rap and exercises. Both housemates love to win

but concede defeat graciously when it comes. They have recently been enjoying meals together as mates, while spending time together in the cool of the day to share thoughts and experiences.

**Wendy Andrew,**  
**Support Worker**



## Wise House - Supported Accommodation

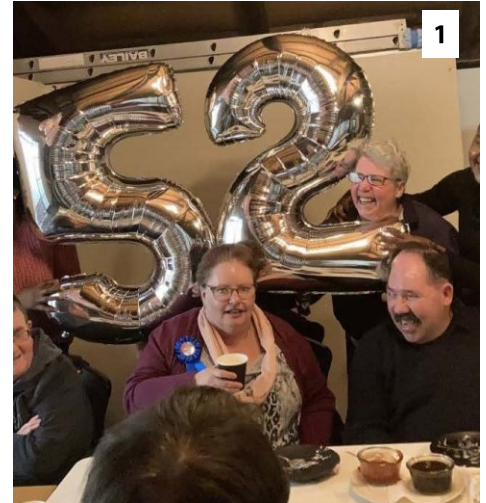
Over the last couple of months, Wise House has been full of joy and happiness. Both the ladies, Robyn and Vickie have achieved another milestone by living independently and doing their chores. For instance, cooking, cleaning, planning their weekly meals and shopping for groceries. They have had family and friends coming to visit them and both ladies like the company of their guests.

Robyn has been going for her day support at Day Program, Independent Services and Multicap. She likes going out for morning tea and participating in the music program. Robyn has improved her budgeting skills and shows a lot of interest in her creativity with crafts, sewing and the cooking program.

Robyn celebrated her 52<sup>nd</sup> birthday on 2<sup>nd</sup> August with a small party at the Newstead Hotel.

Vickie has been attending her day support at Independent Services on Mondays and Wednesdays. She has increased her skills with computers by playing her favorite games and cooking sumptuous meals at Independent Services. Vickie likes visiting her Mum's house every Friday, spending quality time with her family. She loves listening to her new radio and watching her favourite TV shows. For instance, Home and Away, The Chase and The Voice. Vickie has a very set routine and she tends to stick to it.

**Danielle Brown,**  
**Support Worker**



## George Town Road - Supported Accommodation

Krystal has enjoyed relaxing at home, staying rugged up inside while the cold, wet Tassie weather keeps rearing its head outside. On the warmer days, she has enjoyed sitting out on the swing and is looking forward to getting more use out of this in the coming months.

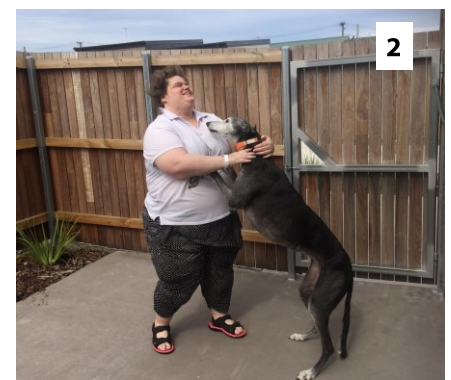
As usual, Krystal has enjoyed her craftwork, with her jars now overflowing with rolled-up quills. She has also enjoyed creating some certificates for herself. While she continues to listen to her relaxing music, she has also enjoyed listening to a few audiobook series on YouTube.

Krystal bought herself an Apple watch and is enjoying discovering its new features. She particularly enjoys the 'my health' feature on the watch, which helps her to track her sleep pattern, heart rate and step count. It even knows when you are washing your hands and counts down twenty seconds so that you know you are washing them long enough. "Perfect for COVID times," Krystal said.

While it has been a quiet few months, Krystal is looking forward to the change in season and the changes that will be

happening in her house over the coming months.

**Juanita Hack,**  
**Support Worker**





## St Michaels Training



Wow, what a great couple of months for the RTO, we have multiple Certificate III in Individual Support programs running in Launceston, Deloraine and Devonport keeping us all very busy.

We are excited to announce that we have been named the 2021 Tasmanian Training Provider of the Year.

This award is for a Registered Training Organisation that demonstrates excellence and high-level performance in all aspects of vocational education and training.

We are extremely honoured to receive this award and very proud of our achievements over the past 12 months.

The commitment of the team to provide quality training to our clients and offer flexible learning solutions is extremely important and we are all looking forward to what the future brings.

*"The strength of this small but powerful organisation is the combination of staff commitment, flexibility of its learning approach, the strength of partner relationships and its commitment to high quality qualifications and learning experiences within a sector which has clear need".*

The Sunday Tasmanian.

