

by St Michael's Association Inc.



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A BIG HIT WITH OUR
PARTICIPANTS**
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CELEBRATED IN STYLE**
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Advertisement

Simon Wood^{MP}

Liberal Member for **Bass**

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

Passionate about Northern Tasmania

It is hard to believe that spring has sprung and that Christmas is quickly coming around the corner. Where has the year gone? Talking of Christmas I have to say that St Michael's has some big plans for the Festive season this year.

The annual Launceston Family and Participants Christmas Dinner will be held in the St Michael's Hall on Friday 1 December 2023 commencing at 5pm. It will feature a two-course meal, choir performances, lucky door prizes, a visit from Santa and a disco to round out the evening. Tickets are \$40 a head. Bookings must be made at the Administration Office, or by calling 6331 7651, by 17 November.

We will also be holding an in-house Christmas fete and Carols evening on Friday 8 December. It will begin with fete games and market stalls from 4pm, carols from 6pm and a tree lighting ceremony at around 7pm.

The event is open to friends and family members of existing participants, prospective participants interested in learning more about St Michael's and members of the local community.

In other news, for those that did not attend the recent Annual General Meeting, St Michael's Board President, Colin Foon, was recognised for almost three decades of distinguished and voluntary service with Life Membership of the Association. Congratulations Colin! You can read more about this on page three of the newsletter.

Meanwhile in Devonport the construction of our 16 new independent living units has finished and the units are now being tenanted. So far thirteen new residents are calling the units home.

We have also established a sleepover facility and a new IHTS office on our Devonport site.

Talking of building activity, work has started on a three-bedroom property, which is being constructed behind the Desmond Wood Complex, in partnership with the De Kantzow family to accommodate Lars De Kantzow.

The new property is due for completion by end of December. The house is being built by MPH Builders and funded by the DeKantzow family.

It would also be remiss of me to not mention a special visit we had at our Newstead site on the eve of the AFL Grand Final. The Hawthorn Football Club mascot, Hawka, along with staff from AFL Tasmania came to run a footy clinic with our participants. The photos on Page 4 show what a hit this visit was.

While on the subject of all things AFL, our former Director of Finance and Administration, Darrin Geard, enjoyed some success on the national stage earlier this month. Darrin, who recently resigned from St Michael's to take up a role with AFL Tasmania, coached the State Inclusion team to its first national championship win on the Sunshine Coast. St Michael's resident, Alan Dengate, was also part of the team's coaching group. Our congratulations to all involved!

Finally we have a new addition to our Executive Leadership Team. Heidi Dempsey joined St Michael's as our new Director of Finance and Administration earlier this month. Prior to joining STMA, Heidi was the Group Finance Manager for a hospitality business and before that she ran her own liquor distribution business. Heidi is looking forward to meeting everyone in due course.

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

Mike Thomas
Chief Executive Officer

Get to know our team



Name: Mamata Thapa Parajuli
Position: Support Worker-Newstead

Tell us about you: I am a person who is pleased when I get an opportunity to help a person in need.

Favourite food: Dumplings.

Hobbies: I like to be involved in sports and enjoy reading novels and spending time with my family and friends.

Fun fact about you: I love being happy and making other people happy.



Name: Bec Theobald
Position: Operations Manager-IHTS

Tell us about you: I have recently settled in Tasmania with my two fur babies and have worked in the disability industry for over 15 years.

Favourite food: Chocolate.

Hobbies: Hiking, travelling, aerial trapeze, baking, reading and doing jigsaw puzzles.

Fun fact about you: I volunteer once a year at an Elephant Sanctuary in Thailand doing positive reinforcement training with elephants and their workers.

Colin's 30 years of service honoured



St Michael's Board President Colin Foon was recognised for almost three decades of distinguished and voluntary service by being accepted as a Life Member at the Association's Annual General Meeting in September.

In moving the Board's recommendation, fellow Board and Life Member, Brian Dunham, said since Colin joined the Board he had served as Secretary and Vice President prior to being elected as the President in 2016.

