

by St Michael's Association Inc.

From the Desk of the CEO



As we start to see the early signs of the end of winter and the icy mornings, there have been many things that happened during winter that have warmed our spirits. One such thing was our Christmas in July Masquerade Ball. The event was attended by over 50 of our participants and a wonderful time was had by all.

The ball was organised and hosted by our In-Home Tenancy Support team, with the support of some participants, who all did a wonderful job and deserve special praise. It is events such as this that show how much our staff care for those they support, and I am extremely proud to lead such a committed team.

All enjoyed roast meats, vegetables, baked stuffing and of course stunning desserts. The desserts were such a great hit, that some party goers were seen coming back for thirds!

Thanks to our resident "live music" specialist, Stephen Griffin, everyone was able to join in and sing Christmas carols. Of course, once the carols were done with Stephen belted out some of everyone's favourite tunes which saw many up and dancing the night away.

You can view some pictures from the night on pages 17 and 18 of the newsletter.

Still on events, our Devonport team is eager with anticipation for their Arts & Craft Expo that they are hosting early next month. Entries for exhibits close on 5 September with cash prizes of \$100 in each of the three categories - Arts, Woodwork and Hand Crafts up for grabs.

So if you are around Devonport and would like to attend either the open day viewing or the winners' announcement I know the team would appreciate the support. More information about the expo and the details of the viewing day or the winners' announcement can be found on Page 6.

I must also make mention of some wonderful donations that St Michael's has recently been the beneficiary of. These donations help us to support our work and benefit the safety and enjoyment of our participants. You can read about these generous donations throughout the newsletter.

Firstly, Becks Mitre 10 made a generous donation of handwash, sanitiser, alcohol wipes, disinfectant and disposable face masks, while Bunnings in Devonport donated some building blocks kits for our participants to engage and build with. We have also received a mat and a set of bowls for our Devonport participants from Ulverstone Indoor Bowls and the wonderful folk at Max Harris Pool Table Co renovated the pool table in our Newstead Day Program with a new table top, felt cover and some new cue tips.

Such support for St Michael's and our participants is always greatly appreciated.

Over the past few months the MYP Transition Project Team has been working hard to transfer data across from our previous systems and to set in place protocols and procedures to ensure that the St Michael's reaps the maximum benefit and returns on our investment in MYP. Due to that hard work and effort we have met our deadline and will be going live with the MYP on 3 September.


In the coming weeks families and carers will receive their login details so that they can login and obtain live updates on how loved ones are progressing against their stated NDIS goals and budgets.

Finally through our partnership with Aspen Medical we have held COVID-19 "winter or fourth" booster shot clinics in Newstead and East Devonport. More than 40 participants and staff received their booster shots, which will help keep everybody safe.

Happy reading!

Mike Thomas
Chief Executive Officer

Advertisement




Simon Wood^{MP}
Liberal Member for Bass

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Passionate about Northern Tasmania

Authorised by P. Coulson, Liberal Party of Tasmania, 185 Invermay Rd Launceston 7250



New Horizons' Choir finds a home at St Michael's



The New Horizons' Song and Dance and Choir is enjoying the move from its former space in Mowbray to the Merrington Centre.

It has proved a great success following an increase in numbers which meant more space was required.

Volunteers Maryann Keach, Angie Williams and Noelene Burndred offer their love, time and passion to this wonderful group.

Members of the choir range in age from five to 70. They meet every Tuesday afternoon for an hour from 3.30 p.m. with about 20 members taking the opportunity to sing and dance to their hearts' content.

The songs chosen are varied and flexible to suit the participants and range from *Everybody Sing* by the Wiggles to *We are the Champions* by Queen.

Members also get the chance to practice their public speaking skills in front of the entire group and enjoy each others' stories.

"It is just a fun activity and they (the members) really love singing and dancing, and spending time together," Noelene said.

The choir works towards a performance at the yearly concert and other small events during the year.

Noelene said some choir members already attended St Michael's and the choir was grateful for the support received from St Michael's.

Introducing Darrin Geard - Director of Finance and Administration

After seven years as the Operations Manager at the Blueline Laundry, Darrin Geard has joined St Michael's as its Director of Finance and Administration.

While he has only been in the role for a few weeks, Darrin said he was enjoying the new position.

