

by St Michael's Association Inc.



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Advertisement

Simon Wood^{MP}
Liberal Member for Bass

Ph: (03) 6777 1007 or email: simon.wood@dpac.tas.gov.au

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While winter has shortened our days and the chill has provided a perfect excuse to stay indoors, it certainly hasn't slowed up our activities or our hearty participants from getting out and about.

Recently a large number of our participants braved the cold and the rain to attend our Social Club's Annual "Christmas in July" event, held in the Merrington Centre. Those that attended enjoyed a scrumptious meal, some craft activities to keep everyone entertained and even a visit from Santa. The evening ended with a Christmas Karaoke session. I would like to thank all the participants and staff who helped to organise this wonderful event. You can read more about it on Page 4 of the newsletter.

While talking about Christmas please put a placeholder in your diaries for our Annual Participants and Family Christmas Dinner in Launceston. This year it will be held on Friday 1 December in the St Michael's Hall. Tickets will cost \$40 person and it will include a two-course dinner with all the trimmings and be catered by Coast-to-Coast Golden Roast. More information will be sent out soon.

July also saw us once again recognise, through our Shining Stars award program, those staff who were judged by their peers to have gone above and beyond to support not only our participants but also their fellow team members. Those nominated for Shining Stars awards were team members working across the organisation. You can read more about the staff who received awards and the reasons for them being successful on Page 3.

With September now only days away, we are busy preparing for the Association's Annual General Meeting, which will be held on Thursday 28 September 2023 in the St Michael's Hall. The doors open from 5:30pm with the meeting formally starting at 6pm.

The formal notices and Agenda will be sent out to members shortly, but anyone else interested in learning more about the Association, its activities and maybe becoming a member is most welcome to attend.

September will also see the end of the construction of our 16 Independent Living Units at our East Devonport campus. We recently held an information session for those interested in potentially becoming tenants in the units and it was pleasing to see such a strong turnout. We expect to have tenants moving in at the beginning of October.

One last piece of news is that St Michael's has given notice to the Health and Community Services Union (HACSU) and intends to commence bargaining for a single Enterprise Agreement to cover a majority of our workforce. Currently St Michaels' workforce are engaged under the Tasmanian Disability Industry Multi-Employer Enterprise Agreement (MEA). It has been in place since 2011. While the MEA has served St Michael's and its employees well through the transition to the NDIS environment, the Board and the St Michael's leadership team believe it has become outdated and no longer aligns with the funding models of the NDIS.

Finally, St Michaels Training has once again been shortlisted as a finalist in the Tasmanian Training Awards. We are shortlisted in the Small Training Provider of the Year category. The award ceremony is being held on 8 September, so I hope we can share some more good news with you in the next edition.

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

Mike Thomas
Chief Executive Officer

Get to know our team



Name: Amanda Webb

Position: Administration Assistant-IHTS

Tell us about you: I am a wife and mother of two little girls. We moved to Tasmania from Queensland just before I started working for St Michael's.

Favourite food: Apple Danish, or anything sweet like a cake or slice.

Hobbies: Getting out and exploring new places with my family and enjoying 'me time' to watch TV.

Fun fact about you: I have two brothers.



Name: Chantelle Brent

Position: Support Worker- Newstead

Tell us about you: I'm a 35 year old mother of two beautiful children. I'm a happy bubbly woman who sees the good in everyone.

Favourite food: Sushi.

Hobbies: Spending time with family and friends.

Fun fact about you: I enjoy boxing and I am an open book.

Our latest Shining Stars recognised



Brad Watson



Jayde Richards



Renee Dodson



Kerryn Cullen

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 last month.

It followed a nomination process which saw nominations received from staff members across the categories of Shining Star, Active Support/Outstanding Support, Leadership/Mentoring and Teamwork. Those nominated were team members working across the organisation.

