

The Independent

By St Michael's Association Inc



Highlights

New Grant Funding & Partnerships

Disability Expos

Deck Replacement Rollout



Advertisement

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Passionate about Northern Tasmania

From the CEO

Mike Thomas

As we have witnessed the vibrant colours of autumn and are now embracing the crispness of winter it is time to share some of the wonderful developments and activities that have been keeping our team and participants busy.

Anyone who has been to our Newstead site in the past few weeks will have undoubtedly heard the sounds of saws and hammering coming from the area of our older units at the back of our site. So, what is all the noise about? We have commenced a significant project to replace all the decking on the units. You can read more about this project below.

St Michael's has also been the beneficiary of a couple of grants in the past few months. This first was secured through the State Government's Community Support Fund. These funds will be used to purchase some cinema equipment, inflatable screen and outdoor beanbags so we can host cinema nights for our participants and their families in the St Michael's Hall during the colder months and outside on the lawns during the warmer summer months. More information about this is available further on in the newsletter.

The other was from the Riverside Lions Club of new construction equipment, including a sliding drop saw and sliding benches, which will be used in the deck replacement project. We thank the Riverside Lions Club for their ongoing support of St Michael's. The Riverside Lions Club have been a valuable partner over many years and have provided amenities to St Michael's, such as the wheelchair-accessible outdoor dining tables, for the benefit of our participants.

Talking of partnerships, I am also proud to announce our new partnership with the East Launceston Bowls Club. This partnership will bring about significant benefits to both our organisations and has seen St Michael's working to get

more participants interested in bowls, while also being the recipient of share proceeds from activities undertaken by the ELBC. So, expect to see more stories in the coming months of our participants hitting the greens and having a roll.

In preparation for the cold and flu season St Michael's recently held a flu and COVID booster vaccination clinic at our Newstead site. This clinic saw participants, staff and family members receive free flu and/or COVID booster shots. Nearly 30 participants and 60 staff and their respective family members lined up and received their free jabs. Hopefully this will keep them healthy and happy so that they can go about their normal activities as we come into winter.

Speaking of activities, over the past few months have been bustling with a variety of activities and accomplishments across our programs. At the Merrington Centre Day Program, participants have been developing their skills and independence through cooking, singing, dancing, and engaging in community outings. In East Devonport, our participants have been enjoying swimming, fishing and a visit to Agfest.

Moreover, we have witnessed remarkable personal achievements. Jamie has successfully crafted his own guitar, Lyn has designed a beautiful patchwork quilt, and participants like Ben, Vickie, Paul, Jacob and Gary have made significant strides in their daily living skills and independence. These stories of perseverance and success are a testament to the hard work and dedication of both our participants and support staff.

Thank you for being a part of our journey. I look forward to sharing more updates and celebrating further achievements in the coming months.

NATIONAL VOLUNTEER WEEK

Cynthia Routley, Independent Services Celebrating 5 Years

Cynthia Routley (pictured cover) was an employee for over 21 years before retiring, and has now been volunteering every week for over 5 years on Wednesdays and Thursdays in the cooking and sewing programs at Independent Services.

Cynthia was a home economics teacher in her early days, and she continues to mentoring our staff in these areas. We would like to thank and acknowledge Cynthia for her outstanding contribution and dedication to our participants and staff.



COMMENCEMENT OF DECK REPLACEMENTS AT NEWSTEAD

We are excited to announce the commencement of this important project at our Newstead site which began in May. This project involves the comprehensive replacement of all unit decks, by St Michael's dedicated Assets Team.

The project aims to enhance both the safety and aesthetics of our facilities, ensuring a more comfortable, safer and sustainable environment for everyone at the site.

After an initial trial last year, our team has chosen to use Ekodeck for this project, a cutting-edge sustainable product crafted from a blend of recycled wood and plastic and delivers a natural timber look without the usual upkeep timber requires.

The replacement work is slated to be completed by the end of December 2024. Throughout this period, our Assets Team will ensure that disruptions are minimised, and all safety protocols are strictly followed to maintain a safe environment for residents, participants and staff.

We are very grateful and extend a heart-felt thank you to the Riverside Lions Club for the generous donation of the additional construction equipment needed to complete the deck replacement project. The generosity of the Club will ensure our manual handling and efficiency are greatly improved for the benefit of our participants, their families and St Michael's staff.



DISABILITY EXPOS 2024 LAUNCESTON & DEVONPORT

participants who attended certainly enjoyed themselves!