"During this time Colin has also continued to provide his legal expertise, advice and time to deal with all Board matters on a voluntary basis," Brian said.

In accepting the honour, Colin said the Association was going from strength to strength with a broad range of quality programs currently on offer.

"It is certainly a good organisation to be involved with," he said.

At the AGM, the Association also recognised 11 staff members who had served the organisation for either 5, 10 or 15 years.

CAPTION: New Life Member and Association President Colin Foon (right) is congratulated by fellow Board Member Brian Dunham.

Our participants support the Cancer Council



Our participants always like to get out and support a good cause and last month was no different with our crew only too happy to participate in the Cancer Council of Tasmania's annual women's 5km walk/run in Launceston.

Twenty-two of our participants donned their best shade of pink to be involved in the event, which supports and encourages health awareness for all Tasmanians and raises vital funds for the Cancer Council's support and research programs.

Andrew and Zac spurred each other on to both finish in under an hour, which was a good effort.

Michael also achieved a personal best.

Jo danced her way through the whole event, with support from her sister, Robyn.

We were really proud of the effort put in by all our participants and thank the staff who supported them on the day.

SAVE THE DATE - LAUNCESTON CHRISTMAS DINNER FRIDAY 1 DECEMBER 2023

The Participant and Family Christmas Dinner will be held at St Michael's Hall on Friday 1 December commencing at 5.00pm.

It will feature a two-course meal, choir performances, lucky door prizes, a visit from Santa Claus and a disco will round out the evening.

Tickets are \$40 a head.

Bookings must be made at the Administration Office, or by calling 6331 7651, by 17 November.

At the beginning of September we attended the 2023 Tasmanian Training Awards Dinner in Hobart.

The Tasmanian Training Awards are the peak State awards for Vocational Education and Training (VET) and recognise innovation and excellence in the training sector.

St Michaels Training had three finalists in the Vocational Student of the Year - Sherry Coppe, Jodi Revell and Kiran Sood - and we congratulate them on their achievements. We were also fortunate to be a finalist in the Small Training Provider of the Year.

We would like to congratulate the winners Naomi Cox, Vocational Student of the Year, and Scala the Training Company, the Small Training Provider of the Year.

Kim Dean
RTO Manager



Sherry Coppe receives her certificate from Skills Minister Felix Ellis (left) and Rotary Club of Deloraine president Andrew Dare.



Mr Ellis, Kiran Sood and Mr Dare.



Jodi Revell with Mr Ellis and Mr Dare.



Representing St Michaels Training at the dinner were (from left): Alice Goicochea, Lindy Crack, Dipendra Sanjyal, Mick Brodie, Sophie Guy, Kim Dean and Liz Meek.

AFL Grand Final celebrated in style

Staff and participants donned their footy gear to celebrate the AFL grand final last month.

AFL Tasmania hosted a clinic where our participants had an opportunity to learn some new skills and, as a special treat, Hawka, the Hawthorn Football Club mascot, also made a visit and handed out some goodies.

Our participants had a ball and we thank AFL Tasmania and the Hawthorn Football Club for their support of the event.

Participants, staff and family members gathered in the Merrington Centre on match day for the Social Club's annual grand final barbecue with the game played on the big screen.

Participants enjoyed a fun footy sweep and a half-time barbecue meal with friends.



Newstead

The recent spell of warmer weather has certainly encouraged our participants to get out and about in the community.

We recently had the opportunity to get out of Launceston and headed down to Greens Beach to enjoy the sun and the beach.

Our van was packed with a barbecue lunch and all the sports equipment needed for some beach day fun.

We played football and cricket on what proved to be an enjoyable outing for our participants.

On Thursday afternoons we have been going to Hollybank where we all enjoy the outdoors and the fresh air, as we get our heart rates up to tackle our fitness goals.

