

## By St Michael's Association

### From the Desk of the CEO



While the year might be rapidly coming to an end there has still been a lot happening around St Michael's since the last newsletter.

As many of you will know John Gilpin resigned and finished up in early November and I am honoured to have been appointed by the Board as the new Chief Executive Officer. I am really looking forward to the challenge of leading the organisation into the future.

We have some exciting plans both in relation to programs and developments - particularly at our Devonport site - which will become clearer in coming months.

Earlier this month more than 100 people attended the annual Participant and Family Christmas Dinner at the Door of Hope. Unfortunately, I was unable to attend this dinner as I was attending the 2021 Tasmanian Disability Festival Awards, however I understand all had a fantastic night and I offer a big "Thank You" to everyone who attended and to the St Michael's staff who worked tirelessly to pull the event together.

You will find more information on the night and some pictures in this edition.

Meanwhile at the 2021 Tasmanian Disability Festival Awards long-serving

St Michael's Board Member Brian Dunham was honoured with a Lifetime Achievement Award for his dedication to the disability sector and his community work. It was a real pleasure to be able to attend the dinner, alongside Brian and Kit, to see him receive this well-deserved recognition.

Brian has served on the Board of St Michael's for 32 years and has played a pivotal role. Once again, you can read more about Brian's work with the organisation on the next page in this newsletter.

St Michael's Disability Services and St Michaels Training also participated in the Tasmanian Disability Festival on Saturday 4 December. I would like to thank all our staff who helped organise the displays and attended the day to promote our programs and services to the broader community.

With the reopening of Tasmania's border on 15 December the risk of the reintroduction and community transmission of COVID-19 increases. Therefore St Michael's continues to revise our plans and preparations around a possible COVID-19 infection involving either participants or our staff.

Early in 2022 we will also be hosting COVID-19 vaccination booster clinics at

both our Newstead and Devonport sites. We are in the process of finalising arrangements and will provide further information about these clinics once we have it to hand.

In relation to COVID-19, we have been concerned for some time about how participants, without access to a smart phone or writing skills, will be able to check-in to venues. It is pleasing that the Government has now recognised this and is making a TAS Check-In Card available. Parents, guardians and/or participants will need to apply for this card and the Family Liaison Committee is urging all families to consider making an application. More information is available later in this newsletter.

Finally, I would like to wish everyone a very Merry Christmas and Happy New Year. I hope everyone has a very safe, happy and prosperous 2022.

**Mike Thomas**



**Peter Gutwein MP**  
Liberal Member for Bass

53 St John Street, Launceston 7250

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Tasmanian  
**Liberals**



## Lifetime Achievement Award presented to Brian Dunham



When Trevallyn man Brian Dunham was invited to a meeting of the St Michael's School more than three decades ago he probably was not expecting to find himself filling a vacancy on the Association's board.

But since then Brian has volunteered at many important events of the Association, been part of the Executive Committee on numerous sub-committees and was Treasurer for ten years during his unbroken 32 years as a Board Member of the Association.

Brian's commitment was rewarded earlier this month with a Lifetime Achievement Award at the 2021 Tasmanian Disability Festival Awards, held in Launceston.

The award recognises exceptional individuals who have made a significant contribution over the past 20 years and demonstrated an outstanding commitment to the rights, participation and inclusion of people with disability.

Brian first became involved with St Michael's when his son became part of the St Michael's family and he has played a pivotal role in the growth of the Association, including being a key driver and supporter of the purchasing of group homes within the Launceston community and the development of on-site residential accommodation tailored to people with a disabilities.

He also actively advocated for St Michael's to purchase a campus in Devonport to support people with a disability

who live on the North-West and has helped increase St Michael's networking opportunities with community organisations, particularly the Riverside Lions Club.

Brian's former professional experience in real estate has been invaluable in the purchase of properties in Launceston, which have been converted into group homes and continue to provide housing for participants.

The knowledge that Brian gleaned as a volunteer Treasurer coupled with his building skills drove the organisation's development of on-site independent living units at the Newstead campus. This culminated in the completion of Assistive Technology Smart Homes in November 2020, which we hope will soon be replicated at St Michael's Devonport site.

A former President of Riverside Lions, Brian has facilitated a relationship between the two not-for-profit organisations to raise funds for the purchase of equipment and facilities for participants' use as well as working bees which are regularly undertaken on the Newstead site by club members.

