


by St Michael's Association Inc.



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Advertisement


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We might be less than two months into 2023 but there has certainly been plenty happening across St Michael's.

Following the Festive Season our dedicated team members have wasted little time getting back into the swing of things and have continued to support our participants in progressing towards their goals.

We have seen some very positive progress, for example it has been fantastic to see Aron returning to the water after an absence of about two years. Adolphus, one of our wonderful support workers used to take Aron swimming regularly, but over time Aron not only refused to go in the pool but developed a serious aversion to pools, water and even hoses.

Adolphus has worked with Aron, alongside members of Aron's house team, to address this issue and it has paid off with Aron getting back in the water last month. You can learn more about this on Page 4.

This month saw us recognise our 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. For the first time in the history of this program we saw the top honour, our Shining Star, go to a team member from Devonport. Congratulations to Harry!

You can read more about all our award winners on Page 3. They all have wonderful stories to tell and it was a pleasure to congratulate and celebrate with the five recipients at morning teas in both Devonport and Launceston.

However, it has not only been just on the support front that activity has been busy. Work is well under way on the construction of the sixteen (16) independent living units on our East Devonport site. Visitors to the site will have seen that all the slabs have been poured and the framing is well under way.

Everything is still on track for their completion by the end of August 2023 and demand for such housing remains extremely strong.

The new year has also seen some much-needed upgrades undertaken at our Chant Street property, the home of Independent Services.

In February contractors undertook a range of works including the installation of a new sewer line, replacement of all the toilets and the water pipes to the toilets, which were frequently becoming blocked, replacement of the flooring in the kitchen, pathway improvements and the installation of a laundry. The creation of the laundry will also support our participants to continue to develop their life skills by now being able to wash and dry their clothes.

The team and our participants from Independent Services relocated to St Michael's Hall for two weeks while the work was undertaken. I wish to congratulate the team for the smooth transition and how well they ensured that all the participants settled into their temporary home and that all the existing programs operated unchanged during that period. You can read more about this project on Page 16.

Finally, the wonderful warm weather has seen the various vegetable and fruit garden beds producing an absolute bounty of fresh fruits and vegetables.

This has seen our cooking programs prepare a vast array of healthy lunches with the home-grown produce. Our participants have loved finally being able to taste the fruits (no pun intended) of their labours and the delicious lunches.

Great teamwork by everyone involved and planning is already underway for the composting, preparation of the garden beds and planting out our next rotation of crops.

There are other great stories in this edition, so happy reading!

Mike Thomas
Chief Executive Officer

Paul turns 50!



More than 20 staff and fellow participants joined Paul last month to celebrate his 50th birthday at the Hog's Breath Cafe, in Launceston.

Paul was spoilt with a lot of presents and even had a special cake for the occasion.

The cake came complete with sparklers.

We trust you had a wonderful time at the party, Paul, and congratulations on your milestone birthday.

Our latest Shining Stars

St Michael's 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 - were announced at a staff morning tea on 28 February.

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.

Those nominated were team members working across the organisation - from Day Programs in Newstead, Chant Street and Devonport to St Michaels Training.

"All staff nominated are clearly deserving winners and are to be commended not only for their support to our participants but also their colleagues," said CEO Mike Thomas.

"St Michael's is indeed fortunate to have so many staff members who are willing to go above and beyond to support our participants.

"This recognition is just one simple way that the organisation can say thank you."

The recipients were:



Harry Arneja (Shining Star):

Harry is a reliable, flexible and positive person who always presents at his best. This is portrayed in all aspects of Harry's work and evident by the outcomes achieved by the participants who he supports. Harry is an asset to have on the team in Devonport.



Elizabeth Meek (Innovation/Creativity):

Elizabeth's monthly learner progress reports have been a great initiative in helping our stakeholders keep track of the progress of every learner they have who is enrolled in a current course with the organisation.



Adolphus Hill (Active Support/ Outstanding Support):

Adolphus used to take Aron swimming regularly but over time Aron not only refused to go in the pool but developed an aversion to pools and water and would become upset even when just going past the aquatic centre. Adolphus has worked with Aron, alongside members of Aron's house team, to address this issue with Adolphus presenting great images of himself and Aron swimming again (see more on Page 4).