"There is certainly a degree of synergy between the two organisations given they are both involved in the disability sector," he said.

"I am really enjoying it. As I get to know people I am fairly well impressed (with St Michael's)."

Following an 18 year career in the banking sector, Darrin spent three years as the General Manager of the Launceston Football Club before his seven year stint with Blueline.

Darrin is still actively involved with the football club after having started playing there when he was about eight.



Following a stint as a senior assistant coach, Darrin is currently an assistant coach in the Blues' women's program.

Darrin's dedication to the club has seen him awarded life membership.

He is also the State coach of AFL Tasmania's Inclusion Academy, which supports people with disabilities to play the game and includes some participants from St Michael's.

"We have satellite squads in the North, North-West and South and will be taking a team to the national carnival in South Australia in November."

Darrin, who was an assistant coach with an All-Australian Inclusion team, which played exhibition games in Brisbane in 2019, said in Launceston the players trained every week alongside older players involved with the Masters' program.

He said the relationship that had been developed between the two groups was heartening.

"We regularly have about 20 players attend training sessions."

"Seeing how the Masters' players interact with the Inclusion players is indeed special.

"A player will take one of the Inclusion boys aside, at times, and work with them on their kicking or handballing.

"There is just a great relationship!"

Kenneth Court - Supported Accommodation

Kenneth Court residents Nick, Stephen and Andrew have had a blast further developing their independence by making some of their own meals, with staff assistance.

The participants thoroughly enjoyed assembling tacos and making up their own little creations.

During the last few weeks Kenneth has been taking on winter with gusto, rugging up and enjoying Day Programs.

The gentlemen here don't let anything stop them socialising and enjoying life, no matter how cold it gets!

They had a lovely time out for dinner at the Newstead Hotel, independently deciding on meals to be ordered and enjoying what was served on their plates.

Nick was very excited to attend a recent football get together and meet the players first hand.

All participants enjoyed the recent Masquerade Ball.

As always, Kenneth has such a positive homely atmosphere with all participants enjoying whatever life throws at them.

The social lives of these lovely individuals is up and happening. They attend whatever

events and gatherings come their way.

Nick has been displaying ample independence while completing grocery shopping in person, with the assistance of staff. This has been a lovely experience for Nick as he is able to exercise choice and independence after being COVID-19-safe for such a long time.

As they adjust to the ever changing world COVID-19 has created, the individuals who reside at Kenneth are always keen to take on new challenges.

Andrew and Stephen have assisted with some cooking, packing lunches for the next day and small household tasks such as replenishing bathroom/toilet items when asked if they would like to tackle these chores independently.

It has been a great pleasure to work at Kenneth and develop therapeutic relationships with all who live here.

Over the next few weeks Kenneth will be having some staff changes but we are confident the participants will thrive throughout the adjustment.

Yohana Fulton
Team Leader



Wise House - Supported Accommodation

Robyn and Vickie have been busy with their daily routines and social schedules.

Vickie has been enjoying her new music program as well as continuing her physical activity of swimming. She has also been continuing to support her mighty Hawks when they have played in Launceston!

Robyn is excited to be celebrating her birthday soon with friends and family. Preparations have been underway with the support of the Wise House team.

As healthy eating has always been a focus at Wise House, the ladies have been learning new recipes and it is always lovely to see Robyn and Vickie working together to cook up a storm and then sitting down to enjoy their meal and a conversation about the day's activities.

The ladies are looking forward to another productive season in their home and in the community.

Hannah Worthington
Team Leader



Day Program - Community Access

Our participants have had a fantastic past two months.

The gardening program has begun with staff and participants getting their hands dirty.

In the coming weeks participants will start planting their seedlings to grow some produce for the cooking program.

Day Program has welcomed more new staff to support our participants, all bringing a vast range of skills and experiences to share with our participants.

We also held an Open Mic Day led by Stephen Griffin. It was inspiring to see participants and staff get behind the mic and share some tunes together.

Ben is gaining more skills musically and has taken a very big liking to the drums.

We have also recently celebrated Alice's 24th birthday. Alice had an amazing day and really enjoyed everyone singing "Happy Birthday" to her.

We look forward to the next couple of months of fun.

Kat Mulder
Day Program Administration Assistant



Baker House - Supported Accommodation



Paul and Gary have made their move from Penquite Road to Baker House and are settling in nicely.