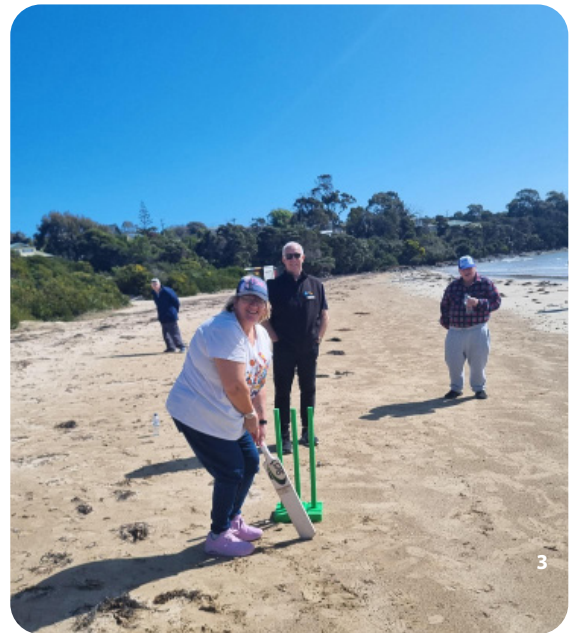
Speaking of fitness, David has been smashing his goals at the gym and is making amazing improvement each week.

But it has not been all about hard work and exercise in Day Program and we have also enjoyed some fun times.

One of our support workers, Grace, recently made a beautiful crown which all our participants enjoyed having a chance to wear.

Our woodwork crew has also been getting everything ready for the new look vegetable garden we are currently preparing.

Alex Williams
Senior Support Worker



Devonport

Spring has sprung and Devonport is having a lot of fun!

We have had a lot going on lately with the completion of the 16 new independent living units.

There has been a lot of discussion around the building works and the different working roles that all go into the finished product.

With the new tenants moving in during this month we have appointed Tim Stamel (pictured below) as our new Team Coordinator in the In Home Tenancy space.

Tim has been working with us in the Devonport Day Program for most of the year and is excited to sink his teeth into the new role.

We look forward to seeing his positive approach assist participants flourish in their new homes.

With the weather getting better we have been able to get out and about a lot more and recently we went to Wynyard to try out the new all abilities playground and had a picnic on the foreshore.

While it was a little windy, we still had a great day being out in the fresh air.

We have welcomed quite a few new staff members recently with Karrissa Carson, Kaylene Thomas, Molly Kenny, Lauren Butler and Paige Wing joining us.

The ladies are all new to the disability space and bring their own set of individual skills to add to the existing skills of our talented staff pool.

Please join us in giving them a warm welcome when you see them.

We also took the opportunity to share our story with the community at the Disability Expo which was held in Devonport in October.

Carolyn Martens
Disability Services Manager



A blue banner for Financial Streams. On the left is the logo with the text 'financial streams Clear, strategic & personal financial advice for the people of Launceston'. In the center is a circular photo of Andrew Ledingham, a man with glasses and a red checkered shirt. To the right is a speech bubble containing a quote: 'I feel privileged to be a part of my clients' financial journeys.' -Andrew Ledingham. Below the photo is a white brushstroke graphic with the text 'Call Andrew for an obligation-free chat on 03 6388 9224'. At the bottom right is an email icon and the address 'andrew@financialstreams.com.au'.

Independent Services

It has been an extremely busy and productive time at Chant Street with everyone excited, focused and working hard on their entries for the Royal Launceston Show, which was held earlier this month.

Again this year we had over 20 entries from five different program areas.

Craft, art, gardening, sewing and cooking participants took the opportunity to show off their artistic flair as they developed their skills in many areas.

Congratulations to everyone who entered their wonderful works of art and we are all extremely proud of your efforts.

Due to his old bike wearing out, Richard was excited to test out his new tricycle on the day it arrived. Despite the chilly weather, Richard spent the whole afternoon riding it around the tennis court.

Richard relies on his bike for his mobility, fitness and relaxation and now can continue his rides around the Independent Services' tennis court or anywhere else he chooses to go.

The Brainwaves programs continues to be a fun and social time for everyone.

Julianne has taken on the challenge and is developing her hand and eye coordination as she enjoys competing against others on the Wii.

