

by St Michael's Association Inc.



## Lyn and Jo star at the Special Olympics

Our very own sporting stars, Lyn Tanner and Jo Wallace, both picked up medals at the Special Olympics National Games held in Launceston in October.

The pair competed in tenpin bowling with Lyn winning a gold in the singles and Jo a silver in the singles.

It was not their only success as they also teamed up to win a bronze in the doubles.

Both also achieved personal best scores at the Games.

They also got the opportunity to rub shoulders with some pretty famous people with the ladies joining Premier Jeremy Rockliff on UTAS Stadium during the closing ceremony and Lyn had a chat with the Governor General, General David Hurley.


The pair have had a long association with Special Olympics with Lyn one of only three athletes to compete in the Launceston National Games in both 1986 - the inaugural event - and again this year.

Both have also represented Australia at the World Games.

Lyn's mother Carol was involved with Special Olympics as a coach, administrator and Board member.

St Michael's was also represented at the Nationals by Jacquie Spencer and Richard Nicholls, who were among the volunteer army which assisted the more than 1000 competitors.





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# Simon Wood<sup>MP</sup>

## Liberal Member for Bass

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*Passionate about Northern Tasmania*

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

Tasmanian Liberals

## From the Desk of the CEO

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With the cold nights receding, the days slowly getting warmer and everyone starting to get out and about more, things around St Michael's have again started picking up pace. We have welcomed spring with a good old fashion spring clean.

The Assets Team have been busy pruning, and in some cases removing, some trees in preparation for some new plantings and improving the look and feel around the site. Anyone visiting the office will have seen first-hand the results of some dedicated decluttering and general tidy up. The space is now much more open and welcoming for our participants and visitors.

The AFL Grand Final saw St Michael's hold a Footy Colours Day on Friday 23 September to celebrate the final. AFL Tasmania and the Hawthorn Football Club supported the event by running a skills development session and providing some merchandise to our participants, and we thank them for their support.

Talking of support, organisations registered to provide NDIS supports, such as St Michael's, must be accredited and are accredited for three years at a time by the NDIS. It is a requirement that such organisations be audited halfway through that three-year period (mid-term) and then again at the end.

I am pleased to announce that, after an extensive and intensive audit in October, St Michael's has passed the assessment and we have retained our NDIS Accreditation. Supporting our participants with quality care, services and a support is a team effort, and our ability to successfully pass this audit is a reflects the great teamwork at St Michael's.

This teamwork was very much on display in the very early hours of Friday 14 October when we were forced to temporarily evacuate several participants from their homes at the front of our Newstead property after heavy rain saw the North Esk River burst its bank and flood Hoblers Bridge Road.

I would like to thank the team members who worked quickly to ensure all participants were safely relocated to St Michael's Hall.

In addition to Heath Butt, who was with me throughout the entire event, I would also like to extend thanks those team members, who were meant to be having non-active night shifts, and especially those that voluntarily came in from their warm beds to assist, such as Paul Wilton and Michael and Rosemary Brodie who all supported participants throughout the event

Fortunately, all our participants were able to return to their units around sunrise, and there was no damage to any of St Michaels' assets or properties.

In recent months St Michael's has been the beneficiary of some wonderful generosity.

In late August St Michael's was gifted a vehicle, complete with a wheelchair lift, to assist meet the transport needs of participants. The Mercedes was gifted by a couple, who wish to remain anonymous, who decided to update their vehicle and wanted their former car to go to a new home where it would be put to good use. We thank them very much for their generosity.

We also extend our thanks, once again, to the Riverside Lions Club and Lions Club and St Michael's Board Member, Brian Dunham, for the generous donation of three wheelchair-accessible picnic tables to St Michael's. The tables allow for a wheelchair to fit comfortably under each end and will make barbecues all that more enjoyable for all our participants and team members.

In mentioning our team members, we also recently recognised its latest group of Shining Stars. These awards recognise those team members 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. My congratulations go to all those recognised and further details about our Shining Stars is contained on page 3.

I am pleased to report MYP was fully rolled out across the Association at the beginning of September and is now being used for all our rostering, participant and staff records, incident and complaint management and NDIS billing. Login details for families and approved people within a participant's support network will be rolled out prior to Christmas.

Finally, talking of Christmas, a reminder that participants' Christmas Dinners are coming up.

The Launceston event is on Friday 2 December in St Michael's Hall from 5 pm until 9 pm. The night will include choir performances, dancing and even a visit by Santa. Tickets are \$30 per person which includes a two-course meal. Seating is limited so I would encourage anyone interested in attending the Launceston event to call the Administration Office on 6331 7651 as soon as possible to book their seat.

