

THE INDEPENDENT

By St Michael's Association Inc

Highlights

Christmas 2025

Australia Day

Launceston Cup



St Michael's
PLAN MANAGEMENT

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FROM THE CEO

Mike Thomas

As I reflect on the months that have carried us from Christmas into the beginning of 2026, I keep coming back to one word “Connection”.

Across St Michael's, this summer has been filled with moments of togetherness, creativity, celebration and quiet achievement. Whether in our Day Programs, Supported Accommodation, Respite Services or In-Home Support, what stands out most is the way people have come together — not only to mark special occasions, but to build relationships, grow in confidence and enjoy the simple pleasures of community life.

Our Christmas celebrations captured that spirit beautifully. In Launceston, our community gathered at St Michael's Hall in Newstead for a memorable evening that began with performances from the New Horizons Choir and continued with a generous Christmas buffet, Santa visits, gifts, raffle prizes and a joyful disco in the Merrington Centre. It was one of those evenings where the room was full of smiles, laughter and genuine festive warmth.

At the same time, our Devonport community celebrated in style with a beautiful buffet lunch, great conversation and the kind of welcoming atmosphere that makes the season so meaningful. Other Christmas gatherings across our services created equally special moments. One such moment was the annual Christmas Day lunch at the Newstead Hotel, which brought participants and staff together around a treasured tradition.

In our Newstead Day Program, the lead-up to Christmas was full of purpose and creativity. Participants made decorations and goody bags for the Christmas dinner and took part in an art competition exploring what Christmas means to them. The themes that came through — giving, connection and family — say so much about the heart of our community. These are not just activities; they are opportunities for expression, belonging and shared joy.

As the festive season gave way to the new year, that same spirit carried into our Australia Day celebrations. Staff and participants came together for a relaxed and inclusive week of activities, including a BBQ, park games and a very spirited game of backyard cricket. One participant, Declan, summed up the day perfectly when he said, “This is the best Australia Day I have ever had.” Moments like that remind us that what matters most is creating spaces where people feel included, valued and able to enjoy life to the fullest.

Summer has also been a season of colour, energy and confidence. Our Launceston Cup celebration saw participants design and create their own hats before taking to the runway in a full fashion show. The creativity on display was extraordinary and reflected the pride that

comes from trying something new and being celebrated for it. Across our programs, outings to museums, galleries, community events and local attractions have helped people stay active, connected and inspired.

At our East Devonport Day Program, we have welcomed 2026 with wonderful energy. New participants have joined the group, friendships are already forming, and the warmer weather has brought new life to the garden, where flowers and vegetables are now in full bloom. Programs such as fishing, coffee club, cooking, swimming and weekly Rec-Link sessions continue to support not only wellbeing and active living, but also independence. Building skills through meal planning, shopping, budgeting and teamwork is such an important part of what we do, and it has been fantastic to see participants grow in confidence and social connection.

I have also been moved by the many quieter stories throughout this edition — the stories that reflect choice, routine, family and home. Participants in supported accommodation enjoyed festive outings, family visits, Christmas lunches and Australia Day celebrations, while also continuing to build daily living skills through cooking, shopping, household routines and community access. Whether it is Aron being supported to choose a new fridge and microwave, Jacob choosing a quieter Christmas lunch that reflected his own preferences, or Mathew and Sarah baking festive goody bags as a thank you to support staff, all are powerful reminders that dignity, independence and meaningful relationships are built in everyday moments.

The same can be said for our respite and in-home support services. From outings to strawberry farms, Seahorse World, the zoo, the Longford Flower Show, or Tony and Damiano's trip to Bridport and the Lavender Farm, these experiences are about far more than getting out and about. They are about friendship, exploration, confidence and the joy of shared experiences. Jo's 70th birthday celebration was another lovely example of this — a day marked by laughter, connection and the people who matter most.

None of this happens by accident. It takes commitment, care and teamwork. To our staff, volunteers, families, community supporters and sponsors, thank you. Thank you for the care you show, the opportunities you create and the respect you bring to every part of St Michael's. You help make our organisation a place where people are supported not only to participate, but to thrive.

As we move further into 2026, there is strong momentum across our services, exciting events ahead. This is something worth celebrating, and something we should all be proud of.

CHRISTMAS AT ST MICHAEL'S

A look back at how we celebrated 2025 together, the St Michael's way

Our Launceston community came together to celebrate Christmas at the St Michael's Hall in Newstead, and what a night it was.

