

## From the CEO with John Gilpin



John Gilpin

Welcome to our new publication "The Independent"

The name of this publication has been derived from what we strive to do for our community and that is to "Develop Independence" for Tasmanians living with an intellectual or physical disability.

The Independent will be one of the vehicles to communicate to the broader community events that are happening here at St Michaels, outcomes for our people, families and carers here at St Michaels, new



The Pathways Programme group enjoying the water wheel at the museum. Story and more pictures Page 3

initiatives here at St Michaels and much, much more.

We will make every effort for The Independent to become a two way communication device, inviting the reader to interact back with us through our Buy and Sell section, invitations to our activities or even involvement in fundraising.

I hope you enjoy reading The Independent and we welcome any comments and or feedback.

Happy reading and take care.

John

### Have your say...

We would like to hear from you about our new newsletter. Please email [Rod.Campbell@stmichaels.asn.au](mailto:Rod.Campbell@stmichaels.asn.au)

## Projects Focus

- Redevelopment, conversion of the Terrapin into 3 independent units \$220,000
- Rebuild student accommodation barbecue area \$15,000
- Community gardens for independent living units \$10,000
- Complete landscaping for new units \$5000
- Games centre for the Student accommodation \$500

We are seeking benefactors or assistance from the community in order to be able to commence and complete these important projects.

Each edition we will give you an update on the project progress.

If you feel that you are able to make a contribution or donation please complete the donation section on **page 10** and return it to St Michaels Association.

Thank you for your consideration.



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## St Michaels Association Inc - At a glance



[www.stmichaels.asn.au](http://www.stmichaels.asn.au)

St Michaels Association is a not-for-profit non-government organisation. Providing accommodation and support to people with intellectual and physical disabilities for over 45 years.

The vision of St Michaels is to *develop independence through maximising the individual qualities of Tasmanians living with a disability.*

Our Mission is to *support the physical and emotional needs of our clients and their families through the provision of personalised care programs, training and a variety of accommodation services*

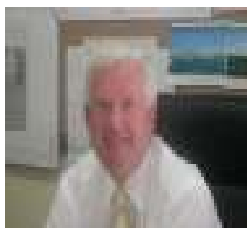
St Michaels rely heavily on grants, local community support, donations and fund raising to meet our

clients needs.

All proceeds received are redistributed back into St Michaels Association Inc. community.

If you feel you would like to make a donation, please complete the form *see page 10* and forward it to [Rod.Campbell@stmichaels.asn.au](mailto:Rod.Campbell@stmichaels.asn.au) or post it to PO Box 306 Newstead, Tas. 7250

## Sponsor Profile - Errol Stewart



*Errol Stewart*

On behalf of St Michaels  
Thank You Errol!  
Recently, through the

creativity and out of the box thinking, St Michaels received a generous donation from Errol.

The Idea!

As patron of St Michaels and developer of Launceston Seaport, Errol had numerous televisions in the hotel that needed to be upgraded. How to recycle the televisions and

how can St Michaels benefit?

Thinking outside the square and with discussion with Southern Cross it was decided to Auction off all the televisions to the public and donate the proceeds to St Michaels. Not only did Errol initiate the idea he was also the auctioneer on the day!!

Great Idea, very well executed, the hotel benefited, the public received the televisions and St Michaels received a wonderful donation!

Thank you Errol

## Nationally accredited training - update



St Michaels is currently delivering specialised training that is nationally recognised to people with disabilities in their workplace.

From certificate I and certificate II in Horticulture, Transport and Logistic (Warehousing and Storage).

In June of last year Skills Tasmania approved funding for St Michaels to run a pilot programme with the aim of improving access for people with disabilities into pre-vocational training.

This programme is three quarters of the way through and has been

well received through out Tasmania with currently some 60 people already undertaking training.



## Pilot Pathway Programme



Kathy Bales, Andrew Dingamanse, Lesley Bever, Annie Boland, Dale Kean, Michael Rosier receiving their Library cards at the Launceston Library

Commencing June 21, 2011 St Michaels commenced a Pilot programme for older people with disabilities.

A 12 week taster programme has been devised to accommodate individual requirements in addition to group or club activities outside of work.

Day 1 of the programme saw the participants

becoming members of the library. Some of the group made withdrawals of their favourite topic.

After the library they moved onto AMF bowling ,where they spilt up into 2 teams "Demons and Magpies" after 3 games the Magpies won the day 2 games to 1.

After a wonderful lunch the group then proceeded onto the Museum and participated in the activities on site including the interactive games and viewed the exhibits.



## Farewell - Lyn Chapman



Lyn Chapman

Lyn Chapman our Finance and Administration

Manager is leaving us at St Michaels. after over 12 years .

Retirement has beckoned and Lyn has decided to move onto a more hectic stage in her life, with travel and spending more time with her family, especially her grand children.

While sad to see Lyn leaving us, we are grateful of all she has achieved and has done for us here!!

Lyn has been a tremendous asset to the association and all of us have had the pleasure and enjoyment of working with her.