It has been a smooth transition into their new home with the support of a committed team who have assisted them to face the challenges which come with moving.

Paul and Gary have enjoyed setting up their new home and Gary has not even noticed that there is a dog living close by.

Gary loves sitting outside his home with a cuppa watching the world go past. Paul enjoys walking through the area saying hello to all his neighbours and inviting people he knows to come and have a cuppa.



Both sets of parents helped Paul and Gary move in and the pair are welcoming visitors into their new home.

One aspect enjoyed by both men is the ability to walk up to the local shops and wander into Coles to choose a drink or something to eat.

Walking is an activity they are now enjoying again and the health aspect is very much complemented by the social aspect of the walks.

They are very much enjoying the comfort of their new home and look forward to a very social life.

Hannah Worthington
Team Leader

Sayer Street - Supported Accommodation

While it has been freezing cold outside, Kevin and Sam have both enjoyed playing different sorts of games in their nice warm lounge room.

Kevin loves to play The Last of Us on his PS4 and Sam likes to play Sky Rim, but they both like to mix it up a bit and play other games as well.

Sam has been doing a great job improving his socialisation skills mixing with different people at his favorite spot Scenic Isle Gaming located in Yorktown Square. He likes to go there several times each week.

He also enjoys going to Elphin Sports Centre and playing cricket during the week.

Kevin is super excited and has been counting down the days until he gets to fly to Thailand with his Dad for three weeks.

He is very lucky and will manage to dodge some of the cold and frosty mornings here in Launceston. Kevin also loves to be helpful and wash the car.

Phil Watson
Senior Support Worker



Devonport - Community Access & Personal Support

Our winter days may have been cold, but this has not stopped the busy bees at St Michael's Day Program from exploring winter craft ideas to update the hallways with their creations.

Our participants have been out and about in the community restocking craft items and purchasing a few things for themselves.

We have visited Spotlight, Kmart and Bunnings with one participant being lucky enough to be gifted with a donation of building blocks kits for the centre from Bunnings, which has been greatly appreciated.

Participants have had a lovely time learning new skills using our mat on a daily basis.

Our male participants had a great time visiting the East Devonport Community House for "Dudes Day" and had an opportunity to learn more about the mental health resources which are available to them. They also enjoyed a hot cup of soup and received a man's bag full of goodies.

We visited the Ulverstone Bowls Club to explore the art exhibition finding all kinds of amazing individual art works displayed. There were a few games of indoor bowls, morning tea and a barbecue which all made for a very enjoyable and fun day.

We were very lucky and very appreciative to also receive an indoor bowls mat and a set of bowls from Ricky, at the Ulverstone indoor bowls club.

Participants have been making the most of our Freedom Fridays with the weather giving us the opportunity to explore local walking tracks and, of course, sneaking in some hot chips and gravy to warm our bellies!

We are eagerly awaiting our Arts & Craft Expo, which we be held next month.

Entries close on Monday 5 September with cash prizes of \$100 in each of the three categories - arts, woodwork and hand crafts.

An open day viewing will be held on Thursday 15 September between 1-3 pm. Afternoon tea will be provided for a gold coin donation and attendees will be able to vote for their favourite piece.

To announce the winners a casserole lunch will be held on Saturday 17 September from midday-1 pm at a cost of \$5 a head.

Tracey Rootes
Senior Support Worker



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In-Home Tenancy Support

Gerard B, who is a regular at PYCSAM in order to continue to stay active and meet his fitness goals, recently conquered his goal of rowing 5 km in one attempt. Gerard did this in under 40 minutes.

He was very happy with this outcome and now wants to continue to work harder to get his time down to under 30 minutes.

Paul C has recently started counting out his money, after working out his budget, and dividing it into spending money envelopes for the fortnight so he stays within budget.

Being hands on has made him feel very independent and proud, almost like he is part of the IHTS team in the office. Paul also has been running errands for the team such as topping up the fridge with milk for staff and ensuring the water cooler is full, which makes him feel very proud to be able to give support in the office by volunteering his time.

Michael R has been working very hard on his diet and exercise regimen in order to manage his diabetes. He has lost a whopping 25 kg by walking daily with his support team. Michael has a daily diary to record milestones and continues to celebrate achievements.