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Facebook <https://www.facebook.com/StMichaelsTraining/>

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**Kim Dean**  
RTO Manager



## Smith House - Supported Accommodation

The winter season was chilly but Aron always warmed our hearts with his charming smile and company. On most days, he preferred staying home and playing cheeky games with his staff. He enjoyed endless YouTube streaming of his favourite popstars such as Miley Cyrus and Taylor Swift and One Direction.

Aron went to the Merrington Centre on days of his choosing where he would engage with other participants doing many fun activities. He went out for drives and visited his favourite cafes and parks. He often enjoyed strolls up to the shops for some last minute groceries.

On special evenings Aron visited friends

around the campus for a quick hello, a cuppa, a little bite to eat and even attended a friend's birthday party. The other evenings included staying cozy with a warm drink while watching staff prepare his dinner.

Aron has gotten his new wheelchair which has helped him cruise around with much ease. He eats his meals on his modified dining chair and is using his assistive cutlery.

Let's see what spring has in store for Aron.

**Winnie Rono,**  
**Support Worker**



## Lyne House - Respite Accommodation

Lyne House has had a great couple of months. Even with the rain, we have managed to chase down some sunshine. Participants explored lots of new places and things to see and do. A highlight for participants has been heading to Latrobe. The village has amazing BBQ facilities, geocaching along walkways, a park library and awesome shops to explore. Participants have really taken to geocaching around the area, they've loved finding hidden treasures and leaving something for others to find. Skills they have learned whilst geocaching have been working on directions, distance and not giving up. There has been such a thrill when the cache is located. Importantly, whilst out exploring, new friendships have been formed.

Lots of cooking has taken place on the days when the weather hasn't been so kind. We have cooked lots of international food expanding the taste buds and exploring new techniques. Some of the cuisine we have cooked recently have included dumplings, spring rolls, pizza, risotto, pancakes and many more. Most of the food has been very well received.

One of our more recent exciting trips has been to Glengarry Bush Maze. We have had many good times here with participants so it only seemed the right thing to do when we heard they were closing to visit once more. Over the years the maze has caused many laughs and a healthy dose of competition amongst participants. We then enjoyed

a bushwalk down to the river and a play on the large-scale games Glengarry Bush Maze has on offer.

It has been great to watch staff stepping back a little and allowing the participants to pack and organise an outing, this gets them thinking about the future plans, clothing, food, money and directions. Everything can be a learning experience.

**Jen Holmes**  
**Support Worker**



## Meet The Team

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**GRACE JOHNSTON**

**HUMAN RESOURCES TRAINEE**

Before commencing my Traineeship at St Michaels, I worked as the Front of House Supervisor at The Irish Pub. This role was very interesting and had many ups and downs. My 3 years there were spent waitressing, bartending and attending to the drunk or disorderly. My favourite part of the job was the live music and the close interactions with patrons. This is what led me to want a career in Human Resources. I've always enjoyed working closely with people and helping as much as I can. I hope I can do this to the best of my ability at St Michaels. I am very excited about my journey in HR here.

**Favourite food:**

Anything full of carbs! Pasta, potatoes, bread, chocolate, baked goods. I also love salad, especially when it's in a burger.

**Hobbies:**

Growing up I always loved playing different sports. At the moment I play Social Netball with some friends which I very much enjoy. In the summer I love visiting different vineyards around Tasmania and trying all the local produce and wines. I'm also a keen baker, I'm not very good but have fun giving it a crack! To relax I love sitting in my deck chair with my cats and listening to podcasts.

**Fun fact:**

At home I have 4 cats! Darcy, Ivy, Tibby and Dexter. We live on a large block of bushland that leads to the South Esk River. I take the cats for walks down to the river on nice days. I don't have a dog to walk so this is the next best thing!

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**KAT MULDER**

**DISABILITY SERVICES ADMINISTRATION TRAINEE**

I was a stay-at-home mum to my three-year-old daughter before I joined St Michaels. Before I became a mum I worked in hospitality for nine years. I also do make-up for people.

**Favourite food:**

I love fine dining! My favourite restaurants in Launceston are Timbre and Navarro.

**Hobbies:**

I don't have much personal time being a busy working mum but once a week I do Stiletto In-Style Dancing. It's contemporary dance in heels.

**Fun fact:**

I'm allergic to caterpillars .





## Services Offered at St Michaels - All NDIA Registered Supports

**Support Coordination** - 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 9am to 3pm 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 3pm to 9am 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.

**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.

**Social Club** - Social Club is held in the hall at STMA fortnightly on Saturday nights 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.