The Devonport event will be held at St Michael's on Friday 9 December from 5 pm until 9 pm. Tickets are \$30 per person which includes a two-course meal. Bookings can be made by calling the centre's Administration Office on 6459 2522. Bookings will close on 15 November.

Happy reading!

**Mike Thomas**  
**Chief Executive Officer**

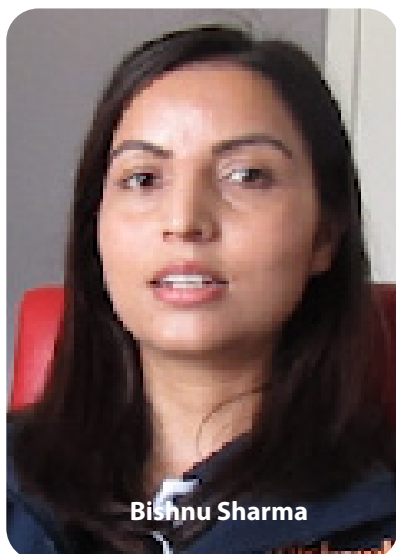
## Recognising our Shining Stars



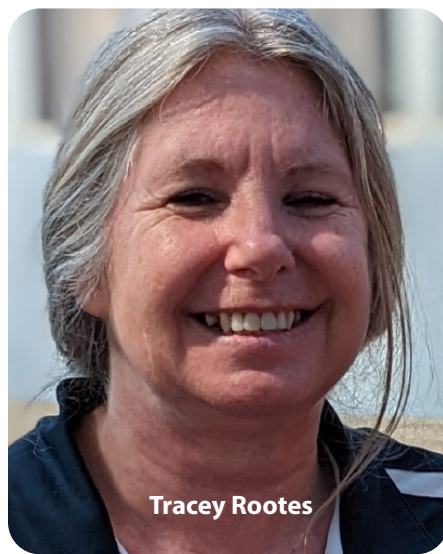
Michelle Turpin



Stephen Griffin



Bishnu Sharma



Tracey Rootes

St Michael's has recognised its latest group of 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 20 October.

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

"It was pleasing to see more staff nominating their colleagues in the latest round than in the first round," said CEO Mike Thomas.

The recipients were:

**Michelle Turpin (Shining Star):** Michelle goes out of her way to assist with everything rostering. Without being asked, she works out of hours to ensure that participants are receiving service.

Michelle has also been a very big assistance with the MYP project.

Nothing is a problem for Michelle and she is always willing to go above and beyond what is required.

**Bishnu Sharma (Active Support/Outstanding Support):** Bishnu has a very person-centred approach to the support she provides to all participants.

The supports she provides are always based on best practice.

She listens to the participants she supports and this enables Bishnu, through active support, to help them achieve their goals.

Bishnu encourages participants to be involved in daily living activities, and to learn new skills.

She is always respectful and inclusive with all participants and wants to see those she is supporting reach their full potential.

**Stephen Griffin (Innovation/Creativity):** Steve shows outstanding commitment to the music program for our Day Program participants.

For the most recent open mic session, Steve spoke to different staff to get them involved with singing karaoke. You can see the joy that the participants get from taking part in and joining the singing program.

**Juanita Hack (Leadership/Mentoring):** Juanita will always go above and beyond to support her team members and always assists when needed.

She is approachable and helps her team actively support participants with high behaviour needs.

When COVID-19 hit the two houses which Juanita manages, she adjusted her roster to support her team through the lockdown period and was a role model for her team.

**Tracey Rootes (Teamwork):** Tracey has always been so helpful and is available when her team needs assistance, even when she is not working.

Whether she is busy or not, Tracey is always the first one to step in and that is something she should be very proud of.

**Richard Nicholls (Active Support/Outstanding Support-Highly Commended):** Richard works with the walking group and assists with both the Burnie and Launceston 10 events.

He also volunteers his time to help participants meet their goals when competing in the many 5km events which are held around the State.

Nominations are now open for the third round of awards and winners will be announced before the end of the year.



## Kenneth Court - Supported Accommodation

The participants have been quite busy over the last two months.

To start they welcomed Purity to their team as the new Senior Support Worker. They are very excited to have her on board with the experience and knowledge she has to share with all.

The participants all enjoyed a little break away down in Hobart for the Crossroads' annual holiday, where they got to catch up with friends and enjoy activities such as the salmon farm and horse and carriage rides, which was Nick's favourite.