The expos not only represented the opportunity for St Michael's to expand awareness of it within the community, but also the chance to network and speak with other providers from within the sector.

We thank and recognise the efforts of key staff in being able to attend the stalls between existing duties, and to the teams crucial in developing the promotional material.

During the month of June, St Michael's exhibited its extensive services at Disability Expos in Launceston and Devonport.

Hosted by Disability Expo Australia, these inaugural expos to the Tasmanian market featured 42 exhibitors from across the disability and aged care sectors. Held in Launceston at the Conference Centre on the 12th and in Devonport 3 days later at the paranapple centre, our teams were able to showcase the full suite of services offered by St Michael's.

Both expos enjoyed solid attendance, and St Michael's



A NEW PARTNERSHIP

St Michael's and East Launceston Bowls Club

In an exciting new development we are pleased to announce a new partnership between St Michael's and the East Launceston Bowls Club (ELBC). This collaboration promises to bring significant benefits to both of our organisations, as well as the broader community.

The partnership centres on mutual support in events and fundraising initiatives, ensuring that both organisations can further their community engagement and service goals. St Michael's will benefit financially through shared proceeds from ELBC's events such as the monthly meat tray raffle, members' fundraising functions and the use of the club's facilities offering our participants a chance to participate in lawn bowling activities while further enriching the club's community atmosphere.

Regular bowling events will be organised, allowing our participants to enjoy not only the physical aspects of the sport but also the social interaction that comes with team activities.

In return, St Michael's will support ELBC by participating in events like The Cobbs Cup, contributing to a vibrant community sports culture, and participation in their events. This will add to the club's vibrancy and community presence. The club will also gain access to the extensive network of St Michael's Association, expanding their outreach and inclusivity to a broader audience.



This partnership also emphasises the values both organisations cherish: teamwork, collaboration and community service. By collaborating, St Michael's and ELBC aim to create a stronger community presence and provide enhanced facilities and opportunities for our members, participants and the local community.

This partnership is a testament to the power of community collaboration. It not only aims to enhance the sporting experiences, but also fosters a sense of belonging and support within the East Launceston community. St Michael's looks forward to a fruitful partnership with ELBC, enhancing the lives of many through inclusive and fun sporting activities.



GRANT FUNDING SUCCESS

Community Support Fund for St Michael's



We are thrilled to announce that St Michael's has successfully secured grant funding from the 2023/24 Community Support Fund Small Grants Program, administered by the Department of Premier and Cabinet Tasmania.

St Michael's has received \$10,000 in grant funding under the program. We will be using some of this funding to install some sun sails to create additional shaded outdoor areas to better use the wheelchair accessible tables that we donated to us by the Riverside Lions Club last year.

The funding will also be used to establish additional sporting facilities and purchase additional sporting equipment.

Lastly the funding will buy cinema equipment, including an inflatable projection screen and outdoor beanbags so we will be able to hold both indoor and outdoor cinema nights on site at both Newstead and Devonport.

Building works and purchases will be made before the end of this financial year, so look out for new events coming soon.



Day Programs

Newstead

At the Merrington Centre Day Program, we are committed to fostering an environment where every individual feels valued, supported, and empowered. Over the past few months, we've seen remarkable progress and inspiring achievements among our participants. It's a testament to the dedication of our staff and the resilience of our participants.

We improved several skill development programs focused on up skilling and promoting independence. From participants cooking their morning tea, two days a week, instead of buying it from the cafés, to competing in singing and dancing competition within our music program and of course Bingo, our participants eagerly embraced these opportunities.

Community Engagement:

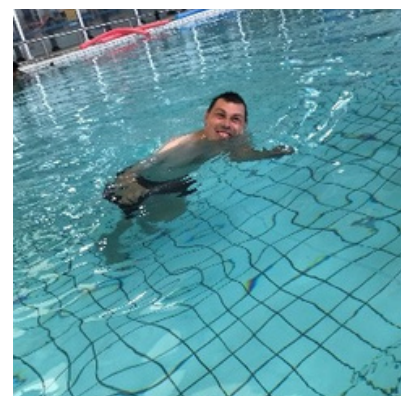
Visiting the QVMAG Museum and the Aquatic Centre not only provided enriching experiences for our participants but also strengthened our ties with the broader community.