Peta, who has only recently joined the group, has been very busy maintaining her fine motor skills by doing her Diamond Dot project.

This program sees participants not only develop and maintain their cognitive skills but it is also a fantastic opportunity to develop and maintain friendships in a very relaxed setting.

Everyone is now looking forward to the up-and-coming Christmas mayhem.

Amanda Mallett
Senior Support Worker



Audit + Assurance

Self-Managed Superannuation Funds

Financial Reporting

Bookkeeping

auditing & accounting

SOLUTIONS

Kenneth Court

The Kenneth participants all attended the Crossroads Tasmania weekend excursion last month and had a great time.

Crossroads took participants on a memorable journey to the North-West Coast taking in Somerset, Wynyard, Burnie and Devonport.

The weekend began with a leisurely exploration of local shopping gems, where participants could immerse themselves in the quaint shops and coffee places and connect with the vibrant community spirit.

Even in the main street of Wynyard participants crossed paths with people they knew. Continuing to develop their skills in social greetings and appropriate conversations is important and these trips mean participants have the opportunity to maintain social communication discussions with those they know and also with others that they have met for the first time.

In the shops when purchasing items or a coffee Nick, Stephen and Andrew chatted with shopkeepers and handled their own spending money to pay for purchases.

One of the highlights of the Saturday excursion was a visit to a lobster farm, where participants were introduced to the intricate world of crustacean farming.

Andrew had the opportunity to feed some rainbow trout in a pond on the walk at Flowerdale.

Here the participants learnt about the lobster's environs and preferred foods and even had the chance to enjoy a freshly prepared lunch.

Andrew was able to get close enough to the pond's edge that he could hear the fish jumping once he tossed in the food.

He was excited when the splashing and competition for fish food began.

Activities where Andrew can participate as best as he can are invaluable and even using his arms and hand strength to throw fish food into the pond is relevant in maintaining his physical movement.

During lunch at Flowerdale Andrew and Stephen dined together and they chatted and looked out for one another when their meals arrived.

Nick was off at another table connecting with other people he knew but did not get to connect with very often.

He was quite relaxed and shared jokes and poked fun at mates in a friendly and robust manner.

Choice of meal options occurred at all venues and it was encouraging to see participants voice their preferences to cafe staff, who they did not know, confidently and clearly.

On the Saturday evening there was some lively dancing where participants let loose and showcased their joyful spirit including donning the dress up attire which had been provided.

Nick was able to expend some physical energy which is very important for his ongoing health.

The dancing and the walking across the day assists Nick to maintain his balance when walking and dancing and he is looking into what other physical activities he might consider undertaking on a regular basis.

In the meantime, he thoroughly enjoys his music and art opportunities at Day Program.

We hope to give you news on a new physical activity for Nick in the next newsletter.

On the Sunday, to enrich their cultural awareness, participants delved into the rich history of the region at the Devonport Maritime Museum.

Deirdre Gordon
Team Coordinator



Baker House

Gary visits Invermay regularly to inspect the recreational and industrial areas of interest to him.

He also enjoys a social morning tea/lunch with staff at Riverbend Park and loves riding on the Tiger bus.

Gary has made significant improvements in forming personal care habits, maintaining regular grooming routines and keeping his living area clean, with the support of staff.

He has been actively participating in booking his fortnightly weekend trips to visit his parents.

Gary engages with staff and assists them to book his bus tickets. Family visits are crucial in promoting Gary's emotional well-being and developing a sense of connectedness.

Paul has demonstrated some important adjustments in his day-to-day activities such as exercising control over his actions.

He has shown a desire to learn how to prepare meals and succeeded in making himself a steak dinner recently.

Paul has also shown signs of actively engaging in household duties such as bringing the bins back to their designated location and putting away his dishes.

He has also shown improvement in his interactions within the social community setting.

Paul is learning to better maintain personal space during his social interactions.

Instead of hugging people, Paul is establishing handshakes as his preferred method of social engagement.

Social interactions and community involvement enrich his experience, creating a contented and fulfilling past two months.