On the Saturday they also celebrated with a nice meal and a song and dance party while on Sunday they got to enjoy the animals at Bonorong Wildlife Sanctuary.

Nick has been busy at home spring cleaning the house. With staff support, he has been washing windows and making them squeaky clean.

He has also been practicing his tenpin bowling skills and is getting better and better each time.

Stephen has been developing his budgeting skills by counting his money before putting it into his money box - Who wants to be a millionaire?

Stephen and Andrew loved dressing up in their colours at the Social Club Grand Final event. Nothing beats footy food and, even better, great company!

Now that the warmer months are approaching, it is time to get festive and enjoy the outdoors more.

Bring on Christmas, which is just around the corner.

**Abby Theobald**  
Residential Coordinator



## Wise House - Supported Accommodation

What social butterflies the residents of Wise House are!

Anyone who has walked through the doors at Wise House knows how welcoming both Robyn and Vickie are, and they are always excited to show everyone their new purchases, and offer them a cup of tea when they visit. They also like getting out and about, particularly enjoying their Sunday lunches at the Casino and visiting anywhere that makes a nice cuppa.

An avid Hawthorn supporter, Vickie enjoyed the opportunity to go to the final Hawks' match in Launceston for the season and had an amazing time. Even though they didn't make the grand final, she was still very proud of her team. Both Vickie and Robyn watched the AFL Grand Final on their big screen television at home, and they were both very pleased with the end result.

Both Robyn and Vickie celebrated their birthdays recently as well. While Vickie went home to visit her family, Robyn had a party at home with her friends.

Of course, there are a lot of other things that the ladies have been doing these past few months. Healthy eating has been a big focus and they enjoy whipping up some exciting new recipes in the kitchen with staff. Robyn has also been working on maintaining her independence, and even though she might get frustrated at herself from time to time, she is super proud when she manages to complete a task without staff involvement. Excellent work, Robyn.

The ladies are very much looking forward to the warmer months, and are already brainstorming different ideas of where they would like to go when summer comes around.

**Juanita Hack**  
Senior Support Worker





## Day Program - Community Access



Day Program kicked off the last couple of months, literally, with a visit from AFL Tasmania and the Hawthorn Football Club who joined our participants and staff in some fun activities and great giveaways followed by a sausage sizzle for lunch as part of Footy Colours Day (see story page 6).

Four of our participants - Nick, Stephen, Mitchell and Kevin - went sailing and the volunteer crew from Sailability was very impressed with our young men and their level of involvement and engagement on the day. Another sailing day was also held in early October.

Another new activity which started recently is pottery. Many great creative pieces have been made by our very enthusiastic group of talented participants.

Many of our participants have really enjoyed the recent sunny days, with a terrific half day spent at Grindelwald and also a day at the beach collecting beach rocks and stones for a new and exciting piece of art work.

The next big event is Christmas and already participants are talking about our garden growing with veggies to be enjoyed at our Christmas dinner.

**Rosemary Brodie**  
Senior Support Worker

## Baker House - Supported Accommodation



Hello all from Paul, Gary and the staff at Baker House as we have exited winter and headed into spring.

Baker House's catch phrase for the coming months is of renewal after a fairly inclement and cold winter where the weather hampered and thwarted many attempts to get out and be physically active.

Both men are embracing the warmer days and less rain, and participating in activities which are allowing them, and their support staff, to stretch their legs and increase their community access, community interaction, social and communication skills and physical fitness heading towards the summer months.

Paul and Gary have taken advantage of their new structure at Baker House to be actively involved each week in assisting staff with their grocery shopping, including the planning phase and choice. They have been selecting these choices at the supermarket shelf before paying at the checkout.

Both are also extending their independent cooking skills at home under encouragement, support and assistance from staff now that they have their own kitchens.

Paul has been enjoying visits to the Royal Flying Doctor Service at the airport, watching the firefighters' demonstrations as well as visits to Evandale to walk and continue to establish friendships with some locals.

Visits to the city library, afternoon teas at Café Next Door, park walks and using the exercise equipment have also been occurring.

Paul has also made a couple of trips to the Gorge, a particular favorite, and saying "Hi" to the tow operators before completing his walk over to the café for a coffee and a snack.

Paul is now getting enthused that, as the weather and season is changing, he is able to plan getting his market garden at Heritage Forest Community Garden prepared and planted for his annual Christmas crop of sweet corn and strawberries. A further update on his progress with this will come in the next newsletter.