Outdoor Activities:

Taking advantage of beautiful landscapes, our outdoor activity sessions have been a great success. Whether it's a peaceful walk in the park, a Tailrace Park outing, or a visit to Splash Golf at Grindelwald, these excursions offer a wonderful balance of relaxation and adventure.

Health and Wellness Programs:

Soon, Day Program Participants will be heavily involved in building a sensory garden. The garden will provide therapeutic benefits, including relaxation and sensory stimulation, enhancing their overall well-being.



Independent Services

With recent events such as Easter and Mother's Day participants have been extremely busy in the craft and cooking programs making and preparing many items for their family and loved ones.

Participants continue to work towards their goals during March, April, and May.



Jamie worked extremely hard on his goal, to make his own Guitar from scratch at the Ravenswood men's shed woodworking program.

With the complex processes and challenges in making this guitar, Jamie and his support staff planned and researched ideas to assist them during the lengthy process. It has been a great learning curve for both Jamie and his support staff with many different woodworking skills required during the process.

Jamie also made a trip to Barrett's Music to purchase his strings to complete his project. Congratulation Jamie on a job well done.

Lyn's goal was to design and make her own personal patchwork quilt in sewing. With a little help Lyn chose the pattern before going to Spotlight and buying the fabric herself.

Next the patches were cut out, pinned, and sewed all together. Lyn has been growing in confidence in using the sewing machine independently as she completed these tasks.

Her last step was to pin the layers of the completed patchwork top, wadding and back all together ready for it to be sent off to be quilted.

Lyn will be entering this project in the 2024 Launceston Show.




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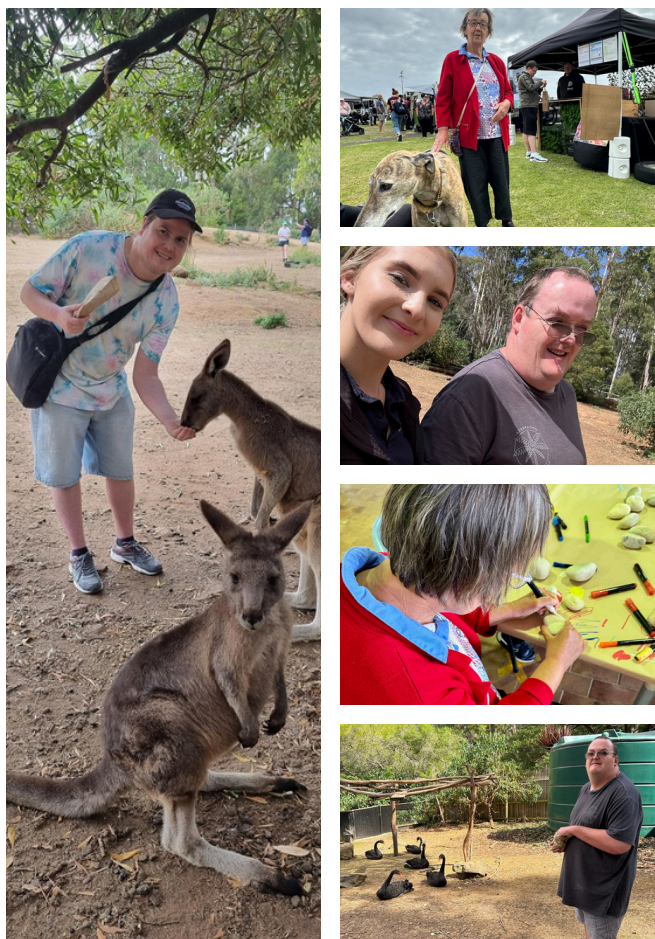
Day Programs

East Devonport

The past two months in East Devonport have seen our participants buck the trend of Autumn and maintain a hot streak of active social and community participation.

Within the Day Program we've recently seen an increase in participation across several program activities, including the swimming program on Mondays, fishing on Wednesdays, and Coffee Club/Reclink on Thursdays.

We're pleased to see this as these program areas put the health and wellbeing of the participants first, as well as providing an opportunity for engaging with the local community, and supporting positive social interactions.



Again, it was been awesome seeing our participants' choices and opinions form the core of our Easter/Mother's Day related activities over the past couple of months.

The support workers in East Devonport have been fantastic in identifying opportunities for capacity building and supporting the independence of our participants across all program areas.



During the Easter period our participants were all too eggcited (sorry) to participate in Easter-themed arts, craft and decorating around the center. This was also the case with Mother's Day when our participants were supported to create cards from scratch, bake some special treats for their mums, and to buy a little gift or two!



