



# Autumn/Winter 2023

## Program Book

Activities on offer in the  
North West





# Contents

Welcome	3
Day Programs outcomes	4
Program choices	5
Important dates	5
Week One Monday programs	6-7
Week One Tuesday programs	8-9
Week One Wednesday programs	9-11
Week One Thursday programs	11-13
Week One Friday programs	13
Week Two Monday programs	14 & 19
Celebratory activities	15
Day Programs at a Glance	16-17
My favourite activity	18
Week Two Tuesday programs	21-23
Week Two Wednesday programs	22-23
Week Two Thursday programs	23-25
Week Two Friday programs	26-27
Devonport Campus history	28
Program choices	29
Notes	30
Feedback	Inside back cover



# Welcome

Welcome to the bi-annual North West Services Program Book, which is designed to assist you in selecting activities from a variety of programs to match a wide range of needs. All our programs run throughout the year with this book produced in Autumn/Winter and Spring/Summer editions.

Our programs are tailored to meet the needs of all our participants, those who have high functioning needs and those who have high needs.

On Pages 16 and 17 you will find *"Day Programs At a Glance"* which covers the full range of programs on offer.

These are a colour coded list of programs. Follow the corresponding page number for a more detailed explanation including program details,

outcomes, cost and time.

For example, if you wish to attend only on a Monday, view the green section of *"Day Programs At a Glance"* for your chosen group, select your chosen program and follow the corresponding page number.

If the program, support or times are not on the day/s you attend please phone to discuss this and we will endeavour to support your wishes.


When you have chosen your program/s, contact us to apply for your activity or fill out and return the *Program Choices Form* on Page 29.


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




## Disability Services Manager

Carolyn Martens

 03 6459 2522

 carolyn.martens@stmichaels.asn.au


## Devonport Campus

 19 North Caroline Street  
East Devonport



## Senior Support Worker

Abby Mott

 03 6459 2522

 abby.mott@stmichaels.asn.au



Monday



Tuesday



Wednesday



Thursday



Friday

# Day Program outcomes

St Michael's offers specific outcomes for each program to help you achieve your goals identified in your Person Centred Plan.

The symbols outlined below are used throughout the book to assist you to choose your programs to achieve your life goals.



## Independent Living Skills

St Michael's believes that all people have the right to make their own decisions to direct their own lives. Our programs aim to develop your skills so that you can do what you think is important to you.



## Exercise, Health & Wellbeing

Programs offered include many opportunities to exercise, increase fitness and nurture physical and mental health and wellbeing in a social atmosphere.



## Education & Training

St Michael's programs include daily living skills, training, literacy and budgeting. We also offer accredited courses through our Registered Training Organisation.



## Community Participation & Inclusion

Programs aim to promote community participation and inclusion at all levels, resulting in friendships being formed and the formation of important life skills.



## Arts

Our art programs allow participants to discover their artistic flair and are tailored to suit individual needs.



## Sensory

We offer sensory specific programs designed to suit individual needs including a relaxation program. The majority of programs also have a sensory component.



## Recreation & Leisure

A variety of recreation and leisure programs are offered in the local community. Programs are designed to be fun and interactive.



## Communication

Our programs aim to improve communication skills in a fun and participative environment.





# "I like to get my hands going..."

"Hi my name is Cheryl.

"I enjoy the Day Programs because I get to catch up with my friends.

"I love learning how to cook yummy things. I like sewing too, I get to learn how to cut."

## Program choices

The Day Program is designed to offer participants choice, with an extensive range of programs available ranging from cooking and pampering, gardening, art and many more.

Please note:

- It is not guaranteed that a program will operate and St Michael's reserves the right to cancel any program.
- Transport costs are subject to the transport operator fees.
- Fees subject to change. Facility fees must be paid in full prior to the start of the program.
- St Michael's will try to accommodate everyone's first or second choice, however if this is not possible you will be notified.
- All programs are designed to be consistent with the principles of the National Disability Insurance Scheme (NDIS).
- Individual support programming available: Program participation can be modified to suit individual needs and NDIS funding.
- Program choices incorporate community access and centre-based programs.



## Important dates

### Public holidays

Monday 13 March 2023 **Eight Hours' Day**

Friday 7 April 2023 **Good Friday**

Monday 10 April 2023 **Easter Monday**

Tuesday 25 April 2023 **Anzac Day**

Monday 12 June 2023 **King's Birthday**

### East Devonport Campus:

Closed for public holidays  
(Supports provided as required/agreed upon)



Programs and costs are subject to change. Please read newsletters for notification of any date changes throughout the year. Any queries to Carolyn Martens (Disability Services Manager) phone 03 6459 2522.

## Woodwork

Learn to use tools and make projects from start to finish.



### Outcomes:

- Development of new skills in most areas of woodwork.
- Improve creativity while customising or upcycling your own furniture.
- Improve on knowledge and ability to identify individual tools and their uses.
- Make choices about own projects.

### Cost:

\$7.50 per person  
(Consumables are at the expense of participants)

### Time:

9.00 am - 12.00 pm



**This program will help participants improve their numeracy through measurements and basic calculations in the design of individual projects and lead to increased awareness and safety when working in a workshop.**

## Tech Time

Increases individual understanding and knowledge of basic computer skills.