Gary has enjoyed the last month's regular outings and the program of flower arranging with his day support provider NOSS, where he has shown us his artistic side and provided flowers for his mum.

He has also increased his output and love of drawing and colouring in, with much of his work adorning his fridge.

Gary has also shopped for clothes in and around the city, explored the city and become very partial to the café culture, and greatly increased his confidence to engage with staff and the public alike.

He continues to enjoy his independence by very successfully traveling home to visit his family in the South by himself every other weekend.

From Gary, Paul and the team at Baker House, see you next time. Bring on the beach weather!



**Christiaan Seddon-Campbell**  
Senior Support Worker



## Devonport - Community Access & Personal Support

Welcome to spring!

Our participants have been rugged up and braving the colder weather. We are excited for spring and warmer days.

We finished July with a counter lunch at the Sheffield Hotel, looking at the murals along the way and exploring the little town of Sheffield.

We went to Burnie Spotlight to purchase the materials needed to make an individual quilt/blanket featuring a personalised square from each participant to hang on the wall here at Devonport St Michael's. We made a day of it and stopped at Burnie Park for a picnic lunch and enjoyed a nice walk along the park feeding the ducks.

Participants also attended the Chocolate Winterfest, at Latrobe, joining in the fun with some of the activities. One of the activities was a treasure hunt where one of our participants found the bear in the window which resulted in everyone in the group winning a chocolate.

We were lucky to have received free tickets to go and watch the Razzamatazz variety show at the paranaple centre. Everyone enjoyed the show!

There were a variety of indoor activities enjoyed on some of the colder winter days. These included indoor bowls, cooking and making great use of our craft room.

We have had some milestone birthdays recently with Alan Willie turning 65 and staff member Taylor Boutcher turning 18. The participants have enjoyed the celebrations and increased their skills by baking cakes.

More recently we have had the first Arts and Craft Expo celebrated here at Devonport. Staff members and participants from a number of local services attended and entered the competition, participated in an afternoon tea and the announcement of the winners.

Congratulations to the winners - **Arts:** Trevor Jones (Devonfield), **Hand Crafts:** Mark Towns (Devonfield) and **Woodwork:** Thomas Billett (St Michael's).

**Tracey Rootes**  
Senior Support Worker





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## In-Home Tenancy Support

What a fantastic couple of months it has been with our IHTS participants kicking goals with healthy eating and staying active!

This month we have been focussing on teaching participants the benefits of healthy eating whilst having a bit of fun in the kitchen. Support workers have been assisting participants prepare and cook healthy and nutritious meals that they can incorporate into their everyday meal preparations independently.

Julian loves to cook and show his support workers how he can make different dishes.

While on grocery shopping, Gerard has been making healthy choices while he prepares his garden to grow his own vegetables. Gerard also competed in a race as part of his running club recently and came first. Well done, Gerard!

Jo gets excited and very proud of herself when she uses the frypan to cook her own meals. She has also been focussing on increasing her independence by trying new things all by herself. Jo is also a part of a walking group every week, exercises at the gym and does ten pin bowling to stay active.

Participants have been staying active and exercising not just by walking and going to the gym, but by participating in other activities such as tenpin bowling, swimming, running club, fishing, lawn bowls, dance classes and other sports.

A special mention goes out to Kylie, who decided to fundraise for the Australian Red Cross. Kylie has been cooking up a storm as part of the Big Cake Bake.

We would like to congratulate Kylie on an amazing effort to help out this worthy cause.

**Kerryn Cullen**  
Acting Senior Support Worker



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## Independent Services - Community Access



Everyone is looking forward to the warmer weather, especially our community groups.

Fishing is returning to our program at Waverley Lakes after the winter break. Participants are eager to get the rods out with the chance to catch a fish and finally enjoy our sunny spring afternoons.

It's been a very busy time at Chant Street with many participants preparing and completing their Cottage Industries items for the Royal Launceston Show. This year there were a total of 23 entries from participants across many different categories.

Congratulations to all who entered their beautiful creations, and we look forward to the 150th Royal Launceston Show next year.

Participants in the sewing program continue to work on their skill development as they choose, plan and make many different items to take home.

Robyn made some very useful items to use at home. Her pencil and glasses cases and a bag were the highlights of all her hard work.

Helen made a bird cover, patchwork tablecloth and oven gloves which she proudly uses at home.



Katrina made several different items to decorate her new home.

Kaylene continues to work on her beautiful patchwork quilt that she will also proudly use in her home.