Lyn, you have the respect of your peers and as a person you will be missed by everyone of us!!

Onwards and upwards, take care.

From the staff, clients and the entire St Michaels family.

## Services offered at St Michaels

**St. Michaels Association Day Program** is an adult training program for people with special needs that require support in the development of the life skills that they may require to live independently in the community. The program operates from Monday to Friday, 8.45 am to 2.30 pm, most weeks of the year.

**Merton House Adult Accommodation** is a transitional program that provides accommodation and training for adults who are preparing to live independently in the community. The program operates in the evenings from 3.00 pm to 9.00 am Monday to Friday and 3.30 pm to 9.30 am Saturday and Sunday. The residents attend day programs within and outside the organisation.

**Community Outreach Program** started in 1995. The goals in this program are to give people assistance in their own home environment in the areas of life skills, personal care and budgeting and banking to maintain and develop their independent skills.

**Community Housing**  
The Association also supports two Community Homes as a part of the

Community Integration Program (CIP). Each homes accommodates 4 residents who are supported in the evenings 3.30 pm to 9.30 am, 7 days a week, with day support provided on Saturday and Sunday and the residents attending their day programs during the week.

**Desmond Wood Complex- is a multi purpose facility that provides:**

**Student Accommodation** for students under the age of sixteen who are attending special units in the education department. Accommodation is provided from Sunday evening to Friday morning during school terms.

**Respite** is provided to children up to the age of 25 in the Desmond Wood Complex from Friday 4.00 pm to Sundays at 4.00 pm when funding is available.

**DW Units** there are also 3 independent units that are an extension of the Desmond Wood Complex and are accommodated by clients that are in the need of long term support in all areas of their care.

**Individual Programs**  
St Michaels Association provides contracted

support to individuals to meet their specific needs. This support may be in their home, day or night, or at an educational or work facility. This program currently extends through to Southern Region where we provide support to young children with accessing their educational programs.

**Social Club** is held in the hall at St Michaels Association every Saturday Night from 6.00 pm to 9.30 pm. This is a time for clients to get together for a meal and engage in leisure activities of their choice such as card or board games, singing, dancing or enjoying a footy match on TV with a friend.

**Newstead Units** are the most recent development at St Michaels Association. Each of the units provide independent living in a safe, supported environment. These units are more suited to clients with higher skills, requiring minimal assistance.

### Did you know?

The St Michaels Hall and kitchen facilities are available for hire.

If you are interested in hiring the facilities please call Lisa (03) 6331 7651 or email [admin@stmichaels.asn.au](mailto:admin@stmichaels.asn.au)

### Details

The Independent will be distributed electronically on a bi-monthly basis.

General Display and Classified Display Advertising space is available if you would like to advertise your business. Please contact Rod Campbell on 6331 7651

### Contact Details

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Friend us on Facebook for regular updates

## Gear up for Gardening

with Robert Boon



### ROAD BEANS

If you want fresh broad beans for Christmas from your garden you should start planting them now or if you don't like broad beans then you can dig them before they finish flowering to improve your soil.

*Do you have gardening tips you would like to share?*

*If so please email My Gardening Tips to Rob at [robert@stmichaels.asn.au](mailto:robert@stmichaels.asn.au)*

*“Protect against the wind damage by tying plants back against a support”*

## Recipes to make your mouth water

with Jan Rice



*“Serve topped with natural yoghurt or a dollop of sour cream”*

The shortest day may well be behind us, but we can be assured of cold weather still to come! What better way to warm up than a hearty bowl of hot soup? Here's one of my favourites I'd like to share.

### Sweet Potato & Leek Soup

#### Ingredients

- 1 Tablespoon olive oil
- 2 large leeks (thinly sliced)
- 1 teaspoon grated fresh ginger
- 750g sweet potato (peeled & diced)
- 1 litre water
- Sea-salt
- Freshly ground black pepper

#### Process:

Heat oil in large pan, sauté leeks, ginger and curry powder for approx. 7 minutes over low heat. Add water & diced sweet potato, cover & simmer for 30 minutes. Puree with hand blender, season to taste. Serve topped with natural yoghurt (or a dollop of sour cream), a sprinkling of fresh parsley & served with hot crusty rolls

*Do you have a special family recipe that you would like to share?*

*If so, please email My Family Recipe to Jan at [admin@stmichaels.asn.au](mailto:admin@stmichaels.asn.au)*

## Youth Break - Update



Kathryn Symonds, Josh Dell, Cody Warren, Joanna Rigby and Jarret Green having fun with the soldiers



### AGFEST

Youth Break spent the day at AGFEST on Saturday, May 7, 2011 walking around Quercus park near Carrick.

Clients had a fun filled day seeing farming machinery, animals and merchandise. They also enjoyed collecting show bags with hats, stickers and other goodies.

Clients had the opportunity to play games such as naughts and crosses and with a navy diver in a glass water tank.

Also they tried out the army uniforms to blend in with the soldiers.

Clients enjoyed drinking their free milk that they received from the Pure Milk stand and raved about watching a lady demonstrate the craft of glass blowing from scratch.

