

The Independent

EDITION 67
DECEMBER 2022

by St Michael's Association Inc.

From the Desk of the CEO



With Christmas just over a week away, it seems like only yesterday I was welcoming everyone to the beginning of 2022. Now in less than a fortnight we will be ringing in 2023. Just proving the adage that time flies when you are having fun and much fun has been had over the past couple of months.

Over the last couple of weeks St Michael's has hosted two big Christmas celebrations. The first was the Launceston Participants and Family Christmas Dinner that was hosted in the hall and involved a two course dinner, the STMA Singers, New Horizons' Choir, a visit from Santa and finished up with more singing and dancing in the Merrington Centre.

The other was the Devonport Participants and Family Christmas Lunch on 9 December. While Santa was not able to make this event there was no shortage of fantastic meats, salads, desserts and Christmas carols. These events require a lot of preparation and planning, so my thanks also go out to our team members and volunteers who all contributed to make these events such a great hit with our participants. You can read more about these events on page two of the newsletter.

In other celebrations an afternoon tea was held last month to recognise the success of our very own Golden Girls (and silver and bronze), Lyn Tanner and Jo Wallace 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. The afternoon tea also recognised the efforts of Jackie Spencer, who volunteered at the Games at the swimming event. Once again well done and congratulations to you all!

October also saw us undertake our annual Participant Survey. Almost 20% of participants and/or their family members embraced the opportunity to provide feedback, suggestions and have their say. The survey was comprised of 50 survey questions covering

general issues, as well as specific areas of Day Programs, IHTS and residential services. We are currently processing all the feedback and you will be able to read more about the survey and what we have learnt from it in the first newsletter of 2023.

In another exciting development, work has finally started on the construction of sixteen (16) independent living unit on our East Devonport site. Local building firm, MeadCon has been engaged by St Michael's to build the units. Preliminary ground works commenced at the beginning of the month and the building activity will ramp up after Christmas. These unit are scheduled for completion by the end of August 2023.

At the end of November St Michael's also received the planning permit from the Devonport City Council for the proposed on-site Respite Centre. We will have more to say about this development in the New Year as well.


In closing, as we prepare for Christmas, I would just like to advise everyone that our Administration Office in Launceston will be closed from 2pm on Friday 23 December 2022 until 8am on Tuesday 3 January 2023. In Devonport the Administration Office will be closed on Monday 26 December 2022, Tuesday 27 December 2022 and again on Monday 2 January 2023.

I trust that everyone has a very safe, relaxing and enjoyable festive season and takes the opportunity to spend some quality time with their family and friends. If you are lucky enough to be getting away for a break, I hope it goes well and you return in 2023 refreshed and ready for all the challenges that the new year will bring.

Merry Christmas and a Happy New Year to all!

Happy reading!

Mike Thomas
Chief Executive Officer



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Simon Wood^{MP}

Liberal Member for Bass

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Devonport rings in the Christmas cheer



With Christmas carols filling the air and the auditorium awash with the festive spirit, Devonport's Christmas lunch was held on 9 December with participants and family members getting into the swing.

In the lead up to the event, participants and staff had worked



hard to prepare salads and desserts with many food options on offer including potato salad, green salad, coleslaw, pasta salad and chicken, turkey and ham.

For those with still some room left there was pavlova, Christmas pudding, chocolate ripple cake and fruit cake.

Christmas celebrated in Launceston

About 80 of our Launceston participants and family members celebrated Christmas with their annual dinner on 2 December.

The dinner was held in St Michael's Hall where everyone feasted on a selection of meats with a range of salads and condiments. This was followed by a selection of desserts.

Certainly no one was left hungry at the end of the night.

It was a wonderful evening, and getting the participants off the dance floor at the end of the night was not easy!

Thanks to the STMA Singers, led by Stephen Griffin, and The New Horizons' Song and Dance Choir for providing the entertainment.

Santa Claus also found time to make a special visit from the North Pole to wish everyone a Merry Christmas.

We also thank our staff, many of whom



volunteered their time to support our participants and also to deliver the food and clean up at the end of the night.

Gifts cards were offered as lucky door prizes this year and we thank both Becks Mitre 10 and Bunnings for donating the cards.

Some of our participants are eagerly awaiting the opportunity to go on a bit of a shopping spree.

We would also like to thank Blueline Laundry, which provided the tablecloths for the night.