We look forward to the countdown to Christmas with a fun time to be had by all.

**Amanda Mallett**  
Senior Support Worker



## Generous donation will assist participants

St Michael's has been gifted a vehicle complete with a wheelchair lift to assist in meeting the transport needs of participants.

The Mercedes was offered by an anonymous couple who had decided to update their vehicle and wanted the former car to go to a new home where it could be put to good use.

Board Member Brian Dunham was contacted by a friend and was able to discuss how the vehicle could be used by St Michael's with the former owner.

The vehicle will be used predominantly by In-Home Tenancy in Launceston.



Brian Dunham hands the keys to Administration Assistant Kaitlin Delphin-Lee

## Como Crescent - Supported Accommodation

It has been a busy few months for the men at Como Crescent.

After experiencing a bout of COVID-19 lockdown, the residents were eager to get out and about by visiting some of the hottest places in Launceston.

Jacob has particularly been enjoying his weekend trips to Banjos and is beginning to learn the importance of waiting patiently for his order.

Meanwhile, Ben has been going for a few walks with staff around Launceston, including the Tamar Wetlands and the Seaport.

Both Jacob and Ben also enjoyed going to the car show recently, as well as for a drive to Beauty Point for lunch.

Around the house, there has been a focus on spring cleaning.

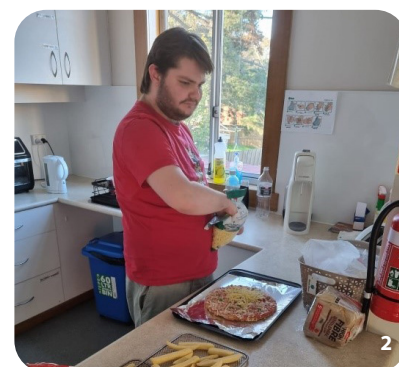
Ben recently worked with staff to help clean up his spare room.

He hopes to purchase a table so that he can continue to work on his puzzles on this, instead of on the floor. Jacob has also patiently observed staff modelling the importance of deep cleaning the kitchen and the dining room.

As the weather starts to warm up, the young men look forward to getting out and about more in the community, and getting the opportunity to make some memories.

Thank you to all staff, past and present, who have worked really hard to keep Como up and running, and for maintaining a sustainable routine for the residents. Until next time, stay safe and enjoy the warmer weather.

**Juanita Hack**  
Senior Support Worker



## Introducing our new team members



**Name:** Parwan Aryal

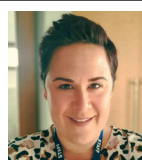
**Position:** Support Worker

**Tell us about you:** I like caring for other people and always treat people how I like to be treated

**Favourite food:** Momo

**Hobbies:** I like playing soccer, reading novels and travelling

**Fun fact about you:** I worked as a computer programmer in Nepal



**Name:** Claire Merrington

**Position:** Support Worker

**Tell us about you:** I am 35, a mother of two and a wife. I am very down to earth and love to make people laugh

**Favourite food:** Hawaiian Pizza

**Hobbies:** Spending time with my family, our two dogs and three guinea pigs

**Fun fact about you:** I shaved my hair off in 2020, because I raised \$4500 for Australian Breast Cancer Research

## SAVE THE DATE - LAUNCESTON CHRISTMAS DINNER FRIDAY 2 DECEMBER 2022

**The Participant and Family Christmas Dinner will be held at St Michael's Hall.**

**It will feature a two-course meal, choir performances, lucky door prizes, a visit from Santa Claus and a disco will round out the evening. Tickets are \$30 a head.**

**Bookings must be made at the Administration Office, or by calling 6331 7651 by 15 November.**



## Lyne House - Respite Accommodation



It has been a great couple of months at Lyne House, where the participants have been very busy out in the community.



Everyone was very excited when they went on the Tamar River Cruise, and for some it was their first experience on a boat. Staff were delighted to share this new adventure with the participants.

We have also been having some lovely outings to local beaches around the north.

It's been nice to sit down in a group and have lunch while soaking up some vitamin D.

The participants have also enjoyed throwing a snag on the barbie.

On the rainy days we have kept busy by participating in some arts and crafts and completing diamond dots is one of the favourites.

Staff have been working together with the participants to increase their independence, which has included making their own beds of a morning and tidying their rooms.



Participants have also been helping with household tasks such as assisting with cooking the evening meals.

One of the favourites is homemade pizza night.

