

by St Michael's Association Inc.



## IN THIS ISSUE

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Advertisement

**Simon Wood**<sup>MP</sup>  
Liberal Member for **Bass**

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*Passionate about Northern Tasmania*



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

Tasmanian  
**Liberals**

Over the last couple of weeks winter has certainly made its presence felt with the temperature dipping into single digits and the appearance of very white lawns in the morning.

However, it is great to see that our participants are refusing to allow the chill in the air to stop them doing the activities they love.

Our hardy members of the walking group showed their mettle earlier this month when they braved the crisp air to compete in the 5km and 10km walk/run events which were part of the Launceston Running Festival.

It was fantastic to see that most were able to record personal best times, thanks to an excellent preparation under the watchful eye of the Walking Group Leader Richard Nicholls.

I would also like to thank all the staff who volunteered their time to support the participants at the event.

The start of winter also means that a new financial year will soon be upon us and with a new financial year comes the renewal of memberships to St Michael's Association Inc.

Membership renewal notices have been posted to all existing members with payment by 1 July 2023.

If you're not a member but are interested in our work, we would encourage you to join. It only costs \$25 for a full membership or \$10 for an associate membership.

If you are a member and have not received your renewal notice, or would like to know more, you can contact our Media, Communication and Member Coordinator, Nigel Tapp, on (03) 6331 7651 or [nigel.tapp@stmichaels.asn.au](mailto:nigel.tapp@stmichaels.asn.au)

I also have to deliver some sad news which occurred last month, the passing of a participant.

Chris was a popular participant and resident who was much loved by staff and his fellow participants.

He was an integral part of Day Program and spent his days swimming and bush walking with his support workers.

Chris had a bright and bouncy personality, which endeared him to everyone with whom he came into contact.

He will be greatly missed by all at St Michael's, and on behalf of the Association, I would like to offer our condolences to his family.

In happier news, work is continuing at a rapid pace on the new units in Devonport. The 16 Independent Living Units are now reaching the final stages of construction.

It is expected that the units will be completed by the end of August - early September with tenants moving in at the start of October.

St Michael's is currently seeking expressions of interest from prospective tenants and/or family members.

If you, or someone you know, is interested in knowing more about these units please contact Disability Service Manager Carolyn Martens on (03) 6459 2522.

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

**Mike Thomas**  
Chief Executive Officer

## Get to know our team



**Name:** Cheryl Griffiths

**Position:** Support Worker - Newstead

**Tell us about you:** A mum of four and a wife to a wonderful husband. I like going to festivals just to eat different kinds of food and enjoy going out for lunch or dinner with friends or family.

**Favourite food:** Chocolate.

**Hobbies:** Eating chocolate.

**Fun fact about you:** I'm a Taurus and ex-hairdresser.



**Name:** Donna Dickinson

**Position:** Support Worker - Newstead

**Tell us about you:** I recently moved to Tasmania from Queensland and am married. I enjoy using my life experiences to help participants live their best lives.

**Favourite food:** Pea and ham soup.

**Hobbies:** Reading, movies, camping, listening to live music, Harley rides and spoiling my grandkids.

**Fun fact about you:** I live on a boat.



## Introducing Bec Theobald, STMA's new Operations Manager - IHTS



It took Bec Theobald a matter of weeks to know that she belonged in disability support after accepting a position to work at a United States summer camp for young people with challenging behaviours when she was just 18 years.

"I just loved it. Being a school teacher was all I wanted to do beforehand, but after I came back I got a job working with another not-for-profit (in the sector)," she said.

Over the past 15 years Bec, who was recently appointed as St Michael's Operations Manager-IHTS, has been a support worker, Team Leader, supported people with disabilities at camps and school holiday programs and worked in care coordination as well as scheduling with disability organisations in Victoria and Tasmania.

She has also combined work and travel by taking her skills to the United Kingdom.

"I worked for six months and then travelled for six months."

Bec said she has known from almost day one what attracted her to work in the disability support field.

"I like that you get immediate and tangible proof that you are doing something of value (from the faces of participants)," she said.

"You do not have to search far to find your rewards.

"I also like the fact that every day is different."

Bec said she was attracted to the St Michael's role because she was able to support both participants and staff.

"The way I see it, is that it is not 100% about participant support nor is it 100% about supporting the staff," she said.

"It is about developing a model which balances the needs of both parties.

"That way you have a lot of very happy participants and a lot of very happy staff."