St Michael's new Chief Executive Officer Mike Thomas praised Brian's commitment to the Association, and more particularly those living with disabilities.

"Brian has dedicated his life to assisting people with disabilities to live independently and to achieve their goals," he said.

"His unbiased opinions have always looked to influence the maximum number of participants at St Michael's, rather than a few."

"He is forward-thinking and knowledgeable with a kind heart and a generosity of spirit."

***"His unbiased opinions have always looked to influence the maximum number of participants at St Michael's, rather than a few."***  
***- Mike Thomas on Brian Dunham's contribution.***

## Penquite Road - Supported Accommodation

Paul and Gary have enjoyed the wonderful spring weather and all activities that come with it, especially Halloween!

Gary spends most of his days visiting car shops and farm machinery outlets.

He particularly enjoys looking at big trucks and will excitedly point them out when he is on the road. Gary occasionally likes to have a cuppa and a treat when he's out and about. Who doesn't!

Gary has been very helpful with cleaning around the house. Staff assist Gary to mop and wash the house car and he offers to make cups of tea for staff when he is making one for himself.

He has continued to spend every alternate weekend visiting his parents' home and taking Mum a bouquet of flowers whenever he goes.

Gary is always very excited to show Mum anything new that he has recently

bought, especially sunglasses and keyholders.

Paul spends most of his days in his garden. He is quite pleased with how his vegetables are coming along and so are we!

He also enjoys interacting with his community and will always have a quick conversation with the attendants at his local IGA.

Paul helps to clean around the house as well as making his meals. He also visits Mum and Dad on weekends and will help make family dinners and he tells us all about it when he returns.

Paul's recent highlight, of course, was going to the Holden Car Show at Windsor Park.

He has helped put up the Christmas tree and spread the Christmas cheer!

**Dorothy Chelueli**  
Support Worker



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2

## Hawthorn Street - Supported Accommodation

It has been a transitional time for Hawthorn over the past few months saying goodbye to one participant and seeing another participant call Hawthorn Street home.

We have undergone some changes at Hawthorn, cleaning up and clearing out.

Carpets have been cleaned, a few new pieces of furniture have been added and the yard has got a real tidy up.

We certainly have been a busy team!

As part of saying goodbye to our beloved Emma, we decided to throw her a pizza party.

What a success this was with lots of laughs and giggles during the party.

All participants (current and previous) joined in on some games of cricket outside, socialising, laughing and

having a lovely time.

It was a wonderful way for us all to wish Emma all the best for her new aspirations.

We also discovered at this event Sarah has quite the gift for cricket! This young woman knows how to hit a ball!!

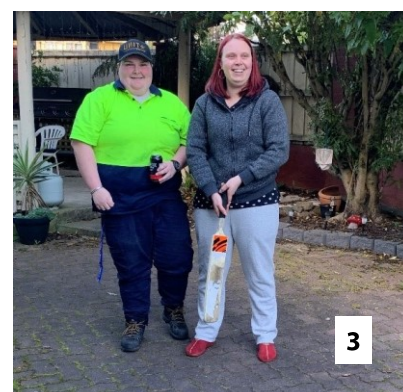
Staff were running out to the road many times throughout the afternoon finding cricket balls in neighbours' yards. Go Sarah, Go!

Hawthorn has been revolutionising over the last little while with a change in pace and atmosphere.

It has been a delightful environment for Sarah to grow, develop and learn who she is as a young woman and staff at St Michael's all feel honoured to be a witness to this.

Sarah is a lovely young person with a bright future. She is strengthening her independence skills every day surprising us more and more.

**Yohana Fulton**  
Team Leader



3



## Day Program - Community Access

We are proud of how we have worked so hard together in this time of genuine challenges and changes.

Especially by actively responding and offering day programs that impact participants for life and providing tools for their independence, skill development and compliance.

We focus on creating a real difference and teaching participants life skills.

There have been many success stories, and we have been able to grow and learn together.

Our day programs have included music, dance, swimming, arts, sports, gardening, community access, workshop, carpet bowls, library, craft, shopping, gym and other fun activities. They have allowed us to strengthen different areas of independence in our participants.

Our goal has always been to listen carefully to their individual needs and, through our programs, teach new skills.

In the day program, our vision is developed as we build our plan tailored to the needs of each participant.

St Michael's creates a dynamic project with constantly updated activities to improve which will take us forward in key areas that focus efforts on defending the voice of participants and caregivers, addressing the best day program and providing value to the community.