His parents often visit and Paul has also gone to their home to spend some quality time with them.

Paul's continued development towards independent living and his contributions to the home have been particularly noteworthy of late.



Narender Kandalia
Team Coordinator

Sayer Street

The boys at Sayer Street have made it through another winter and by the look of how fast the grass is growing at their house we can tell spring is well and truly here!

While Sam much prefers the cooler weather, and isn't too happy now it is starting to warm up, it is the opposite for Kevin, who is loving getting back into his shorts and t-shirts.

Sam has been busy adding to his anime and pop vinyl collections and loves watching his movies and serieses. He enjoys going to Scenic Isle Gaming from Monday to Thursday each week and is learning a lot of new skills such as serving customers, operating the cash register and eftpos machine and making up orders for online customers.

Sam and his friends usually play Dungeons and Dragons but lately have been playing a new role-playing game called Pathfinders,

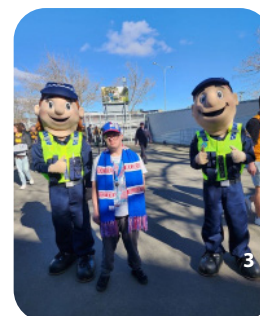
which Sam said he is enjoying.

His favourite day of the week would have to be Thursdays as he gets there early and plays many different games right through until about 9pm.

Kevin is a real footy fan and he has changed teams again and is now a big Bulldogs supporter!

One of his favourite things is going to Day Program every day for activities and to see his friends, both staff and participants.

He also looks forward to Fridays as he has cooking and ten pin bowling and then gets picked up by his father for the weekend, which Kevin enjoys.



Michael Barker
Support Worker

Chugg House

Lita has been keeping up her life skills with the assistance and encouragement of her support team.

She will pour her own glass of water with her adaptive jug, which has a water level indicator that alerts her when the glass is full.

Lita has also been taking the rubbish bins out when they are due for collection.

Not only is this building on her life skills, but it is also a good opportunity for Lita to get some exercise in.

Lita also has continued to enjoy the company of the Lyne and Penquite residents and goes on regular outings with them.

She has also been enjoying walks around the Seaport complex and dining out on occasions.

Narelle Shipton
Team Coordinator



Como Crescent and Desmond Wood 2

Jacob is really enjoying the layout of his unit and is comfortable with his access to his iPad when he lounges on his couch. He is also only a few steps away from his favourite drinks.

He is still travelling to his Day Programs, where he gets to visit local sites down the West Tamar and also a good coffee shop or two. Jacob also enjoys catching up with his favourite staff.

Jacob likes participating in cooking and a good bit of music will get him up and dancing.

Once Jacob gets home he will make sure he has enough snacks to get him through until dinner time or he will go to Coles to get what he needs.

When the weekend comes around Jacob is always up for an outing and makes an effort to ensure the esky is packed with some of his favourite foods.



But, that does not mean he will always pass up on getting some hot chips at Beauty Point.

Benjamin, Zac and Brandon are happily sharing house space and utilities with each other while having separate bedrooms at Como Crescent.

Zac continues to practice Arrow Darts and recently finished second in a competition.

He also likes to visit the Hillwood football ground and enjoys watching the football and interacting with the players.

Benjamin helps with the house chores including washing the dishes, emptying the bins and replacing the liners and sometimes assisting with the laundry.

He is also happy to make pizza and toast as well as helping marinate chicken and lamb and peeling the potatoes, with support from staff.

Brandon enjoys supporting his housemates by helping with the dishwashing and laundry.

He also likes to spend time with his mother on weekends.

Danny Johnston and Rajan Khanal
Support Workers

Hawthorn Street

The participants at Hawthorn Street continue to impress staff with their achievements.

Mathew recently returned from his visit to family on the mainland. He had a great time catching up with his parents in Sydney and is now getting back into the swing of things at Hawthorn.

Sarah H recently attended her nephew's first birthday party.

She's been very excited about spending time with family and is planning a trip to see her father and stepbrother over the Christmas period.