The evening kicked off with beautiful performances from the New Horizons Choir before everyone sat down to a generous Christmas buffet — roast meats, seasonal vegetables, all the sides, and plenty of gravy. Always a favourite of our guests, and just the way Christmas should be.

Then came a very special visitor. Santa made an appearance on the night, and participants were able to grab a photo with him — a highlight that had smiles from wall to wall. Everyone went home with Christmas cards and gifts, and the raffle kept the excitement going with plenty of goodies on offer throughout the night.

After dinner, the Merrington Centre transformed into a proper Christmas disco. The singing, the dancing, the festive energy — it was one of those nights that reminded everyone exactly what community looks like. A big thank you to all the staff and volunteers who made it happen so seamlessly.



SOCIAL & COMMUNITY PARTICIPATION

NEWSTEAD HOTEL LUNCH

What's become an annual Christmas lunch tradition brought participants and staff together this year at the Newstead Hotel. All enjoyed great food, strong connection, and a treasured tradition.

Our Devonport community also celebrated Christmas in style with a gorgeous buffet lunch — meats, salads, all the sides, and a pavlova that didn't last long.

A big thank you to Tim for preparing such a wonderful spread, and to Georgie and Tash for making the space look just right. Plenty of smiling faces, great conversations and very full bellies — a lovely way to come together and celebrate the season.



LATEST NEWS

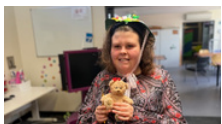
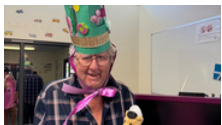
“This is the best Australia Day I have ever had”

St Michael’s staff and participants came together to celebrate Australia Day with a relaxed and inclusive series of activities, creating a week filled with connection, laughter and shared experiences. In Newstead, the celebrations began early, with plenty of smiles, great company and a strong sense of togetherness as everyone reflected on what the day means.

The festivities continued with a casual BBQ and park games, where staff and participants enjoyed good food, sunshine and friendly competition — including a very spirited game of backyard cricket. Many brought along salads to share, while others joined in the games or simply enjoyed spending time together outdoors.

Declan summed it up perfectly when he said, “This is the best Australia Day I have ever had.”

A big thank you to everyone who planned the events, dressed up, participated and supported the day. It was a wonderful example of active support, teamwork and community spirit in action.



Hats Off at the Launceston Cup

This year, St Michael's put our own spin on Launceston Cup day, and the results were spectacular. Our participants designed and crafted their own hats from scratch before taking to the runway in a full fashion show, with prizes awarded for the best in field.

The creativity on display was something else. From bold designs to beautifully detailed creations, every participant brought something unique to the runway. We couldn't be prouder of everyone who got involved.

HAVE YOUR SAY

JOIN THE ASSOCIATION

Becoming a member of St Michael’s Association Inc. offers a unique opportunity to contribute to our community’s future while actively participating in important decisions. Membership is just \$25 per year, granting you voting rights at Annual General Meetings and give you a clear voice in shaping the Association's direction.

Your support as a member helps St Michael’s remain adaptable and forward-thinking in its mission. Whether you’re interested in governance, supporting community initiatives, or simply want to stay informed, membership ensures you are part of the journey.

Join us today to be an integral part of St Michael’s future! To apply for membership simply email ceo@stmichaels.asn.au and a Membership Application will be sent to you.

DAY PROGRAM

Newstead



The Newstead Day Program team stayed busy in the lead-up to Christmas and have continued that momentum into the new year.

Participants embraced the festive season by creating Christmas decorations and goody bags for the St Michael's Christmas Dinner, as well as taking part in an art competition exploring what Christmas means to them. The themes of giving, connection and family were reflected in every activity.

After the Christmas break, the program quickly returned to a full calendar of outings and experiences. Australia Day was celebrated together with a BBQ and classic Aussie pastimes, including cricket and Bingo. Participants also created artwork and posters reflecting what being Australian means to them, celebrating diversity, inclusion and community.

It's been a wonderful start to the year, filled with creativity, shared experiences and meaningful connection.



SOCIAL & COMMUNITY PARTICIPATION

MUSEUM AND ALBERT HALL

A visit to the museum was a recent highlight, with participants enjoying the bug exhibition, snapping some awesome pics, and taking time to admire a range of local artwork.