AGFEST 2024

Devonport Support & Participants

Some lucky participants in our Devonport Program took the opportunity to enjoy the annual 'farm fest' that is Agfest!

Usually held under notoriously grey skys surrounded by the rich mud in which some of the states' finest produce grows,

this year's event saw blue skies and bright sunshine for the vast duration of the weekend.

Participants enjoyed the heavy farm machinery, special vehicles and of course the free samples from the exhibitors!



Supported Accommodation

KENNETH COURT

As we reflect on the past few months, they have been filled with laughter, celebrations, and memorable moments here at Kenneth Court. Let's take a look at some of the highlights!

In March, we welcomed David as the newest member of our community. From the moment he arrived, David formed an instant connection with Nick, and their laughter filled the house as they enjoyed each other's company. It's heartwarming to see the bonds of friendship forming so quickly.

March was a month filled with exciting activities for all our participants. Everyone joined in for SpeakOut at Mowbray Hotel, where they had the opportunity to share their voices and experiences. Then they celebrated Stephen's birthday in style at Newstead Pub, with a special guest appearance by Robyn from Wise House. It was a joyous occasion filled with smiles and camaraderie.

As the month came to a close, we welcomed the Easter season with open arms. Our end-of-March celebration took us to the Easter Social Club event organised by the Hawthorn House team. The evening was a delightful mix of fun and festivity. And of course, no Easter celebration would be complete without a visit from the Easter Bunny himself!

In April, Nick embarked on a holiday to Gridenwald Estate, where he enjoyed some well-deserved relaxation and adventure. Meanwhile, our community continued to focus on personal goals and growth, with everyone making strides towards their individual aspirations.

Andrew has been enjoying his time watching his favorite TV show "The Chase" and enthusiastically answering the questions. He also continues to diligently perform his exercises with assistance from our dedicated staff.

We had the pleasure of attending an event in Evendale in April, featuring a guest violinist whose performance left us all inspired. We're excited to continue exploring new experiences and creating lasting memories together.

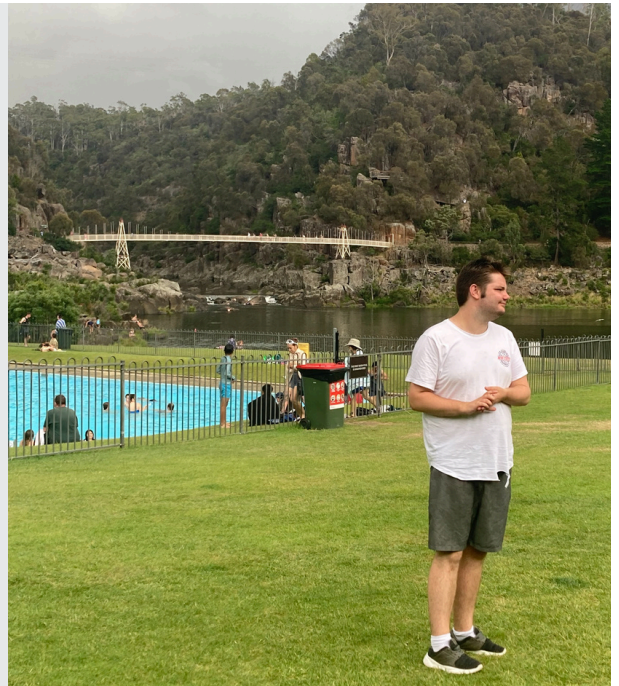
As always, we welcome your feedback and suggestions. Thank you for being part of our vibrant and caring community here at Kenneth Court.



COMO CRESCENT

Ben has a new personal iPad and between that and his big screen TV he enjoys the Wiggles and Playschool. He enjoys making posters that have a lot of detail including gluing of pictures onto small painted squares on his creations.

Ben has a new communication plan for staff to follow. Ben is speaking a little more since introducing communication strategies. Since settling into Merrington 5 days a week in the last month Ben is so much happier at home and is comfortable spending time in the living areas again. Ben is maintaining his household chores too and is getting more involved in cooking at home.



Brandon continues his weekly household chores without too many prompts, though he does like a sleep in when he can.

Brandon has a dream of one day of having his own home and often looks at displays on Youtube. A great day was spent recently going through actual homes for sale and Brandon loved this day scoping out ideas for rooms he liked. Brandon also enjoys car shows and would love to get his license.