She has also booked in a trip to Ireland again to visit family next year. What a jet setter!

If you are ordering deliveries from Woolworths in the Launceston area keep an eye out for Hawthorn Street resident Patrick!

His grocery delivery job continues to keep him busy and he has had some great feedback as well.

Patrick was also supported to cook his first chicken carbonara from scratch recently and he said it was great!

Sarah C has recently taken on an extra day each week at her workplace and continues to provide gardening services around Launceston.

Sarah has also been working with Patrick at Hawthorn Street to tidy up the yard areas, which has been a massive effort by both.

Great work you two.

We can't wait to see what's in store next for the participants at Hawthorn Street.

Charlotte Hastings
Support Worker



Smith House

With the weather warming up, Aron has been enjoying the chance to get out in the community.

Aron likes engaging with everyone he meets and is very quick to give them a smile.

He also likes getting involved in the weekly meal preparation and is now confident enough to help staff stir the ingredients and put the spare containers in the freezer for later in the week.

The past couple of months have seen a number of new staff join the roster at Smith House.

Aron has enjoyed getting to know all the staff when they come into the house and his patience when new staff undertake buddy shifts is phenomenal.

As Christmas creeps ever closer, Aron will continue his outings in the community, including his visits to the Aquatic Centre to cool down.

Geoffrey Ugwu
Support Worker



Wise House

Vickie and Robyn have been very active over the last couple of months and have been making the most of the improving weather.

The pair love to go out for a walk in the barbecue area near the Seaport complex and are also looking forward to the annual Halloween party which is coming up soon.

They both like to listen to the news and watch their favourite show *Home and Away*.

Vickie loves to go out for a short walk and enjoys the fresh air and sunny weather.

She makes her own dinner and this has given Vickie a lot of independence as she loves to do the cooking her way.

Vickie also likes to play games on her iPad.

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

Robyn occasionally watches Netflix movies on her phone.

She has an app on her phone which allows her to tune into her favourite radio stations, City Park Radio and Way FM.

She also does some art on her iPad.

Robyn is excited to go to the Halloween party and bought a new dress. She is also planning to paint her fingernails.

Simmi Sandhu
Support Worker



Merton House

It has been an interesting time at Merton House lately and we recently welcomed a new house member, Jeremy.

Jeremy enjoys drawing, writing, going for walks and listening to music.

We have also had a sad farewell for long-time house member Ashlee.

Ashlee had been at Merton for over five years and we have seen some great progress in Ashlee's independence and growth in both her personality and confidence.

She will be missed by both staff and her fellow participants.

Mitch has transitioned well into the house and is now a much loved house member.

Tom, Chris and Adam are by far the more independent house members, at times choosing to socialise with staff and peers by watching television or playing board and card games.

These games help the participants not only develop and maintain their cognitive skills but are also a fantastic way to develop and maintain friendships in a very relaxed setting.

Everyone is now looking forward to the up-and-coming Christmas mayhem.

Saddam Husain
Senior Support Worker



Penquite Road

The ladies who live at Penquite are enjoying regular community outings on weekends.

A recent visit to Paper Beach was a hit with Gabbie enjoying throwing rocks into the water while Lisa had a stroll along the shoreline and Alice went for a swing.

Catching up with residents from the Lyne and Chugg houses on the occasional Sunday is another fantastic way for the trio to build connections and maintain friendships.

The three residences recently got together for a barbecue picnic at the Punchbowl reserve.

Gabbie, Lisa and Alice are continuing to build on their life skills.

Lisa has been assisting staff by taking the rubbish out to the bin and mopping the floor.

Alice has been doing the dishes and getting everyone a drink at dinner time.

Gabbie takes her dishes from the dining table to the sink when she has finished eating.

They also enjoy dining out at the Casino every second Tuesday.

Narelle Shipton
Team Coordinator



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.....

