

by St Michael's Association Inc.

From the Desk of the CEO



It was a real delight recently to recognise the achievements of some of our staff with Shining Stars awards, our newly-created employee recognition program.

The inaugural Shining Star was our resident handyman and jack-of-all-trade Leon Richardson. He was joined by our category winners Grace Zhang (Active Support/Outstanding Support), Jodi Jaffray (Innovation/Creativity), Jodie Beveridge (Leadership/Mentoring) and June Ramirez (Teamwork). We also recognised the superb efforts of Sophie Hughes (Teamwork, Highly Commended). All our recipients were recognised across the five categories for their efforts in supporting not only participants but also their fellow staff members.

A more detailed description of their efforts can be found on page 2. Suffice to say they are all outstanding contributors to the organisation.

A total of 31 nominations were received for the awards, an outstanding result. What this clearly demonstrates to me is that St Michael's is indeed fortunate to have so many outstanding people supporting our participants.

I know that every single team member gives their best every single day in the support of our participants, their fellow team members and the St Michael's Association as a whole. This is done without fanfare, however, it is important to recognise those who, in the eyes of their colleagues particularly, are going above and beyond and to take a minute to stop and to recognise and celebrate with them.

Personally, I would like to congratulate all the nominees and the ultimate award recipients. I look forward to seeing even more nominations in the next round.

As for great work, anyone who has been near the Administration Office, and in particular the Desmond Wood courtyard, in recent weeks may have noticed the new-look outdoor dining setting. However, rather than being new, the table and chairs have recently been transformed from shabby to chic thanks to the hard work and efforts of our Day Program's woodwork group.

John, Alice, Kevin and Nick were the super-efficient work team who sanded the previously well weathered chairs and table back to bare timber and then re-stained them. They were able to sit back, admire and enjoy the benefits of their labours at a recent morning tea (see page 17 for more).

The group have done a wonderful job bringing the outdoor dining setting back to life and ensuring it can be used into the future.

On a different topic, earlier this month a hardy group of our participants and staff braved a chilly Sunday morning to participate in the Launceston 10. Fifteen participants supported by eight staff entered the event, several for the first time, and were excited to feel the crowd encouragement and the achievement of conquering their fears of being able to complete such an amazing task.

Many had put in a fair bit of preparation, as part of a regular walking group which met up on Monday afternoons to improve their fitness levels. More information and photos of the wonderful "pavement pounders" can be found on page 15.

I would just like to make special mention of our Support Worker, Richard Nicholls, who deserves praise for his work in establishing the walking group and supporting participants to reach their fitness goals. Well done Richard!

In keeping with the theme of health, last month St Michael's held a fourth COVID-19 Booster Clinic. The clinic was for selected population groups who were considered by health authorities to be at the greatest risk of severe illness from COVID-19. Two flu vaccination clinics were also held in Launceston during the month for staff.

Finally, last time I spoke about the Association's transition to MYP, a fully-integrated software platform that includes rostering, digital forms, client and staff information, human resources, NDIS billing and payroll. The system will also allow authorised guardians, parents and/or carers to access to see billing information and how their loved one is progressing against their stated NDIS goals. Work is well underway in setting up the system, training and the transitioning of data from our old and separate system, with advanced training for appropriate staff having commenced in early June.

I hope you enjoy catching up with all the news from all around St Michael's that is contained within this newsletter.

Happy reading!

Mike Thomas
Chief Executive Officer

Our Shining Stars!



Pictured with CEO Mike Thomas (middle) are Shining Stars award recipients (from left): June Ramirez, Leon Richardson, Jodie Beveridge and Graze Zhang. Absent: Jodi Jaffray and Sophie Hughes.

St Michael's recognised its Shining Stars, those staff who have been judged by their peers to have gone above and beyond to support not only our participants but also their fellow team members.

Recipients were announced at a staff morning tea on June 30.

CEO Mike Thomas said it was clear the organisation was fortunate to have so many outstanding people supporting our participants.