DAY PROGRAM

East Devonport



We've welcomed 2026 with a great sense of energy at our East Devonport Day Program, and it's been wonderful to see so many familiar and new faces return after the festive break. We've also been excited to welcome new participants, with friendships already forming and connections growing across the group.

WELLBEING & ACTIVE LIVING

TENDING OUR GARDEN

With summer well underway, participants have been making the most of the warmer weather. Each morning, everyone has taken pride in tending to our garden, helping grow colourful flowers and a variety of vegetables — many of which are now in full bloom.

Our fishing program and weekly coffee club continue to be favourites, while the cooking program remains a strong focus. Participants are building independent living skills through meal planning, shopping for ingredients, budgeting, and working together in a team environment. Weekly Rec-Link and swimming sessions have also been popular, offering opportunities to stay active and cool off.

Seeing participants grow in confidence, independence and social connections has been a fantastic way to start the year - looking forward to achieving plenty in 2026!



SUPPORTED ACCOMMODATION

ASSISTANCE WITH DAILY LIVING

COOKING SKILLS

Cooking and baking at home is always a hit with the boys, who are always keen to participate and enjoy the results of their hard work!



Through ongoing community access and routine support, Aron has been observed relaxed and settled, both at home and while out in the community.

Paul and Gary returned to their family homes to spend time with loved ones over the holiday season. They both enjoyed their visits and came back feeling positive and settled. In the lead-up to Christmas, Paul and Gary were also involved in decorating their home, helping to create a festive and welcoming space for everyone to enjoy.

Paul has continued to enjoy regular outings in the community with staff, spending time in familiar places, grocery shopping, and engaging socially with enthusiasm. He also remains involved in household routines and daily activities, contributing in ways that continue to support his independence.

Gary has also been enjoying outings, drives and shared activities with staff. Maintaining familiar routines has supported his comfort and wellbeing, with food prep and cooking a consistent highlight as he continues to explore new recipes and improve these vital skills.

In the lead-up to Christmas, Nicholas, Stephen, and Andrew enjoyed getting out into the community, starting with the Christmas event on Brisbane Street in November. They soaked up the festive atmosphere and enjoyed being part of a wider community celebration.

The trio also attended the St Michael's Christmas Dinner, sharing a relaxed and inclusive evening to celebrate the season together.

Over the Christmas period, Andrew and Stephen enjoyed a social Christmas lunch at the Newstead Pub with Aron, while Nicholas travelled to Sydney to spend time with his sister Julie and family — a meaningful and much-enjoyed holiday experience.

The group also came together at Punchbowl Reserve to mark Australia Day with a number of St Michael's staff and participants, enjoying the outdoors and the sense of connection that comes with such fun celebrations!

With consistent support from staff, Aron has continued to enjoy regular community outings, visiting a variety of places and spending meaningful time outside the home. He has also been supported to choose new household items such as a fridge and microwave. Aron engaged well when making his selections, making it a positive and empowering experience.





Lisa enjoyed a relaxed and memorable Christmas period filled with family time, favourite activities and festive moments. She hosted a Christmas lunch at home, welcoming her family for gifts and celebrations that she clearly enjoyed.

Lisa also took part in many community outings, including visits to parks, cafés, shopping centres and scenic drives around Launceston. Walks at Punchbowl Reserve, Heritage Forest and the Tailrace were particular highlights, along with special family outings to Cataract Gorge and the Lavender Farm.

At home, Lisa enjoyed music, decorating, and helping with everyday tasks, continually working to create a warm and festive atmosphere with her housemates.

Alice enjoyed spending time at home with her family and attending St Michael's Christmas festivities. As the new year approached, Alice eagerly returned to Day Program activities, excited to reconnect with friends and share stories from the holidays.

Kylie also had a calm and positive Christmas, splitting her time between home and family visits. She enjoyed relaxing with housemates, movie nights, outings and regular activities, as she continues to feel settled and comfortable in her new home space.



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 Hobblers 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:.....



Vickie enjoyed a busy and festive lead-up to Christmas, taking part in St Michael's celebrations and a range of centre-based activities including crafts, games, bingo and Christmas-themed programs.

She particularly enjoyed creative activities and was proud to take her craft projects home. Over the holiday period, Vickie spent extended time with her mum and family, enjoying relaxing days at home, drives, Christmas lights and festive outings together. Vickie also enjoyed choosing meals, planning menus and grocery shopping, settling well into a consistent daily routine.

Robyn has also been keeping busy and enjoying a range of outings and festive moments. She loved attending St Michael's celebrations and spending time out in the community, visiting cafés and local spots where she enjoyed choosing her own meals and treats.