"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:

Phil Southon (Shining Star): Phil broke his long service leave to deliver direct support to participants. He often delivers services in his own time and never expects anything in return. Phil has a positive "can do" attitude and is well regarded by participants across all areas of the organisation.

Jayde Richards (Active Support/Outstanding Support): Jayde always goes above and beyond what is required to ensure our participants receive the best level of care. She steps up to cover open shifts and always has a smile on her face.

Brad Watson (Active Support/Outstanding Support): Brad ensures that Bradie-Lee's health, wellbeing and happiness are his top priorities. The Lyne House team is endlessly grateful and appreciative of Brad's advocacy for Bradie-Lee's needs and his willingness to train and mentor new support workers to understand Bradie-Lee's needs.

Brad is also able to adapt to the constantly changing circumstances without compromising the standard of care he offers.

Kerryn Cullen (Leadership/Mentoring): Kerryn has embraced the opportunity of training new staff within the IHTS team and sees their potential to improve and grow. She models best practice with participants, is attentive and intuitive to staff needs and has stepped up to provide significant insight and training opportunities to the new IHTS Operations Manager, new support workers and the new administration assistant. Kerryn presents as approachable and welcoming and treats everyone as a "value add" to the organisation. She appreciates the different experiences and perspectives that each person brings to their role.

Renee Dodson (Teamwork): Renee always presents a positive attitude, is flexible and willing to go the extra mile to help out at any time. She is an asset to the team in Devonport.

WE ARE GOING FULLY ELECTRONIC

This edition of *The Independent* is the last one that will be posted out as a hard copy.

Unfortunately, the increasing costs of printing and postage makes it cost prohibitive to continue with this service given the current economic climate. Printed copies will continue to be available from both our Newstead and Devonport Administration Offices.

Please contact our Media, Communication and Member Coordinator, Nigel Tapp, on (03) 6331 7651 or nigel.tapp@stmichaels.asn.au, to advise of your email address so you can receive the newsletter electronically.

As we enter a new financial year, we are finalising our current Certificate III and IV programs and have a number of learners from our Jobseeker group who have already gained employment with disability service providers.

We are currently preparing to deliver a course to a new group of Certificate III learners, which includes creating a positive and inclusive learning environment that encourages learners to ask questions and participate and engage with the material and each other.

Our process also includes developing a comprehensive schedule which outlines the dates and times of the training sessions. This will be communicated to the learners in advance so they can plan their commitments accordingly.

An information session was held this month and we have been taking expressions of interest for this program.

Our Food Safety/Cookery program with St Vincent Industries has now been completed, with more than 20 learners completing nationally recognised units of competency. This program not only provided attendees with the opportunity to learn basic cooking skills but also included the development of their language, literacy and numeracy skills by reading recipes and measuring and weighing ingredients.

Kim Dean
RTO Manager



Christmas in July a hit with participants

Every year our participants eagerly await the Social Club's Christmas in July event.

And once again last month's offering did not disappoint.

Lyne House was in charge of organising the event and, with staff support, participants catered for more than 30 eager guests.

They made roast chicken and vegetables for main course followed by a dessert of chocolate ripple cake.

There was also a visit from Santa and some craft activities to keep everyone entertained. When that was done the attention turned to the Tapit for a Christmas Karaoke session.

Thank you to all the participants and staff who helped to organise the event.

Everyone certainly appeared to have a good time!



Newstead

The main objective for the Day Program during the winter period was finding some sunshine and warm spots to enjoy while accessing the community.

It's hasn't been the best of times with the cold weather, but we have been enjoying our days out and relaxing at our favorite cafés, working on both our social participation and interactions with others.

Some of our team had a wonderful afternoon recently at Mount Direction where they got to meet a lovely Clydesdale called Rumble.

Participants had a fantastic time feeding Rumble and getting to know him. This was a real achievement for Nick, as it is an activity he would normally shy away from.

A few of our participants also headed to Grindelwald to play mini golf as a way of working on their fine motor skills and hand/eye coordination.