Social Club has been a big hit with the participants at Lyne and they really enjoy going and socialising with other participants and making new friends.

Everyone is very excited that summer is approaching.

We are all very keen for the warmer weather so we can get back into fishing and having a paddle at the beach.

**Jodie Beveridge**  
Team Leader

## Lions donate new picnic tables



Barbecues will become a little more enjoyable for participants after the Riverside Lions Club generously donated three wheelchair-accessible picnic tables to St Michael's.

The tables allow for a wheelchair to fit comfortably under

each end as well as providing seating for able-bodied participants.

They were made by StudentWorks, at Rocherlea.

StudentWorks Program Leader Jodie Clifford said the tables were a great project for students as all could be involved regardless of their experience in the workshop.

"It allows them to refine their skills towards an employment outcome," she said.

Riverside Lions has been a supporter of St Michael's for many years.

President Graham Towns said the club was more than happy to assist again when approached about the tables.

St Michael's Chief Executive Officer Mike Thomas said the organisation was indebted for the support it received from the Lions Club.

**CAPTION:** Mike Thomas (second left) receives the tables from Lions (from left): President Graham Towns, Brian Dunham, Kevin Styles and Bob Gillow.

## Penquite Road - Supported Accommodation

Penquite has been very busy these past two months with participants finally settled in their new home.

The ladies have enjoyed organising the garage into a relaxing games room.

All three like going on outings at the weekend, especially now the weather is starting to warm up, with days getting longer.

We also welcomed Purity into the role of Senior Support Worker at Penquite.

She comes with years of experience in the role of a support worker.

Alice has really enjoyed keeping in contact with one of her friends who stays at Respite. They both go out every second Wednesday to enjoy a meal at Morty's.

Lisa and Alice also invited some of their friends over for dinner. Robyn and Vickie came over and enjoyed a home cooked meal.



Lisa absolutely loved showing her friends through her home. It is great to see such friendships blossoming.

She has been further developing her life skills at home, such as washing up dishes and folding all her washing.

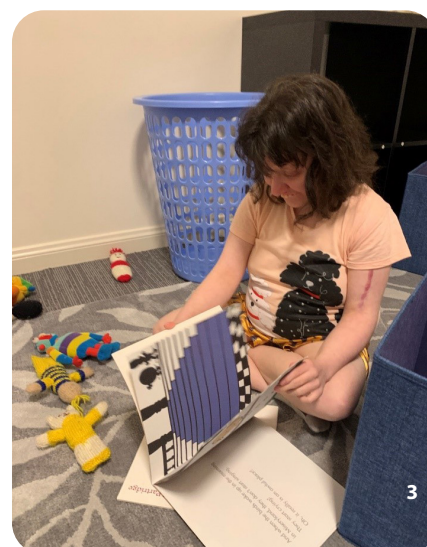
Lisa is getting really good at completing these daily tasks.

Both Lisa and Alice love making jewellery.

Lisa loves to wear hers around and show off her beautiful creations.

Gabbie really enjoys her stays at Penquite, reading books and participating in weekend activities by going to places such as the Seahorse World, at Beauty Point.

**Abby Theobald**  
Residential Coordinator





## Hawthorn Street - Supported Accommodation

All four residents of Hawthorn Street have enjoyed the warmer weather starting to arrive.

Sarah H has been busy doing walking exercise and recently completed the Launceston Women's 5 km walk.

Sarah also loves tenpin bowling in her team every Saturday morning and has achieved some personal bests lately.

Zac also has been doing some walking to try and keep fit and enjoy the great outdoors. He recently went to the Gorge for a stroll.

Zac has also been practicing his darts with Sarah C and they are becoming much better at it. They both hope to join a darts team in the near future.

Sarah C is loving the independence of owning her own car and she is learning to do her own mechanical work on it. She takes pride in keeping it clean and tidy.

She also loves to go and kick the footy around at the local park with Zac.

Mathew enjoys his gaming and he has also made a lot of friends on the Internet. He is happy to stay up late and play games, then sleep in of a morning.

He enjoys selecting and cooking his own meals and is showing his independence when he goes to get his own groceries.

**Phil Watson**  
**Senior Support Worker**



## Merton House - Supported Accommodation

What a busy few months it has been at Merton.

Chris has made 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 likes socialising in the community and taking part in activities with his housemates.

Ashlee has been participating with her housemates and having movie/gaming nights.

She is becoming the real social butterfly.

It is great to see the smile shine on Ashlee's face.

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

They are becoming more independent in the kitchen by creating their own menu plans and trying new foods.