It followed a staff nomination process which saw 31 nominations received from 22 staff members across the categories of Shining Star, Active Support/Outstanding Support, Innovation/Creativity, Leadership/Mentoring and Teamwork. The recipients are:

Leon Richardson (Shining Star): Leon goes above and beyond in his role. He will take on new challenges that assist in the enrichment of our participants' lives. When asked to fill in on a cleaning shift, Leon will always go and perform the required tasks.

Grace Zhang (Active Support/Outstanding Support): Grace is a very well respected support worker who can easily adapt her supports to each individual participant. She is very person centred in her approach and always strives to help participants meet their goals through active support.

Jodi Jaffray (Innovation/Creativity): Jodi always researches craft ideas in her own time to share them with her participants. She will practise the craft ideas participants are interested in, in her own time, so she is well prepared to share. Jodi motivates participants to join in and always shares her ideas.

Jodie Beveridge (Leadership/Mentoring): Jodie has always gone above and beyond in her role as a Team Leader and her support for the participants. She is very professional and has amazing empathy towards participants, helping them achieve their goals and has been a brilliant mentor as a Team Leader.

June Ramirez (Teamwork): June is always ready to put his hand up to help out. He has, on numerous occasions, been willing to help out at short notice to ensure our participants receive the support they need. He always has a happy and friendly attitude.

Sophie Hughes (Teamwork, Highly Commended): New staff have commented that they feel welcome and comfortable in their role due to mentoring from Sophie. She has covered multiple shifts at short notice but also if needing to be re-deployed is always more than happy to help out where there is an operational need.

Chris Cooper joins the Board



Chris Cooper

financial and government sectors.

St Michael's Association is delighted to announce the appointment of Chris Cooper to the Board.

Chris is very familiar with the Association being the son of former long-serving Board member and life member Jill.

He also has two brothers who attend St Michael's.

Chris brings a wealth of talent to the Board through his long career in the

His appointment follows the recent retirement of Board members Margot Malik, Michael Higgins and Efi Kleiner.

St Michael's thanks them for their service.

We have recently sent out membership renewals to all current members whose membership is up for renewal this year. Payment is due and we would encourage all members to make their payment as soon as possible.

If you have not received your renewal notice, please contact Media, Communication and Member Coordinator Nigel Tapp via email nigel.tapp@stmichaels.asn.au or by telephone on **6331 7651** and the necessary arrangements will be made to ensure you get one.

Perhaps you are interested in our work but have not yet become a member?

We would encourage you to do so and it only costs \$25 per year for a full membership or \$10 for an associate membership. Once again, make contact with Nigel for more information.

Vaccination clinics held in Launceston

Last month St Michael's held a fourth COVID-19 Booster Clinic.

The clinic was for selected population groups who were considered by health authorities to be at the greatest risk of severe illness from COVID-19.

A total of 21 participants and two staff members were vaccinated at the clinic.

Unfortunately not enough Expressions of Interest were received to hold a clinic in Devonport, but we are still considering holding one if there is sufficient interest.

Two flu vaccination clinics were also held in Launceston during the month for staff.

A total of 53 staff members took advantage of the free shots.

Staff also had the option of finding their own provider for a shot and being reimbursed by the association.

Devonport staff are also able to take advantage of the reimbursement offer, although a clinic has not been offered.



Come join us for coffee and a chat

Every two months parents, family members and guardians have an opportunity to get together for a chat over coffee and cake and discuss the support their loved ones are receiving through St Michael's.

The Coffee and Chat group is co-convened by Board members Brian Dunham and Cheryl Scott and can take concerns back to the Board for consideration.

Often senior staff will also attend the evenings and provide updates on what is happening around St Michael's and answer

any questions.

If you would like to attend but have not received an invitation please contact Media, Communication and Member Coordinator Nigel Tapp by email nigel.tapp@stmichaels.asn.au to ensure your contact details are current.

The next meeting will be held at 6.30 pm on Thursday 21 July in the Merrington Centre in Newstead.



Penquite Road - Supported Accommodation



Penquite House has had a lovely and active time in the last three months.