Jo W has recently enlisted the support of a personal trainer every Wednesday in order to continue to work on her fitness and mobility goals.

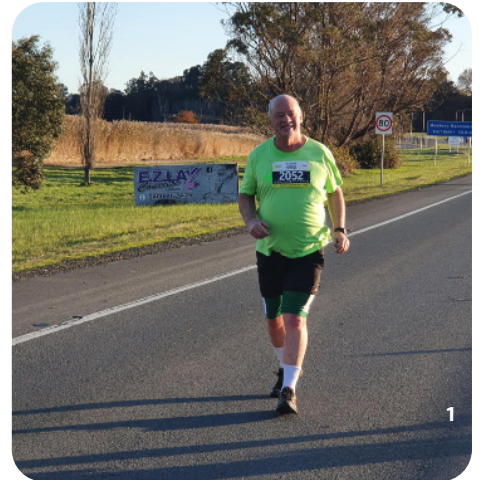
She attends with her support worker Meg, who originally organised a meet and greet with the personal trainer. Jo feels she has gained much more strength and has improved her mobility greatly. She is participating in healthy cooking with her support workers, and regularly makes seafood with vegetables for dinner to ensure her nutritional needs are also being met given all the working out she is doing!

The IHTS team and Rostering have been working very hard to improve support times and maintain structure for participants.

COVID-19 has affected most areas of the business over the last couple of years, but now we are seeing the dust settle and some normality returning. This has allowed us to take a step back, re-focus and try and return to a baseline to ensure consistency for staff and participants moving forwards.

There have been some changes to the IHTS structure and we look forward to a really productive end of year, with participants achieving more of their goals.

Jasmine Cardno
Personal Support Coordinator



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Independent Services - Community Access



There is a buzz of excitement at Chant Street with the news of the return of the Royal Launceston Show and the cottage industries section.

Everyone has been busy planning and discussing ideas for their entries. Our photography group has also put their hand up to enter one of their masterpieces in the show.

Helen continues to work on her Diamond Dot art at every opportunity. Everyone is in awe at Helen's hard work on the complex wolf picture, and we look forward to seeing the finished product.

Our newest participant at Independent Services, Stewart, has chosen to join us in a number of programs one of which is the gardening program.

The gardening group - consisting of Stephen, David and Stewart - has begun the annual process of researching and preparing the garden beds for the spring vegetables.

Following everyone's input, it was decided that we needed a herb garden at Chant Street to assist with the supply of herbs for our cooking program.

The group enjoyed a morning outing shopping for plants and pots for the garden.



With the onset of the colder mornings and the need to limber and warm up a new activity was suggested for anyone and everyone at Chant Street.

Seated Tai Chi on the big screen allows everyone to participate in a safe, fun and relaxing environment.

Amanda Mallett
Senior Support Worker



Pool table gets a new lease of life

Thanks to the generosity of the Max Harris Pool Table Co. our Day Program participants have wasted no time in making good use of their refurbished table.

Ricky replaced the table top, which had rotted as a result of water damage, free of charge and also completed some other minor works to ensure participants had a quality table on which to develop their skills.

Eight ball helps our participants to improve their eye/hand coordination and colour recognition.

They also learn to become a team player and improve their agility.

But, most of all they like it just because it is fun!



Como Crescent - Supported Accommodation

Winter may be the off-season in Tassie, but that did not stop the men at Como Crescent from getting out and about to experience new things and work on their independent living skills.

Although Ben loves going out with staff for a drive, he has recently been enjoying going for a walk around Newstead. While his walks are relatively short at the moment, Ben is working towards building up his stamina again, to get ready for the Burnie 10 in October, one of his favourite events of the year.

Another outing that Ben enjoyed recently was a trip to the cinema. He absolutely loved this experience, and the smile could not be wiped off his face the entire time.

Jacob has had regular visits from his family, and enjoys the chance to socialise with them. He also readily accepts the opportunity to get out of the house for a drive.

Although Jacob has his favourite spots to visit, he has been slowly working towards becoming more adventurous by going to some new places.

Jacob still enjoys his music and listening to YouTube.

Staff have worked really hard with Jacob to help him to independently choose which songs he wants to listen to, and this has worked really well.

Thank you to all staff for the hard work that you put in with the men at Como. Everyone has achieved a lot in a short amount of time, and it is a credit to your dedication to our participants.