Bec said St Michael's offered some clear points of differences from other providers where she had worked.

"St Michael's is very participant focused and is unique in the industry in that it can offer a broad range of services including accommodation, In-home support, Day Programs, Support Coordination and Training."

"What that means is that participants can get all their needs met in the one place by the one organisation rather than having to apply to different organisations for different parts of their required care."

***"I like that you get immediate and tangible proof that you are doing something of value (from the faces of participants)."***

## MEMBERSHIPS ARE NOW DUE

Members will soon receive a membership renewal notice for the 2023-2024 financial year. Payment is due by 1 July 2023 and we would encourage all members to make their payment as soon as possible.

Perhaps you are interested in our work but have not yet become a member?

We would encourage you to do so and it only costs \$25 per year for a full membership or \$10 for an associate membership.

If you have not received your renewal notice, or would like to know more, contact our Media, Communication and Member Coordinator, Nigel Tapp, on (03) 6331 7651 or [nigel.tapp@stmichaels.asn.au](mailto:nigel.tapp@stmichaels.asn.au)

Over the past few months we have been working hard on new program commencements and content development.

St Michaels Training has recently implemented a new cloud-based Student Management System, with an integrated Learning Management System (LMS).

We will be using the LMS for online and remote delivery to complement our face-to-face delivery, which we will continue to provide.

St Michaels Training has been successful in gaining funding through the Building a Skilled Workforce–Jobseeker Fund for Certificate III in Individual Support and Certificate IV in Disability.

We started a Jobseeker Certificate III program in April and are now taking expressions of interest for our mid-year commencement.



The Pathway to Employment project, which is supported by the Tasmanian Government, through the Department of State Growth, provides people with disability an opportunity to engage in vocational training and develop sound pre-employment skills in a flexible and supported learning environment.

The learners should be very proud of their achievements.

With the support provided by Brett and Vanessa, from the Café Next Door, and our trainer Mick Brodie, they all successfully completed their course and most are looking forward to further training and securing employment.

**Kim Dean**  
RTO Manager

## Our team shines at the Launceston Running Festival

Our participants are always keen to support a good cause.

On Sunday 11 June a group of our hardy participants braved the winter weather to take part in the Launceston 5km and 10km run/walk, which was part of the Launceston Running Festival.

Lucky for them the sun came out and it was a beautiful morning for a run or walk along the Tamar River.

All participants proved that their training sessions had paid off by beating their own times and goals for the event.

A big congratulations for you all!

It was smiles all around for our team as they completed the journey.

We are also very grateful to all the staff who volunteered their time to ensure this was such a great day out.





## Newstead

In Day Program we made the most of the last of the Autumn days out in the community enjoying the leaves and watching the season change.

The Hollybank Reserve has been one of the favourite places for participants to visit.

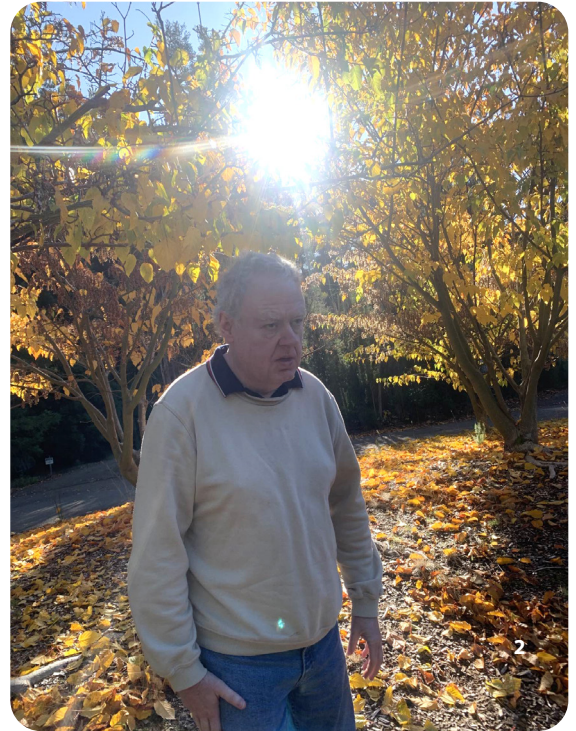
Kevin and Ben have been enjoying swimming on a Monday and, of course, finishing off with a relaxing soak in the spa. Ben has also been going out to the library and we have it on good authority that he thinks the jelly slice is amazing.

Pari has come back into the kitchen and has been enjoying cooking on a Friday.