Paul spent some time harvesting the corn that he planted during the planting season.

He also had a lively birthday event, with his parents present, in April.



Paul was delighted with the presents which he received from parents and friends.

Gary, on the other hand, continues visiting his family on every alternate weekend, while Paul continues to go home on a different weekend.

Gary, additionally, does go out with staff into the community.

He enjoys sometimes playing with the equipment in the parks or staying back in the car and looking around the area.

Both participants have agreed to move to a new facility within the campus, Baker House.

They are in great spirits and mentally ready to move and harness the opportunities the new environment will bring in their individual home lifestyles.

This new placement is equipped with some modern features which both Paul and Gary will be very happy about and can easily be operated by the occupants.

Bimala Sapkota
Disability Support Worker

Wise House - Supported Accommodation

In April Vickie was supported by Tara Burns to watch an AFL game involving her favourite team, Hawthorn, which was played at the UTas Stadium.

It was a game between the Hawks and the Sydney Swans.

Although Vickie has always been a loyal Hawks' supporter, she was not only cheering for her favourite team and enjoying herself but even gave a cheer to Buddy Franklin, a player from the opposite team who used to play for Hawthorn.

Vickie thoroughly enjoyed the food, the atmosphere and watching and listening to the band which entertained the crowd at half-time.

Hawthorn did not take the win on this occasion, however Vickie left the game with a big smile.

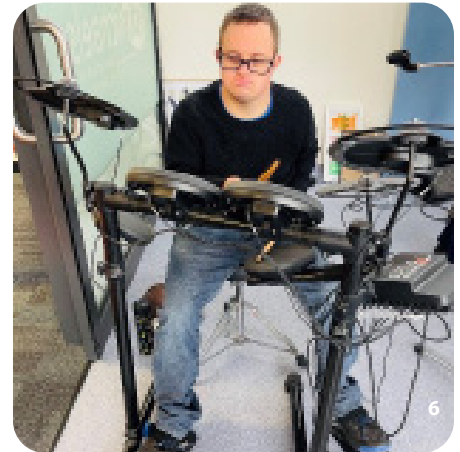
Robyn has also been enjoying her community access, going on a day trip with Crossroads to feed and pat some llamas at a petting zoo where she also got to taste some different foods while appreciating the sunshine and good company.

The ladies have accomplished a lot around the house in the last few months and it was great to see them both get out and about to celebrate their hard work and determination.

Hannah Worthington
Senior Support Worker



Day Program - Community Access



It has been another fun-filled two months for our participants.

Stephen, Claire and Mitchell regularly cook up a storm in our kitchen, all achieving their goals, while participants and staff enjoy a variety of healthy cuisine every Wednesday and Friday.

Antony is clearly enjoying his days at the gym having recently doubled his number of visits.

A lot of beautiful Mother's Day cards were created by our participants, along with some big smiles on faces when they viewed their handy work.

Swimming is a goal for a number of participants and all those attending the pools are not only learning valuable lifelong skills but also keeping fit while having a great time along the way.

The many participants attending bowling are also having a great time. This activity builds team spirit, encourages conversation amongst all players, with participants eager to share and compare their scores. Some are able to claim bragging rights at the end of each session.

Our music group is belting out some catchy songs and a dedicated band is forming, with lots of hand clapping, toe tapping, instrument playing and singing, giving much joy to all those performing and listening in. It is great to see everyone's confidence growing.

Watch this space in the next edition for an update on some new and exciting activities coming to Day Program.

My personal thanks to all the participants and staff for welcoming me into the program.

Rosemary Brodie
Senior Support Worker

Kenneth Court - Supported Accommodation



Kenneth has been a little disrupted the last few weeks due to a change in routine with residents spending more time at Kenneth and less at day supports. Andrew and Stephen have enjoyed some movie afternoons, indoor bowling and drawing.

The participants were very excited to commence regular activities again. When programs initiated, the participants haven't been afraid to socialise; giving life all they have. These individuals were dearly missed and everyone was very excited to welcome their friendly faces.