I am looking forward to working with all of you in 2022 to achieve real change in the lives of the people who trust us..

I wish you a very Merry Christmas and a safe and Happy New Year.

**Julian Munoz**  
Day Program Team Leader





## Como Crescent - Supported Accommodation

Ben and Jacob recently had a day trip to Greens Beach to enjoy the beautiful weather while the young men keep building a bond with each other.

Jacob - who keeps a strong connection with his mum, sister and brother - has continued to strengthen these connections as they frequently visit on the weekend to enjoy quality time with both Jacob and Ben. The two residents look forward to every weekend to share time together, as well as enjoy memorable moments with lots of goodies.

Ben started re-growing his bond with his advocate. He recently was invited for

a barbecue afternoon and he was happy to share his day reconnecting as well as sharing his best moments with his advocate, after showing her around his home.

Ben and Jacob got some Christmas trees as gifts for their living area as well as their individual rooms as they both prepare for Christmas. Ben did his best to set the tree up and was happy he did.

He also will visit the tree in his room at intervals to comment, "Good job" and also re-arranges the decorations on the bigger tree in the living area. Ben loves to appreciate his own craft, passing comments like, "Good job", "Well done

etc. This gives him the fulfillment he seeks at the completion of tasks.

Jacob and Ben recently started going out to the shop to do their own groceries. Both young men will pick up their choices in the shop after planning the meal for the week with staff assistance.

It's been a great time for both participants and they both anticipate Christmas and its experiences while they continue to plan and also enjoy the warm weather.

**Oyeniran Atoyebi**  
**Team Leader**

## Kenneth Court - Supported Accommodation

Andrew, Stephen and Nick are eagerly awaiting the Christmas festivities to commence.

While things have been a little quiet over the last few weeks our participants are now making plans to decorate their house and help put up the Christmas tree. They all enjoyed the recent Christmas party where their display came third.

Nick has been helping in the garden watering and picking vegetables.

He is also spending more time on his phone and using the internet to research things of interest. Nick has just

enjoyed another birthday and had a great time at Mama Mia.

All three participants have attended great events at Crossroads and Speakout.

As usual Stephen and Andrew have been singing up a storm at Church every Sunday.

They are both well know patrons at several dining venues with staff making a fuss of them on their arrival. Lots of laughter and good food is enjoyed by all.

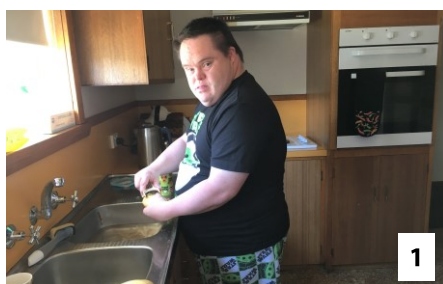
All participants at Kenneth are now

actively involved in planning a short stay holiday next year as well as some exciting day trips for Andrew and Stephen during the holiday break.

Nick is looking forward to his few nights at Grindelwald with his mum.

We wish everyone a happy and safe Christmas and look forward to another fun filled and productive year ahead.

**Rosemary Brodie**  
**Acting Team Leader**



## East Devonport - Community Access & Personal Support

Our veggie garden is planted now and growing vigorously.

Carrots, potatoes, caulis and peas are just a few of the vegetables chosen by the participants. We have also freshened up the flowerbeds, with some new seedlings of pansies, sweet Williams and marigolds.

The herb garden has new parsley and chives to replace the old ones.

The spicy aromas of Christmas puddings permeated the centre recently when the participants took part in some Christmas cooking. But,

there were no threepences in these puddings!

In our arts and craft sessions the participants have been making beautiful items suitable for Christmas gifts.

These have included an eye pillow, Chook doorstop, tote bag and a mini canvas watercolour.

We are in the process of changing our seasonal wall art from our Cradle Mountain scene to the cherry blossoms of spring with the ducklings swimming in the nearby pond. We really have

some artistic participants.

We recently went to the Tulip Farm where we admired the rich colours of the spring flowers before driving to the Wynyard township where we shared a sausage sizzle and a well-deserved rest along the banks of the Inglis River.

With the last of our end of year rehearsals, we are now in the process of putting our pre-recorded performance together before our end of year barbecue with family and friends.