One time Ongoing Monthly x ____ months Quarterly x ____ years Annual x ____ years

Payment options:

Cash in person at St Michaels Association office (22 Hoblers Bridge Road), EFTPOS via phone (6331 7651), electronically (BSB 017042 Account Number: 002398139), Cheque/Money order made payable to St Michaels Association Inc. or Credit Card

Visa Mastercard Card Number

Expiry Date:

Card Holder: Signature:

Yes, please contact me to discuss other ways I may be able to help St Michaels Association

Details

Mr / Mrs / Ms / Miss First Name..... Surname.....

Address..... Suburb.....

Postcode..... Phone:..... Mobile:.....

Email:.....

Lyne House



As always, the last few months at Lyne Respite have been very busy.

The staff and participants have been making the most of all the extra sunshine we have been having by getting out and about in the community.

There is nothing better than packing up the esky on a beautiful sunny day and heading out to either a park or the beach, which are favourite activities for the Lyne participants.

All the participants are actively supported to assist with getting ready to head off. Everyone is allocated a task and it is wonderful to see how well they work together to decide who is responsible for each task.

Becoming barbecue chefs has also become a very popular activity and all participants are given the opportunity to flip a burger or turn a sausage.

Strolling around Old Mac's Farm and feeding the animals is also high on the list of favourite things to do as the participants not only get out in the fresh air but also get to interact with the animals.

The participants also get to maintain friendships by catching up with the Penquite ladies and Lita for group outings.

Ten pin bowling has become quite a competitive activity amongst the participants and they have all improved their skill level remarkably. The competition then moves on to a friendly battle of air hockey or basketball in the arcade.

And let's not forget homemade pizza is a popular activity on Fridays. To see how far the participants have advanced their pizza making skills is nothing short of amazing. They have mastered basic pizzas and are now experimenting with different toppings and making more gourmet style pizzas.



Regular Lyne participant David continues to settle into his weekly routines.

David has now joined the local gym and is actively supported each evening to head down for a workout.

He has set himself a fitness goal and is working very hard to achieve this.

David is also becoming more actively engaged in doing his washing and changing his bed linen every week.

Antony has excelled in the last couple of months and has been working very hard on improving his daily living skills.

He is making his breakfast and a coffee or milo drink in the mornings with verbal prompts and cues and will wash, dry and put his dishes away.

Antony is also becoming more engaged in weekend activities and enjoys the arcade games at the bowling alley.

Bradie-Lee has also been working hard on her positioning exercises to help maintain muscle tone and fitness.

Staff sit with Bradie-Lee on the floor and encourage her to reach up above her head for objects and to kick objects away with her feet.

Bradie-Lee is also trialling a standing lifter which enables her to get out of her wheelchair and stand.

Watch this space for more updates.

Everyone at Lyne looks forward to sharing our adventures in the next newsletter.

Mariah Cornick
Support Worker



With the clocks rolled forward to make the most of the longer and warmer days, our participants have turned their attention to outdoor activities.

Michael's vegetable patch has always been a source of pride, and it is certainly thriving now with the attention he has been giving it.

He has been cooking up lots of fresh recipes with his abundance of homegrown produce and has been engaging with his support workers to make more healthy choices when preparing his own meals.

Michael has also been increasing his physical activity, using a tracker on his phone to record his walking activity and has set himself a goal of maintaining and increasing his movement every day.

He is taking every opportunity to independently add physical exercise into his day, exploring many new locations across town and working to increase both his pace and endurance.

Lyn has also discovered a passion for growing her own vegetables and is starting to see the fruits of her labour with fresh shoots now coming through in the veggie patch which she spent the winter months prepping, with assistance from her support worker Cheryl, ready for a fresh spring crop.

We cannot wait to see what delicious treats she will create and we can already see many of her neighbours being inspired by her success with more fresh gardens cropping up around the site.

Many of our participants have been taking their fitness goals out of the gyms and back into nature.

We had an incredible turn out of both participants and staff at the Cancer Council of Tasmania's womens 5 km walk/run in early September which also inspired a lot of interest in the Burnie 10, which was held earlier this month.