Stephen and Andrew thoroughly enjoyed going on a day trip with Crossroads to visit the llamas at Christmas Hills. This was a big adventure for all involved and a wonderful day.

The participants have also visited Gravelly Beach and attended the Easter function held at STMA. They were terribly excited to see the Easter bunny and even more excited to be welcomed with a chocolate egg/bunny on Easter Sunday morning before church.

Now that the COVID-19 restrictions are starting to unwind, the social lives of participants have been given an opportunity to grow. The commencement of social clubs/ gatherings is now taking place which has been fantastic for all participants to take part in, and enjoy.

We are all looking forward to what the next few months have in store for Kenneth. You can be sure our wonderful participants will embrace whatever comes their way with an easy going and adaptable nature.

Yohana Fulton
Team Leader



Sayer Street - Supported Accommodation



Over the past month there have been a couple changes that the participants have been looking forward to!

Their home has had a new heat pump installed, just in time for the colder winter months.

Sam's mum was kind enough to source a dryer which so far has come in very handy and will continue to over the months to come.

Sam has been over the moon with the fact that his Thursday night plans for Dungeons and Dragons has gone back to the normal weekly schedule instead of fortnightly.

This has enabled Sam to further develop his social networks and

positive interactions.

Sam is forever adding to his DVD and figurine/pop vinyl collections, some of his most favourite things.

He has also been continuing to complete both old and new goals.

Kevin has been completing and following his weekly meal plan with the support from staff to plan this at the start of every week, not forgetting to add his favorite KFC meal at least once per week.

Cooking and cleaning has been mainly with observation, we have noticed a real difference in Kevin's skill levels in the kitchen.

Well done Kev!

Both Kevin and Sam have been enjoying some time at home playing their favorite board games together and both are very competitive in this activity.

Phil Watson
Support Worker

Devonport - Community Access & Personal Support

Even though the days are becoming cooler with summer a distant memory and winter now here, we have had some exciting times at the Devonport Day Program over the past few weeks.

We had some great Easter craft programs running and there was a lot of creative ideas and individual talent shown in making and decorating Easter egg baskets, egg decorating and a visit from the Easter Bunny which provided a lot of laughs and entertainment for the duration of the Easter egg hunt.

During the month of May, it was wonderful to receive so many positive comments of appreciation after all the hard work which participants put into making and decorating biscuits and cards to give to their special person as Mother's Day gifts.

We were happy to see everyone so excited to be able to work and create a gift that they were able to independently choose and design from start to finish before presenting it to their special person.

Further to this, our respite service is continuing to grow with several participants now receiving regular respite which opens up a lot of new avenues for different experiences and activities that are not always available during Day Program times.

In closing, we have also welcomed a lot of new staff to the team who bring a wealth of experience and different skills to the team.

Please join us in welcoming Kristy Hayes, Monique Lee, Taylor Boutcher, Charles Caperida, Ya Qi, Faith Aladenika and Heather Richards.

Carolyn Martens
Disability Services Manager





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In-Home Tenancy Support



IHTS has had a busy time with some of our participants reaching goals of having holidays away.

Damian went on a trip to Hobart visiting Bothwell and Zoo Doo. He enjoyed patting animals at the zoo, purchasing some new clothes and eating out for dinner each night.

He also went on the Pennicott Tours leaving from the Hobart Wharf and going out to the Iron Pot Lighthouse. Damian spotted some ome seals along the way and lots of interesting cliff and rock formations.

Tony visited the West Coast for three nights. He had his own cabin in Strahan and went to many places of interest. This included a scenic cruise up the Gordon River enjoying all the interesting facts from the tour guides as he went.

He also visited Zeehan to take a step back in time at the local museum which has so much heritage and photos to explore.