I would also like to take the opportunity to welcome Merton House's new Senior Support Worker, Christiaan Seddon-Campbell, and 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.

Until next time, stay safe and we look forward to keeping you posted on the next lot of adventures that the residents of Merton are partaking in.

**Juanita Hack**  
**Senior Support Worker**



## St Michaels Training



During the past two months we had a number of learners from the Certificate III in Individual Support programs complete their work placement at St Michael's Association.

There was some very positive feedback received from supervising staff and some students gaining employment with St Michael's which is a great outcome. Well done.

We also commenced two Certificate IV in Disability programs, one in Launceston and one in Devonport, with learners from a number of different disability support providers.

At the beginning of September, we attended the 2022 Tasmanian Training Awards Dinner in Hobart.

The Tasmanian Training Awards are the peak State awards for Vocational Education and Training (VET), recognising innovation and excellence in the training sector.

We were fortunate to be a finalist in the Large Training Provider of the Year and Mick Brodie was a finalist in the Vocational Student of the Year.

While we didn't have a win this year, a great night was had by all.

**Kim Dean**  
RTO Manager

## Sayer House - Supported Accommodation



Both Kevin and Sam have been busy during the last month.

Sam has loved going to Scenic Isle Gaming and has been entering into some contests there on a Thursday.

Sam enjoys the interactions with his fellow gamers and quite often stays there till after 9.00 pm.

He has also enjoyed the independence of selecting and cooking his own meals.

Kevin has enjoyed the warmer weather here in Tassie. He has been getting out and about doing different sports.

Tenpin bowling, mini golf and cricket are among his many sporting pleasures.

He recently returned from an overseas holiday to Thailand with his Dad and he enjoyed the warm climate.

Recently, Kevin bought a new play station game with his savings.

Kevin has also been honing his cooking skills and loves to eat whatever he cooks.

**Phillip Watson**  
Senior Support Worker

## SAVE THE DATE - DEVONPORT CHRISTMAS DINNER FRIDAY 9 DECEMBER 2022

The Devonport Participant and Family Christmas Dinner will be held at St Michael's Hall.

It will feature a two-course meal consisting of two meats and salad with a selection of condiments and desserts. Tickets are \$30 a head.

Bookings must be made at the Administration Office, or by calling 6459 2522 by 15 November.

## St Michael's celebrates Grand Final

Participants had a ball at the first St Michael's Footy Colours Day on the Friday before the AFL Grand Final.

A special thanks to Pat Kearney, from the Hawthorn Football Club and AFL Tasmania Development Coordinator Libby McGrath who ran some skills training sessions for participants during the morning.

Pat also made some flags and stickers available for our participants, which were well received.

St Michael's staff also made a donation to the State Inclusion team by wearing football gear.

The Social Club turned its mind to the grand final the following day with participants watching the game on the big screen in the Desmond Wood complex.

Participants were treated to some traditional footy fare for lunch with hot dogs and party pies proving very popular.

Several participants took the opportunity to dress up in their footy gear to get into the occasion.

Kylie Barker was judged as the best dressed.



### 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.....

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

Payment options:

Cash in person at St Michaels Association office (22 Hoblers 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

☐ Visa ☐ Mastercard Card Number

Expiry Date:

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

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

Details

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

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

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

Email:.....



## Chugg House - Supported Accommodation

Chugg House is happy to welcome Lita, who took up residence in late July.

In the last three months she has settled in quite well and has become familiar with her new surroundings. Lita has done a fantastic job of orientating herself to the new spaces at Chugg and she hasn't let being blind hold her back.

Lita likes walking around the grounds at St Michael's, especially now the weather is becoming nicer.

She thoroughly enjoys meeting other participants while on her walk and loves that everyone stops to say hello.

Once a fortnight Lita has also been going to the Newstead Hotel for a meal.

Now that the warmer weather is here, one of her goals is to achieve walking to the hotel and back.

Staff look forward to actively supporting Lita to achieve this goal.



Lita has been working on developing her skills in the kitchen by bringing her plate to the sink.

She is also helping, with hand over hand support, to wash up her dishes.

Lita is also assisting with her clothes washing by handing the staff her clothes to be put in the washing machine.

Once the washing is completed Lita will assist staff to hang it out by handing staff her clothes. Lita uses the same skills to help staff fold her clothes once they are dry.

All the staff at Chugg look forward to continuing to support Lita in achieving her goals.