Julian has been requesting help from his supports to discover new outdoor places in his community that he can explore and increase his step count, and George has been ensuring he is staying fit by clocking up regular laps at Cataract Gorge and keeping up his footy training.

Kaylene has discovered the tranquility of the sensory garden at City Park and Jack is looking forward to taking part in the Saturday park run at Inveresk on a regular basis.

Greg has really embraced his new services, taking his support workers for walks around his community to show them his places of interest and share a little bit of St Michael's history with them.

It's wonderful to see everyone enjoying being out and about now that the days are brighter, and the increased social interactions that naturally occur when we are all out enjoying our wider community.

We love seeing our participants being encouraged to achieve their goals, and the smiles on their faces when they celebrate their successes.

Bec Theobald
Operations Manager



Nicoise

Ingredients

- 3 small chat potato
- 10 baby beans
- 75g tuna, flaked
- 8 grape tomato halved
- 8 black olives
- Cos lettuce leaves, separated and washed
- 1 hard boiled egg, halved lengthways
- 3 anchovy fillets, halved lengthways
- 1 quantity of dressing

Dressing

- 1/4 cup olive oil
- 1/4 cup wine vinegar
- 1 teaspoon Dijon mustard
- Seasoning

Instructions

Step 1

Make dressing by whisking oil, vinegar and mustard together and adding seasoning.

Step 2

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

Step 3

Cook potatoes until just tender, transfer to cold water to stop cooking. Add beans to boiling water and cook 2-3 minutes until just tender – transfer to cold water. Hard boil eggs, peel and set aside.

Step 4

Ensure potato and beans are dry and cut potato into halves, add together. Add tuna, tomato egg and anchovies to other ingredients. Add a small amount of dressing.

Step 5

Place lettuce into a bowl and decorate with ingredients. Add more dressing if needed.

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 teaspoon 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.

Step 5

Drizzle over remaining dressing and crumble over feta. Serve.

Highlights



REQUEST A PIC

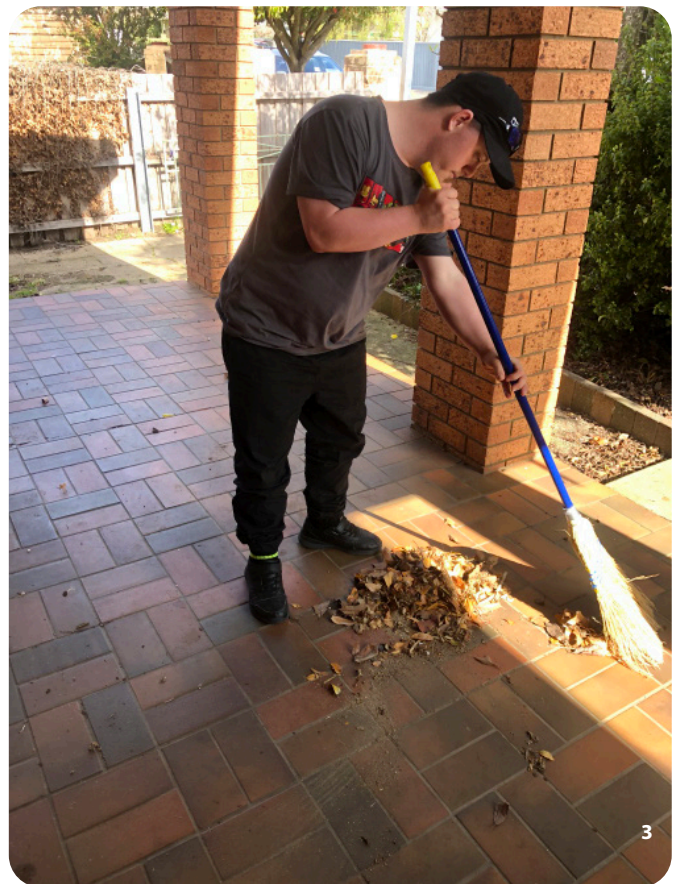
Have you seen a picture you like in this newsletter and would like to get a copy?

All you have to do is email info@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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