### Outcomes:

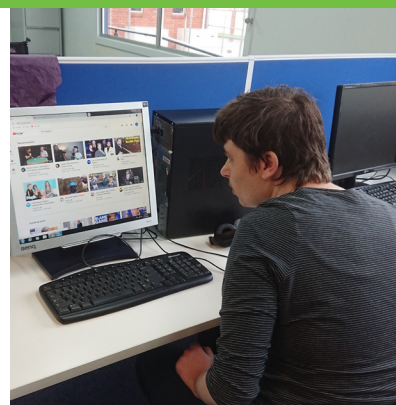
- Increased independence in being able to use technology for personal interests.
- Increased opportunity to develop a wide range of skills and knowledge.
- Improved knowledge of how to use technology for individual planning.
- Increased overall personal accomplishment.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Time:

9.00 am - 12.00 pm



**Participants will gain the skills required to be able to utilise technology to meet goals of their choice.**

## Sewing

Learn to choose a pattern and purchase your own materials to make your selected items.



### Outcomes:

- Make choices that reflect your personality and fashionable items.
- Match coloured cottons and bobbins to your material.
- Learn to thread the sewing machines and how to sew.
- Develop scissor skills for cutting, pinning and unpicking.

### Cost:

\$5.00 per person  
(Provide own money to purchase own materials)

### Time:

9.00 am - 12.00 pm



**Provides choice and skill development through the sewing process - planning, measuring, designing and using a sewing machine. The intricate nature of some of the work greatly assists in the development of fine motor skills.**



## Swimming

This is an individual swimming group which meets the participant's needs.



### Outcomes:

- Develop confidence in the water.
- Increase swimming techniques based on the individual.
- Improve general health and fitness.

### Cost:

\$10.00 per session  
(Fee includes facility entry and access to the hydrotherapy pool. Transport charges will apply)

### Time:

12.00 pm - 3.00 pm



**Develops safety skills, improves confidence and eye/hand coordination, increases fine/gross motor skills, increases/maintains mobility, improves balance, increases overall fitness and independent living skills (drying/changing).**

## Animal Lovers

Designed to increase knowledge and build an understanding of basic animal care.



### Outcomes:

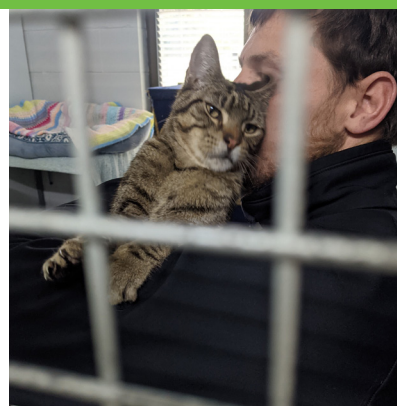
- Improve your understanding of basic care for different types of animals in a hands on way.
- Develop a better understanding of the responsibilities of pet ownership.
- Develop empathy for others while building and improving on skills that could lead to employment.

### Cost:

\$3.00 per person

### Time:

12.00 pm - 3.00 pm



**Participants will be supported in a hands-on learning environment at a local animal shelter to increase and build upon existing skills in all areas of animal care.**

## Fitness

Participants will be supported to increase and build fitness.



### Outcomes:

- Improved knowledge of available leisure and recreational activities within your local community.
- Improved fitness.
- Increased opportunities to plan and attend local venues and sporting facilities.
- Awareness of free community access equipment.

### Cost:

\$5.00 per person  
(Transport charges will apply)

### Time:

12.00 pm - 3.00 pm



**Participants will research local walking tracks, sporting equipment and community spaces to develop new opportunities and hobbies.**

## Music & Dance

This program is aimed at incorporating exercise in a fun relaxed way.



### Outcomes:

- Maintain/improve mobility and balance.
- Improved decision making through song choice.
- Improved mood through combining exercise and uplifting music.
- Build confidence in communicating within a group.

### Cost:

Free

### Time:

9.00 am - 12.00 pm



**Participants will be actively supported to improve levels of fitness while having fun with their peers. This activity will also help them build confidence in communicating within a group.**

## Get Crafty

Make exciting new projects displaying your artistic flair.



### Outcomes:

- Decision making - select colours, materials and projects.
- Develop your fine motor and scissor skills.
- Expand your artistic flair and confidence.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Time:

12.00 pm - 3.00 pm



**Improves decision making skills and self worth. Improves motor skills and increases textile awareness. Encourages personal choice and provides opportunities to independently choose and create gifts for family and friends.**

## Brain Waves

Intellectually challenging activities, puzzles, board games and Nintendo Wii.



Designed for all skill levels.

### Outcomes:

- Problem solve how to fit pieces in a puzzle.
- Intellectual stimulation with Scrabble or Up Words.
- Timing and aim on the Nintendo Wii with bowling, tennis or baseball.

### Cost:

\$2.00 per person  
(Fee includes all consumables)

### Time:

9.00 am - 12.00 pm



**This program assists participants to keep an active mind, maintain memory and fine motor skills in a social setting.**



## Photography & Art

Make exciting new projects displaying your artistic flair.



### Outcomes:

- Improves decision making skills while promoting choice and control.
- Improves ability to identify different effects in different lightings.
- Encourages personal choice.
- Increases knowledge of different ways to use technology for creative effects.

### Cost:

\$7.50 per person  
(Fee includes all consumables)

### Time:

12.00 pm - 3.00 pm



**With facilitation, participants will be actively encouraged to follow their individual style to work with different textiles and lighting to create their individual pieces.**

## Walking Group

Enjoy walking in the local area and build familiarity with your community.