Brandon is a little fussy with his meal choices when cooking or out for meals and he maintains a very healthy diet.



LYNE HOUSE- RESPITE

It's been a great couple of months here Respite with lots of weekend activities happening outside.

Lyne House participants have been meeting up with some of the other houses here at St Michaels, driving to different destinations around Launceston to enjoy a BBQ and walk as a group.

They have attended the Eskleigh and Deloraine car show, and enjoyed a Sunday boat cruise down the Cataract Gorge. They went on a big road trip down to the west coast where they visited the sun flower farm- the group loved seeing how big some of them were!

We said goodbye to David who was residing here for around 6 months. In the time David was here we supported David on trying to be as independent as

possible, working on his goals and daily living skills. He has now found a new place to call home at Kenneth Court. It's good to see David so confident moving there with all these new skills behind him. We wish him nothing but the best.

We have a new participant staying here at Lyne, a 14 year old boy named Oscar. Oscar has adjusted to the big change of moving here and his social interactions with others are great to observe.

We have been working hard with supporting Oscar with his daily physical exercise. He has gone from the support of crutches to independently walking on his own which is fantastic! Look forward to sharing more in the next newsletter.

PENQUITE ROAD

Alice, Liza, and Gabby have a regular routine of visiting the casino once a fortnight for dinner.

Alice finds joy and independence in preparing her lunch and platter in advance. It's not only a practical habit but also a form of self-care. Having her lunch ready to go allows her to focus on other tasks or activities without worrying about what to eat during the day.

As it is always special to spend time with loved ones and create memories together, especially on birthdays, we celebrated Gabby's birthday with cake and a nice dinner at home.

Alice and Liza also enjoy doing household chores like washing their own dishes, drying the dishes, vacuuming, and watering the garden.

Easter was a time for gathering with loved ones, sharing meals, and creating cherished memories together. Whether it was a traditional Easter feast or a casual lunch, spending time with family is always meaningful. Alice and Gabby had a lovely Easter celebration with their families, while Liza enjoyed lunch with her own family members.

Liza's communication skills have developed significantly! Engaging in two-way communication using sentences shows great progress and indicates her ability to express herself more effectively.



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:.....

BAKER HOUSE

We, the Baker House team, are thrilled to share the inspiring journey of Gary, who has achieved a remarkable milestone in one of his goals, assisting in domestic work (cleaning and cooking). Gary has shown incredible determination and positivity recently with his support workers.

In the kitchen, Gary is a true helper. He actively participates in cooking activities, he is eager to learn, and lends a hand wherever possible. His willingness to contribute has not only improved his cooking skills but has also helped him build confidence in achieving his goals.

One of Gary's remarkable characteristics is his friendship. Gary enjoys the support and company of his workers. He creates a warm and welcoming environment, making everyone feel appreciated and valued as his team members. His friendly nature has not only made him a joy to work with, but also inspired our Baker House team around him.



Paul is an exceptional participant who has also achieved a significant milestone in his goals of self-dependent, especially in his daily tasks such as dressing, bathing, grooming, teeth brushing and laundry.

Paul's achievements highlight the importance of support and encouragement in reaching his personal goals, including money handling, for example. It also demonstrates his resilience and determination of self-confidence by going shopping with his support workers, picking items himself, scanning at machine and making payments.

We are all very proud and impressed with Paul's friendship attitude and warm welcoming whenever his support workers arrive to shift. Standing up from his seat and embracing you with a happy smiling face and seeing us off when going.

This genuine care and approach is a remarkable character trait that extends to every person Paul meets whether at home or in the community.



DESMOND WOOD

Jacob made the transition into his own unit almost a year ago and has changed his day program routine recently. He has handled the transition well and really presents as happy with this change.

Jacob has been more engaged with his programs and accessing the community more and more, now enjoying the purchase of hot chocolates at MC Café. Jacob enjoys watching his favourite music videos on his iPad and television.

He loves to watch 7 News, Current Affairs, Coles advertisements, KFC advertising, Justin Bieber songs, the Wiggles, cartoon videos and some animated videos.

Jacob also assists staff to complete various domestic tasks such as bringing dirty clothes to the laundry, emptying rubbish bins and helping to prepare drinks and his dinner.

On the weekends he enjoys going out. Sometimes staff take him for barbecues with participants from other houses. Sometimes he goes out for lunch in Beaconsfield as well as Beauty Point. He likes quiet places with low sensory distraction to spend his time.