Oliver has been smashing it at the gym and making amazing progress with his supports.

John received his St Michael's shirt and is very pleased with his new look.

**Alex Williams**  
Senior Support Worker



***“Kevin and Ben have been enjoying swimming on a Monday and, of course, finishing off with a relaxing soak in the spa. John received his St Michael's shirt and is very pleased with his new look.”***



## Devonport

We cannot believe it's June already!

Where has that time gone?

Now that the weather is getting colder, our daily walks to the beach and our garden visits are beginning to slow. Participants are looking for indoor activities, warm soups and hot cocoa on the cooler days.

Each Monday participants hold a 'Monday Morning Meeting' where they discuss ideas and suggestions for Friday activities. Recently they decided on a movie day.

To fulfil this experience, participants paid for their movie ticket at the ticket booth and made their way down to our Performing Arts room where they watched *Happy Feet*, while enjoying a small bag of lollies, a cup of fizzy cordial and popcorn followed by pizza for lunch.

This activity also encouraged participants to build on their money handling skills by ensuring they had the right amount of money and counted their change.

While our outdoor activities might be slowing down, participants have swapped the beach for the craft room and have begun a new craft project which they are excited to show off in our next article.

On a sad note, we have farewelled two of our long term, experienced team members, Tracey and Jodie. We are thankful for all their hard work and dedication to our participants during their time at St Michael's. We wish them all the best moving forward.

We have also welcomed three new staff to our team in Zack, Tim and Jaxin.

**Abby Mott**  
Senior Support Worker

***"This activity also encouraged participants to build on their money handling skills by ensuring they had the right amount of money and counting their change."***





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## Independent Services



Autumn saw many changes at Independent Services.

The dance group welcomed a couple of visits from Stephen and his guitar and participants had a wonderful time dancing and singing their favourite songs, with ABBA and Slim Dusty being very popular, particularly with Mandy and Stephen.

Lisa has been working on her life skills including cooking on a Thursday and enjoying the rewards of all her hard work by taking home the morning tea she had made.

The art group has been working together to create a large collage. Katrina and Linda have been having fun finding different materials and mediums to create a Little Miss Curly Locks' project.



The sewing projects have been geared towards the cooling temperatures with Linda working hard to make a patchwork throw rug to keep her nice and cozy. Helen has made some fun Star Wars pyjamas for the cool evenings and Cheryl has made a lovely warm polar fleece jumper.

With the change of season has also come a change in programs.

The fishing program has finished up until summer and the photography program has started up again, with the group visiting different places around town taking photos.



Alistair, Ricky and Matthew have captured the changing colours of Autumn in Royal Park, the Basin and Punchbowl Reserve. You can see some of their handiwork captured here.

**Georgina Jones**  
Support Worker



***"Participants have had a wonderful time dancing and singing their favourite songs, with ABBA and Slim Dusty being very popular."***

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## Kenneth Court

The participants at Kenneth Court have been getting out over the last few weeks and making the most of the pleasant weather, when we have had it.

Stephen, Nick and Andrew attended the Crossroads day trip to the Tasmania Zoo recently and had a very hands-on experience feeding the giraffes and getting to hold the wombats while learning more about animals from Australia and all over the world.

The men have continued attending monthly meetings with Speak Out advocacy, enjoying meals with their friends and attending Crossroads each month.

Nick has been heading up meal planning in the house, encouraging his housemates to get involved and pick a night each month to go out to eat somewhere.

Sometimes the participants choose a take-away, but enjoyed a good counter meal at the Newstead Pub earlier this month.

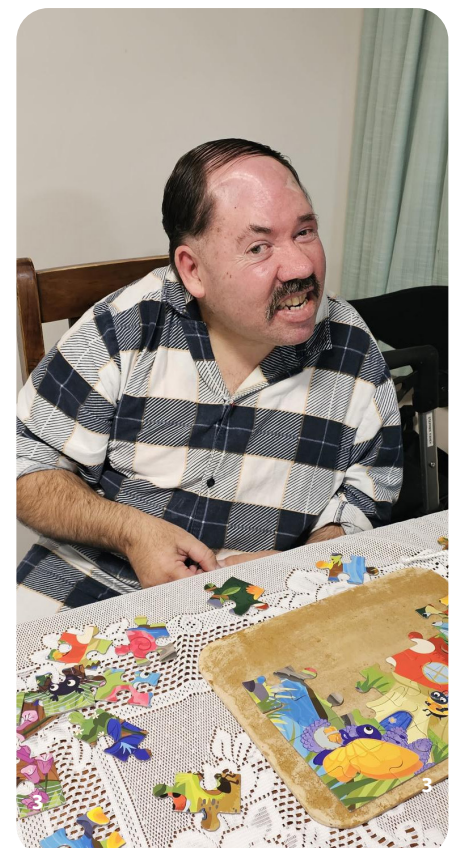
Stephen has been working on puzzles at home in the evenings.