Participants also received their end of year reports as part of the evening.

Planning has already begun for next year's event.

If you have any ideas or suggestions you can send them to info@stmichaels.asn.au

You can find more photographs from the evening on pages 17 and 18.

Kenneth Court - Supported Accommodation

It has been another busy time for the participants at Kenneth Court, who are welcoming a new participant to the house.

Nick celebrated his birthday at the Newstead Hotel along with his housemates, family, friends and staff members. He has also been going home to visit his mum on weekends.

Andrew, Nick and Stephen attended the Launceston Show in October and are now working on their vegetable garden by preparing the beds in readiness for planting.

The men have also been enjoying an outing to church every Sunday and later having lunch at the hotel.

They have also been keen on attending Crossroads every Tuesday where they have tea, socialise with friends and have a good time.

Andrew and Stephen were also invited to another participant's birthday party. The participant is a member of their social group.

They have also been helping with household tasks such as cooking, cleaning and folding their washing when prompted.

Purity Ronoh
Senior Support Worker



Wise House - Supported Accommodation

Well, what an interesting few months we've had at Wise House!

Just when we had begun to think COVID-19 was behind us, both Robyn and Vickie were knocked down by it. Fortunately, both ladies have made a full recovery and are back to their regular routines, just like it never happened.

Robyn enjoys socialising with everyone around her and is always excited to have a chat and a cup of coffee with her peers. Vickie is getting excited about Christmas, and counting down the days until she gets to go and visit her mum to celebrate the festive season.

They both enjoyed the Halloween Social Club event in November, and are excited to plan the next Social Club activity in 2023.

From everyone here at Wise, we wish you all a very Merry Christmas, and a safe and happy New Year. We look forward to seeing you next year and bringing you even more good news stories.

Juanita Hack
Senior Support Worker



Day Program - Community Access

It has been a busy and exciting time for our participants in recent weeks.

Among the activities undertaken has been decorating the Merrington Centre for Halloween and enjoying specially made 'scary cakes' for the occasion.

Our participants have enjoyed several barbecues on site, taking in the sunny weather, and helping with both the cooking and cleaning of the barbecue.

Staff and participants had a terrific morning at the Trevallyn Dam, socialising with each other, enjoying lots of walks, laughter and morning tea.

John had a fabulous week in Queensland looking every bit the tourist (see story page 7).

Several participants and staff thoroughly enjoyed their visit to the QVMAG interactive centre with all participants actively engaged.

As a result of this visit, participants have requested this become a regular activity to be included in our upcoming Autumn/Winter program booklet.

We are close now to Christmas with our participants eagerly creating wonderful pieces of art and handmade decorations in readiness for the festive season.

Many participants have been very busy painting river rocks, which were very kindly donated by Fiona at Tas Mulch at Longford. These will be used in our large piece of artwork.

Chris Merrington very kindly donated materials and his labour to construct the frame and participants have helped place the rocks into the frame to form the word "Welcome." A huge thank you to all those involved.

Our participants have had a great year with much personal growth being achieved.

We wish all Day Program participants and their families a safe, merry and joyous Christmas and look forward to us all being back together in 2023.

Rosemary Brodie
Senior Support Worker



Baker House - Supported Accommodation



Although the October floods were a cause of concern for some, it did not dampen the spirits of the residents at Baker House, and now with the weather warming up they have been taking full advantage of it.

Gary has been getting out and about with his support workers visiting cafes and meeting people in the community.

One of these interactions gave him the opportunity to be shown some trucks, and if you know Gaz then you know how much he loves his trucks.

Paul has also been taking the opportunity to walk to the shops instead of being driven there as the days have been far too nice not to enjoy.

He also enjoys visits to the Norwood IGA as he knows the staff and it gives him a chance to have a chat while grabbing himself a drink.

Christiaan Campbell
Senior Support Worker



Sayer Street - Supported Accommodation

It has been a busy time at Sayer Street over the last couple of months.

Sam has been enjoying going to his favorite place, Scenic Isle Gaming, which is located in Yorktown Square. He plays Dungeons and Dragons and magic cards when there.

He has also been sorting his DVD collection and has put them in alphabetical order to make it easier to find when searching for a specific title or series.

Kevin has been having a bit of outdoor fun now the weather is a bit warmer and has been to City Park to see the monkeys and soaked up the fresh air at the Tailrace boardwalk.