### 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:

- Individual Support
- Disability
- Process Manufacturing
- Warehousing Operations

Skill sets offered include:

- Induction into Disability
- Individual Disability Support
- 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



## Impossible Quiche

### Ingredients

- 125g ham, chopped
- 1 small onion, finely chopped
- 1 1/2 cups (180g) grated tasty cheese
- 1/3 cup (50g) self-raising flour
- 4 eggs
- 1 1/2 cups (375ml) milk
- Salt and pepper, to season

### Instructions

#### Step 1

Preheat oven to 200c/180c fan forced. Grease a 5 cup capacity pie dish.

#### Step 2

Combine ham, onion, cheese, flour, salt and pepper in a medium bowl. Scatter over base of dish.

#### Step 3

Whisk eggs and milk together in a large jug and pour over ham mixture. Cook for about 40 minutes or until puffed and golden. Cool slightly. Serve warm or cold.

Recipe courtesy of taste.com.au



## Spring Pavlova

### Ingredients

- 225ml eggwhites (approx. 6 x 60g eggs)
- 1 1/2 cups caster sugar
- 1 1/2 teaspoons white vinegar
- 1 1/2 cups (375ml) single (pouring) cream
- 1 cup (125g) fresh raspberries
- 1 cup (125g) fresh blueberries
- 1 2/3 cups (250g) strawberries
- Icing sugar, for dusting

### Instructions

#### Step 1

Preheat oven to 150c. Place the eggwhites in the bowl of an electric mixer and whisk on high speed until stiff peaks form.

#### Step 2

Gradually add the sugar, 1 tablespoon at a time, waiting 20 seconds between each addition. Once all the sugar has been added, scrape down the sides of the bowl with a spatula and whisk for a further 6 minutes or until the mixture is stiff and glossy.

#### Step 3

Add the vinegar and whisk for 4 minutes or until glossy and combined.

#### Step 4

Pile spoonfuls of the meringue onto a baking tray lined with non-stick baking paper. Using a spatula, shape to form a 20cm mound. Reduce the oven temperature to 120c and bake for 1 hour 30 minutes or until dry and crisp to the touch.

#### Step 5

Turn the oven off and allow the pavlova to

cool completely in the oven. Place the cream in a bowl and whisk until soft peaks form.

#### Step 6

Place pavlova on a cake stand or plate and top with the cream and berries. Dust with icing sugar to serve.

Recipe courtesy of Stacey Tweedale





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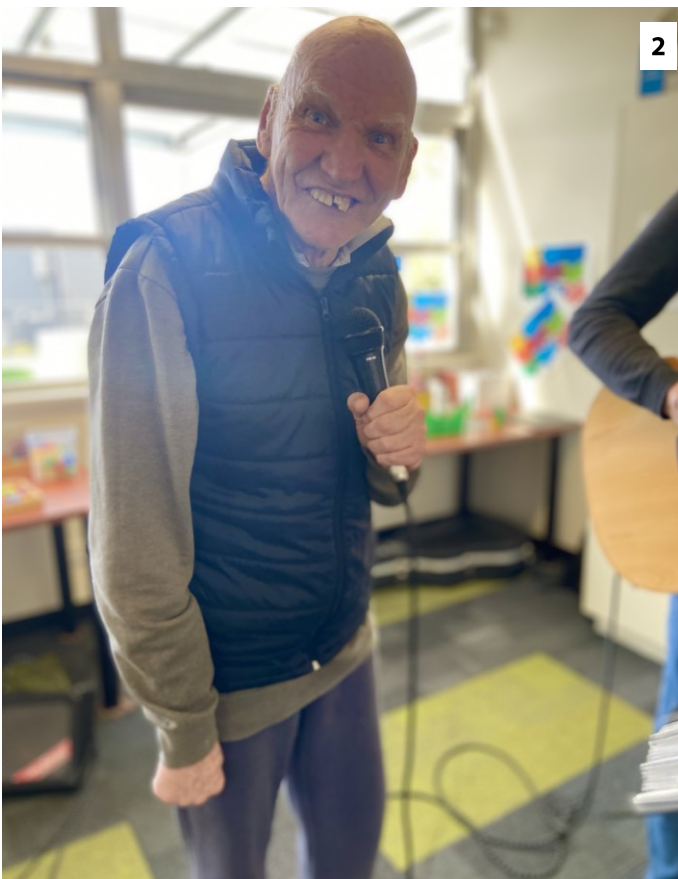
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## Highlights





## 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](mailto:admin@stmichaels.asn.au)

[www.stmichaels.asn.au](http://www.stmichaels.asn.au)

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