Andrew is not much for the cold weather, he mentions to us, so he has been keeping warm inside and watching a lot of trivia shows when he gets the chance.

All the participants enjoy watching cartoons from their younger years together too.

Nick hopes his other housemate, Alan, will be back home soon.

**Charlotte Hastings**  
**Support Worker**





## Baker House

Paul and Gary have certainly not let the grass grow under their feet in recent weeks.

From visiting the community garden to exploring steam train engines in Deloraine, Paul has been extremely active of late, although the winter period may see him spend some more time inside.

Paul maintains close ties with his parents by visiting them every second week.

He also enjoys occasional outings for meals and actively participates in household tasks.

Paul's friendly nature shines through and he is developing a habit of shaking hands instead of hugging everyone in the community.

Shopping with the staff brings him joy, while assisting with meal preparation and completing laundry tasks further reinforces his sense of responsibility and connection.

Gary has been making regular trips to the Seaport Marina lately to check out the boats.

While Gary enjoys seeing all the different types of water craft, he loves his trucks.

So, we do not expect to see boats replace big rigs as his favourite form of transport any time soon!

The pair have also ventured out to nearby farms, relishing in the joy of connecting with nature and experiencing rural life.

These visits not only provide them with a sense of serenity but also encourage them to appreciate the beauty and abundance of the natural world.

We look forward to updating you further on their activities in the next issue of the newsletter.

**Saddam Husain**  
**Senior Support Worker**



## Sayer Street

Sam and Kevin have both been inside more of an evening now that the weather has cooled down.

Sam likes to park the car near City Park and walk through the park and catch Pokémon on his way to Scenic Island Games on a Monday and Thursday morning.

He continues to get mentoring from the owner, Jeremy, and has been shown the correct way to pick, pack and trace the mail orders which are dispatched daily. Sam is becoming proficient at this, and it suits him as he needs to be precise with all the intricate details. He hopes to gain employment there in the future.

Sam has also been adjusting well to the new staff at his home and has accepted them into the team.

He is a collector of DVDs and has an amazing collection in his bedroom.

Sam has put them in alphabetical order and made a list of all the different titles, which he updates every time he buys a new one.

Kevin loves to go to Day Program and was sad on Anzac Day because there was no Day Program.

He said "No holidays." which shows how much he loves to attend Day Program.

Kevin still enjoys his PlayStation, and his favourite game is wrestling.

He has also been working on his domestic skills and can load and program the washing machine and then hang out the washing on the clothesline with minimal supervision.

It is great to see Kevin improving his independence and achieving his goals.

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

***"He (Sam) has been adjusting well to the new staff (and) Kevin still enjoys his PlayStation."***



## Como Crescent

Ben went on a shopping spree in the city recently and also enjoyed picking up some DVDs from the library.

He has been getting out and about with his day supports, but when Ben chooses to stay at home he has made good use of computers, laptops and printers to create several great montages, which he laminates.

Ben loves to be involved in cooking, especially when it comes to his tomato sauces and pasta.

Recently, Jacob moved into his own unit and is currently settling in to his new surroundings. He is already getting visitors and they are impressed by his layout.

Jacob enjoys going out for a hot drink with staff and is still working on coming out of his comfort zone when visiting new places.

Brandon is always keen to get going in the morning and often will be in the shower and dressed well before some of his housemates.

He is well organised and gets all his required items for the day packed into his bag.

At his St Michael's Day Programs Brandon often travels into town or plays pool and on Wednesdays he enjoys his singing group and a trip to the sports stadium.

General home life for Brandon is playing PlayStation games and listening to rap music.

He also loves to assist in cooking his dinner with ravioli and tomato sauce one of his favourites.

**Danny Johnston**  
Support Worker



## Chugg House

May was an exciting month for Lita

Lita celebrated Mothers' Day with her Mum, who is very special to her. They both had a beautiful time.