Juanita Hack
Senior Support Worker



Social Club celebrates Christmas in July

Participants and staff gathered for a Christmas in July Masquerade Ball last month.

Attendees enjoyed a roast, mask making and live music from resident crooner Stephen.

They ate, sang carols and, of course, dancing was on the menu. The dessert was particularly a great hit with all, which saw some guests even going back for thirds!

The event was hosted by In-Home Tenancy Support, which did a great job.

You can check out some more photos from the night on pages 17 and 18.



Mitre 10 show its support for our work



St Michael's recently received a valuable donation from Becks Mitre 10.

The company made a generous donation of handwash, santiser, alcohol wipes, disinfectant and disposable face masks.

St Michael's new Director of Finance and Administration, Darrin Geard, said Mitre 10's donation was greatly appreciated.

"It will certainly assist us to keep our staff and participants safe," he said.

"St Michael's is grateful for such support from the business community."

Lyne House - Respite Accommodation



Lyne House was a very busy place over winter. The weather might have been a little chillier but it did not stop our adventures - we just rugged up and made the most of the winter sun.



One of our favourite places to visit is Huntsman's Lake, and if you have not been there we highly recommend it. We take our lunch and eat it around the tables, and go on a small drive to the dam to explore the enormous structure and take in the picturesque scenery of the frosty lake. Geocaches can be found here which adds to the excitement. This is also a great place for bushwalking for those of us keen to get our hiking boots dirty.

When we feel like a more laid back weekend bowling is certainly on our to do list. Watching the friendly competition between participants, the encouragement and cheering for each other and the support offered between friends is awesome to be a part of. It really caters for all levels of involvement and abilities. Participants also love to challenge each other at games of air hockey and eight ball afterwards.

Being able to chill at Lyne has never been more fun with our craft cupboards stocked with all the new and exciting activities. Participants have been able to work on their fine motor skills, following instructions and working together as a team to get them completed.



Mosaic tiles and Diamond Dots are among the favourite activities. Some of these projects take a lot of time and patience and working together as a team has been very important. Watching the participants show off the final products to their parents with their beaming smiles is something we really enjoy seeing.

We have had a star amongst us in Lyne this month, showcasing Anusa and her Bollywood dancing. She did us proud by braving the big stage to show off her routines at a dance competition at the Casino. Anusa looked amazing with her traditional attire on stage during the concert. Her dancing is truly remarkable and very entertaining to watch. Anusa is so talented we are so proud she has the confidence to show it off for everyone to see.

It's been another proud moment for Lyne seeing some of our respite participants getting the chance to move into their very own home. It's such an exciting time to see the new chapters of their lives taking place. Their independence is growing and goals are being achieved, which is rewarding to see.

Jen Holmes and Bishnu Sharma
Lyne Team Members

Hawthorn Street - Supported Accommodation

Hawthorn Street is certainly a very happy house at the moment.

Zac and the two Sarahs enjoy going to the Launceston Lanes every Saturday morning and playing 10 pin bowling in their league tournaments. It is a great place to meet and mix with other friends and acquaintances.

Mathew enjoys playing on the play station and seems to be getting extremely good at it.

Zac has recently returned from a Melbourne trip with some of his mates where he watched his favorite team, St Kilda, play and even better they won. Zac loved to be there and watch it live.

He also had a weekend in Hobart where he went to Salamanca Market, MONA and other sites that he had not been to before.

Zac has certainly been busy!

Sarah C is enjoying the freedom of having her Ps and her own car and this has improved her independence.

She is learning about car maintenance and wants to be able to work on her car when anything goes wrong with it.

Sarah H loves working at Self Help and

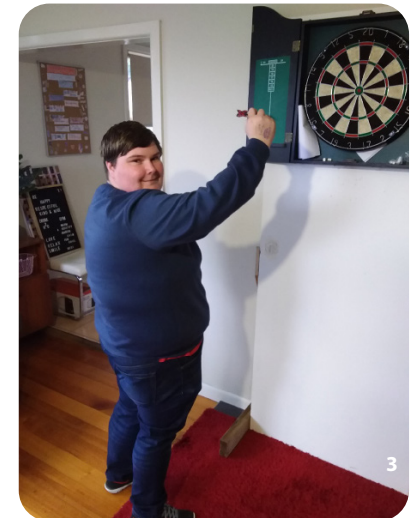
has been improving her work skills by completing some training courses recently.