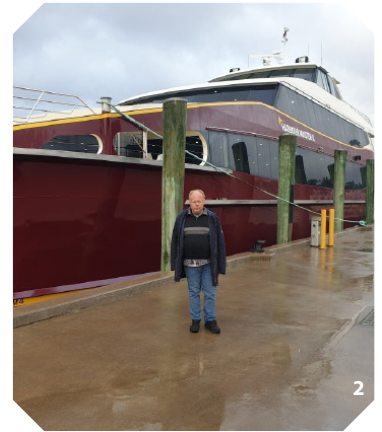
A huge thank you goes to John and Andrew who gave up their time to assist Tony and Damian to reach these goals.

Other participants have been working hard maintaining their skills in the kitchen or just enjoying some of the lovely days out in the community while the weather is still being kind to us even when we have the cold mornings.

Trish Wrigley
Personal Support Coordinator

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Independent Services - Community Access



1

With the onset of the change in seasons and weather, our fishing program has finished until the season opens again in October.

Participants have thoroughly enjoyed their time in this program although the fish were a little scarce. This program has been replaced with the photography program.

The Monday afternoon group consists of Mathew, Alistair, Ricky and Jamie who take it in turn to choose a subject in the community to photograph.

This has provided many outings and community interactions for all with a number of subjects chosen.

These have including cars, tractors, trains, boats, buses, trucks, flowers, nature, water and animals at various locations around Launceston.

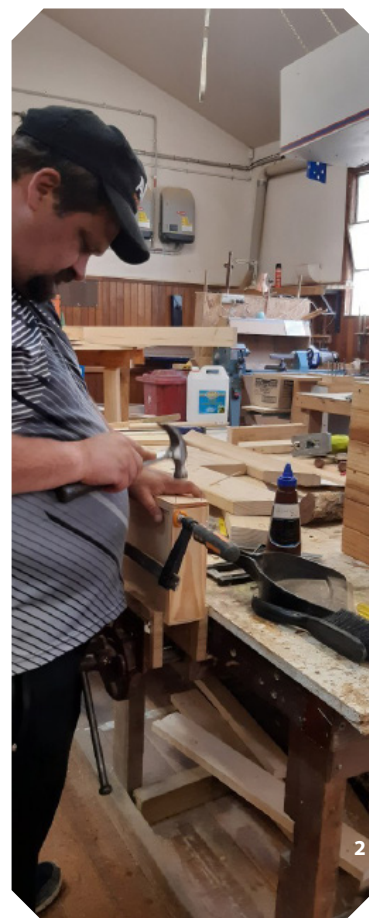
The Monday morning swimming group continues to work on many goals in the Shamrock Street pool.

Vickie, Lisa, Caroline and Nick are working hard on their water safety skills as well as honing their swimming techniques and skills each and every week.

The Tuesday afternoon dancing program at Chant Street continues to be very popular with everyone.

There are plenty of opportunities to enjoy the social interactions when catching up with friends from Day Program as well as busting a few moves and singing on the dance floor to their chosen tunes.

Amanda Mallett
Team Leader



2



3



4



5



6

Como Crescent - Supported Accommodation

One of the main strengths of working in an organisation like STMA is that they promote a client-centred approach and give utmost importance to client independence.

Here in the first photo, Jacob has gone shopping for the house with his staff where Jacob is given choices to pick from.

As Jacob is a big fan of choc-chip muesli bars, he chose them over yoghurt topped muesli bars.

Although Jacob doesn't handle big crowds very well, staff have assisted him in overcoming this fear leading to Jacob going for weekly shopping trips and having choice and control over his food.

On the other hand, Ben, who loves going shopping, has managed to develop some cooking skills under staff guidance.

Here, in the second photo, Ben can be seen flipping his pancakes showing his development in cooking skills.

Both the boys have progressed in their respective fields over the past few months where one could not go shopping and the other could not cook.

They are certainly learning valuable life skills to further live their lives more independently.

Jasrajit Walia
Support Worker



Merton House - Supported Accommodation

Ashlee and Danielle had a delightful couple of hours dining at the Country Club Casino's Links Restaurant recently.

They were supported by Ainslie Murdock and chauffeured by John Dean, in his 1950s Rolls Royce.