### Outcomes:

- Improves fitness and mental health.
- Provides opportunities for increased communication.
- Increased recognition of signage and road rules.

### Cost:

Free

### Time:

12.00 pm - 3.00 pm



**Builds community connections with your local area and helps participants become more familiar with road signage and road rules as well as improving navigational skills.**

## Tai Chi

A great opportunity to try new skills and meet new people.



### Outcomes:

- Decreased stress, anxiety and depression.
- Improved mood.
- Improved aerobic capacity.
- Increased energy and stamina.
- Improved flexibility, balance and agility.
- Improved muscle strength and definition.

### Cost:

Free

(Transport charges will apply)

### Time:

9.00 am - 12.00 pm



**Participants will join in with a local community group to be led by an experienced Tai Chi teacher through a variety of stretches and exercises.**

## Eight Ball

A social activity for all weather conditions.



### Outcomes:

- Improves critical thinking.
- Improves stretching, balance and agility.
- Helps participants develop social skills by engaging with like-minded people.

### Cost:

\$2.00 per person

### Time:

9.00 am - 12.00 pm



**Participants will see an improvement in their eye/hand coordination and colour recognition. They will learn to become a team player as well as improving their agility and having fun.**

## Cooking

Learn health and safety in the kitchen and follow a recipe.



### Outcomes:

- Learn to identify ingredients, utensils and appliances.
- Develop knowledge of healthy food adapted to a budget.
- Cooking terms; how to use them and different ways to cook.
- Use By, Best Before Dates and how to stack your fridge.
- Knife skills and safety in the kitchen.

### Cost:

\$7.50 per person  
(Fee includes all consumables)

### Time:

9.00 am - 12.00 pm



**Improves health and wellbeing through education in food choices, develops independent living skills, provides choice and improves numeracy and literacy skills by following recipes and measuring ingredients.**

## Gardening

Plant, grow, care for and harvest plants - vegetables, herbs and flowers.



### Outcomes:

- Growing own vegetables for use in cooking will contribute to a healthy diet.
- Learn to identify the difference between weeds and plants.
- Plant and maintain a garden and harvest what you grow.

### Cost:

\$5.00 per person

### Time:

12.00 pm - 3.00pm



**Improves mental health and well being as well as physical fitness and helping to maintain mobility. Creates opportunities to build social connections through shared interests and experiences.**



## Fishing

Learn the basics of fishing.



### Outcomes:

- Learn to set up your rod, bait up, cast, reel in, net the fish, remove hooks and clean the fish.
- Identify when caught fish is the correct size to keep or when to release.
- Improve coordination, fine and gross motor skills, concentration and social interaction.

### Cost:

\$5.00 per person  
(No fee is incurred if supplying own bait and tackle)

### Time:

12.00 pm - 3.00 pm



**Improves numeracy skills by accurately measuring the size of any catch as well as coordination and fine and gross motor skills by baiting the hook, removing the hook, cleaning the catch and casting.**

## Indoor Sports

Develop and increase individual skill while learning team sports.



### Outcomes:

- Learn new skills while improving fine and gross motor skills.
- Increased opportunities for community engagement.
- Participants are actively supported to learn and improve their existing skills while working in a team.

### Cost:

Free

### Time:

12.00 pm - 3.00 pm



**Improves fine and gross motor, numeracy and communication skills. Provides the necessary skills and understanding of rules in a wide variety of different sports that can easily be transferred over to join local community teams.**

## Indoor Bowls

A social activity for all weather conditions.



### Outcomes:

- Social interaction, turn taking and communication skills.
- Counting the bowls and keeping score.
- Improving bowling skills.

### Cost:

\$2.00 per person

### Time:

9.00 am - 12.00 pm



**This activity increases eye/hand coordination, builds confidence, increases intentional communication and improves fitness. Physical exercise has also been shown to improve mental health.**

## Outdoor Recreation

Improve your knowledge of available leisure and recreational activities.



### Outcomes:

- Improved ability to communicate interests and choice within a group environment.
- Improved knowledge of available leisure and recreational activities within your local community.
- Improved fitness.

### Cost:

Free

### Time:

9.00 am - 12.00 pm



**Participants will research local hiking tracks, sporting facilities and community spaces to develop new opportunities and hobbies. This will assist in improving their ability to communicate interests and choice within a group environment.**

## Cooking

Learn health and safety in the kitchen and follow a recipe.



### Outcomes:

- Learn to identify ingredients, utensils and appliances.
- Develop knowledge of healthy food adapted to a budget.
- Cooking terms; how to use them and different ways to cook.
- Use By, Best Before Dates and how to stack your fridge.
- Knife skills and safety in the kitchen.

### Cost:

\$7.50 per person  
(Fee includes all consumables)

### Time:

9.00 am - 12.00 pm



**Improves health and wellbeing through education in food choices, develops independent living skills, provides choice and improves numeracy and literacy skills by following recipes and measuring ingredients.**

## Enquiring Minds

Learn more about specific interests, places and things.



### Outcomes:

- Improved independence in researching topics of interest.
- Increased opportunity to develop a wide range of skills and knowledge.
- Improved knowledge of how to use technology for individual planning.
- Increased overall personal accomplishment.

### Cost:

Free

### Time:

12.00 pm - 3.00 pm



**Participants will have opportunities to research, plan and carry out individual personal goals that are important to them. It will present them with an opportunity to discover more about themselves and put plans in place.**



## Pamper Parlour

Have a top to toe grooming effect by learning the process.