Later in the month Lita celebrated her birthday. She celebrated the day by going out to lunch at the Newstead Hotel with her mum, friend Carol and support worker Annie.

Lita received lots of presents, ice cream cake, phone calls and cards from family and friends. Judging by the smile on her face she had a very good day.

She continues to enjoy going out for lunch some Sundays and likes sitting outside so she can listen to the sounds around her.

Lita normally fits in a nice walk after her meal.

She has become increasingly confident in using her adaptive kettle to pour herself a drink, with the support of staff.

Lita has also been accessing her own snacks more frequently.

This is a fantastic achievement and gives Lita greater independence.

Well done Lita.

Lita is still continuing to build on her skills in the kitchen by bringing her plate and cup to the sink, assisting in washing up with staff support and helping with some meal preparation.

Sometimes Lita is just happy to stand at the bench with staff while they are preparing the meal.

It is so nice that Lita is getting more involved in her day-to-day living activities.

**Lee Clayton**  
Support Worker





## Hawthorn Street

It has been a busy time at Hawthorn Street lately.

Zac and Sarah C have been keeping the lawns and gardens neat and tidy. They both mow the lawns and have swept up all the leaves around the courtyard.

Both also continue to play darts every Wednesday night and seem to be enjoying the social side where they meet all sorts of like-minded people.

Sarah C has just started a new job and works every Thursday and Friday and hopes to build up to more days soon. She looks very professional all dressed up in her hi vis clothing heading to work.

Sarah still enjoys driving her own car and this has given her a lot of independence as she can drive herself to football training.

Sarah H is continuing to work at Self Help two days a week and has been doing a safe food handling course.

This will even come in handy at home with her cooking and ensure her food is stored in the correct manner.

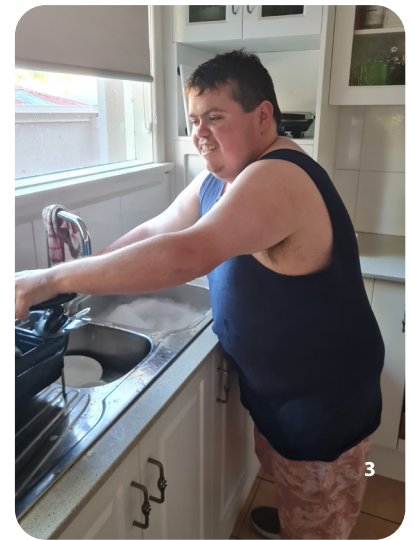
She continues to play ten pin bowling in the Saturday morning league and has recently scored some personal best scores, which made her incredibly happy with herself.

Matthew continues to enjoy interacting with his friends on the internet and loves playing different games on his laptop.

He is looking forward to having a holiday in August and is planning to visit family and friends in Sydney.

Matthew is hoping to dodge some of Tasmania's cold winter weather and will be away for a month.

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



## Smith House

Aron is always happy to look out his lounge room window and point outside when he is ready to go for a walk.

Staff always support him by taking him and Aron chooses the way he wants to go.

Aron was excited to recently make a visit to Wise House and say hello to Robyn and Vickie, who he greeted with a lovely smile.

He is keen to help with domestic work such as taking the milk out of the fridge to make a drink and closing the bathroom door.

Aron also loves his snacks.

**Simi Sandhu**  
**Support Worker**



## Wise House

Wise House has been busy and bubbling with various activities over the past few months.

From watching their favourite football games, lending their cheers to the teams they love and managing their television shows, it has been a connection of love, friendship and family.

Robyn and Vickie have also entertained friends, family and neighbours recently.

For a Mother's Day celebration, they hosted their families to a sumptuous dinner at the unit, exchanged gifts and said beautiful words to celebrate the essence of the day.

The pair enjoy each other's company while they prepare meals and watch television together in the evening.

Robyn has been expanding her faith, reading her bible and singing hymns to her social circle and family. Vickie focuses more on her art, having completed some beautiful pieces.

Both are active participants in their Day Programs and are always happy and excited to talk about how their day went.

They are looking forward to birthday celebrations soon and preparations are in full swing at the house.

**Olufunke Iniwounu**  
Support Worker



## Merton House

Currently Merton House has four residents.

One of those is Mitch, who recently moved in and is enjoying his time in Merton.

Initially he was hesitant about leaving his unit and the familiar surroundings, but after spending some time at Merton he quickly realised that it was the right decision and has settled in nicely and is making new friends every day.