Ben also worked on his fitness goal by heading out for a bush walk.

Birthdays were also celebrated over the last two months with each person enjoying shared celebrations with friends and staff.

We also got to enjoy our school holiday friends coming back to Day Program in July and what are school holidays without trips to Kmart and hanging out with friends!

Alex Williams
Senior Support Worker



Devonport

Our bottletop tree art project, which we previously shared would feature in this newsletter, has been completed and it looks fantastic!

This was a real team effort and many hours were spent perfecting it.

One of our new team members, Tim, comes to us as a qualified chef. Since day one Tim has shown dedication to our participants and has looked for ways to help them work towards their cooking goals.

Tim has taken charge of our cooking program each week and he discusses with participants what they want to make, then he makes a list of the ingredients needed and they complete the shopping as a group.

Due to this approach we have seen an increase in participant numbers and the level of engagement.

They have made food such as scones, cauliflower curry soup, blueberry and choc chip muffins, quiche and mini pizzas.

Tim is excited and looking forward to the warmer weather when he and participants can get out into the garden and grow fresh ingredients to use.

He has some really great future plans for the kitchen, including extending the menu options to staff, so watch this space!

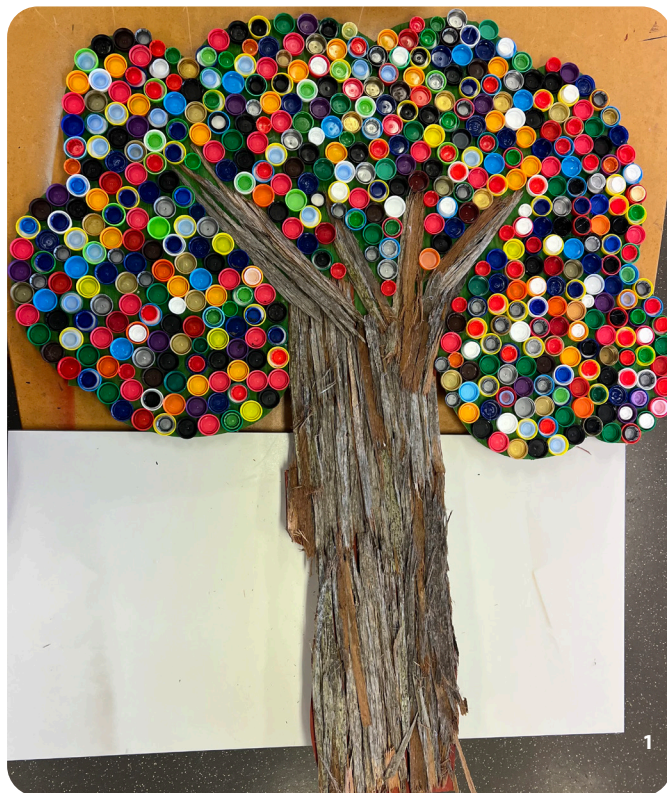
We have been continually recruiting as we build our team and wish to welcome Bek, Corey, Karissa and Kim.

They have all fitted in well and we are excited to see what they have planned for our participants.

We also wish to welcome back a former employee, Kelsie.

On a sad note, we have recently farewelled Heather and Zack and wish them all the best in their future endeavours.

Abby Mott
Senior Support Worker





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Independent Services

Despite the winter weather our community groups still enjoyed accessing their community venues.

The golf group has been enjoying their time having a hot chocolate at the café instead of hitting golf balls on the driving range. Members have been working on their community access and social interactions.

Ricky and Matthew travelled to various venues out of town to continue with the photography program.

At Longford and Gravelly Beach participants enjoyed lunch and a walk while making the most of the opportunity to take photos at the same time as achieving a fitness goal of staying active.

Our flying group also incorporated some walks around various places in Launceston. Paul C recently joined this group and thoroughly enjoyed the walk with his friends at the Tailrace and Riverbend Park.