He enjoys going shopping at Coles where he gets excited to buy his favourites drinks, snacks and food. Jacob is always very happy to see his Mum and Sister when they visit, smiling all the time.

HAWTHORN STREET

The Hawthorn Participants have had a busy social calendar over the last few months.

We have hosted the Easter Social club Egg-Stravaganza where participants enjoyed a BBQ lunch, a craft project, karaoke and a special guest appearance from the easter Bunny himself.

Mathew has been working on some personal goals and kicking them out of the park. He is now ready to enter the workforce and is actively looking for a role in the Hospitality Industry. Good luck Mathew!

Patrick enjoyed Agfest as a volunteer and as a member of Rural Youth, he excitedly prepared and trained for the BIGGEST event on the Rural Youth calendar.

Sarah C has been working on personal goals in the areas of health and budgeting and is fast approaching independence. She is most proud of purchasing her new car- look out for Sarah on the roads!

Sarah H has returned from her holiday in Ireland of a long couple of months and we have welcomed her return, and hearing about all her adventures overseas!

SMITH HOUSE

A few changes have been taking place at Smith House in the last few months. Aron has been working with some newly recruited employees. Active support in Smith House starts for Aron as soon as he wakes up. He starts by deciding what to wear and what to eat for breakfast.

Aron is getting the self-assurance necessary to make his own decisions while his supports are providing as much opportunity in a day as they can to provide variety and lots of choices. Consistent daily choices are those where Aron makes his decisions on wardrobe, personal care, dining, and when he might need a shower.

Aron loves taking short walks up the shops and to the cafes most weekdays, where he occasionally wheels himself around with minimal help. Aron also enjoys interacting with the staff when preparing meals at home full of balanced nutrition.

For Aron, the weekends are usually livelier. His enthusiasm to join the other peers from the Lyne house and participating in varied activities shows off his gregarious side. He has spent a great deal of time laughing and enjoying himself with Lyne house participants, going on drives, and touring the local picturesque locations.

Aron has started to be more accepting of newcomers to his unit and his ability to identify new staff members on their second and subsequent visits is impressive.



MERTON HOUSE

Adam continues to work on social skills, recently enjoying games of eight ball with staff at a few different venues. Staff continue to find new ways to entice Adam into the community enjoying walks in various locations around Launceston. It has been great to see Adam laugh and joke with staff and interact with his housemates.

Mitch is continuing to work on his health, enjoying daily walks and trying new healthy cooking recipes. Stirfries and casseroles are a favourite with plenty of leftovers for the week ahead. Mitch loves to be involved in his meal preparation, actively helping from start to finish and enjoying the end result.

Jeremy is starting to spend more time back at home, which both staff and participants are enjoying. Jeremy is mindful of the importance of exercising, going for walks more frequently and increasing the distance of his walks. Jeremy also loves to play his tunes in the house entertaining participants and staff at times.

CHUGG HOUSE

Lita continues to build on skills around her home at Chugg.

Lita is encouraged and supported to participate in all aspects of daily living. This includes being involved in menu planning and the ordering of groceries. Lita is supported to do household chores such as helping with washing and taking her dishes to the sink after meals.

Lita is encouraged and supported to go for lots of walks to keep active.

Lita has been attending Newstead Hotel, for lunch, her mum on Mondays. Lita really enjoys this time spent with family sharing a pizza and listening to music.



WISE HOUSE

Another wonderful couple of months in the Wise Home, with both ladies continuing to develop and maintain their independence. Through active encouragement and individualised support, both ladies have ensured they remain involved in their respective day programs, community, and regular social events.

Vickie and Robyn enjoy proactively engaging with their peers and have successfully developed and maintained friendships by participating in group activities whilst at their day programs, such as cooking, grooming and relaxation, craft and games afternoon.

With great verbal skills Vickie and Robyn continue to initiate conversations and have demonstrated an openness in getting to know others. Both ladies have a positive attitude, willingness, and desire to connect with others, which proves instrumental in ensuring their social and family networks are always at the forefront.

Housekeeping is a key daily skill area, and Vickie has been making some wonderful meals within the home, from recipes she brings in from her cooking program she undertakes at Independent Services. Easter brought a lot of joy to the home, with Robyn participating in activities at the Merrington Centre such as craft and karaoke. Vickie enjoyed some lovely home time with her Mum and loved catching up with her sisters.