The staff are attentive and caring, ensuring that Mitch's needs are met and that he feels at home.

They take the time to listen to him and make sure that he is comfortable and happy.

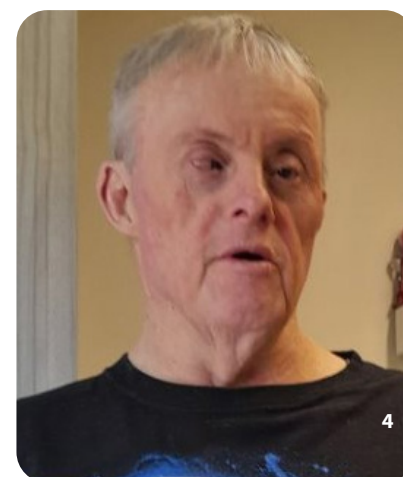
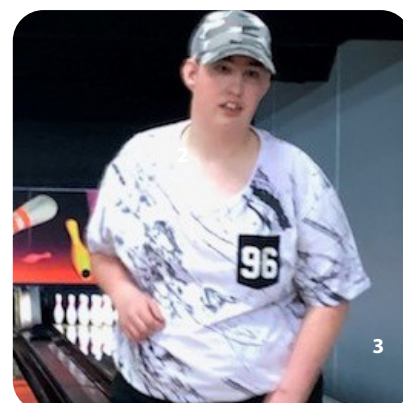
Mitch participates in various activities and social events, which has helped him to stay active and engaged.

Tom enjoys going out to watch movies, cooking meals with his support staff and going shopping.

When it comes to sport, Tom likes watching boxing events on television.

But his favourite things to do is to spend time with his family.

**Jacinta Goodluck**  
Support Worker



***"The staff are attentive and caring, ensuring that Mitch's needs are met and that he feels at home. Tom enjoys going out to watch movies, cooking meals with his support staff and going shopping."***



## Penquite Road

Last month, Alice, Lisa, and Gabbie went out for a special dinner at the Country Club Casino. Lisa and Alice confidently placed their orders, showcasing their independence and decision-making skills. During the dining experience, Gabbie radiated happiness through her contagious smile. It was heartening to witness their growing confidence and ability to navigate the dining experience with ease.

Recently, the housemates had a wonderful bushwalk at the Hollybank Reserve, immersing themselves in the serene beauty of nature. The girls showed great enthusiasm and resilience as they navigated through the bush showcasing their physical abilities and embracing the joy of being in nature.

Gabbie is settling in remarkably well and has discovered a range of activities that bring her joy and fulfillment. She has shown a keen interest in playing the piano and her talent and passion shines through as she effortlessly creates beautiful melodies on the keys and expresses herself through vibrant artwork.

Gabbie has also found solace in playing puzzles. This activity allows her to exercise her problem-solving skills while providing a sense of accomplishment upon completing each puzzle. Her determination and focus during these moments are truly admirable.

Every Sunday the girls eagerly look forward to their lunch outing at McDonald's. They confidently place their orders, interact with staff and express their preferences.

These lunch outings provide them with an opportunity to socialise, build connections and enhance their overall well-being.

We are delighted to see the trio taking ownership of their household tasks. Alice and Lisa have been actively participating in dishwashing tasks. They both wash and dry dishes, ensuring that their kitchen remains clean and tidy.

Lisa has been loading her clothes into the washing machine, fostering her independence and sense of responsibility.

Every Saturday, Lisa and Alice have been actively involved in unpacking the groceries. They show great enthusiasm and teamwork in organising the items in the pantry and refrigerator. Their dedication to ensuring a well-organised kitchen is truly impressive.

**Rabeea Akbar**  
Support Worker



## Donations

**Tax Tip**

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

Yes, I would like to make a tax deductible gift to St Michaels Association Inc.

☐ \$5 ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ \$1000 ☐ \$2500 ☐ \$5000 ☐ Other.....

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## Lyne House



The participants have been trying to keep their weekends busy even though the cold weather has hit early.

We have attended the movies on the colder days where everyone can sit back in a warm environment and enjoy the movie with a container of popcorn.

Bowling continues to be a favourite activity as after a game or two the participants can head over to the arcade games and have a play. Ethan and Rowallan love getting on the racing game and seeing who gets to the finish line first.

As Mother's Day was in May, the participants who were in for that weekend were able to go out with staff and choose presents for their Mums to give to them when they went home.

This was a great way to enhance community access and skill building around purchasing items from a shop.