Ashlee and Danielle chose to go to the Links Restaurant instead of the Water Garden, where they were originally going to eat their lunch, as they were able to choose their own food from a delicious buffet.

It was so fantastic to see Ashlee and Danielle let their hair down.

They finished their lunch with a cocktail and both commented on what a lovely day they had.

Chris has also settled in to Merton over the past few months.

He has been keeping busy with his own creative projects of model painting and going out for community access almost on a daily basis.

All of the participants at Merton have made a great contribution to the house over the last few months as well as making steady progress towards their own personal goals.

It has been wonderful to see the friendships that have been formed at Merton as the participants have been developing their social skills.

We look forward to the next few months of fun and excitement while the participants plan more outings together.

Hannah Worthington
Senior Support Worker



Lyne House - Respite Accommodation



Lyne Respite has had so many new adventures this month. We have been on cruise boats, rock climbing, swimming and road trips to chocolate factories, not to mention hiring a bike train to ride around the city.

We have celebrated big birthdays with parties and all the yummy food.

Many new friendships have been formed and bonds have continued outside of respite.

Unfortunately with COVID-19 still in the community we have had some quieter weekends which has allowed staff to really get to know individuals, learning new things about them and their favourite hobbies including diamond dots and heat beads.

We have made bracelets and artwork for the participants to take home.

A lot of time has been spent with personal hygiene, what it takes to get ready with less staff support and maintaining a healthy routine that the participants feel confident with.



At Lyne Respite we promote and support the participants to be as independent as possible. Anusa, who attends respite during the week, has also been working really hard on bettering her Maths and English skills. She studies hard every morning and evening and hopes next year to attend College.

It's been really exciting to find adventures which are inclusive and involve everyone regardless of their disability. Activities that include the entire group as a whole.

Many smiles, laughter and jokes. We are so lucky to have such incredible participants coming into respite to make our weekends filled with fun and excitement.

Jennifer Holmes
Support Worker

Hawthorn Street - Supported Accommodation

Hawthorn has undergone various changes over the last few months, with a few more to come.

With only one participant over the Easter break, very soon we will grow to four!

Throughout the last month, we have introduced a lovely young man, Mathew, who has brought a new element to Hawthorn.

All Hawthorn participants joined in on the celebration of Mathew and Sarah's birthdays recently.

My, what fun we all had constructing these cakes, and even more fun spending time together tasting our delightful creations while establishing friendships within the house.

Sarah enjoyed her trip to Melbourne to spend time with family, while Zac has been enjoying catching up with friends and going fishing.

Zac has also really been using his initiative putting out expressions of interest to find some casual/part-time work. He has been very dedicated with this, regularly checking websites for employment vacancies and asking around if anyone has heard about any vacant positions.

Go Zac!

A very exciting chapter of Zac's life is about to open up when he steps into the workforce.

Hawthorn is continually evolving and changing, with very exciting experiences. The participants here have adjusted marvelously to whatever comes their way.

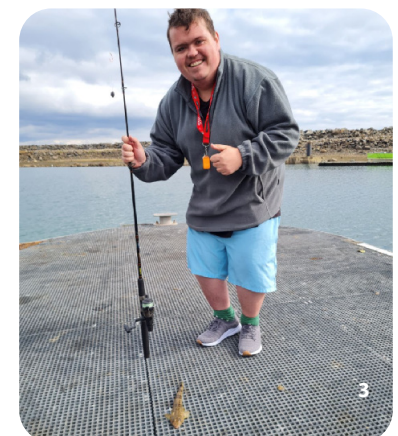
As I said previously, we have had several birthday celebrations, loading cakes with favourite treats. Everyone did a marvelous job creating these masterpieces! We were all so terribly impressed.

The afternoons were filled with giggles and smiles, exactly the ingredients you require for positive birthday memories.

Happy birthday Sarah and Mathew.

Well done Zac for contributing your creative flare at these celebrations.

Yohana Fulton
Team Leader



Baker House - Supported Accommodation



Brandon began employment at a local mill in Launceston last month.