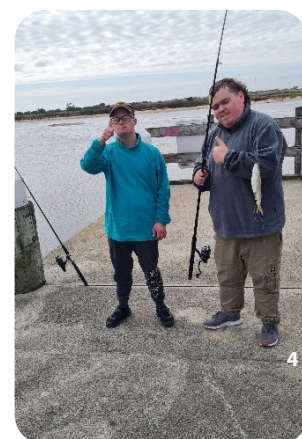
The swings are another thing Kevin loves to ride on and he enjoys swinging very high.

He also went fishing with Zac at Bridport and had a great outing, even if though they only caught one little fish which was under size so that they threw it back to let it grow a bit bigger.

Everyone is looking forward to Christmas and having a holiday and happy that it is not far away now.

Sayer would like to wish everyone a Merry Christmas and safe and happy New Year.

Phil Watson
Senior Support Worker



Devonport - Community Access & Personal Support

Our participants have been busy enjoying the nicer weather and spending more time outdoors which has included participating in outdoor recreation at Bell's Parade, enjoying games of disc golf, barbecue lunches, local walks along the waterfront and visiting parks.

Participants were lucky enough to attend a Cuppa with a Copper activity, learning information on the daily activities undertaken by local police officers.

We also received a visit from the Wayfarers of Midgard, a local viking re-enactment group who demonstrated their fighting skills. Our participants fought valiantly to ensure they were not over run by the marauders and, thankfully, our casualties were light!

We are thankful to the group for taking the time to come visit us and share their knowledge. A special thanks to Tash Smith, who went out of her way to arrange the visit.

With Christmas fast approaching we have started our Christmas craft activities with participants actively involved in making Christmas trees out of pallets to place outside in our front garden and decorate with lights.

Participants will also make their homemade Christmas puddings to take home and hang for Christmas Day.

Swimming activities have been in full swing with more participants getting involved. Our participants love the water activities and our fun splashing games.

Fishing has been a great success with one of our participants getting the catch of the day.

One of our participants, Josh, has Joined Team CRU – Computer R US Tasmania.

Josh would like to share Team CRU's details for anyone looking for assistance with their PC, laptop or transferring their VHS tapes to disc or USB.

You can contact them by telephoning Murray on 0491 172 170 or murray@cru.net.au

Tracey Rootes
Senior Support Worker





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In-Home Tenancy Support

It is great to have John back at St Michael's after his recent holiday on the Gold Coast.

It was a trip which allowed John to fulfil a lifelong goal of travelling to Queensland for a holiday.

John visited Dreamworld, Sea World, Movie World and Dracula's Cabaret restaurant and went on an amphibious Aqua Duck, which he really loved.

He also got to pat a koala, something he had always wanted to do.

John said he had a good time and enjoyed going on many rides and seeing a lot of the sights.

"It was a very good trip," he said.

He particularly enjoyed the cabaret restaurant experience and was a big fan of the Aqua Duck, coming back with a captain's hat from the ferry as a souvenir.

Well done John, and we are sure you will have many great memories of the trip.

A big thank you to all the staff who helped make it happen, particularly after the trip had to be rescheduled just before he was originally due to depart.

John is now beginning to plan his next great adventure and thinks he might head to Sydney or Melbourne on his next holiday.

Jasmine Cardno
Personal Support Coordinator



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Independent Services - Community Access



The countdown to Christmas has begun with everyone busily planning and preparing for the upcoming festivities.

Participants have been extremely busy and enthusiastic in the craft program making many Christmas items to take home and share with their family and friends.

Our cooking participants have worked hard making a selection of tasty treats for their various Christmas parties and goody bags.

The inclement weather has seen some of our participants choosing other activities at various other venues. One of the favorite activities was a trip to the museum to see the space display with a fun time had by all, especially Lisa.

Lisa has also enjoyed her Thursday outings to St Michael's Day Program to catch up, socialise and have morning tea with her friends.

Everyone is looking forward to having a break over Christmas to relax and return in 2023 refreshed and ready for the new year ahead.

Amanda Mallett
Senior Support Worker



St Michael's pair pull on the boots for Tasmania

The 2022 AFL Inclusion Carnival was held in South Australia last month, with the Angaston Football Club in the Barossa Valley playing host to teams from all States and Territories.