Our gardening group has begun preparing for planting in spring. Stephen, David and Stewart have had a trip to Bunnings to buy seedlings and herb plants to pot. They have been very artistic and painted tins for their herb garden before potting the plants into them.

Due to popular demand our dancing and music program is a regular event, and every second Tuesday we have a visit from Stephen G and his guitar, with everyone joining in and taking turns to pick out and sing their favourite songs.

Participant and St Michael's resident Helen has recently reached a milestone by completing a giant diamond dot picture which features a wolf. This project was started in March 2022 and completed in June this year.

In that 15-month period Helen took every chance possible in her time at Independent Services to work on the large and intricate design.

With her fantastic work completed Helen now plans to have it framed to hang in her home.

Helen is looking forward to continuing her love of diamond dot artworks with many new projects planned in the future.

Well done, Helen!

Last month we said our goodbyes to long-time staff member Jimmy Ellenberger as he went on extended leave from Independent Services.

His valuable skills have assisted many participants to reach their goals. Jimmy is a deep thinker and problem solver and is always thinking of ways to run programs to better benefit our participants.

Jimmy is planning to spend more time on his passion of fishing. We wish him well and hope he gets lots of bites.

Amanda Mallett
Senior Support Worker



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Kenneth Court

The participants at Kenneth Court have had a busy and varied social life during winter.

Andrew recently took a trip to the city with his support worker and went shopping for new bedding.

He has been very happy with his new duvet and sheets.

All three also caught up with friends at Crossroads and worked on some craft by making different hats for the evening.

The following week they were out at The Black Stone for a beer and a meeting with Speak Out, which all enjoyed.

Nick decided he also wanted to go to the Hog's Breath Café and invited his housemates to join him.

The Kenneth participants have also been working towards other goals at home.

Nick continues helping with the cooking and is learning some new recipes.

Andrew and Stephen have been working on their physiotherapy plans by keeping active inside during the cold weather we have been having.

Stephen often prefers to work on his puzzles and has recently purchased some new ones.

Charlotte Hastings
Support Worker

"The Kenneth participants have also been working towards other goals at home."



Baker House

Gary's love of boats and machinery has taken him on various exciting trips.

He enjoyed exploring Longford and checking out the different types of boats and making the most of the beautiful weather. Additionally, he visited the car museum and immersed himself in the world of automobiles.

Gary has been enjoying his Day Program activities with some new staff joining the team recently. He is embracing the change and his days out have become even more enjoyable with this vibrant group.

The support staff at Baker House have been instrumental in helping Gary further develop his personal care habits and maintain a clean living area. He has shown remarkable improvement with these activities.

Gary has also been actively involved in learning food preparation skills, gaining valuable knowledge towards his goal of living more independently.

His willingness to contribute to the home was clear to see when he helped with the washing and embraced his growing independence.

Paul has been making tremendous progress by incorporating significant changes in his daily life and routines and is embracing personal growth.

He has been focused on personal care and has taken charge of his actions. The changes he has made have had a profound impact on his overall well-being and have led to a fulfilling period.

Paul has also displayed a strong willingness to learn how to cook and triumphed by preparing a delicious chicken drumstick for dinner at home recently.

This new found skill has given him a sense of accomplishment and independence in his daily life.

Paul's accountability and independence were further demonstrated when he assisted a support worker with the washing, sorting and folding tasks.

His willingness to help and contribute to the household chores showcased his responsible and reliable nature.

Saddam Husain
Senior Support Worker



Sayer Street

Sam continues to catch Pokémon in the City Park on the way to Scenic Isle Gaming.

He loves going to Scenic and is building on his skills with mentoring from Jeremy, the manager.

Sam has started collecting Pokémon cards now and is slowly building up his collection.

He is constantly improving his cooking skills but is reluctant to try many different flavoured foods.

Kevin continues to like going to Day Programs, where he enjoys swimming twice a week at the Launceston Aquatic Centre.