**Cheryl Matthews**  
Team Leader



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2



3

  
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clients' financial  
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-Andrew Ledingham



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## In-Home Tenancy Support

IHTS has spent the last couple of months ramping up all the Christmas plans.

During this time we work with families and participants to organise trips home for the holidays, gifts and all the Christmas outings.

Staff are always happy to assist participants with their gift shopping for family as well as any other needs they have.

This assists in the budgeting aspect of daily living skills.

With many Christmas functions in the near future organisational skills are paramount to make sure everyone is where they need to be and has everything needed to enjoy the Christmas break.

Warmer weather has also made our community access much more enjoyable.

Stewart enjoyed his end of year piano soiree where he played a solo song and received a certificate for his efforts throughout the year.

IHTS started off the first of many social events by putting on a Halloween party and many of our participants enjoyed dressing up and socialising whilst enjoying a barbecue.

This evening was initiated by Tammy, one of our long-time employees. She prepared the meal and ran the complete evening.

Richard initiated the Burnie Ten, which involved a number of our participants as well as staff volunteering to assist them through the course.

This is always a fun-filled day and just another of the activities which are run by caring staff who give up their time to see participants reach their goals.

Richard has also started the Monday walking group again which has

participants keeping fit.

Of course, life skills are something we continue to work with participants on a daily basis with staff supporting everyone to learn new or better already acquired skills. All of this ensures participants can continue their goals of living independently.

The next month will be filled with challenges for us all as we navigate through another Christmas and New Year but we look forward to completing another year as a team.

**Trish Wrigley**  
Personal Support Coordinator



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Self-Managed Superannuation Funds

Financial Reporting

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SOLUTIONS

Registered Company Auditor  
Registered SMSF Auditor

Luke Salmon M: 0407 131 686  
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## Merton House - Supported Accommodation

There have been some changes at stay with his girlfriend and other Kate. Merton House over the last few friends. months.

We farewelled Lita as she moved into alternate accommodation and Tyrel has joined the house as he learns some new skills in preparation for a transition to independent living.

We have been promoting Tyrel's independence as he often goes out to support, and had a great day out with

Ashlee has adapted well and welcomed Tyrel to the house. We hope to see more of this positive interaction between Tyrel and Ashlee in the coming months.

Ashlee has shown some interest in getting out in the community, with

They did some window shopping at Kmart and then went into town where they found an Asian grocer which Ashlee has since revisited.

Ashlee has also been enjoying watching YouTube videos around the topic of Japanese culture and food as well as playing games on the PlayStation.

**Hannah Worthington**  
Senior Support Worker

**Ashlee and Kate had a great day out recently which included some window shopping at Kmart**



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## Sayer Street - Supported Accommodation

Sayer has been changing and evolving over the last few months. required but Sayer is looking lovely and feeling very welcoming as always.

Participants Kevin and Sam have taken this change exceptionally well. Spending a little time with Kevin in day program, this young man really knows his way around the basketball court!

These two young men are a delight to be around.

Kevin is very welcoming and easy to get on with. Not much bothers Kev. Kevin is very proud of himself and rightfully so, running around giving everyone high fives and a big bear hug. Go Kevin, Go!!!

Sam has an unbelievable memory and will recite you the most intrinsic and in-depth details and facts when it comes to areas he is interested in. Not many of us could compete against young Sam!

Both Sam and Kevin have had a few big changes to get used to, with new carpet going down a few weeks ago and having a new stove in the kitchen. There has been a few adjustments

**Yohana Fulton**  
Team Leader



2



## Independent Services - Community Access

Congratulation to everyone who entered the Tasmanian Disability Festival Art Prize in December.

The 12 budding artists who entered from Independent Services all made the final with their masterpieces.

Congratulations to each and everyone one of you and now we await the decisions of the judges. Good luck.

The countdown to Christmas began with everyone busy planning and making their Christmas goodies in readiness for the festive events.

Our cooking group made their treats for their goody bags and also cooked up a storm in readiness for their group Christmas parties.

The two craft groups were also busy working on their Christmas projects.

Everyone chose to make a Christmas stocking, tree ornament, bon bons, cards, Christmas paper and Sock Santas to take home for the festive season.