Sarah was very proud of her certificates. Well done Sarah!

She and Zac have been totally enjoying themselves over the last few months with their amazing cake decorating skills which show great team work. Well done to both of you.

Zac and Sarah C have decided to develop their dart skills by joining a local club and Zac recently purchased a dart board so he can get in more practice.

Phil Watson
Senior Support Worker



Smith House - Supported Accommodation

While the weather outside has been chilly lately, Aron has been enjoying the warmth of the heat pump at Smith House these past few months. Who can blame him, with all the foggy, frosty mornings we have had this winter?

Aron still enjoys listening to his music, but has recently been interested in binge watching some classic 90s sitcoms, particularly Friends. He has also enjoyed watching a few movies, including Trolls and Pitch Perfect.

He is working hard with staff on his independent living skills.

Aron enjoys watching staff prepare dinner, and will help with the occasional stir or will grab ingredients out of the fridge. He is also

learning how to change the channel on the TV on his own, so that he is not fully reliant on staff to choose what he wants to watch.

Good job Aron.

There are a number of new staff that I would like to welcome on board to the Smith House team as well.

Thank you to all staff, old and new, who are working hard with Aron to help him achieve his goals.

Until next time, we wish you all the very best.

Juanita Hack
Senior Support Worker





As we enter a new financial year, we are preparing for the delivery of a number of new programs that we successfully gained funding for in the latest round of Skills Funding from the Department of State Growth, Tasmania.

We will be providing specialised training to employees with a disability who work for our partner organisations. These programs include manual handling, computer skills, food safety/cookery and first aid.

The group at Self Help Workplace have had a great time in their food safety/cooking program where they have learnt to read and follow recipes and clean the kitchen.

Some of the dishes included pumpkin soup, spaghetti bolognaise and cookies and slices. The group's members are excited to share their new skills with their families.

Kim Dean
RTO Manager



Merton House - Supported Accommodation

What a busy few months it has been at Merton.

Danielle decided to make the move out of Merton and try some new adventures in the North West of the State. We thank Danielle for the memories she has left us with, and wish her all the best in her future endeavours.

Chris has enjoyed a couple of weekend visits home over the past few months. He is also enjoying painting his figurines and taking them in to Scenic Isle Gaming. Chris enjoys socialising with his peers several times a week.

How can we forget the big event that happened in July – Ashlee celebrated her 21st birthday! Ash had a lovely day at home, and enjoyed one of her favourite meals from Liv-eat to celebrate the occasion.

Healthy eating has been a big focus among our participants recently, and they are all enjoying the opportunity to try out new recipes.

I would also like to welcome a number of new staff to Merton House, who are all eager to assist the residents in their day-to-day lives. Thank you to all staff, new and old, who are working hard to make Merton a warm and welcoming home for our participants.

Juanita Hack
Senior Support Worker

Penquite Road - Supported Accommodation

Lisa and Alice have settled into their new home at Penquite Road.

Both are developing a strong friendship, helping each other out with tasks at home.

Alice has been further developing her household skills by cooking and washing up. Lisa has been offering to help pack Alice's bag in the morning with delicious food items.

Gabbie has come for her first sleepover, and all the ladies went to the Old Mac's Farm to see the animals and Banjo's for a nice warm lunch.

Alice loves to show her sports cards to the ladies, all working together to sort the cards into teams.

Lisa's favourite movie is Spirit, which both the ladies thoroughly enjoy watching and what better music than Bryan Adams along with the Abba concert DVD?

Alice celebrated her 24th birthday at Day Program and then having dinner out with her family.

She went to her favourite place, Dave's Noodles, on the weekend to continue the celebrations with Lisa.

Abby Theobald
Residential Coordinator



Donations

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.....

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Expiry Date:

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

Details

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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 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 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 being held in the hall at STMA at various times throughout the year. These evenings are arranged around a time of year or special event. This is a time for clients to get together for a meal, socialise and engage with each other.

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.