This was a big fun day with staff and clients all wanting to go again next year.

**What is coming up**

- September youth break booking details will be sent out to family and carers
- Father's Day September 2
- Launceston and Longford Shows - October
- End of Year Camp - November
- Christmas Dinner - December



## Youth Break - Update

### Fishing



1

Clients have been learning how to put bait on their hooks and identify the different fish that they have caught.

*I could not believe it, I got a fish on, I wound it in and found it was a perch.*

*I named the fish Freddy.*

*I took Freddy home to mum and dad so I could have him for tea.*

*Dale Cousins*

Safe water way practices such as taking our fishing line and hooks away with us so we are not polluting the water were also learnt.

Dale Cousins, has written a story that he wishes to share.

*I enjoy going to Youth Break because I go fishing with my friends.*

*One Sunday I went to the Mill Dam at Longford.*

“I could not believe it...”

“I got a fish”



2

Fishing trips have been a great activity that most clients have participated in over the past months.

They have had success dipping their sinkers at Deviot, Georgetown, Longford and Westbury.

## Movie Review



On Sunday, we visited the Launceston Village Cinema to watch the movie “HOP”.

HOP is a movie with both animation and live action. It tells the tale of Fred (James Marsden), an out of work slacker who accidentally injures E.B. (voice of Russell Brand) the teenage son of the Easter Bunny.

E.B. the rebellious teenage bunny, leaves Easter Island on the eve of taking over the family business.

He heads straight to Hollywood in pursuit of his dream of becoming a

drummer.

It is when he gets to Hollywood that he runs into Fred. This chance encounter is life changing for them both.

E.B. manipulates Fred, playing on his emotions for being hit by Fred’s car.

He convinces Fred to provide him with shelter until he recovers from his injuries.

Fred finds himself with the worlds worst house guest.

Through tolerance and patience the two help each other to achieve

their dreams.

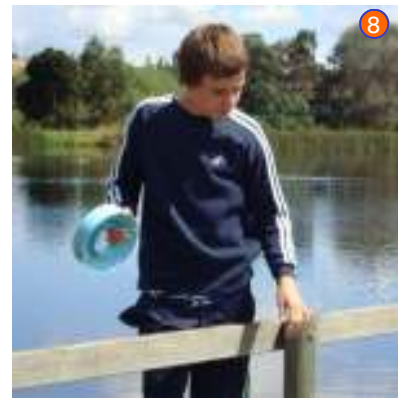
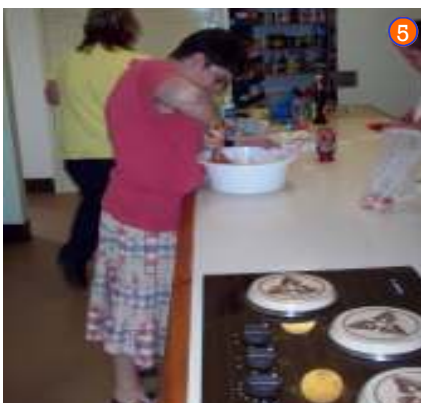
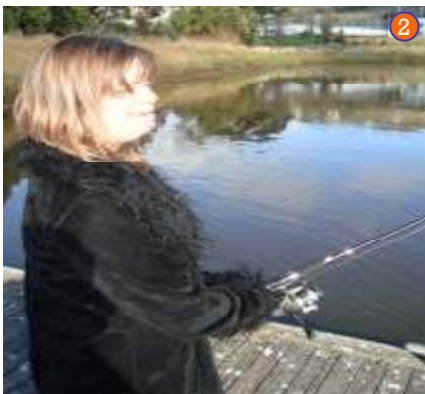
There were lots of laughs in this movie, and I am sure that all of us will have to consider ever eating jellybeans again.

We rate HOP a huge 9 out of 10, great family entertainment

“ 9 out of 10”

“Great family entertainment”

## Out 'n About at St Michaels



Would you like a copy of a photo? See P10 for details





## Photos

Yes, I would like to purchase copy of a photo/s (please indicate page number, caption details, size and how many copies)

- 6x4" = \$2 DONATION      No. of copies..... Page Number..... Photo ID Number.....  
 6x8" = \$3 DONATION      No. of copies..... Page Number..... Photo ID Number.....  
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 12x8" = \$10 DONATION      No. of copies..... Page Number..... Photo ID Number.....

**TOTAL = \$**                      **includes postage delivery**

### Payment options

Cash in person at St Michaels Association office, 22 Hobblers Bridge Road or by EFTPOS Ph. 6331 7651

Electronically BSB 017042 Account Number: 002398139 or by

Cheque/Money order made payable to St Michaels Association Inc. or

Credit Card     Visa    Mastercard    Card Number

Expiry Date:   

Card Holder: ..... Signature.....

### Details

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

Address..... Suburb..... Postcode.....

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## Donations



**“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.....

1 time contribution

Ongoing contribution     Monthly x    months     Quarterly x    years     Annual x    years

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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:.....