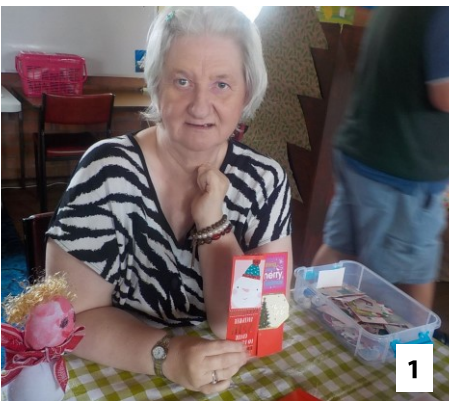
Participants in the sewing group continue to work extremely hard making items to gift to their friends and family for Christmas. Tea towels,

patchwork quilts, book bags and cushions were just some of the ideas participants choose to make.

We welcomed new participants in October and November. We hope they enjoy their chosen programs and look forward to working with them to achieve their goals.

We are all looking forward to a very busy and hectic time as we prepare for the biggest event of the year, Christmas.

**Amanda Mallett**  
Independent Services



## Baker House - Supported Accommodation

The boys at Baker House have been busy through the spring season.

Brandon has enjoyed activities from his day placements, music, woodwork and skill development sessions.

He has also kept busy working on advancing his racing skills on the PlayStation while involving staff and housemate in a competition.

Brandon is very settled, has been learning new skills and developing friendly relations with Liam as well as improving his literacy skills.

He participated in the Burnie Ten and was very proud of his achievements and also shared this opportunity with everyone he knows.

Liam celebrated the Halloween Dinner night organised by the IHTS team.

He has had some challenging time in the past months, however, Liam is committed to positioning himself to finding a suitable job so he can achieve his goals.

Liam has also been busy exploring his environment, meeting and developing new friends. He recently completed his assessment to get his White Card, which may be essential in the process of getting a good-paying job.

The boys have continued to challenge each other in different competitions, especially in both raps and video games.

On AFL grand final day both participants came together for a feast after Brandon had gone to the shop for

snacks for friends, who also turned up to his unit for the final.

The atmosphere is great and the boys are looking forward to Christmas.

**Ganesh Poudel**  
Disability Support Worker



## Wise House - Supported Accommodation

Robyn and Vickie have been very busy the last few months with their arts and crafts.

The ladies have created such things as shopping bags made from recycled materials and some beading projects.

Robyn and Vickie have been enjoying each other's company while they prepare meals and watch television together in the evenings. They have built a strong relationship and have a lot of laughs together.

Robyn has also been attending church on some weekends, expanding her social circle and spending time with family.

When Robyn arrives home after church she is usually delighted to share the news of her day out.

Vickie attended Merrington Centre for a morning and went for a long walk with the Day Services team. She was very happy about how the day went and the fact she got to go for a walk with the

group on such a beautiful day.

The ladies have also enjoyed going out for lunch together on Sundays, followed by a drive or a walk to see different places around Launceston.

These day trips have helped Robyn and Vickie to build on their relationship as well as social interaction in the community.

**Hannah Worthington**  
Senior Support Worker



## George Town Road - Supported Accommodation



After many years of supporting Krystal she has chosen to move to another service.

We wish Krystal well with her future service and thank her for giving St Michael's the opportunity to support her over the years in her home and at Independent Services.



## St Michaels Training



In this edition I thought it would be appropriate to introduce the team at St Michael's Training



**Name:** Kim Dean  
RTO Manager

**About me as a manager:** I encourage open communication

and positive attitudes. I maintain a fun working environment where everyone feels valued and has the opportunity to develop their skills.

**The nerdiest thing I do in my spare time is:** I research my family tree.

**The three items I would take to a deserted island are:** My husband, champagne and my dog.

**If I had to listen to one song for the rest of my life, it would be:** It's My Life - Bon Jovi.

**If I could only eat one meal for the rest of my life, it would be:** Anything with pasta.

**When I was 5, I was pretty sure I'd be a Nurse when I grew up.**

**Favourite movie:** The Color Purple.

**Favourite cartoon:** Mickey Mouse.

**Words of wisdom:** There is no such thing as too many shoes.



**Name:** Sophie Guy

**About me as an Administration Trainee:** I am brand new to St Michaels, currently working alongside Liz

in admin and studying a Certificate III in Business. I'm looking forward to what the future brings.