Slow cooker all-in-one chicken cacciatore

Ingredients

- 1 brown onion, thinly sliced
- 1 large red capsicum, cut into 3 cm pieces
- 2 garlic cloves, thinly sliced
- 6 skinless chicken thigh cutlets
- 800g crushed tomatoes
- 3 large sprigs fresh basil
- 1 cup dried elbow pasta
- 220 g jar pitted kalamata olives, drained
- 3/4 cup frozen peas
- Fresh basil leaves, to serve

Instructions

Step 1

Place onion, capsicum and garlic in bowl of slow cooker. Arrange chicken on vegetables. Pour over tomatoes. Top with basil sprigs. Season with salt and pepper. Cover. Cook on High for 3 hours (or Low for 6 hours).

Step 2

Remove basil and discard sprigs. Add pasta and olives around chicken. Cook on High for 30 minutes or until chicken is cooked through. Add peas. Carefully stir into sauce mixture. Cook on High for 15 minutes or until peas are bright

green and pasta is tender. Serve sprinkled with extra basil leaves.

Recipe courtesy of taste.com.au



Rosemary, beef and potato meatloaf

Ingredients

- 1 medium zucchini
- 450g potatoes, peeled and chopped
- 50g butter, chopped
- 3/4 cup mozzarella cheese, grated
- 650g beef mince
- 1 medium brown onion, finely grated
- 1 medium carrot, finely grated
- 1 tpsb rosemary, finely chopped
- 2 eggs, lightly beaten
- 1/2 cup soft fresh breadcrumbs
- 1/2 cup tomato sauce (or ketchup)
- 2 tbsps worcestershire sauce
- 2 tbsps wholegrain mustard
- Steamed vegetables (such as broccolini), to serve

Instructions

Step 1

Preheat oven to 200C/180C fan-forced. Line base and sides of a 21x10cm loaf pan with baking paper, extending the paper over the sides. Coarsely grate zucchini. Using your hands, squeeze excess liquid from zucchini.

Step 2

Place potato in a large saucepan and cover with water. Bring to the boil. Boil uncovered for 15 minutes, or until potato is tender. Drain, then return potato to pan. Add butter and 1/2 cup of the mozzarella, then mash until almost smooth. Season with salt and pepper.

Step 3

Combine mince, onion, carrot, zucchini, rosemary, beaten egg, breadcrumbs, sauces and mustard in a large bowl

Use your hands to mix well. Press mince mixture into prepared pan and smooth the top. Top with potato. Using a fork, swirl surface of potato. Sprinkle with remaining mozzarella. Bake for 45-50 minutes or until firm and cooked. Let stand for 10 minutes. Serve slices of meatloaf with vegetables.

Recipe courtesy of taste.com.au



Highlights



REQUEST A PIC

Have you seen a picture you like in this newsletter and would like to get a copy?

All you have to do is email nigel.tapp@stmichaels.asn.au and we will send you one.

Just put Pic Request in the subject line and include the page number and picture number (located in the bottom right corner) .

An electronic copy of the picture will be sent to you within seven business days.

Highlights - Christmas in July Masquerade Ball



Highlights - Christmas in July Masquerade Ball



May we talk to you?

As mentioned in previous editions, St Michael's is moving to a new Content Management System called MYP.

As part of this move we are taking the opportunity to refine our existing databases for communicating with our supporters, families, participants, advocates/carers and members.

If you are interested in receiving electronic communications from us we would ask that you answer the questions below so we can update/confirm your details and include you in the most appropriate database (s) for your needs.

There is no limit to the number of database (s) that you can be included in.

As an example the general database will receive virtually all of the information we seek to communicate while specific databases will receive information which relates directly to that particular group.

You can choose to opt out or in to database (s) whenever you like by emailing nigel.tapp@stmichaels.asn.au with your request.

Please be aware that if you do not subscribe you will not receive any electronic communications from us after 30 October.

If you have any questions or concerns please contact Media, Communication and Member Coordinator Nigel Tapp via email nigel.tapp@stmichael.asn.au or telephone 6331 7651.

What is the name of the participant you support/care for /associated with (if applicable)

What is your full name?

Please tick the database you would like to be added

to:

- General
- Launceston Participants & Cares/Families
- Devonport Participants & Carers/Families
- Coffee & Chat (Family Liaison Committee)
- STMA Residents & Carers/Families
- Members

What is your email address?

What is your preferred contact number?

What is your postal address?

What is your email address?

By completing this form you are consenting to receive marketing material from St Michael's.

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