Amanda Mallett (Leadership/ Mentoring):

Amanda leads from the front at Independent Services, working on the floor and mentoring staff on providing active support. She goes above and beyond with her leadership and engages effectively with both staff and participants. Mandy is an asset to STMA and provides excellent mentoring and leadership to all at IS.



Alex Williams (Teamwork):

Alex has worked hard on the Day Program rostering and has been working closely with Day Program Operations Manager Emma in being proactive and organised. Given Alex's efforts, team members know exactly what the expectations are each day when they arrive at the Newstead Day Program.

Nominations for the next round of awards are now open, and will remain so for about six weeks with an announcement expected to be made in late April.



Pictured with Director Disability Services Andy Gower (centre) are recipients (from Left): Amanda Mallett, Alex Williams, Adolphus Hill and Elizabeth Meek.



Harry Arneja (left) receives his certificate from CEO Mike Thomas.

Air purifiers available for purchase through NDIA



Eligible NDIA-funded participants are reminded that they are able to use their existing consumables budget to purchase air purifiers - or other ventilation devices such as portable extraction or pedestal fans - as we adapt to the new normal caused by the COVID-19 pandemic.

According to the NDIA participants can use such devices to ensure safe access to NDIS-funded supports in their home where they:

- Have a disability that compromises their breathing (lung function) and/or puts them at increased risk of acquiring, or becoming very unwell if they acquire, COVID-19;
- Are at increased risk of acquiring COVID-19 due to the nature and volume of close personal supports they receive each day from support workers in their home; or
- Are unable to (due to disability) effectively minimise the risk of acquiring COVID-19 by following public health advice (e.g. to wear a mask), or otherwise ensure adequate ventilation within their home or residence by other means (e.g. opening windows).

Plan-managed or self-managed participants can purchase these items from any provider. NDIA-managed participants can purchase these from any NDIS provider registered to deliver the relevant assistive technology supports.

More information can be found [at https://www.ndis.gov.au/participants/assistive-technology-explained/flexible-low-cost-support-continuity#can-i-use-my-low-cost-assistive-technology-at-budget-to-purchase-a-portable-air-purifier](https://www.ndis.gov.au/participants/assistive-technology-explained/flexible-low-cost-support-continuity#can-i-use-my-low-cost-assistive-technology-at-budget-to-purchase-a-portable-air-purifier)

Aron dives back in



It was a big day at St Michael's in January with Aron diving back in to swimming after an absence of more than two years.

While he used to go swimming regularly, Aron lost interest in the water and chose not to go swimming.

Several members of his support team, including Adolphus, have worked actively and diligently with Aron to get him to the point where he was willing to go back to the aquatic centre early in the month for a look at the place and the swimming group before venturing back into the water.

Congratulations to all the staff who have worked alongside Aron over an extended period of time to enable him to regain his passion for swimming. At St Michael's our primary aim is to assist our participants reach their full potential and live a satisfying and productive life, and this is just another wonderful example.

Newstead

Day Program has been on many new adventures and outings and welcomed Emma Pearce as Operations Manager.

We have been to the QVMAG Interactive and Science Centre where Alice enjoyed the interactive puzzles, Kevin looked at the war memorabilia and Pari enjoyed using the image distorting glass and, of course, so did the staff.

We went out to Apricus (Old Macs Farm) where Ben played in the sand pit and enjoyed the sun, Bradie-lee and Alice fed some of the farm animals and even got to pat a goat while David and John sat in the sun and enjoyed a latte and scones, jam and cream.

We celebrated the New Year with a barbecue at Punchbowl and played outdoor games such as cricket and soccer.

Mitchell is excelling in the cooking program and is always the first in the kitchen and the last one to leave, Claire's confidence in the kitchen has grown so much and Kylie has shown a lot of enthusiasm in the kitchen and wants to take what she has learnt back home.

Julianne and Antony have been making strides in the swimming program and showing more confidence in the water.

We are also happy to announce that we have got our new compost up and running so we are endeavouring to make our own soil for our veggie gardens to start producing more vegetables to support the cooking program.

A massive thanks to the Day Program staff for always being there to support our participants and making sure each day is the best it can be.

Alex Williams
Support Worker



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Devonport

Hello 2023!