A transition is in progress with St Michael's supporting Brandon at work.

Brandon has been improving his cooking skills enjoying barbecues whilst travelling around Launceston.

He has now officially moved into his own unit and is quite excited to gain independence and create his own style in decorating his new home.

Danny Johnston
Support Worker



St Michaels Training



Last month saw some new programs commence and we now have 115 learners in the Certificate III in Individual Support and 21 learners in Mental Health.

We have also completed training for 50 in food safety, 27 in first aid and 15 in manual handling with many more in other training programs.

Two new food safety/cookery programs will soon commence with one for STMA staff and the other with SelfHelp Workplace employees.

The next round of skills funding is now open and we have a number of clients requesting particular programs for which we will seek funding.

The group at Self Help Workplace has had a great time setting up merchandise displays using mannequins and have now successfully completed their retail skill set.

Kim Dean
RTO Manager



Smith House - Supported Accommodation



The weather might be getting cooler, but that has not stopped Aron from getting up and making the most out of every day.

At the beginning of April, Aron celebrated his 27th birthday.

Aron celebrated by having a barbecue at St Michael's with some of his friends and neighbours, which seemed to be enjoyed by all who attended.

It was a fun-filled day, with lots of food, presents and laughter.

Another big event in April was Easter, and Aron thoroughly enjoyed this holiday – a perfect excuse to eat chocolate, as much chocolate as he could get his hands on!

Even with the change in seasons, some things never change, and something that Aron has continued to do these past few months is listen to Taylor Swift.

This is his favourite relaxation activity, and staff will often find him dancing and smiling on the couch while he listens to this.

From everyone here at Smith House, we hope you are staying safe out on the roads now that the fog is starting to settle in of a morning, and are enjoying all the exciting things that winter has to offer us.

Catch you all next time.

Juanita Hack
Support Worker



10 out of 10 for our Launceston 10 team



A hardy group of our participants and staff braved a chilly Sunday morning earlier this month to participate in the Launceston 10.

Fifteen participants entered the event, almost half first timers, and were excited to feel the crowd encouragement and the achievement of conquering their fears of being able to complete such an amazing task. They were supported by eight staff, some of whom volunteered their time.

Many participants had put in a fair bit of preparation as part of a regular walking group which met up on Monday afternoons to improve their fitness levels.

The supported activity has seen a stable group of participants being supported in this activity, advancing from a 1.2km walk to a 2.5 km walk with choice and control and just a little bit of motivation.

Support worker Richard Nicholls, who is behind the walking group, said everyone had worked hard to be ready for the event and expressed their enthusiasm as the day came closer.

The Launceston 10 was the culmination of the walking group's season.

It will now take a hiatus over the winter months reconvening on Monday September 5.

Once they return the next big event on the horizon is the Burnie 10, with all participants eager to tackle that challenge as well.

Richard thanked all staff and participants who attended.

"Let's make the Burnie 10 bigger and better," he said.

Service offered at St Michael's - 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 - Support workers 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 provide 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 an event specific gathering on various Saturday nights throughout the year. This is a time for participants 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.

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

Skill sets offered include:

- CHCSS00081 Induction to Disability
- CHCSS00098 Individual Support - Disability
- CHCSS00070 Assist Clients with Medication Skill Set
- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID011 Provide first aid
- Food safety / Basic Cookery
- Report Writing
- Leadership
- Mental Health

For further information visit:

<https://stmichaelstraining.tas.edu.au>

Email:

info@stmichaelstraining.tas.edu.au

Telephone: 03 6333 2600.



Speedy carrot soup

Ingredients

- 80 ml (1/3 cup) olive oil
- 2 x 300g pkts shredded carrot
- 2 tsp ginger paste
- 2 tsp ground cumin
- 2 tsp Dijon mustard
- 1 orange, rind finely grated and juiced
- 1L (4 cups) Massel vegetable liquid stock
- 1 Turkish loaf, thickly sliced
- 1 tbsp chopped lemon thyme leaves (or chives) plus extra, to serve
- Greek-style yoghurt to serve

Instructions

Step 1

Heat 2 tbsp oil in a large saucepan over medium heat. Add the carrot and onion and cook, stirring, for 3-4 minutes or until softened. Stir in the ginger cumin, orange rind and half the garlic.