The Tasmanian team consisted of 16 players and one travelling emergency, drawn from all regions of the State, with St Michael's resident Alan and former resident Justin, among those selected.

Justin was the co-captain of the State team, which was coached by St Michael's Director of Finance and Administration Darrin Geard.

This was the first carnival held since 2019 because of COVID-19 interruptions, so with the development of the squad since that time there was a level of excitement that Tasmania could improve on past performances.

The format of the competition saw each State and Territory play in a Lightning Carnival over two days to determine

which Division they qualified for with the Tasmanian team performing above expectations by winning four games, losing narrowly to SA and Victoria Metro and drawing with WA.

With these performances Tasmania, for the first time at the Inclusion Carnival, qualified for Division 1.



Darrin, Justin and Alan formed part of the Tasmanian contingent at the AFL Inclusion Carnival in SA last month.

In the Division 1 matches, the Devils started strongly with a win over WA before a heart breaking loss to Victoria Metro, who kicked a goal with 30 seconds to play, and a loss to SA.

This left the team playing off for third and despite holding a 25-point lead, the long week caught up with the players who suffered another narrow loss to finish fourth.

Despite the disappointing end to the carnival, the players could still hold their heads high by achieving something no previous Tasmanian team had done at the carnival.

Darrin said the overall performance of the team certainly went beyond what was expected.

"This was a significant achievement for the team, exceeding the expectations, and will provide an incentive to improve on our performance in 2023," he said.

Como Crescent - Supported Accommodation

Recent wet and wild weather hasn't deterred the men at Como House from going about their daily routines.

Ben has been a lot more active recently. He has enjoyed a number of different walks around the community, where he gets to build his fitness level and enjoy some of his favourite things in nature.

He has also worked with staff to save his personal spending money, and recently the hard work paid off when he was able to purchase a Care Bear that he had been eyeing off for months.

Jacob has enjoyed getting out into the community and likes having a hot drink with staff.

He has worked hard at being patient while waiting for his drink, and the results have been incredible. Well done, Jacob.

From everyone here at Como, we wish you all a very Merry Christmas, and a safe and happy New Year.

We look forward to seeing you next year and bringing you even more good news stories.

Juanita Hack
Senior Support Worker



Chugg House - Supported Accommodation

Lita has really settled into her new unit and is thoroughly enjoying having her own space.

She has been increasing her independence and has enjoyed having staff actively support her with folding her washing, taking the rubbish bins out on a Sunday and planning her evening meal menu for the fortnight.

Lita has also been socialising more and enjoyed a recent day out with the Lyne Respite participants, and thoroughly enjoyed the Social Club Halloween night. She especially liked sitting and listening to everything that was going on around her and loved the Mexican feast for dinner.

Swimming is another one of Lita's favorite activities and she loves nothing more than getting in her swimmers and floating around the pool. Staff are always in awe at how well Lita floats and how confident she is in the water.

If you ever walk past Chugg House, you are bound to hear music playing and Lita singing. Lita has an amazing vocal range and enjoys singing along to the likes of Elvis, operas and good old 80s tunes.

Lita is starting to get into the Christmas spirit and, with her mum's help, is slowly starting to decorate her unit ready for the Festive season.



All the staff at Chugg continue to enjoy getting to know Lita and look forward to supporting her to achieve more independence over the coming months.

Jodi Beveridge
Respite Coordinator

Lyne House - Respite Accommodation



The last few months at Lyne have been quite busy. Staff and participants have been enjoying the days of sunshine and have made the most of them by packing a picnic lunch and heading out.

Some of the favourite places being visited are Bridport, Beauty Point and local parks such as Punchbowl.

The most popular destination with participants is Pilots Bay at Low Head. Everyone loves heading into the local take away, ordering lunch and then going to the beach to enjoy the views while eating.

Having a walk along the beach after lunch searching for seashells is also a must.

Participants also enjoy going to the movies and then spending some time playing arcade games. This is a great way to build concentration skills and the use of fine and gross motor skills. The basketball game and the racing games are among the favourites along with air hockey.

The magic show has always been looked forward to by the participants at Lyne and this last show didn't disappoint.

The participants were in awe of the magic and absolutely love the atmosphere and the allure of the magic.

Building and maintaining friendships is also very important here at Lyne so we quite often catch up with the Penquite participants for group outings. It's great to see everyone together enjoying lunch and each other's company.