It's been a busy couple of months at the Devonport Day Program.

From celebrating Christmas, cooking and getting out and about in the community for Coffee Club, it has been full steam ahead.

With the recent warm weather participants have been eager to spend more time outdoors exploring walking tracks, shopping in the community, spending time at the beach and exploring the barbecue area at the new Waterfront Park, which is amazing!

Our respite program has been in full swing already this year, with new and old friendships surfacing and participants reconnecting and different activities being explored and experienced along the Coast.

We have also had a school holiday program running over summer, which was nonstop and packed with activities.

It has been good to see some new and old faces during that time.

This year will be a year full of achieving goals and, of course, having fun!

Our busy participants have already come up with some great ideas for outings and we cannot wait to keep you all updated on where we go and what we get up to.

Reclink has also recommenced for 2023 and we are so excited to have Sam back for another year of physical activity fun.

Abby Mott
Senior Support Worker



"This year will be a year full of achieving goals and, of course, having fun!"



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Independent Services



With the Christmas break done and dusted everyone returned full of energy and eager to get back into their chosen programs.

Our swimming group took advantage of the closure of our regular pool during January to visit various community venues. Participants thoroughly enjoyed themselves with rides on the Tiger Bus, visits to Punchbowl and a hot chocolate or two at JJ's. The swimming sessions returned in February with everyone keen to get back in the water and work on their swimming techniques.

Our temporary move in the first two weeks of February to the St Michael's Hall was a success for all with programs continuing without interruptions. Thank you to all the participants and staff for their help and understanding while the building works were taking place at Chant Street. Thank you also to everyone at the St Michael's site for assisting us and making us feel so welcome.

Included in the renovations is a laundry area with a washing machine and dryer. These additions will assist participants to maintain and develop skills that they can utilise in their own homes to further build their independence.

Brody has been enjoying 1:1 supports with community access which has included fishing trips. He is now looking forward to attending his first Tasmanian Hawks game at UTAS Stadium with support. We look forward to sharing more of his exciting adventures going forward.

Amanda Mallett
Senior Support Worker



Fruit and vegetables galore over summer!



With an abundance of warm weather it is probably no surprise that the strawberry patch in Devonport was full to overflowing over summer.

A big shout out to participants Allen, Cheryl and Emma who undertook a big pick recently.

There was certainly plenty to go around!

The wonderful warm weather has also seen the various vegetable and fruit garden beds at Newstead and Independent Services produce an absolute bounty of fresh fruits and vegetables this summer.

This has seen our cooking programs prepare a vast array of healthy lunches with the home-grown produce.



Kenneth Court

Andrew has started the year off well.

He had a visit home over the Christmas break and also spent time with Stephen and new housemate Alan.

He has continued his programs and at Independent Services on Thursdays Andrew works on numeracy, art and a very competitive game of indoor bowls.

He is always excited to go to his Day Programs to see friends and staff.

Andrew has been participating in house activities such as weekly dinners out where the housemates choose a place to go for dinner. He enjoys these nights and the chance to have a beer with his mates.

He engages in house life and sometimes helps with dinner and plays games such as Uno. Andrew enjoys a movie night at weekends and his favourite thing to do in the afternoon is to watch *The Chaser*.

On Sundays he attends the Launceston South Uniting Church and loves singing.

Nick spent Christmas with his mother, Joy, and went to Grindewald. He decided to come back to the house earlier than planned as he was missing his friends and his activities.

Nick has continued his Day Programs at Independent Services and Newstead.

He has been going out for community access and at woodwork he is currently making a table in the red and black colours of his favourite football team, Essendon.

He has been working in the vegetable garden at home with staff growing tomatoes.

He has been helping to prepare dinner sometimes and has requested several times for staff to help him do the dishes which he likes to share with his housemates, such as cupcakes and apple crumble.

Nick has been enjoying going out to new places for dinner once a week.

Stephen had a break at home over Christmas.

He has also continued his Day Programs and engages in cooking and other activities around the centre.

Stephen has been participating in house activities such as weekly dinners.

He actively engages in house life sometimes helping with dinner and playing games.

Like Andrew he attends the Launceston South Uniting Church and also loves singing.