**The nerdiest thing I do in my spare time is:** Gym every day and I love watching Doctor Who.

**The three items I would take to a deserted island are:** Alcohol, sunglasses and music.

**If I had to listen to one song for the rest of my life, it would be:** Bohemian Rhapsody - Queen.

**If I could only eat one meal for the rest of my life, it would be:** Veggies.

**When I was 5, I was pretty sure I'd be a Veterinarian when I grew up.**

**Favourite movie:** The Grinch.

**Favourite cartoon:** Bugs Bunny / Tweety Bird.

**Words of wisdom:** People come and go, but the right ones stay - Nan used to say this often.



**Name:** Elizabeth Meek

**About me as Administration Support:** I've worked in admin for 13 years, 10 in Training (RTO) world. I'm also a Trainer / Assessor.

**The nerdiest thing I do in my spare time is:** Knit.

**The three items I would take to a deserted island are:** Sunscreen, sunglasses and cocktails.

**If I had to listen to one song for the rest of my life, it would be:** Can't Stop - Hilltop Hoods.

**If I could only eat one meal for the rest of my life, it would be:** Eggs benedict with bacon.

**When I was 5, I was pretty sure I'd be a Nurse when I grew up.**

**Favourite movie:** The Duff.

**Favourite cartoon:** Bluey.

**Words of wisdom:** Always pack extra.



Wishing you and your family a wonderful and happy New Year from your friends at St Michaels.

Our 2022 calendar will be with you soon. However, if we miss you, or you would like extra for family and friends, please let our Admin. team know!

## St Michaels Training-Continued



**Name:** Lindy Crack

**About me as a Trainer/ Assessor:** I have been a trainer since 2006, I enjoy teaching and I

can't stand still when training.

**The nerdiest thing I do in my spare time is:** Researching my family tree.

**The three items I would take to a deserted island are:** Hat, dog and sleeping bag.

**If I had to listen to one song for the rest of my life, it would be:** Bat Out Of Hell (long version).

**If I could only eat one meal for the rest of my life, it would be:** Anything with rice.

**When I was 5, I was pretty sure I'd be an Adult when I grew up.**

**Favourite movie:** Shrek.

**Favourite cartoon:** Scooby Doo.

**Words of wisdom:** To find peace and happiness. Stay away from idiots.



**Name:** Molly Young

**About me as a Trainer/ Assessor:** I started training six months ago and have been completing my TAE.

The reason I got into training was because I really enjoy imparting the knowledge I have on the disability sector to others who are starting their support worker journey.

**The nerdiest thing I do in my spare time is:** I really enjoy playing computer games on my PC and on consoles.

**The three items I would take to a deserted island are:** Food, water and my husband.

**If I had to listen to one song for the rest of my life, it would be:** Not sure too many to choose from.

**If I could only eat one meal for the rest of my life, it would be:** Toasted cheese sandwiches.

**When I was 5, I was pretty sure I'd be a Dancer when I grew up.**

**Favourite movie:** Grease.

**Favourite cartoon:** Captain Planet, Archie.

**Words of wisdom:** No such thing as common sense, only good sense.



**Name:** Mick Brodie

**About me as a Trainer/ Assessor:** Twenty years ago I became a trainer, working in remote Australia

training in Aboriginal communities. I then completed training in security and WHS, working underground in a training capacity. I now find myself once again following my true passion, which is training.

**The nerdiest thing I do in my spare time is:** Research recipes to cook later.

**The three items I would take to a deserted island are:** Knife, sunblock and a fishing net.

**If I had to listen to one song for the rest of my life, it would be:** Eye of the Tiger.

**If I could only eat one meal for the rest of my life, it would be:** Chinese food.

**When I was 5, I was pretty sure I'd be a Fireman when I grew up.**

**Favourite movie:** Mad Max.

**Favourite cartoon:** SpongeBob Square Pants.

**Words of wisdom:** Beware of false knowledge, it is more dangerous than ignorance.





## Smith House - Supported Accommodation

The spring sprung and Aron took advantage of it by making the most of the warmer days. He was as energetic as ever and keener to spend more days outdoor.

On most weekdays he cherished little strolls up the shops and to the cafes where he occasionally wheeled himself with minimal assistance.

Aron made choices on his own such as what to eat, where to go and not forgetting his funny old trick of picking a t-shirt he felt was fashionable at that moment, which could certainly go out of fashion in less than five minutes. What a laugh he would have!

The weekends were more vibrant for Aron. His very social side was demonstrated by his eagerness to join the Lyne house participants and partake in various activities. He has gone for drives, visited the endless scenic spots in Launceston or just hung

out with Lyne house participants, while having lots of fun as well as laughs through the time spent together.