### Outcomes:

- Follow a process.
- Learn basic hygiene and beauty techniques.
- Learn how to style your hair and paint your nails.

### Cost: Free

(Consumables are at the expense of the participant)

### Time:

12.00 pm - 3.00 pm



***This program is very much a sensory experience. Participants develop an understanding of skin care techniques and can create a personal style through experimentation. It improves confidence and helps build friendships.***

## Reclink Sports

Develop and increase individual skill while learning team sports.



### Outcomes:

- Increased opportunities to build friendships with likeminded individuals.
- Improved ability to communicate interests and choice within a group environment.
- Improved knowledge of available leisure and recreational activities within your local community.
- Improved fitness and mental health.

### Cost:

\$3.00

(Transport charges will apply)

### Time:

12.00 pm - 3.00 pm



***Participants will join in with other local community groups to learn a variety of skills associated with sporting activities which could lead to joining other community sporting clubs.***

## Freedom Friday

Learn more about available social outings in the community.



### Outcomes:

- Increased knowledge of local community.
- Increased opportunities to develop friendships.
- Increased opportunities to plan and attend local venues and sporting facilities.

### Cost:

(Dependant on activities chosen. Transport charges will apply)

### Time:

All day



***Participants will research and choose venues within their local areas to increase social opportunities. The program will improve their ability to communicate interests and choice within a group environment.***

## Let's Get Active - Onsite Gym

Build familiarity with different types of sporting equipment while improving overall fitness.



### Outcomes:

- Improves overall fitness.
- Provides opportunities for increased intentional communication.
- Develops skills that can be transferred into local community gyms.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Time:

9.00 am - 12.00 pm



**Participants will be actively supported to improve their physical fitness while developing confidence to work within small groups. Improves opportunities to build community connections within your local area**

## Animal Lovers

Designed to increase knowledge and build an understanding of basic animal care.



### Outcomes:

- Improve your understanding of basic care for different types of animals in a hands on way.
- Develop a better understanding of the responsibilities of pet ownership.
- Develop empathy for others while building and improving on skills that could lead to employment.

### Cost:

\$3.00 per person

### Time:

9.00 am - 12.00 pm



**Participants will be supported in a hands-on learning environment at a local animal shelter to increase and build upon existing skills in all areas of animal care.**

## Sewing

Learn to choose a pattern and purchase your own materials to make your selected items.



### Outcomes:

- Make choices that reflect your personality and fashionable items.
- Match coloured cottons and bobbins to your material.
- Learn to thread the sewing machines and how to sew.
- Develop scissor skills for cutting, pinning and unpicking.

### Cost:

\$5.00 per person  
(Provide own money to purchase own materials)

### Time:

9.00 am - 12.00 pm



**Provides choice and skill development through the sewing process - planning, measuring, designing and using a sewing machine. The intricate nature of some of the work greatly assists in the development of fine motor skills.**



---

# Celebratory activities and outings

We celebrate significant cultural occasions throughout the year. Many events incorporate a theme day such as, Australia Day, International Day of People with a Disability, Easter and Christmas.

Outings are also a part of our program and focus on social engagement and community access.



---

## Australia Day Celebrations

---

## A day at the HIVE



---

**It's Christmas!  
Time to celebrate!**

**And so much more...**



# Program Guide

## Week 1

# Day Programs

## At a Glance

'At a Glance' view all of our programs operating at St Michael's East Devonport Campus.

Programs run for a total of 6 weeks. Programs alternate over 2 weeks.

Note: Morning sessions include morning tea. Lunch is taken at the commencement of the afternoon session.

You'll find information about each day in this section.

Any queries may be directed to our Disability Services Manager Carolyn Martens phone 03 6459 2522.

Morning Session 9.00am - 12.00pm			
Monday		Tuesday	
Tech Time	6	Get Crafty	8
Woodwork	6	Music & Dance	8
Sewing	6	Brain Waves	8
Afternoon Session 12.00pm - 3.00pm			
Swimming	7	Photography & Art	9
Animal Lovers	7	Walking Group	9
Fitness	7		
Morning Session 9.00am - 12.00pm			
Wednesday		Thursday	
Tai Chi	9	Indoor Bowls	11
Eight Ball	10	Outdoor Recreation	12
Cooking	10	Cooking	12
Afternoon Session 12.00pm - 3.00pm			
Gardening	10	Enquiring Minds	12
Fishing	11	Pamper Parlour	13
Indoor Sports	11	Reclink Sports	13
Friday Morning Session		Friday Afternoon Session	
Freedom Friday	13	Freedom Friday	13



# Program Guide Week 2

Monday		Tuesday	
Let's Get Active	14	Ten Pin Bowling	20
Animal Lovers	14	Literacy	21
Sewing	14		
Afternoon Session			
Swimming	19	Photography & Art	20
Get Crafty	19	Music & Dance	20
Fitness	19		