He is a great cricket player and loves to make staff run after the ball when he tries to hit a six.

Recently Kevin went ten-pin bowling and to Airtime 360.

Kevin had fun and was immensely proud to be wearing two wrist bands. He enjoys being physical and when he gets to go to special places like Airtime 360 then that is a bonus.

He loved the feeling of zero gravity when he was bouncing around on all the trampolines and did not mind when he crash landed and ended upside down on the big, padded pillows.

Both men cannot wait until Daylight Savings begins in October because there will be more daylight hours in which to do things after Day Programs finish of an afternoon.

Phil Watson
Support Worker



Chugg House

Lita recently marked her first anniversary of living at St Michael's. In that time she has settled into her new environment and adapted well to the change.

Lita has built some strong connections and trust with her support workers and this has enabled her to continue building on her goal to live her best life.

She is active around the house and is encouraged and supported to help with light household tasks such as assisting with her washing and taking her dishes to the sink. Lita has taken this a step further and, with prompting and active support, will attempt to wash her dishes, which is a wonderful achievement for Lita.

Lita is also actively supported to pick up her shopping each week. She enjoys this outing and afterwards is actively supported to put the groceries away.

Lita goes out every second Sunday for lunch, on her own or with other participants.

She enjoys the company of others, and this is a great way to build Lita's socialisation skills. Lita continues to swim several times per week.

Swimming is one of Lita's greatest joys and gives her pleasure as well as improving her fitness. She has developed some wonderful friendships with other regular swimmers. To see the smile on Lita's face when she is greeted by these friends is heartwarming.

Lita celebrated her friend Oliver's birthday by having a meal with him at the Newstead Hotel in late July. This was a great outing for Lita, and everyone knows that Lita loves a party!

Lita has also started going back to the library to pick out audio books, which she loves. There is nothing Lita likes more on a cold and rainy day than staying indoors and listening to a good story.

Lee Clayton
Support Worker



Como Crescent and Desmond Wood 2

Brandon celebrated his 29th birthday last month.

He spent the day doing Day Program activities before being taken out to dinner by his mother in the evening.

Ben is enjoying improving his cooking skills each night with staff support. The work includes planning his menu and getting a shopping list prepared for the week to come.

Zac has been doing some planning with staff and preparing his resume. He is still undertaking some volunteering during the week.

Jacob is settling into his unit and enjoyed a visit from his mum recently, which included her cooking him a special meal.

Danny Johnston
Support Worker



Hawthorn Street

Hawthorn Street has been a hive of activity in recent months.

Firstly, Matthew has been calling “fore” on the golf course by having a hit at the new indoor golf facility and on the Launceston Casino’s greens. Matthew has expressed his excitement at continuing this activity and plans to go for another hit with staff when he returns from his trip.

Sarah H has continued with her swimming regime, which is a requirement for her physiotherapy to help improve her strength and balance. She was spotted swimming with a fellow participant recently and by the smiles on their faces they were having a lot of fun.

Recently Sarah attended the Cancer Council’s women’s 5 km walk/run and dressed in pink.

Patrick, who is a new resident at Hawthorn Street, has been busy attending work and following a busy schedule.

He has been showing interest in his budgeting and likes his new job at Woolworths where he delivers groceries by truck.

Sarah C has been busy playing darts on a Wednesday night.

She has recently applied for a job at Coles and is now awaiting an interview.

We wish her the best of luck.

Sarah has also just completed her White Card, which has been a goal for some time.

Congratulations Sarah!

Richard Nicholls
Support Worker



Smith House

Aron’s goal of participating in more activities of his choice has seen him become excited when informed he is going to Day Program.

This enthusiasm and positive response to the prompt, and his willingness to go, are clear signs of an improvement, which is quite different from previously.

There is also a notable increase in Aron’s ability to sustain interactions with staff and other participants while taking part in activities such as playing and listening to music for a considerable amount of time at the Merrington Centre.