Alan enjoys walking to the Norwood shops where he buys himself a Boston bun for lunch and the paper.

He is passionate about sports and usually goes to bed late after watching soccer or cricket. Alan also enjoys going out for lunch every Sunday with Andrew and Stephen, reading books and helps sometimes with the dishes.

Purity Ronoh
Senior Support Worker



Baker House

The holiday season was a blessed one for the residents of Baker House with Gary and Paul enjoying time over the Christmas period with their families.

Gary headed south to his parents for Christmas and the New Year spending time with his extended family while Paul stayed with his parents to celebrate a more intimate Christmas with them and his sister.

With Paul returning home the day after Boxing Day he settled in for a quiet New Year and with the requests of certain clothing items you could mistake his New Year's resolution to be "more like Norm."

The pair are excited to see what opportunities a year without COVID-19 restrictions will bring them and they have been taking full advantage of the warmer weather to get out and about.

Gary has been using the opportunities presented to make the most of his time with many visits to cafes for lunch, parks and reserves and the odd truck yard as well as meeting various people from all walks of life along the way.

All in all 2023 promises to be the year of new beginnings and the residents of Baker house are eager to see what awaits them.

Happy New Year from all at Baker House.

Christiaan Campbell
Senior Support Worker



Sayer Street

Sam has been spending a lot of time at Scenic Isle Gaming in Yorktown Square during the summer period.

He has recently been getting some mentoring from Jeremy, the owner, and hopes to gain employment there in the future.

Jeremy sells a lot of his gaming products online and has been teaching Sam the different ways of picking and packing the orders ready for dispatch via Australia Post.

Sam has enjoyed the challenge of learning something new and loves to go there every Monday and Thursday, even on public holidays. He has also been out and about in places like City Park catching Pokemon on his switch.

Recently Sam has been working on his cooking skills and has perfected the art of cooking eggs without them being under or over cooked.

Kevin returned to Sayer Street after a big break staying with his father, Mick, at Georgetown. Sayer Street was not the same without Kevin and it is great to have him come back full of energy after his holiday.

Kevin enjoyed having a big celebration with his family over the Christmas-New Year period. Like most of us, he says he ate way too much on Christmas Day and had to rest on the couch afterwards.



He was excited that he got a new Play Station 5 for Christmas and he has been spending a lot of time inside in the cool playing his new Pokemon games.

Kevin and Mick went to Melbourne for New Year's Eve. They went out onto Port Phillip Bay on a ferry and watched the fireworks. Mick said it was a wonderful experience.

Kevin had a great time but is happy to be back in his old routine at Sayer Street.

Phil Watson
Senior Support Worker

Como Crescent

The warmer weather over the last few weeks has given both Ben and Jacob the opportunity to get out and about a bit more, which they have enjoyed.

A big thank you to all staff who took time away from their own families to support Ben and Jacob over the holiday period.

Staff have been assisting Jacob to achieve his goal of developing more independence.

Jacob is encouraged to clean up his own area, and is now working on stripping and remaking his own bed. Well done to Jacob and staff for being consistent in helping Jacob achieve this goal.

Ben has also been working on household chores as part of his NDIS goals, and is regularly taking the rubbish out with staff prompting.

He is also encouraged to bring his own own washing down from his bedroom.

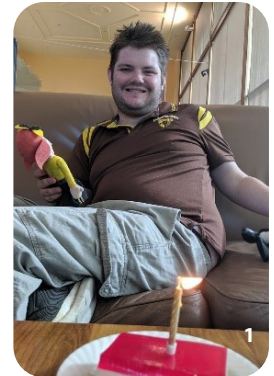
Both Ben and Jacob have been taking advantage of the warmer weather, and enjoying regular barbecues out in the community.

This is helping both with their social interactions, as well as their independent living skills, as they like to help out with cooking the barbecue.

Ben also celebrated his birthday at the end of January, and was very happy to get the opportunity to go out for dinner.

We look forward to showcasing Ben and Jacob's adventures in the next edition.

Juanita Hack
Senior Support Worker



Chugg House

Lita had a nice few days at home over Christmas and the New Year period relaxing and enjoying the festive season with family and friends. She got a lot of presents and loved being spoilt.

January was a busy time for Lita as she has actively been taking part in walking sometimes two or three times a day.