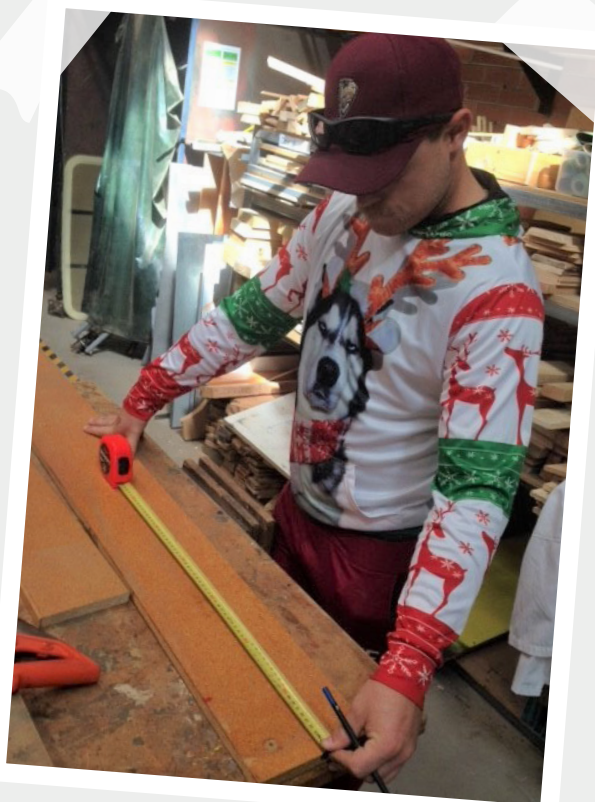
Wednesday		Thursday	
Cooking	21	Coffee Club	24
Indoor Bowls	21	Cooking	24
Tai Chi	22	Work Ready	24
Afternoon Session			
Get Crafty	22	Bike Riding (All Day)	23
Fishing	22	Reclink Sports	25
Library	23		
Eight Ball	23		

Friday Morning Session		Friday Afternoon Session	
Woodwork	26	Swimming	27
Get Crafty	26	Gardening	27
Fitness	26	Fitness	27

---

## **“My favourite activity...”**

We asked St Michael's participants what they most enjoyed about their favourite activities.



---

## **“I love woodwork every Monday”**

“Hi, I’m Vincent. There’s good equipment in the workshop. I love making things out of pallets.”

## **“I like to hang out and do cool things”**

“I’m Josh. I like coming to St Michael's as I get to hang out with everybody and do cool things.”





## Swimming

This is an individual swimming group which meets the participant's needs.



### Outcomes:

- Develop confidence in the water.
- Increase swimming techniques based on the individual.
- Improve general health and fitness.

### Cost:

\$10.00 per session  
(Fee includes facility entry and access to the hydrotherapy pool. Transport charges will apply)

### Time:

12.00 pm - 3.00 pm



**Develops safety skills, improves confidence and eye/hand coordination, increases fine/gross motor skills, increases/maintains mobility, improves balance, increases overall fitness and independent living skills (drying/changing).**

## Get Crafty

Make exciting new projects displaying your artistic flair.



### Outcomes:

- Decision making - select colours, materials and projects.
- Develop your fine motor and scissor skills.
- Expand your artistic flair and confidence.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Time:

12.00 pm - 3.00 pm



**Improves decision making skills and self worth. Improves motor skills and increases textile awareness. Encourages personal choice and provides opportunities to independently choose and create gifts for family and friends.**

## Fitness

Participants will be supported to increase and build fitness.



### Outcomes:

- Improved knowledge of available leisure and recreational activities within your local community.
- Improved fitness.
- Increased opportunities to plan and attend local venues and sporting facilities.
- Awareness of free community access equipment.

### Cost:

\$5.00 per person  
(Transport charges will apply)

### Time:

12.00 pm - 3.00 pm



**Participants will research local walking tracks, sporting equipment and community spaces to develop new opportunities and hobbies.**

## Ten Pin Bowling

A social activity where participants are supported to play independently.



### Outcomes:

- Encourages team building and intentional communication.
- Increased opportunities for community engagement.
- Improves mobility and strength.
- Improves numeracy, literacy and communication skills.

### Cost:

\$6.00 per person  
(Fee includes facility entry.  
Transport charges will apply)

### Time:

9.00 am - 12.00 pm



***This program provides skills and opportunities to join other community leagues. Numeracy, literacy and communication skills are also improved as participants also develop their teamwork.***

## Photography & Art

Make exciting new projects displaying your artistic flair.



### Outcomes:

- Improves decision making skills while promoting choice and control.
- Improves ability to identify different effects in different lightings.
- Encourages personal choice.
- Increases knowledge of different ways to use technology for creative effects.

### Cost:

\$7.50 per person  
(Fee includes all consumables)

### Time:

12.00 pm - 3.00 pm



***With facilitation, participants will be actively encouraged to follow their individual style to work with different textiles and lighting to create their individual pieces.***

## Music & Dance

This program is aimed at incorporating exercise in a fun relaxed way.



### Outcomes:

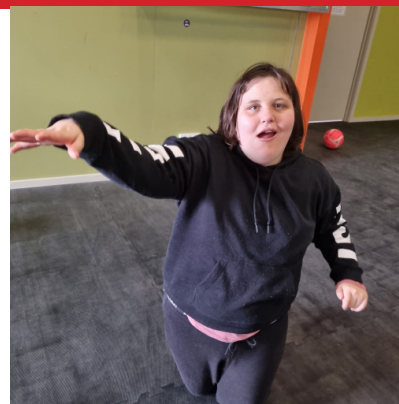
- Maintain/improve mobility and balance.
- Improved decision making through song choice.
- Improved mood through combining exercise and uplifting music.
- Build confidence in communicating within a group.

### Cost:

Free

### Time:

12.00 pm - 3.00 pm



***Participants will be actively supported to improve levels of fitness while having fun with their peers. This activity will also help them build confidence in communicating within a group.***



## Literacy

Learn and develop reading and writing skills.



### Outcomes:

- Hold a pen and form written letters to make words.
- To be able to read words and books.
- Identify letters, sign and terms.