Aron’s participation in swimming has produced some positive results, especially the improvement in his swimming ability.

Aron can now float with limited assistance from staff and, obviously, with the use of some floating aids, which he holds by himself.

His support workers are very excited by the new developments which are contributing positively to Aron’s general wellbeing.

Geoffrey Ugwu
Support Worker



Wise House

Wise House has been busy and energetic with various activities being undertaken by the ladies.

Vickie and Robyn love to watch the television show *The Chase*.

They both like to participate while the game show is on and share their knowledge and cheer when their answers to the questions are correct.

They also like to listen to the news and *Home and Away* is another favourite.

The pair very much enjoy each other's company.

Vickie loves to make the dinner meals and this has given her a lot of independence.

She is active in her Day Programs and always likes to share how her day went.

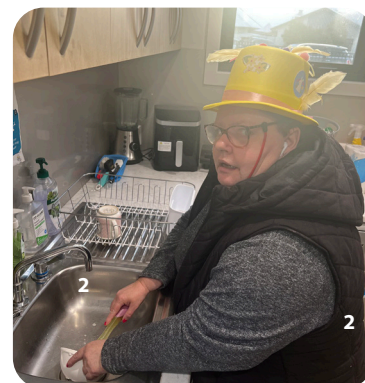
Robyn loves to listen to music by Daniel O'Donnell.

She also enjoys her independence including washing her dishes after meals, making herself a cup of tea and making and packing lunch for her Day Programs.

Robyn is also active in her Day Programs.

She is particularly excited for her birthday party, which is not far away.

Simmi Sandhu
Support Worker



Merton House

Ashlee, Chris, Adam, Tom and Mitchell are enjoying their shared living experience at Merton House.

Last month the house had a fantastic reason to celebrate as everyone gathered to honour Ashlee's birthday.

The participants came together with joy and excitement, distributing cakes among themselves and making the day truly special for Ashlee.

Tom is looking forward to visiting Queensland with his relatives, and his enthusiasm is contagious.

In the meantime, he continues to enjoy everyday life at Merton House by contributing to the vibrant atmosphere with his presence and positive energy.

Mitchell is embracing his living arrangement with open arms and is quickly learning to live harmoniously with his housemates.

In the kitchen he has been making amazing progress, honing his culinary skills with the guidance of the support team.

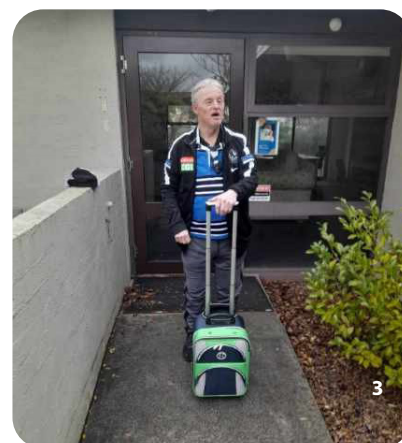
Not only has Mitchell been thriving in the kitchen, but he has also been enjoying the swimming program by taking full advantage of the opportunity to stay active and have fun.

At Merton House, we cherish the strong sense of community and support that brings us all together.

Each participant's unique qualities and contributions make our home a truly special place.

Stay tuned for more exciting updates as we continue to journey together by creating a warm and nurturing environment for everyone at Merton House.

Saddam Husain
Senior Support Worker



Penquite Road

There has been a lot of warmth, joy and celebrations at Penquite Road of late.

Lisa celebrated her 55th birthday at the end of June and was surrounded by Gabbie and the staff, who bought a cake for her special day. She thoroughly enjoyed the celebration.

Lisa's mum and sister also visited and brought plenty of birthday gifts, which filled her with happiness.

Alice's 25th birthday was celebrated with the ladies in the house, her mother and the staff. Alice's mum arranged a lovely dinner for everyone, and they all had a great time together.