Regular participants Mitch and Anusa also catch up once a fortnight with Alice, from Penquite, for a meal at Morty's. It has been wonderful watching these friendships continue to grow. It has also been great to watch all three participants grow in confidence, and they are now all able to select, order and pay for their meals with minimal prompts.

Anusa continues to work hard on increasing her independent living skills and is thoroughly enjoying cooking her own meals. She is also learning how to budget her money and has done well to save enough money to purchase herself a mobile phone.

Everyone at Lyne is looking forward to the next few months and the warmer weather and to setting out on some new adventures. We would also like to wish everyone a very Merry Christmas and a happy New Year.

Jodie Beveridge
Respite Coordinator

Hawthorn Street - Supported Accommodation

The residents at Hawthorn Street have had a very busy time since the last newsletter.

Sarah H and Zac W have been doing a lot of walking and have participated in the Burnie 10 and other similar types of walks. It is great to see them out in the sunshine enjoying themselves and getting lots of exercise. They have also been to the Gorge for a walk.

A new addition to the house has been an 8-ball table and Zac and Sarah C are both becoming very accomplished players. They both hope to join an 8-ball team and play in competitions.

Zac has just joined a darts team at the Australian Italian Club and plays every Wednesday night.

With all the recent rain followed by bursts of sunshine the grass and weeds have grown very fast and Zac and the two Sarahs have been helping with the gardening trying to keep it under control.

Mat still enjoys his gaming and has been socialising with friends on his computer.

Sarah C has been studying and improving her skills to try and get a job.

Phil Watson
Senior Support Worker



Smith House - Supported Accommodation

It's been a busy few months at Smith House, and Aron has been amazing at taking everything in his stride.

When the floodwaters threatened to hit St Michael's in mid-October, Aron was given a rude awakening just after midnight, when he and the staff were forced to evacuate.

Aron coped with this really well, and staff on shift that night also need to be praised for how they handled the situation.

Aron had been receiving support through NOSS on Fridays and, although there was some resistance to begin with, he now enjoys visiting the "Red Shed" with his NOSS worker.

With the weather warming up, Aron is quick to ask staff to go for a walk with him.

It is nice to see Aron out and about, socialising with his peers, and staff look forward to seeing him make even more memories in the coming months.

From everyone here at Smith, we wish you all a very Merry Christmas, and a safe and happy New Year.

We look forward to seeing you next year and bringing you even more good news stories.

Juanita Hack
Senior Support Worker



St Michaels Training



Over the past two months we have been busy finalising training programs and planning for 2023, which will see a number of changes to training programs with the new community services package being released.

During 2022 over 1000 learners completed training with us across the following programs:

- CHC33015 Certificate III in Individual Support
- CHC43115 Certificate IV in Disability
- CHCSS00081 Induction to Disability
- Report Writing
- Leadership
- Mental Health/ Suspected Abuse
- Food Safety
- First Aid/CPR
- Healthy Bodies and Medication
- Manual Handling

Thank you to our very dedicated team - Elizabeth Cooper, Sophie Guy, Lindy Crack Molly Colvin, Mick Brodie, Trish King and Alice Goicochea - for a great year.

We are looking forward to strengthening our partnerships with our clients and another exciting and successful year in 2023.

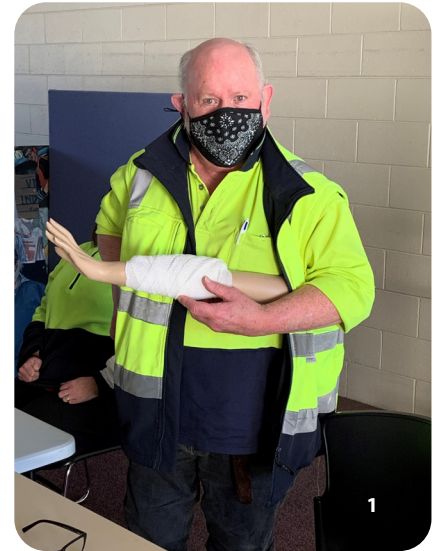
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Wishing you a Merry Christmas and a safe and happy New Year.

Kim Dean
RTO Manager



Merton House - Supported Accommodation

Merton House has welcomed Tania and, as with every new addition, the rest of the residents have come together to make her feel welcome.

Tania is still finding her feet but she is embracing the chance to start a new chapter in her life here. She continues to maintain aspects of her past life but is also showing interests in exploring new opportunities.