### Cost:

\$2.00 per person

### Time:

9.00 am - 12.00 pm



**Develops basic literacy skills across writing, reading and spelling. Participants also get a sense of achievement by mastering literacy elements.**

## Cooking

Learn health and safety in the kitchen and follow a recipe.



### Outcomes:

- Learn to identify ingredients, utensils and appliances.
- Develop knowledge of healthy food adapted to a budget.
- Cooking terms; how to use them and different ways to cook.
- Use By, Best Before Dates and how to stack your fridge.
- Knife skills and safety in the kitchen.

### Cost:

\$7.50 per person  
(Fee includes all consumables)

### Time:

9.00 am - 12.00 pm



**Improves health and wellbeing through education in food choices, develops independent living skills, provides choice and improves numeracy and literacy skills by following recipes and measuring ingredients.**

## Indoor Bowls

A social activity for all weather conditions.



### Outcomes:

- Social interaction, turn taking and communication skills.
- Counting the bowls and keeping score.
- Improving bowling skills.

### Cost:

\$2.00 per person

### Time:

9.00 am - 12.00 pm



**This activity increases eye/hand coordination, builds confidence, increases intentional communication and improves fitness. Physical exercise has also been shown to improve mental health.**

## Tai Chi

A great opportunity to try new skills and meet new people.



### Outcomes:

- Decreased stress, anxiety and depression.
- Improved mood.
- Improved aerobic capacity.
- Increased energy and stamina.
- Improved flexibility, balance and agility.
- Improved muscle strength and definition.

### Cost:

Free  
(Transport charges will apply)

### Time:

9.00 am - 12.00 pm



**Participants will join in with a local community group to be lead by an experienced Tai Chi teacher through a variety of stretches and exercises.**

## Get Crafty

Make exciting new projects displaying your artistic flair.



### Outcomes:

- Decision making - select colours, materials and projects.
- Develop your fine motor and scissor skills.
- Expand your artistic flair and confidence.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Time:

12.00 pm - 3.00 pm



**Improves decision making skills and self worth. Improves motor skills and increases textile awareness. Encourages personal choice and provides opportunities to independently choose and create gifts for family and friends.**

## Fishing

Learn the basics of fishing.



### Outcomes:

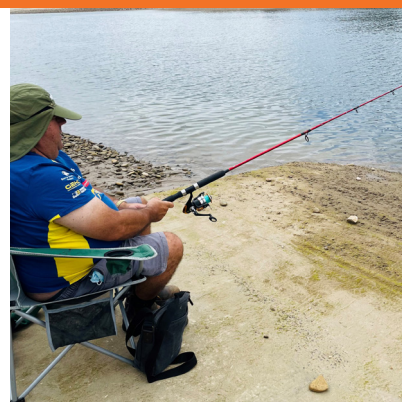
- Learn to set up your rod, bait up, cast, reel in, net the fish, remove hooks and clean the fish.
- Identify when caught fish is the correct size to keep or when to release.
- Improve coordination, fine and gross motor skills, concentration and social interaction.

### Cost:

\$5.00 per person  
(No fee is incurred if supplying own bait and tackle)

### Time:

12.00 pm - 3.00 pm



**Improves numeracy skills by accurately measuring the size of any catch as well as coordination and fine and gross motor skills by baiting the hook, removing the hook, cleaning the catch and casting.**

## Library

Learn and develop a love of reading through visits to the local library.



### Outcomes:

- Book borrowing and the responsibility of returning books, CDs and DVDs.
- Learn to utilise computers.
- Encourage reading and a love of books.

### Cost:

Free  
(Transport charges will apply)

### Time:

12.00 pm - 3.00 pm



**Improves mental health and well being as well as physical fitness and helping to maintain mobility. Creates opportunities to build social connections through shared interests and experiences.**

## Eight Ball

A social activity for all weather conditions.



### Outcomes:

- Improves critical thinking.
- Improves stretching, balance and agility.
- Helps participants develop social skills by engaging with like-minded people.

### Cost:

\$2.00 per person

### Time:

12.00 pm - 3.00 pm



**Participants will see an improvement in their eye/hand coordination and colour recognition. They will learn to become a team player as well as improving their agility and having fun.**

## Bike Riding

This program promotes choice and control while building awareness of road safety.



### Outcomes:

- Improves balance and overall fitness.
- Improves road safety awareness and signage.
- Creates opportunities for increased community connections.
- Builds awareness of local area.
- Increases mechanical skills, changing tyres, putting chains on, changing seat height and tightening handlebars.

### Cost:

Free  
(Transport charges will apply)

### Time:

All day



**Participants will be actively supported to research and choose local bike riding tracks that will assist to build more awareness of their local community while gaining overall fitness.**



## Coffee Club

Explore Devonport's cafes and coffee shops, whilst learning valuable life skills.



### Outcomes:

- Increases local community connections and develops social networks
- Improves confidence and communication skills with those outside of known circle
- Improves money handling and budgeting skills
- Increases opportunities to have outings independently

### Cost:

Drinks at participant's cost and transport charges will apply

### Time:

9.00 am - 12.00 pm



**Participants will be supported to learn all skills associated with going out and purchasing a meal or drink in a social setting. It will encourage participant input to choose a local café where they can build more independence.**

## Cooking

Learn health and safety in the kitchen and follow a recipe.