Healthwise Aron had his best foot forward by using his walking aids at Merrington Centre.

He enjoyed spending time with staff during meal prep of healthier food choices.

A spring highlight!!!

On one warm Sunday afternoon, Aron saved the day by managing to open his unit door and letting his stranded staff in.

Go Aron!!!

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



## Lyne House - Respite Accommodation

One of the most amazing parts about this house is the way you are greeted when you come on shift.

Without a doubt we have the most amazing bunch of participants coming into respite and the staff feel so blessed to be able to work with them.

We get to witness so many new friendships form and goals being smashed.

There are some mad car enthusiasts amongst us and as often as we can we make it to the car shows to check out all the old and new engines revving as they show off.

There is no smile greater than the smile on Brody's face as he gets to chat to all the car owners and ask them about the finer details. Some let him sit in the car or get pictures with it. He always blows them away with his knowledge of cars.

With the weather warming up and the sun shining, we have taken full advantage of this with trips to the beach. We pack the esky, find an amazing spot to cook some lunch and find some crabs hiding under the rocks.

Last month we had a crab race. Each participant put their favorite crab in the middle of a circle, and first out was the winner! We made sure they were all set free afterwards.

We do have a lot of barbecues, but did you know you're not limited to sausages and burgers? We have made omeletes, pancakes, wraps, homemade garlic bread and stir-frys. The options are endless, we are always trying to rotate and try new things especially when it comes to cooking on the barbecue. Speaking of cooking it has been huge this month with so many new flavors coming out at

dinner time. We are so lucky to have some staff with different cuisine expertise sharing their knowledge with everyone.

Bradie-Lee has been participating in the Christmas Carols Choir with New Horizons. It's so wonderful to watch any music interest within the house. Karaoke, jam session in the morning while we cook breakfast, dance party after dinner. Is there ever a bad time for a dance? Especially when Chloe and Anusa are in and we can all learn some new dance moves.

It's so lovely to always hear the positive feedback from the participants as they leave after another fun-filled weekend at Lyne.

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

## New Check-In TAS App cards

It looks like the COVID Check-In TAS App will be around with us for some time to come. While most people use a smartphone to sign in, many of our participants don't have that option and they have to rely on others to sign/check them into shops and businesses within the community.

At our last meeting we agreed that this loss of independence has been an unintended consequence of the Check-In Tas App, and wondered what could be done to make it easier to sign/check into venues without a smart phone or writing skills.

We were delighted to see that the Government has recognised this issue and created another option for checking/signing in. Brian and I would encourage you to apply for this Check-In App Card for your loved one.

Some information about the card provided by the Government can be found in the next column.

**Cheryl Scott**

**Co-Convenor, Family Liaison Committee**

***A Check in TAS card is now available, designed for those people who do not own a smartphone or who are unable to download or use the Check-In TAS app.***

***This free card contains a unique QR code which can be scanned at businesses and venues across Tasmania, using the business profile function in the Check-InTAS app. The Check-In TAS card also has an individual's details on their card, and will provide a quick and private option for checking in.***

***Data collected from the card is the same as for a standard Check-In TAS check-in, and is stored directly with the Department of Health Tasmania.***

***To apply for a Check in TAS card go to the [online form](#) or contact the Public Health Hotline on 1800 671 738 for assistance.***

***Note that the card cannot be used at locations where there is no-one to assist with scanning of the card, alternative methods including someone else in the group checking in with their phone or using pen and paper remain available.***

## St Michael's at the Tasmanian Disability Festival

St Michael's was well represented at the inaugural Tasmanian Disability Festival held at Woolmers Estate at Longford with a display in the Nigel Peck Centre by the Disability Team and the outdoor zone by St Michaels Training.

Being in both locations provided an opportunity to meet all the patrons of the festival and to network with other providers who all support people with a disability in the region.

One highlight of the Disability Display was having art works and Christmas displays made by participants.

Having a good understanding of services available ensures our Support Coordinators are offering "Choice and Control" to the people they support.

Pauline, Mitch, Emily and Jodie handed out over 150 packets of information showcasing the benefits of St Michael's to interested parties.

A number of people expressed interest in returning to St Michael's and we look forward to re-engaging with people who enjoyed their time with St Michael's in the past and wish to return.