One of the highlights has been walking up to the St Michael's garden and sometimes picking silverbeet for her little birds to munch on and getting some fresh vegetables for her meals.

Lita was supported to go for a bus trip to Old Macs Farm with the participants from Lyne Respite. She thoroughly enjoyed socialising with the other participants and a fun day was had by all, sitting in the sunshine and enjoying a burger and fries for lunch.

On another occasion Lita went down to the Seaport for a walk around to enjoy the fresh air and sunshine before stopping at the Tio Rico café for lunch.

Lita continues to build on her daily living skills and is actively taking part in assisting staff with her laundry and in the kitchen, where she can.

Lita's swimming program has started up again for the year so most days she will be at the pool, which is one of her favourite things to do.

She loves floating around and socialising with the regulars. Lita loves being greeted by them all as she enters the pool.



Lita has recently been supplied with some adaptive kitchen appliances, one being a kettle and the other being a cup with a water level alert.

We look forward to sharing in the next newsletter how Lita has been supported to use these appliances.

Jodie Beveridge
Respite Coordinator

Hawthorn Street

Hawthorn Street was down to three participants over the Christmas period with Zac, Mat and Sarah C in residence.

Sarah H enjoyed an overseas holiday with her mother.

Sarah said that when they hopped off the aeroplane in Dublin there was snow all over the car. She had a wonderful holiday but was happy to return to her home at Hawthorn Street.

Zac had a great Christmas and spent valuable time with family and friends.

He did a bit of fishing at Devonport but only caught a baby snapper and is still hoping for the elusive whopper.

He has also joined a darts team and plays every Wednesday night with the Australian Italian Club team as well as playing cricket with Beaconsfield on a Sunday.

Mat has spent a lot of time gaming on his computer and loves playing Minecraft online against his friends.

He had a quiet Christmas and mostly stayed at home.

Mat recently purchased a new camera for his computer so he can interact better with his

friends.

He has also been continuing to improve his grocery shopping skills and has become very efficient at finding the groceries he requires and then coming home and cooking them.

Sarah C recently obtained a certificate in Traffic Control Management and is very proud of herself after all the hard work she has done.

She is hopeful of gaining employment with this new skill.

Like Zac, Sarah C has continued to practice her darts and has just joined a team based at the Over 50s Club at Ravenswood.

She can't wait to show off her skills playing singles and doubles.

Sarah C has also continued to improve her fitness and has been going to football practice in the hope of getting a game this season.

Well done everyone, you are all doing a great job.

Phil Watson
Senior Support Worker



Smith House

One of Aron's goals has been to participate more in the community.

And he has been flourishing lately, becoming quite the social butterfly.

Aron has thoroughly enjoyed going out for meals at the casino, going to the beach and catching up with some friends at St Michael's.

A massive goal which was achieved recently is that Aron went back for a swim at the aquatic centre, after a two-year hiatus.

You can read more about this on page 4 of the newsletter.

Well done to Adolphus, who was responsible

for Aron achieving this goal.

However, the entire Smith and Day Program teams deserve to be mentioned as all worked on encouraging him to get back there for months.

It truly has been a fantastic group effort.

Juanita Hack
Senior Support Worker

"Aron has thoroughly enjoyed going out for meals, going to the beach and catching up with friends."



Wise House

It's been a busy few months here at Wise House.

I'd first like to thank the staff who took time away from their own families to support Robyn and Vickie over the holiday period.

Even with the festive season, and the unhealthy meals and snacks that it entails, Robyn and Vickie have tried really hard to stick to their healthy meal time plans.

Staff work with them on a weekly basis to develop a menu, and then assist the ladies to go grocery shopping every Saturday.

This weekly expedition gives the pair the opportunity to make healthy choices, and allows them to make their own decisions.

Another goal for both ladies is to maintain healthy relationships, and the holiday season was a perfect opportunity for this.

Vickie went home for a couple of weeks to visit her family, and Robyn visited her sister on Christmas Day.

Robyn also socialised with other residents around St Michael's.

Juanita Hack
Senior Support Worker



Merton House

With the start of the new year comes new changes and Merton is excited to announce the arrival of new residents Adam and Tom, who both seemed as keen to move in as the other residents were to meet them.