During weekends the three residents have been enjoying their time exploring different places. Recently Lisa and Gabbie visited the Evandale market and indulged in hot chocolates from a cafe while they explored. Both relished the warm and sunny day and cherished the opportunity to socialise and engage with the community.

On Sunday afternoons the ladies have been dining out and Alice's absolute favourite destination is McDonald's, where she independently and confidently places her order and pays for it. This experience has been instrumental in improving her decision-making skills and building her confidence within the community.

It is heart warming to see both Alice and Lisa taking pride in contributing to the house.

Alice has been showing interest in household chores, such as vacuuming, hanging the laundry out and assisting in the kitchen.

Lisa has also been actively helping with household chores by honing her domestic skills by chopping vegetables, drying dishes and also hanging out the laundry.

Gabbie has developed a strong bond with Alice, and they both enjoy watching movies together after coming home from their Day Programs. Gabbie also finds joy in playing with puzzles, the piano and engaging in art activities.

Rabeea Akbar
Support Worker



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☐ One time ☐ Ongoing ☐ Monthly x _____ months ☐ Quarterly x _____ years ☐ Annual x _____ years

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Lyne House



The last two months have continued to be busy at Lyne Respite with participants enjoying more indoor activities due to the winter weather.

However, we have managed to sneak in a couple of trips to Low Head for a picnic on the beach on the days the sun has been out. Lunch at Seaport was also a chosen destination when the weather permitted.

Anusa continued to maintain her social skills and build her friendship with Alice, from Penquite Road. They have a fortnightly meal together at the Casino.

Through this activity Anusa is becoming more familiar with the different values of coins and notes and is becoming more confident at ordering and purchasing her meal independently.

Robert is now attending Respite during the week as well as on weekends. He has been working really hard on becoming more independent in undertaking his daily living skills.

With active support, Robert has been able to cook an evening meal for all the participants and helped to clean up afterwards.

Robert has also become more confident at turning on and setting the water temperature of the shower.

We look forward to assisting Robert to build on his skills in the coming months.

Antony has been working on his goal of taking his crockery and cutlery to the sink after each meal and, with active support, he will make himself a hot drink of a morning.

He also enjoys sitting down with the Lyne keyboard and listening to the music he creates. The staff really enjoy seeing the smile on Antony's face when he is playing with the keyboard.

Bradie-Lee has been trialing standing in her new standing lifter frame.

So far she has managed to almost become completely upright in the frame.

Staff will be working with allied health professionals over the coming weeks to help Bradie-Lee reach her goal of being able to stand completely upright in the frame. She has been working hard to achieve her reaching and pushing exercises while sitting on the floor.

Respite has also welcomed some new participants over the last three months.

Shane, Patrick, and Francis have all settled well into the routines at Respite. We look forward to sharing their achievements in the next newsletter.

Mariah Cornick
Support Worker



Although this winter has been pretty mild by Tasmanian standards, our participants in IHTS have found themselves focusing more on indoor tasks over the last few months.

And many of them have seen great improvements in the daily living skills they undertake around their own homes.

This includes domestic tasks to maintain their homes, meal planning and the preparation of nutritious food choices, grocery shopping and budgeting.

Paul has taken a real interest in improving his independence in maintaining his own unit, and taking pride in his home. He has even been challenging himself to achieve tasks before his scheduled staff arrive. This has included independently taking charge of domestic tasks such as stripping and washing his own bedding, doing his own washing, vacuuming and mopping his unit's floor.

He has also been enjoying conversations around healthier ways to cook his evening meals and independently cooking for himself on an increasingly frequent basis. We are very proud of the hard work he is putting in to achieve his daily living and health and wellbeing goals.

Glenn's kitchen is sparkling after he asked the staff to assist him with a deep clean. His espresso machine now has pride of place and he has created much more room for himself to engage in the preparation of healthy balanced dishes.

This is working towards his goal of living in a home where he feels happy and comfortable.

Glenn has also increased his physical activity. He is going to the gym more often and looks for opportunities to add activity into his days so that he can improve his overall fitness.