We look forward to participating next year and already have ideas of how to further showcase the experience of being with St Michael's.





## 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 9 am 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 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 programs operate 7 days a week and conditions apply for eligibility.

**Social Club** - Social Club is held in the hall at STMA every second 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



## Quick chicken, cranberry and brie canapes

### Ingredients

- 1 1/2 sheets frozen puff pastry, just thawed
- 1 small smoked chicken breast, finely chopped
- 100g brie, cut into 24 even pieces
- 100g (1/4 cup) cranberry sauce
- 2tsp fresh thyme leaves
- 4 eggs
- 1 tbsp finely chopped fresh chives

### Instructions

#### Step 1

Preheat the oven to 220C/200C fan forced.

#### Step 2

Prepare the pastry: Cut the whole pastry sheet into 16 even squares. Cut the half sheet into 8 even squares. Line 1 1/2 (30 ml capacity) mini muffin pans with pastry squares. (the pastry edges will be higher than the muffin holes). Place in the freezer for 15 minutes to firm.

#### Step 3

Bake the pastry for 10 minutes or until light golden and crisp. Use a spoon to gently press down on the pastry to flatten slightly. Fill each hole with a little of the chicken. Top with a piece of brie and cranberry sauce. Scatter with thyme.

#### Step 4

Bake for 5-7 minutes or until golden and the cheese has melted slightly. Sprinkle with chives.



Recipe courtesy of [taste.com.au](http://taste.com.au)

## Peach Melba Punch

### Ingredients

- 4 yellow peaches
- 1 cup pineapple juice
- 250g raspberries
- 4 cups (500g) ice cubes
- 1.25l lemonade, chilled
- Fresh mint sprigs, to serve

### Instructions

#### Step 1

Roughly chop 3 peaches. Place chopped peach and pineapple juice in a food processor and process until smooth. Transfer to a sieve and set over a bowl. Using the back of a spoon, press peach mixture through sieve. Discard solids.

#### Step 2

Place half the raspberries in a bowl and lightly crush with a fork. Thinly slice remaining peach.

#### Step 3

Place ice cubes in a 2-litre capacity jug. Add peach slices and puree, and crushed whole raspberries. Pour over lemonade. Using a large spoon, stir to combine. Top with mint. Serve.

Recipe courtesy of [taste.com.au](http://taste.com.au)







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**TOTAL = \$** **includes postage delivery**

Cash in person at St Michaels Association office (22 Hobblers Bridge Road), EFTPOS via phone (6331 7651), electronically (BSB 017042 Account Number: 002398139), Cheque/Money order made payable to St Michaels Association Inc. or Credit Card

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Mr / Mrs / Ms / Miss    First Name..... Surname.....

Address.....Suburb.....

Postcode.....Phone:.....Mobile:.....

Email:.....

**Tax Tip** “EVEN A \$2 DONATION CAN BE USED AS A TAX DEDUCTION!”

Yes, I would like to make a tax deductible gift to St Michaels Association Inc.

☐ \$5    ☐ \$25    ☐ \$50    ☐ \$75    ☐ \$100    ☐ \$1000    ☐ \$2500    ☐ \$5000    ☐ Other.....

☐ One time    ☐ Ongoing    ☐ Monthly x \_\_\_\_\_ months    ☐ Quarterly x \_\_\_\_\_ years    ☐ Annual x \_\_\_\_\_ years

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Card Holder:.....Signature:.....

☐ Yes, please contact me to discuss other ways I may be able to help St Michaels Association

Mr / Mrs / Ms / Miss    First Name..... Surname.....

Address.....Suburb.....

Postcode.....Phone:.....Mobile:.....

Email:.....

## Christmas Dinner a great success!

More than 100 people attended the annual Participant and Family Christmas Dinner on 3 December at the Door of Hope.

Attendees enjoyed a festive carvery, an array of sweets and performances from both the STMA Singers and the Choir of High Hopes.

Participants were also presented with their end of year reviews.

Like other years each program area was invited to create a Christmas display to help decorate the venue.

This year everyone who attended had the opportunity to vote for the display they believed was the best.

It was a very close call with In-Home Tenancy Support's gift-filled train (pictured below) the most popular display ahead of Independent Services with their monster plum pudding. The third choice for the most popular display went to Kenneth Court.

All the displays showed a high level of creativity and effort and all program areas are to be congratulated.





## Highlights





## Highlights





## Highlights





## Contact Details

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