We look forward to helping them settle into their lives at Merton and hope the experience we offer there can help them grow and flourish as independent members of society.

The residents are recovering after a big Christmas and New Year period with many of them going to family gatherings and visiting friends for the festive period.

Chris is one who took the opportunity to go back to his parents for the Christmas break to catch up with his siblings and extended family and returned just before New Year's Eve to catch his friends for some New Year's celebrations.

Jack spent time with his family on Christmas Day at a barbecue. His mother and sister flew down for the occasion which he thoroughly enjoyed as he hadn't seen them, or his niece, for some time. He then had a quiet New Year's with friends.

Tania spent the holidays visiting various friends and catching up with family, some via phone as they are interstate. She made sure she had plenty of gifts for them all, as is her nature, and had a quiet New Year's at home.

Ashlee spent the majority of her holidays with selective company as she doesn't feel the need to go overboard with the Christmas season and though most people use this time to go crazy with gifts and food and events, she preferred to keep her celebrations modest.

Christiaan Campbell
Senior Support Worker

"We look forward to helping them (Adam and Tom) settle into their lives at Merton and hope the experience we offer there can help them grow and flourish as independent members of society."

Penquite Road

It is wonderful to see Gabby back in Penquite after spending her Christmas break with family.

Gabby is easily settling into her new home. Her days at Penquite Road have increased. She enjoys her stays at her new house and forming close relationships with her housemates Alice and Lisa.

She is a cheerful young lady and enjoys socialising with her housemates and staff.

On weekends Gabby likes going for outings and has been to cafes, Tailrace Park, Deloraine Park and to the movies. On a quiet afternoon, Gabby enjoys watching movies or listening to music.

Alice has had a blissful month at Penquite after spending her Christmas break away with family. She has gained a lot of independence at the house and enjoys making herself a cup of coffee or a hot chocolate as soon as she gets home from Day Program, where she goes every week day.

Packed with her infectious smile, Alice enjoys socialising with staff and her housemates. She also enjoys going on outings over the weekend as well as gardening, cooking and doing the laundry.

Alice likes to window shop at Myers, dance, sort and organise her collection of jewellery and to watch the *Cinderella* movie. She has also started swimming lessons.

Lisa is a great socialiser and enjoys making new friends while attending many activities and outings.

Her interactive skills with housemates and staff are always a pleasure to witness.

Lisa spent time with family on Christmas Day and received tons of gifts from Santa.

She has flourished in doing the dishes and is always happy to help out after tea.

Lisa has also been out to Morty's every Tuesday with Alice and staff.

On the weekends, Lisa enjoys going out for outings, gardening, watching movies and listening to music.

Purity Ronoh Senior Support Worker



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Lyne House



It had been another couple of busy months at Lyne Respite post-Christmas.

The participants have continued to enjoy the warmer weather and sunshine with regular weekend visits to the beach. Everyone loves grabbing some take away fish and chips and eating them on the beach while soaking up the sun.

Going bowling and to the cinema to catch a movie are also high on the list of favourite activities of a weekend. Visiting Seahorse World has also become popular with the participants especially liking the "touch" pools.

Staff have also been actively supporting the participants to prepare and pack the picnic hamper for trips to the park for a barbecue lunch.

This has been great to build planning and decision making skills and most participants can now complete this task with minimal prompts. It also promotes choice and control as each participant has input into what foods are packed.

Building independent living skills is a big part of the active supports that are provided at Lyne Respite and all participants are supported to prepare evening meals, clean and tidy their rooms and assist with washing and hanging out their clothes.

Most evenings are spent either watching a favorite movie on Disney or Netflix or just chilling by listening to music on YouTube.

Participants also love to get the craft box out or a board game to play of an evening.

Bradie-Lee celebrated her 17th birthday in style with lots of visitors, presents and, of course, cake.

She had a wonderful time opening her presents and socialising with her friends.

We look forward to sharing more adventures and achievements in the coming months.

Jodie Beveridge
Respite Coordinator



IHTS has been revamping and improving its processes since the implementation of a new Senior Support Workers' structure.

The three new Senior Support Workers manage a smaller group of participants to ensure consistency in communication with families and friends of participants to keep everyone updated on actions undertaken to support participants reach their goals.