Vickie also attended a recent AFL game at UTAS Stadium to watch her beloved Hawks play the Bulldogs.

Vickie relished in cheering for her team and participating in the spirit of the game with other friends from St Michael's that were also there.

Both ladies also had a wonderful day of community access recently, with a visit to QVMAG.



In-Home Support

Our residents and support teams have been braving the elements and welcoming the sunny winter days, enthusiastically getting out and about in the community and assisting our participants develop their independent living skills and work towards their goals.

We've taken time to highlight a few special efforts from the past couple of months, but acknowledge the continuing efforts and support of our IHS residents and clients as we move through 2024.



Karen has settled into her very own unit here on St Michaels site and is loving every minute of being independent. Karen has her unit all set up and looking great and homely.

She has gotten more support time with her lovely staff and has been adventuring out and about around Launceston doing all sorts of activities. She recently went to the zoo with her staff and got to see all the cute little animals and enjoyed some ice cream.

Karen has also tested out the brand new driving range at Grindelwald and had an absolute ball! Karen is hoping to meet some new friends by living here and create some good memories.



Vanessa has been working really hard with support workers to continue with her routine of living independently. Vanessa has been cleaning her unit every week and has allocated small tasks to complete every day so she doesn't become overwhelmed.

Vanessa finds household chores usually very boring (like we all do!), but with the positive and enthusiastic support workers on board to support Vanessa, it has become a fun and positive experience to motivate her in keeping her unit clean and tidy.

We are very proud of how far Vanessa has come and hope in the future that her happy personality and positive nature will continue with her daily routine. Great job.



Zac continues to expand his skills and fitness levels in the gym, consistently training up to 5 times per week!

Zac also completed the Launceston 10km event recently, and with the continued routine support of his workers (and personal trainer) Zac plans to keep improving his overall health and pushing up those PBs!

Highlights

AFL & QVMAG

St Michael's participants have enjoyed the AFL played recently in Launceston, and also loved their trip to the QVMAG to explore the new exhibitions!



Request a Pic



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Browse More Content



Follow our Facebook Page for the latest photos and updates from our participants in Newstead and East Devonport!

www.facebook.com/stmichaelsassociation

Recipes

CHICKEN & VEG SOUP

Ingredients:

- 1 teaspoon olive oil
- 1 medium brown onion, chopped finely
- 2 medium carrots, chopped or sliced
- 2 medium stalks of celery, chopped
- 2 medium chicken breasts, cooked and shredded
- 2 medium potatoes cubed
- 2 cups of salt reduced vegetable stock
- 2 cups of water
- ½ cup of peas
- Salt and pepper

Instructions:

- Fry the chopped onion in the oil in a large (about 3L) pot until transparent but not browned.
- Add the carrots, celery, chicken, potatoes, stock and water to the pot and bring to the boil. Simmer for about 20 minutes.
- Add the salt and pepper, frozen peas and simmer until the peas are cooked.
- Serve with a sprinkle of parsley.



CLASSIC SPAGHETTI BOLOGNESE

Ingredients:

- 500g mince
- 500g pasta – chosen shape
- 1x onion finely chopped
- 1x clove of garlic crushed
- 1x carrot, diced – optional
- Cheese – optional
- Chosen pasta sauce
- 200g mushrooms, diced - optional
- Salt and pepper to season
- 1 splash of chosen oil
- Parsley or mixed herbs

Instructions:

- Peel and dice the carrot, peel and cut the onion, dice the mushrooms, and crush the garlic.
- Fill a saucepan with water, season with salt and put on to boil.
- Heat oil in a frying pan over a medium heat.
- Add the onion, garlic, carrot and mushrooms to the pan and cook until softened (approximately 5 minutes or so.)
- Once water is boiling add pasta.
- Increase heat of frying pan and add the mince. Season with salt and pepper. If adding herbs add now. Brown the mince for approximately 5-7 minutes.

- Reduce heat to medium. Add pasta sauce to meat and simmer until warmed through.
- Drain pasta and serve with Bolognese.
- Add cheese on top if wanted.

DIABETIC FRIENDLY MEALS



St Michaels' Services

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 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.

Respite (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 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 in Newstead and 16 in Devonport are currently fully occupied with a tenant/landlord agreements 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 Support). Please note there is a specific criteria that is required to be eligible for this service.

St Michaels Training (RTO 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

Contact Details

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