The residents are going out in the community more and more each week and making their purchases in person. This has had an extremely positive effect on all the residents as it has given them all confidence in their own abilities.

Juanita Hack
Senior Support Worker

Penquite Road - Supported Accommodation

Alice and Lisa have enjoyed looking forward to their regular visits to Lyne House for dinner every month as they continue to socialise and build friendships with participants at the house.

Alice, Gabbie and Lisa have also been keen on watching movies in the afternoons as soon as they come home from Day Program.

The ladies have been going out for drives and lunch outings over the weekends with Alice going away for a short vacation with her Mum recently.

Beauty Point and the Queen Victoria Museum seem to be the ladies favourite destination and have been going there quite a few times in recent months.

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

Alice has also been making herself a fruit platter for the next day's morning tea as soon as she gets home. She is enjoying the activity as it promotes her independence. Alice and Lisa have continuously been developing their life skills at home such as taking the washing to the laundry and cleaning up after themselves.

Lisa's vocabulary has greatly improved and she is increasing her communication with staff and housemates.

She also enjoys going to the house garden to pick flowers which she then puts in a glass of water for the dining table.

Purity Ronoh
Senior Support Worker



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Tax Tip

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

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☐ \$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

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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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Christmas shortbread

Ingredients

- 125g butter, softened
- 1/2 cup castor sugar
- 1/2 teaspoon vanilla extract
- 1 cup plain flour
- 1/4 cup cornflour
- 150g dark chocolate, melted
- 1/4 cup slivered almonds, toasted
- 1 tablespoon silver cachous
- 1 egg white
- 1 1/2 cups pure icing sugar, sifted
- Green, red and yellow food colourings
- 2 tablespoons green sprinkles
- 2 tablespoons orange sprinkles

Instructions

Step 1

Preheat oven to 160°C/140°C fan forced. Line 2 baking trays with baking paper. Using an electric mixer, beat butter, sugar and vanilla until light and fluffy. Add flours. Stir until well combined. Turn out onto a lightly floured surface. Knead until smooth. Divide dough into 2. Shape into discs.

Step 2

Roll 1 dough disc between 2 sheets of baking paper until 5mm thick. Using a 4.5cm round fluted cutter, cut rounds from dough. Re-roll scraps. Repeat to make a total of 20 rounds. Place rounds on prepared baking trays, 2cm apart. Bake for 10 to 12 minutes or until just golden. Transfer to a wire rack to cool completely.

Step 3

Meanwhile, roll remaining dough disc between 2 sheets of baking paper until 5mm thick. Using a 5cm carrot cutter, cut carrots from dough. Re-roll scraps. Repeat to make a total of 20 carrots.

Step 4

Place carrots on baking trays, 2cm apart. Bake for 10 to 12 minutes or until just golden. Transfer to a wire rack to cool completely.

Step 5

Place a 40cm long piece of baking paper on a flat surface. Place melted chocolate in a mug. Dip shortbread into chocolate to coat half. Allow excess chocolate to drain.

Step 6

Place on baking paper. Sprinkle chocolate with 5 almonds and 5 cachous. Repeat with remaining shortbread rounds, melted chocolate, almonds and cachous.

Step 7

Place egg white in a bowl. Lightly whisk until frothy. Gradually add icing sugar, whisking until smooth. Transfer 1/4 of icing into a separate bowl and tint green with food colouring. Tint remaining icing orange using red and yellow food colourings. Spoon green icing into a snap-lock bag. Snip off 1 corner. Pipe green icing onto tops of carrot biscuits to form stalks. Sprinkle with green sprinkles. Spoon orange icing into another snap-lock bag. Snip off 1 corner. Pipe icing onto base of carrots. Sprinkle with orange sprinkles. Set aside to set. Serve.

Recipe courtesy of taste.com.au

Christmas stuffing tray bake

Ingredients

- 65g dried cranberries
- 1 lemon, rind finely grated, juiced
- 1 tbsp olive oil
- 1 brown onion, chopped
- 100g pancetta slices, coarsely chopped
- 2 garlic cloves, crushed
- 1 pane de casa or vienna loaf, unsliced
- 2 eggs, lightly whisked
- 1 tbsp fresh thyme leaves, plus extra sprigs, to serve

Instructions

Step 1

Preheat oven to 180C/160C fan forced. Lightly grease a 3cm-deep, 23 x 28cm baking dish.