All communication for IHTS can be directed to any of our new Senior Support Workers on the below contact information:

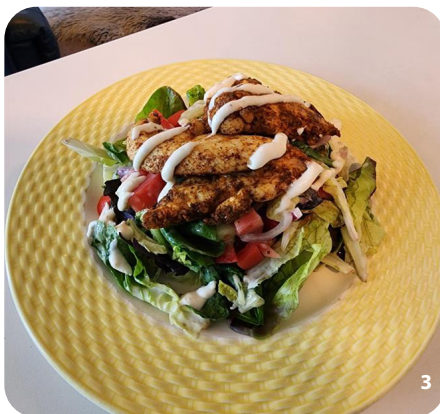
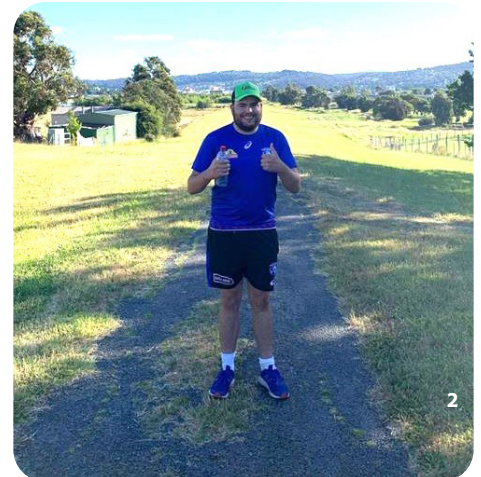
Paul Wilton: 0437 144 092 or paul.wilton@stmichaels.asn.au
 Kerryn Cullen: 0439 323 532 or kerryn.cullen@stmichaels.asn.au
 Meg Wilkinson: 0498 444 121 or meg.wilkinson@stmichaels.asn.au

The hours of operation for IHTS are 7am to 8pm on weekdays and 9am to 3pm on weekends.

This summer the focus for IHTS has been on healthy minds, bodies and souls. We are capturing all the amazing summer fruits and vegetables that participants are including in meal times, participants have been out enjoying nature and trips to the gym and participation in community activities.

Jasmine Cardno
Operations Manager - IHTS

"This summer the focus for IHTS has been on healthy minds, bodies and souls."



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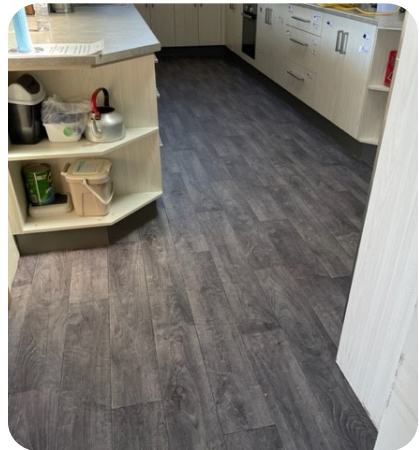
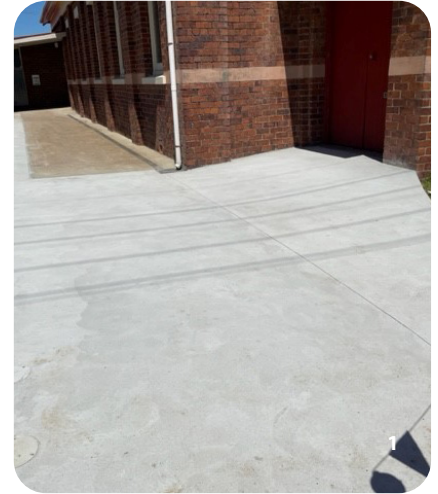
Independent Services Upgrade



The new year has seen a new look for Independent Services with several works being undertaken at Chant Street.

In February contractors:

- Installed a new sewer line
- Replaced all toilets and water pipes to toilets (which frequently became blocked)
- Replaced old concrete slab and re-ran the ramp entrance
- Installed new cleaner's sinks and taps thus making a laundry and cleaner's storage room and;
- Replaced vinyl in kitchen and laid new vinyl in the cleaner's room



At the same time the Assets team re-sheeted and waterproofed a wall in the laundry and installed new skirting.