Step 2

Add the orange juice, stock and 1 cup (250ml) water. Stir to combine. Bring to the boil. Reduce heat to medium-low. Simmer for 15-20 minutes, until the carrot is soft.

Step 3

Meanwhile, preheat a chargrill pan over high heat. Combine the remaining 2 tbsp oil and garlic in a bowl. Lightly brush over both sides of the bread. Cook for 1-2 minutes each side, until lightly charred.

Step 4

Add the orange juice, stock and 1 cup (250ml) water. Stir to combine. Bring to the boil. Reduce heat to medium-low. Simmer for 15-20 minutes, until the carrot is soft.

Step 5

Divide soup among serving bowls.

Top with yoghurt and sprinkle with extra lemon thyme leaves. Serve with the garlic toast.

Recipe courtesy of taste.com.au



Quick vegetarian minestrone

Ingredients

- 2 tbsp olive oil, plus extra to drizzle
- 1 leek, halved, thinly sliced
- 500 g tray roast mixed vegetables with garlic and rosemary
- 1 tbsp tomato paste
- 1L (4 cups) Massel vegetable liquid stock
- 400 g can borlotti beans, rinsed, drained
- 80g dried thin spaghetti, broken
- 60 g packet baby kale
- a garlic clove, halved
- 4 slices sourdough bread

Instructions

Step 1

Remove garlic from vegie tray and crush. Heat oil in a large saucepan over medium heat. Add leek, garlic and rosemary sprig from the vegie tray. Cook, stirring, for 3 minutes or until aromatic.

Add remaining vegetables from the tray. Cook, stirring, for 3 minutes or until slightly softened. Add the tomato paste. Cook, stirring, for 1 minute.

Step 2

Add stock and tomato. Cover. Bring to the boil. Simmer for 5 minutes or until vegies start to soften.

Add beans and pasta. Cook, stirring occasionally, for 8 minutes or until pasta is al dente. Add kale. Cook,

stirring, until wilted.

Step 3

Toast bread. Rub with garlic clove. Drizzle with olive oil and season. Serve garlic toast with the soup.

Recipe courtesy of taste.com.au



From shabby to chic thanks to participants' hard work



Anyone who has been near the Desmond Wood courtyard in recent weeks will have noticed the new-look outdoor setting in place.

Rather than being new, the table and chairs have been transformed from shabby to chic thanks to the hard work of a group of participants.

John, Alice, Kevin and Nick were the super efficient work team who sanded the previously well weathered chairs and table back to bare timber and then restained them.

Support worker Stephen Griffin said the team particularly enjoyed getting suited up in protective gear to use the electric sanders.



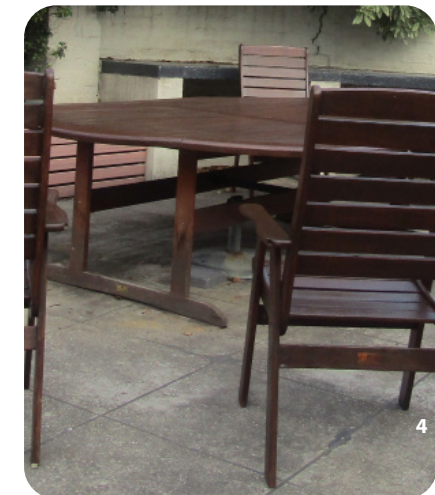
"They also enjoyed being a part of a group project and the opportunity to be outside on the sunny days."

Chief Executive Officer Mike Thomas celebrated the work by baking a couple of cakes for the participants to enjoy.

John said it was "a hard job, alright" and Nick reckoned the finished product was a "good job."

And we agree.

Great work guys!



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

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Highlights



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Highlights



Highlights



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