**Lee Clayton**  
Support Worker



## Social Club goes spooky



Saturday 5 November saw STMA participants celebrate two spooky holidays at Social Club – Halloween and the Mexican Day of the Dead.

Participants had the chance to socialise with their peers, colour in some sugar skulls and enjoy a two course meal which consisted of a hot and spicy chilli con carne and some spooky Halloween cupcakes and a chocolate mousse.

The night ended with everyone having the chance to take a swing at the Unicorn Piñata, before it finally broke and poured out many treats for all to enjoy.

Social Club is a chance for participants across all program areas to get together with their peers and interact with each other in a fun and informal setting.

The next Social Club event will be a disco-themed night.

It will be the last one for the year.





## Bacon & parmesan stuffed mushrooms

### Ingredients

- 15-20 button mushrooms
- 250g cream cheese, softened and cut into cubes
- 1/4 cup finely grated parmesan cheese, plus some for garnish
- 4 rashers bacon, cooked and crumbled
- 1/4 teaspoon red chilli flake
- 1/4 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried parsley
- 2 garlic cloves, minced
- A squeeze of lemon juice
- 1 tablespoon olive oil

### Instructions

#### Step 1

Pre-heat your oven to 175 degrees. Use a damp cloth to wash the mushrooms. Remove and finely chop the stems from mushrooms and set aside. Arrange the mushrooms close together on a small oven tray.

#### Step 2

Heat 1 tablespoon olive oil in a frypan and sauté chopped mushroom stems and garlic for 5-10 minutes.

Turn the heat to low. Stir in cream cheese, 1/4 cup parmesan cheese, crumbled bacon, red chilli flake, black pepper, onion powder, dried parsley, and a squeeze of lemon juice.

#### Step 3

When all the ingredients are combined, the mixture should be thick. Spoon about 1/2 tablespoon of mixture into each mushroom cap.

You may end up with some filling left over if your mushrooms are on the smaller side. Sprinkle of bit of finely grated parmesan cheese on top of each mushroom.

#### Step 4

Bake in the oven for about 20 minutes. Place under salamander if you want to brown the tops more.



## Steamed dumplings

### Ingredients

- 227g pork mince
- 6g minced ginger
- 2 spring onions
- 10ml oyster sauce
- 5ml soy sauce
- 5ml sesame oil
- 18g cornflour
- 1 egg
- 15ml Chinese rice wine

### Seasoning

- 113g prawns finely chopped
- 14g water chestnuts finely diced
- 28g carrot finely diced
- 1 teaspoon coriander finely diced

### Instructions

#### Step 1

Place the first nine ingredients into a chilled food processor bowl, pulse the mixture until well combined. Transfer to a chilled bowl.

#### Step 2

Add the diced prawns, carrot, coriander and water chestnuts and mix well. Chill.

#### Step 3

Using a tablespoon, place a mound of the mixture in the centre of each of your wrappers. Gather the outer edges of the wrapper to form a cylinder with the filling exposed at the top and using your thumb and finger crimp the top of the dumpling.

#### Step 4

Bring a suitable pot of water to the boil. Lightly oil the steamer rack with sesame oil (or baking paper) to stop them sticking, cook for approximately 5 minutes or until firm and cooked through. Rest the dumplings for a few minutes before serving with a sauce.



## Burnie Ten

Ten of our participants braved chilly conditions on Sunday 23 October to enter the 5km fun run event as part of the Burnie Ten.

At different levels of fitness and ability, our participants were supported by volunteer staff members, who deserve special recognition for giving up their Sunday.

While all participants deserve to be recognised for their efforts, a special mention is made of Michael, who has been working up to this event after not being able to do the fun run for several years.

The other participants involved were Zac, Andrew, Sarah, Jacquie, Damien, Julianne, Brandon, Gerard and David, who all did a great job to make it to the finish line.



### 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](mailto: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 of the picture) .

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



## Our Devonport participants go into battle



Our Devonport participants had a great time last month hunting for treasure and battling it out with warriors in mock sword fights with The Wayfarers of Midgard a living history re-enactment Viking group based in Northern Tasmania.

Our participants fought valiantly to ensure they were not over ran by the marauders and, thankfully, our casualties were light!

We thank the group for taking the time to come and visit us.





# Highlights





## 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](mailto:info@stmichaelstraining.tas.edu.au)

Telephone: 03 6333 2600.





## Contact Details

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

Find us on Facebook for regular updates [/stmichaelsassociation](https://www.facebook.com/stmichaelsassociation)

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**East Devonport, Tas 7310**  
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