### Outcomes:

- Learn to identify ingredients, utensils and appliances.
- Develop knowledge of healthy food adapted to a budget.
- Cooking terms; how to use them and different ways to cook.
- Use By, Best Before dates and how to stack your fridge.
- Knife skills and safety in the kitchen.

### Cost:

\$7.50 per person  
(Fee includes all consumables)

### Time:

9.00 am - 12.00 pm



**Improves health and wellbeing through education in food choices, develops independent living skills, provides choice and improves numeracy and literacy skills by following recipes and measuring ingredients.**

## Work Ready

Developing the knowledge and skills to find and apply for meaningful employment.



### Outcomes:

- Increased knowledge of where to look for employment
- Increased understanding of what to put into a resume and cover letter
- Improved opportunity to practice interview skills
- Increased confidence of how to apply for meaningful employment

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Time:

9.00 am - 12.00 pm



**Participants will work in small groups to work through all the stages that are required to build the tools needed to apply for meaningful employment.**

# Reclink Sports

Develop and increase individual skills while learning team sports.



## Outcomes:

- Increased opportunities to build friendships with likeminded individuals
- Improved ability to communicate interests and choice within a group environment
- Improved knowledge of available leisure and recreational activities within your local community
- Improved fitness and mental health

## Cost:

\$3.00

(Transport charges will apply)

## Time:

12.00 pm - 3.00 pm



**Participants will join in with other local community groups to learn a variety of skills associated with sporting activities which could lead to joining other community sporting clubs.**



## "I enjoy creating projects"

"Hi, I'm Eryn.

At my Day Programs I get to do new activities and meet new people.

I enjoy creating projects of my own choice and I have so much fun doing so."

## "Kayla loves the water"

"Hi, I'm Karen, Kayla's mum.

Kayla loves the Day Programs so much she's here every day.

She loves the water, so her favourite program is the swimming one.

The Day Programs help her develop her independent living skills."



## Woodwork

Learn to use tools and make projects from start to finish.



### Outcomes:

- Development of new skills in most areas of woodwork.
- Improve creativity while customising or upcycling your own furniture.
- Improve on knowledge and ability to identify individual tools and their uses.
- Make choices about own projects.

### Cost:

\$7.50 per person  
(Consumables are at the expense of participants)

### Time:

9.00 am - 12.00 pm



***This program will help participants improve their numeracy through measurements and basic calculations in the design of individual projects and lead to increased awareness and safety when working in a workshop.***

## Get Crafty

Make exciting new projects displaying your artistic flair.



### Outcomes:

- Decision making - select colours, materials and projects.
- Develop your fine motor and scissor skills.
- Expand your artistic flair and confidence.

### Cost:

\$5.00 per person  
(Fee includes all consumables)

### Time:

9.00 - 12.00 pm



***Improves decision making skills and self worth. Improves motor skills and increases textile awareness. Encourages personal choice and provides opportunities to independently choose and create gifts for family and friends.***

## Fitness

Participants will be supported to increase and build fitness.



### Outcomes:

- Improved knowledge of available leisure and recreational activities within your local community.
- Improved fitness.
- Increased opportunities to plan and attend local venues and sporting facilities.
- Awareness of free community access equipment.

### Cost:

\$5.00 per person  
(Transport charges will apply)

### Time:

12.00 pm - 3.00 pm



***Participants will research local walking tracks, sporting equipment and community spaces to develop new opportunities and hobbies.***



## Swimming

This is an individual swimming group which meets the participant's needs.



### Outcomes:

- Develop confidence in the water.
- Increase swimming techniques based on the individual.
- Improve general health and fitness.

### Cost:

\$10.00 per session  
(Fee includes facility entry and exclusive use of the hydrotherapy pool. Transport charges will apply)

### Time:

12.00 pm - 3.00 pm



**Develops safety skills, improves confidence and eye/hand coordination, increases fine/gross motor skills, increases/maintains mobility, improves balance, increases overall fitness and independent living skills (drying/changing).**

## Gardening

Plant, grow, care for and harvest plants - vegetables, herbs and flowers.



### Outcomes:

- Growing own vegetables for use in cooking will contribute to a healthy diet.
- Learn to identify the difference between weeds and plants.
- Plant and maintain a garden and harvest what you grow.

### Cost:

\$5.00 per person

### Time:

9.00 am - 12.00 pm



**Improves mental health and well being as well as physical fitness and helping to maintain mobility. Creates opportunities to build social connections through shared interests and experiences.**

## Fitness

Participants will be supported to increase and build fitness .



### Outcomes:

- Improved knowledge of available leisure and recreational activities within your local community.
- Improved fitness.
- Increased opportunities to plan and attend local venues and sporting facilities.
- Awareness of free community access equipment.

### Cost:

\$5.00 per person  
(Transport charges will apply)

### Time:

12.00 pm - 3.00 pm



**Participants will research local walking tracks, sporting equipment and community spaces to develop new opportunities and hobbies.**

---

# Devonport Campus History

As a result of St Michael's Association's Strategic Plan (2018-2020) the purchase of the Devonport Campus (formerly a school) came to fruition.

Following an extensive consultation process across the North West Coast, it was determined that St Michael's could offer quality disability support options for people living with a disability in the North West area.

St Michael's Association Devonport opened its doors on the 1 February 2019.

Staffing numbers commenced at four but quickly increased as participant support demands grew. To date we continue to recruit, providing career options in the disability sector for people wishing to pursue a career in the industry.