Independent Services relocated to St Michael's Hall for two weeks to allow the work to be undertaken and staff are congratulated for the smooth transition they undertook to ensuring participants were not unduly impacted by the move.



St Michaels Training



Here we are in 2023, and what a busy year it is going to be with many changes to the VET sector coming.

We have attended a number of discussion groups around the proposed changes to the Standards for Registered Training Organisations, which will be implemented in 2024.

An exciting new partnership has commenced with a large disability service provider, who will deliver training to their employees under a third-party agreement with us.

St Michaels Training has again been successful in gaining funding through the Skills Fund and the Apprentice and Trainee Training Fund (User Choice) for 2023 programs so that we can continue to provide quality training across the state to workers.

Our project with Café Next Door, funded by the Training and Work Pathways Program, is progressing very well.

This project will provide people with a disability an opportunity to engage in vocational training and develop sound pre-employment skills in a flexible and supported learning environment. Intensive individual support is a feature of the project, along with a mix of nationally and non-nationally recognised training intended to provide participants with the opportunity to learn life skills and to gain independence.

St Michaels Training was recently presented with a cheque by Harcourts Launceston for our successful grant application through the Harcourts Foundation.



This grant has allowed us the opportunity to purchase a hoist and mannequin for our Devonport site for much needed manual handling and personal care training for the sector.

We are looking forward to another exciting and successful year.

Kim Dean
RTO Manager

Classic potato salad

Ingredients

- 600g Nicola potatoes, unpeeled
- 2 middle bacon rashers, rind removed and chopped
- 1 medium brown onion, finely chopped
- 2 hard boiled eggs, chopped
- 1/2 cup whole egg mayonnaise
- 1 tablespoon cider vinegar
- 2 gherkins, finely chopped
- 3 green onions, thinly sliced

Instructions

Step 1

Cook potatoes in a large saucepan of boiling, salted water for 15 minutes or until tender. Drain, cool, peel and chop.



Step 2

Meanwhile, heat a large nonstick frying pan over high heat. Add bacon and brown onion. Cook for 2 to 3 minutes or until onion has softened. Transfer to a large bowl.

Step 3

Add potato and egg. Combine mayonnaise and vinegar in a bowl. Add to potato mixture. Season with salt and pepper. Toss to combine.

Step 4

Serve topped with gherkins and green onion. Serve.

How to hard boil eggs for potato salad:

Place eggs in a saucepan and cover with cold water. Cover the pan and bring the eggs to the boil over a high heat. Reduce heat to medium and simmer for seven minutes. Place under cold water for a minute and set aside to cool before peeling.

Green lentil salad

Ingredients

- 200g dried green lentils
- 250ml vegetable or chicken stock
- 375 ml water
- 1 large garlic clove smashed
- 3 slices of lemon peel
- 1 bay leaf, dry or fresh
- 2 sprigs thyme, or 1/2 tsp dried thyme
- 1 stick of celery, broken into 3 or 4 pieces (or just a handful of leafy fronds)
- 250g cherry tomatoes, halved or quartered
- 2 cucumbers, cut into quarters then diced
- 1 red onion finely diced
- 1/4 cup coriander, finely chopped
- 1/4 cup parsley, finely chopped
- 90g feta, crumbled
- 2 handfuls rocket (optional)

Lemon dressing

- 2 teaspoon lemon zest
- 2 tablespoons lemon juice
- 85ml extra virgin olive oil
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1 teaspoon sugar
- 1/2 teaspoon salt and black pepper



Instructions

Step 1

Place ingredients in a large saucepan over high heat. Bring to simmer then turn down to medium low. Cook for 20 minutes for firm or 25 minutes for soft. Do not overcook and make it mushy. Drain in a colander, pick out celery etc. Rinse very quickly just to remove any grit coating the lentils. Set aside.

Step 2

Place dressing ingredients in a jar, shake well.

Step 3

Place lentils, tomato, cucumber, onion, coriander, parsley and some of the feta in a large bowl. Pour over most of the Dressing, then toss.

Step 4

Place rocket lettuce on a serving platter. Pile salad on top. Drizzle over remaining dressing and crumble over feta. Serve.

Highlights



REQUEST A PIC

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

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

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

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

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:
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