The jumping cushion at Grindelwald is also a favourite place for the participants to visit and they also like having a wander around the village.

When it's not raining participants and staff all like to get out in the fresh air and get some exercise. Walks along the beach are popular, as is finding a nice park to have a picnic.



The participants continue to build on their cooking skills with active support from staff. It's great to see everyone getting involved with cooking an evening meal or breakfast.

We will be stocking up our arts and crafts supplies soon and look forward to sharing our creations with everyone in the next newsletter.

**Mariah Cornick**  
Senior Support Worker



***"The participants continue to build on their cooking skills with active supports from staff. It's great to see everyone getting involved with cooking an evening meal or breakfast."***



It has been a month of new beginnings here at IHTS as we come into the winter period.

This month we have helped Jack settle into his new unit.

Jack is building great independent practices, with the help of his support workers, to improve his health and wellbeing.

This month he is focusing on growing his confidence in accessing public transport, increasing his fitness engagement, and preparing fresh, organic and healthy foods in his own home.

Recently we celebrated John's 72nd birthday. Many of his friends at St Michael's joined him for a celebratory meal at the Newstead Pub, and an exuberant rendition of *Happy Birthc'ay*.

John was thrilled with the turn out, and the thoughtful cards and presents he received.

Sally has been working to improve her independence in accessing the community, and catching the bus into town to return her DVDs and CDs at the library.

Her support workers are assisting Sally to navigate the bus timetable to work out which buses to catch and at what times.

Sally likes to manage her time to be back home in time to cook her own dinner, with support, and to be with her cat, Snowy.

**Bec Theobald**  
Operations Manager

***"John was thrilled with the turn out, and the thoughtful cards and presents he received."***



## Here's cheers for Coffee Club!

Our Day Program Coffee Club has been a big hit with the Newstead crew who have been out testing the best places to enjoy a cuppa.

Antony definitely rates the Exeter Bakery highly for his coffee whereas Ben is happier at Banjos Legana and Lara has found a sweet local coffee shop just around the corner from the Newstead campus.

Coffee Club is important for our participants as it helps improve their confidence and communication skills with people outside their own regular circle of friends.

It also helps improve their money handling and budgeting skills.



## Spaghetti with garlic butter, bacon and prawns

### Ingredients

- 30g unsalted butter, softened
- 1 garlic clove, crushed
- 1 teaspoons lemon juice
- 3 teaspoons chopped basil, plus extra to serve
- 100g spaghetti
- 1 tablespoon olive oil
- 1 bacon rasher, chopped
- 125g green prawn meat, roughly chopped



### Instructions

#### Step 1

Put butter, garlic, lemon and basil in a bowl and mash with a fork in a bowl to combine well. Set aside.

#### Step 2

Cook pasta in a large pan of boiling salted water to al dente.

#### Step 3

Heat oil in a large deep frypan over medium heat. Cook bacon, stirring for 4-5 minutes or until starting to crisp. Remove and drain on paper towel.

#### Step 4

Return pan to heat and melt half the butter. Add prawns and stir for 2-3 minutes until just cooked.

#### Step 5

Drain pasta, and then add to frypan with bacon and remaining butter. Toss, season and serve with extra basil.

## Gnocchi

### Ingredients

#### Gnocchi

- 1 kg potatoes, skins scrubbed and left on (Dutch Creams or Kipfler will guarantee success because of the higher starch content)
- 200g plain flour
- 1 teaspoon salt
- 100g parmesan cheese, finely grated
- 1 egg lightly beaten
- Water

#### Sauce

- 2 kg ripe tomatoes
- 80ml olive oil
- 6 cloves finely chopped garlic
- 1 ½ teaspoon salt
- 1 cup basil leaves
- Ground black pepper
- Pinch of chilli flakes

### Instructions

#### Step 1

Skin each tomato, cool the tomatoes and simply chop roughly. Set aside.

#### Step 2

In a medium saucepan, heat the olive oil and briefly sauté the garlic until aromatic but not coloured.

#### Step 3

Add the tomatoes and salt. Bring to the boil, then lower the heat and simmer for 10 minutes or until reduced and thickened. When you are satisfied with the consistency, add the basil at the last minute so it retains a bright color and lively flavor. Add pepper or chilli flakes to taste and cover to keep warm until gnocchi is ready.