Combining this with healthy substitutions in his weekly grocery shopping, Glenn is steadily losing weight so he can be in prime shape for the next Special Olympics, an ambition that he has set as a fitness goal for the next 12 months.

Jo recently bought herself a new air fryer which has significantly increased her capacity to cook independently for both herself and her friends.

She has been working with her support team to explore air fryer recipes and has been highly motivated to assist with creating meal plans and grocery shopping lists around her new recipes. Jo also completes much of the food preparation and plating up herself.

It's a joy to see Jo gaining so much pleasure out of her increased skills and confidence in this goal of living independently.

Aaron has responded proactively to the feedback from his recent unit inspection and is engaging much more with staff to increase his involvement and interest in preparing his own meals and identifying areas he can improve on with regards to the maintenance of his home.

We are very excited to see Aaron so motivated to achieve his goal of keeping his unit well maintained, clean and tidy.

We can't wait to see what the spring brings for IHTS and our participants.

Bec Theobald
Operations Manager



Chicken and avocado salad with and chilli and lime aioli dressing

Ingredients

- 30g pumpkin seeds
- 1 tablespoon olive oil
- 1 chicken breast fillet
- 50g baby watercress salad mix
- 1 avocado, halved, stone removed, peeled, thinly sliced crossways

Dressing

- 2 egg yolks
- 1 small garlic clove
- 60ml olive oil
- 1 small red chilli finely grated
- 1 tablespoon finely grated lime rind
- 2 tablespoons fresh lime juice

Instructions

Step 1

Heat a large non-stick frying pan over medium-high heat. Add the pumpkin seeds and cook for 2-3 minutes or until toasted. Transfer to a bowl. Heat the oil in the same pan. Add the chicken and cook for 4-5 minutes each side or until cooked through. Transfer to a plate and cover with foil. Set aside for 5 minutes to rest.

Step 2

Meanwhile, to make the dressing place egg yolks and garlic and chilli in a bowl and whisk until combined. Slowly add the oil in a thin, steady stream until the mixture is thick and pale.

Step 3

Add lime rind and juice and whisk until well combined. Season with salt and pepper. Chill slightly in the fridge.

Step 4

Thinly slice the chicken. Arrange the salad leaves and avocado on a serving plate and drizzle over the dressing. Garnish with toasted pumpkin seeds.



Golden syrup dumplings

Ingredients

Dumplings

- 1 ½ cups self-raising flour
- 50g butter, chopped
- 1/2 cup milk
- 1 egg
- 1 teaspoon vanilla extract

Sauce

- 2 cups water
- 1/3 cup golden syrup
- 1/2 cup brown sugar
- 30 g butter
- 1 teaspoon lemon juice

Instructions

Step 1

Sift the flour into a mixing bowl. Add the butter and, using your fingertips, rub it into the flour until the mixture resembles fine breadcrumbs. Make a well in the centre.

Step 2

Beat the milk, egg and vanilla together with a fork until thoroughly combined and pour into the well in the dry ingredients. Mix gently from the centre, gradually drawing in the dry ingredients until the dough is just combined.

Step 3

To make the golden syrup sauce, put the water, golden syrup, brown sugar, butter and lemon juice in a large saucepan. Cook over medium heat until the sugar dissolves.

Step 4

Increase the heat to high and bring to the boil. Reduce the heat to medium.

Step 5

Scoop up heaped tablespoons of the dough and drop them into the boiling syrup. Cover with a lid and cook for 10–15 minutes, or until a skewer inserted into the centre of a dumpling comes out clean. Do not lift the lid during cooking. The time will depend on the size of the dumplings.



Step 6

Spoon the dumplings into serving bowls along with some of the golden syrup sauce and serve with cream or ice cream.

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.

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





Contact Details

St Michael's Association

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

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

admin@stmichaels.asn.au
www.stmichaels.asn.au

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