Step 2

Combine the cranberries and lemon juice in a bowl and set aside to soak until needed.

Step 3

Heat the oil in a frying pan over medium heat then cook the onion, stirring occasionally, for about 3 minutes or until softened. Add the pancetta and cook for a further 3-4 minutes or until golden brown. Stir in the garlic and cook for about 30 seconds. Transfer the mixture to a large bowl and set aside to cool.

Step 4

Cut the crust off the whole loaf of bread without taking too much of the bread with it. Cut or tear the bread into 2-3cm pieces. Add to the pancetta mixture with the soaked cranberries, lemon rind, egg and thyme. Season then stir until combined.

Step 5

Transfer the stuffing mixture to the prepared dish and spray with oil. Bake for 25 minutes or until golden and crisp on top. Sprinkle the stuffing tray bake with extra thyme leaves and serve hot.

Recipe courtesy of taste.com.au



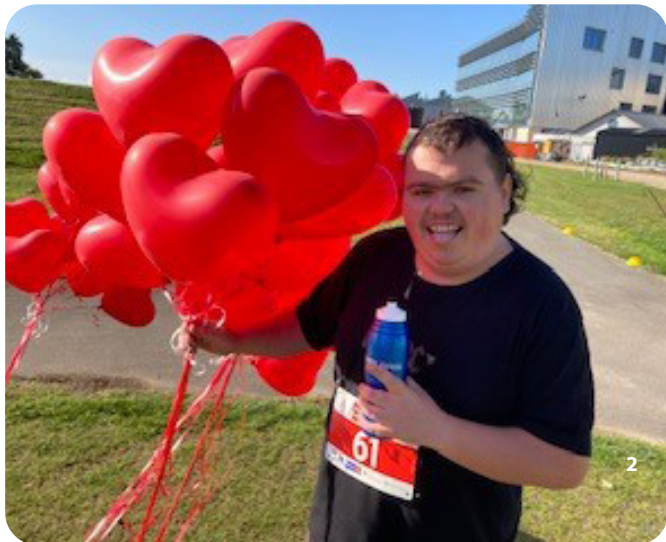
Highlights



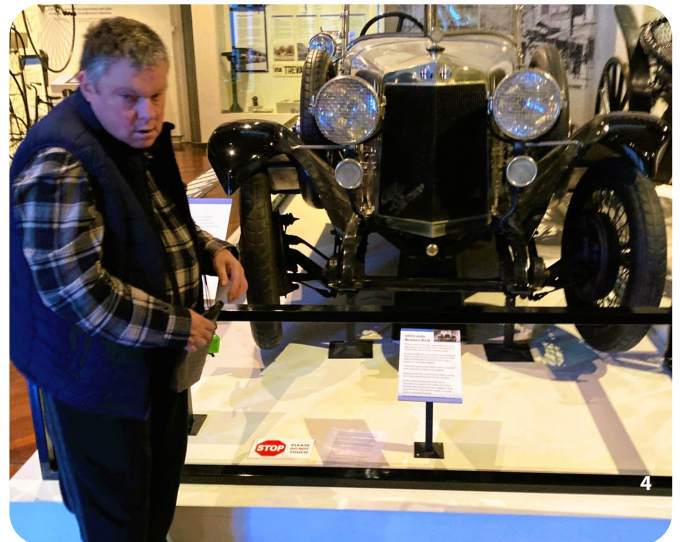
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REQUEST A PIC

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 of the picture) .

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

Highlights



Launceston Participants and Family Christmas Dinner



Highlights - Launceston Participants and Family Christmas Dinner



Highlights - Devonport Participants and Family Christmas Lunch



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 31 January 2023.

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?

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

WHEN COMPLETED PLEASE RETURN TO NIGEL TAPP VIA EMAIL AS ABOVE, OR DROP THE FORM INTO EITHER THE DEVONPORT OR LAUNCESTON ADMINISTRATION OFFICES.



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
- TLI11321 Certificate I in Supply Chain Operations

Skill sets offered include:

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

For further information visit:
<https://stmichaelstraining.tas.edu.au>
 Email:
info@stmichaelstraining.tas.edu.au
 Telephone: 03 6333 2600.





Contact Details

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

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NDIS | Choice and Control | Daily Living | Accommodation | Respite | Social and Community