#### Step 4

In a large pot, cover the potatoes with plenty of water and bring to the boil. Reduce to a simmer and cook until tender so the tip of a knife is easily inserted. Drain and cool briefly. Hold the potatoes with a tea towel or oven mitt in one hand and peel the skin off with the other. Make sure not to overboil your potatoes or they will crack and become waterlogged. (The issue with this is you'll need way more flour to bind the mixture which will make your gnocchi hard and chewy rather than soft and pillowy.)

#### Step 5

Begin by roughly mixing the flour, salt and parmesan in a large mixing bowl.

To mash the potatoes, use a mouli or a potato ricer or mash with a fork and push through a sieve. Add the potato and egg to the flour, salt and parmesan mixture, then gently squeeze until just combined. The texture should feel like very soft play dough, but it shouldn't stick to your hands. Dust the bench with flour, break off small amounts of dough and gently roll into 1 cm diameter sausages. With a knife, cut off 2 cm sections, roll them in plain flour to prevent sticking and rest them on a tray ready to boil.

#### Step 6

In a large pot, boil plenty of salted water (1.5 litres to 1 tablespoon salt). Shake excess flour off the gnocchi before tossing into the boiling water. When the gnocchi are cooked, they will float. Gently scoop them out with a slotted spoon and lower straight into the tomato sauce. Handle the gnocchi very gently, so you don't end up with a porridge of potato! Serve in bowls with a sprinkle of grated parmesan and garnish with a generous amount of chopped parsley.



## Highlights



### REQUEST A PIC

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All you have to do is email [nigel.tapp@stmichaels.asn.au](mailto:nigel.tapp@stmichaels.asn.au) and we will send you one.

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

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



# Highlights





## Service offered at St Michael's - All NDIA Registered Supports

**Support Coordination** - Support coordination is designed to minimise the complexity of negotiating with service providers, government agencies and accommodation providers.

**Community Access** - The program incorporates support to enable a participant to independently engage in community, social and recreational activities during the week and operates from 9 am to 3pm Monday to Friday from our City, Newstead and Devonport Campuses.

**Merton House** - Support incorporates assistance with and/or supervising tasks of daily life in a shared living environment, which is either temporary or ongoing, with a focus on developing the skills of each individual to live as autonomously as possible. This program operates from our accommodation facility from 3pm to 9am Monday to Friday and 24 hours Saturday and Sunday.

**In-Home Tenancy Support** - Supports provide assistance with and/or supervising personal tasks of daily life to develop skills of the participant to live as autonomously as possible. This program operates seven days a week.

**Lyne Building** - Short term respite services include integrated support for self-care, accommodation, food and activities for short periods. This program operates 5 nights per week. This is a short term respite program which provides 24 hour support.

**Youthbreak** - This program is a respite

program provided to young people from the ages of 15-25 and operates out of the Lyne Building from 3pm Friday to 3pm Sunday. Conditions apply for eligibility.

**Individual Support** - This type of support is specific to the needs of the individual and may include enabling a participant to independently engage in community, social and recreational activities, personal care, educational assistance, living and life skills. Support can be provided 24/7 365 days a year and can be delivered in home or at STMA.

**Supported Independent Living and Group Homes** - There are a number of facilities located on site and in the broader community. Services provide incorporate assistance in meeting daily life requirements and to develop the skills of an individual with standard support needs to live autonomously as possible. These programs operate 7 days a week and conditions apply for eligibility.

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

**Independent Living Units** - The 53 Independent Living Units are currently fully occupied with a tenant/landlord agreement in place. The units provide independent living in a safe, supported environment. The units are more suited to clients with higher skills, requiring

minimal assistance and can incorporate assistance with self-care activities (see In-Home Tenancy Support). Please note there is a specific criteria that is required to be eligible for this service.

**St Michaels Training (Registered Training Organisation 60067)** - St Michaels Training provides accredited training for Tasmanians with a disability and individuals working in the disability sector.

Offering the following qualifications:

- CHC33021 Certificate III in Individual Support
- CHC43121 Certificate IV in Disability Support
- TLI11321 Certificate I in Supply Chain Operations

Skill sets offered include:

- CHCSS00133 Induction to Disability Support
- CHCSS00130 Individual Support - Disability
- CHCSS00070 Assist Clients with Medication Skill Set
- HLTAID009 Provide Cardiopulmonary Resuscitation
- HLTAID011 Provide first aid
- Report Writing
- Leadership
- Mental Health

For further information visit:  
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NDIS | Choice and Control | Daily Living | Accommodation | Respite | Social and Community