Services offered are:

- Centre based programs
- On-site personal support programs
- Off-site personal support programs
- Community access
- Respite

Participant numbers continue to grow alongside service expansion and we look to continue to offer our support for people living with a disability, residing in the North West Coast of Tasmania.





# Program choices

Please select your program choices and return this form to St Michael’s. Email [natasha.reardon@stmichaels.asn.au](mailto:natasha.reardon@stmichaels.asn.au) or mail to 19 North Caroline Street, East Devonport, Tasmania, 7310.

Please make a note of costs next to your choices and select your 1st and 2nd choice for every day you wish to attend our services (both AM & PM).

Name: .....

		AM		PM	
EXAMPLE	1st choice	Literacy	\$ 2.00	Dancing	\$ 2.00
	2nd choice	Golf	\$ 3.00	Craft	\$ 5.00
Monday	1st choice		\$		\$
	2nd choice		\$		\$
Tuesday	1st choice		\$		\$
	2nd choice		\$		\$
Wednesday	1st choice		\$		\$
	2nd choice		\$		\$
Thursday	1st choice		\$		\$
	2nd choice		\$		\$
Friday	1st choice		\$		\$
	2nd choice		\$		\$
Total weekly cost of all programs			\$		\$

Signature of Participant/Guardian: .....

Date: .....



\_\_\_\_\_

We encourage you to record the activities that you'd like to try here.

## Feedback

We welcome feedback so that we can improve our services. Whether it's a compliment, idea or complaint, please tell a Support Worker, Senior Support Worker or Manager or write a note, email us at [info@stmichaels.asn.au](mailto:info@stmichaels.asn.au) or call us on 03 6331 7651.

- Do you enjoy your programs?
- Are you participating in activities you wish to or are there any programs you would like to see happen?
- Do you have any ideas on how we are able to improve our service?

## Incidents

NDIS providers are required to record and manage all incidents that happen in the delivery of NDIS supports and services, and notify the NDIS commission and other external bodies of all reportable incidents. St Michaels have a robust incident management system in place where all incidents are dealt with and reported in accordance with the NDIS Commission (Incident Management and Reportable Incidents) rules and guidelines.

To report an incident:

- Speak to someone who you can trust
- Or complete an FSER05 Incident and Concern Report. Ask a STMA employee for this report
- In the event of an emergency dial 000 (Police, Ambulance or Fire Brigade).

## Conflict of Interest

- NDIS participants accessing our services are fully informed and empowered, we will ensure that they receive transparent information about St Michaels
- STMA is aware of the potential for real or perceived conflict of interest when operating in multiple roles for a participant
- Identifying and remedying perceived or actual conflicts of interest in our service delivery is key to operating with integrity, honesty and transparency
- STMA ensures that when providing supports to NDIS participants, including when offering plan management, support co-ordination or SDA services any conflict of interest will be declared
- Separate service agreements will be used in case of multiple services are delivered to the same participants
- Participants/key stakeholders can make a complaint to the CEO using the STMA FSER06 Grievance and Complaint Report in case of any grievance. You can ask a STMA employee for this report.

## Complaints

If you have an issue you might try the following:

### STEP 1 NOTIFY YOUR SUPPORT TEAM

As a first step, try to speak with the person involved or a Support Worker or Senior Support Worker. It's okay to ask someone you trust to support you when you do this. Alternatively, you can skip directly to **STEP 3**.

**Note: The complainant reserves the right to go straight to an external body i.e. NDIS Commission.**

### STEP 2 DISCUSS WITH SENIOR MANAGEMENT

This may include a Senior Support Worker, Program Coordinator, Manager or the CEO. Choose someone who you feel comfortable speaking to and use whatever method you feel comfortable with: in person, by phone, email or complete an FSER06 Grievance and Complaint Report.

### ACTION

- It might be a misunderstanding or something that a simple apology could resolve. If you feel that the issue hasn't been resolved or if it's a more serious matter, follow **STEP 2**.

### ACTION

- We may be able to give you an immediate solution. If not, we'll try to address the issue as soon as possible through our complaints process
- When you make a complaint, we will make sure that what you say is kept a secret
- We'll acknowledge your complaint, keep you updated on progress and provide you with an expected time-frame for your complaint to be resolved. If you're unsatisfied with the outcome follow **STEP 3**.

### STEP 3

### LODGE YOUR COMPLAINT EXTERNALLY

If you don't feel comfortable speaking to us or you're unsatisfied with the result of your complaint, you can contact the below organisations.

**OR you can contact the below organisations in the first instance.**



'Your Say' Advocacy  
1800 005 131 (Freecall)  
[advocacy@advocacytasmania.org.au](mailto:advocacy@advocacytasmania.org.au)  
[www.advocacytasmania.org.au](http://www.advocacytasmania.org.au)



NDIS Quality  
and Safeguards  
Commission

For any concerns about the quality  
or safety of supports and services  
[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)  
1800 035 544

Tenants' Union  
of Tasmania



For complaints about residential  
tenancies in Tasmania  
[tenants@netspace.net.au](mailto:tenants@netspace.net.au)  
(03) 6223 2641 or 1300 652 641



# Autumn/Winter 2023

## Program Book

Activities on offer in the  
North West



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



### St Michaels Association Inc.

#### Northern Tasmania

22 Hoblers Bridge Road  
PO Box 306 Newstead,  
Tas 7250  
(03) 6331 7651

admin@stmichaels.asn.au

#### North West Tasmania

19 North Caroline Street  
East Devonport,  
Tas 7310  
(03) 6459 2522

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