Highlights included outings to Trevallyn Dam, Devonport, Sheffield and the lighthouse. At home, Robyn has been involved in daily routines, meal planning and simple food preparation, with staff support.



If every season could be Christmas, there would be no complaints from Jacob. Christmas is the most magical time of the year for him and is his favourite season of them all.

Jacob began his day opening gifts at home before being supported to visit his mum for the morning. During his visit, Jacob enjoyed spending some quality time together with family, and was surprised by some special gifts that had been prepared for him.



INDEPENDENCE & CHOICE

A QUIET ENVIRONMENT

After returning home, Jacob chose a quieter environment to relax and enjoy his Christmas lunch. He had already chosen roast chicken and salad, rounding out a calm and enjoyable day that reflected his preferences and supported his wellbeing.

Other participants at enjoyed a positive Christmas and New Year period, celebrating the season together before heading off to spend time with family and friends.

In the lead-up to Christmas, Sarah, Mathew and Patrick came together with their housemates to share a festive celebration, each welcoming a guest to join them for the occasion.

The group enjoyed a shared Christmas meal of roast pork and chicken, roasted vegetables, gravy and cheesecake. The evening was filled with conversation, laughter and meaningful connection, creating a warm and memorable celebration.

BUILDING SKILLS

BAKING AT HOME

Mathew and Sarah, supported by their Team Coordinator, embraced the Christmas spirit by baking festive goody bags as a thank you for their support staff. This thoughtful gesture was warmly received and reflects the strong, respectful relationships within the home.

CELEBRATING HOUSE TRADITIONS

CHRISTMAS LUNCH

This Christmas Lunch celebration has become a valued yearly residential tradition, reminding us that Christmas is a time for togetherness, friendships and sharing in a supportive home environment.



Brandon has been enjoying his weekend support, taking part in activities he loves and making the most of time out in the community. Highlights have included outings to the Launceston Aquatic Centre, Launceston Lanes, the Longford Car Show and attending the St Michael's Christmas party. At home, Brandon continues to build his independence by assisting staff with everyday household tasks, contributing confidently to daily routines.

Adam has also been keeping busy and active. He has enjoyed completing LEGO models, which he proudly gifts to his son — an activity he finds both relaxing and rewarding. Adam remains committed to his fitness goals, attending gym sessions three times a week, where his enthusiasm and determination are often noted by staff. At home, he regularly completes household tasks and enjoys spending downtime listening to music and going for walks, making the most of the warmer weather.

COMMUNITY SUPPORT

THANK YOU TO OUR ONGOING SPONSORS & SUPPORTERS

Do you have a business, service or charity that you wish to be involved with St Michael's and our participants? We are seeking donations and community support for 2026 - please get in touch today! comms@stmichaels.asn.au



RESPITE

Lyne House

Over Summer, so far participants attending Respite have enjoyed a wide range of community outings and festive activities.

Highlights included attending Christmas displays such as the annual Launceston parade, local celebrations, and the St Michael's Christmas Dinner, all while embracing the joy and spirit of the season.

Our shared community experiences provided valuable opportunities for social connection, choice-making and meaningful engagement within the community.

Alongside outings, participants continued to build independence within the Respite environment by taking part in everyday tasks such as cooking and cleaning.

RESPITE SPECIAL EVENTS

EXPLORING THE BEST OF TASSIE

Participants also visited strawberry farms, Seahorse World, the zoo and the Longford Flower Show, among other outings.

Our Respite events program and regional activities will continue to expand throughout 2026, with plans to explore locations beyond Launceston, and enjoy more of Tasmania's beautiful destinations and community events.



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GET INVOLVED! CONTACT RESPITE@STMICHAELS.ASN.AU

COMING SOON

APRIL

05 Easter Party
Social Club

22 World Earth Day
Newstead Day Program



MAY

07 Agfest Adventures
Respite

30 Cracker Night
Day Program/IHS



JUNE

08 Big Freeze for MND
Newstead Day Program



IN-HOME SUPPORT

Jo recently celebrated a very special milestone, turning 70! She was well and truly spoiled by friends and family. Even on her birthday, Jo remained committed to her goals, spending the morning at Day Services working on her budgeting skills.

Celebrations continued with a cheeky caramel cake shared with friends, adding a sweet and joyful touch to the day. Jo also enjoyed an afternoon treat at Banjo's with her support staff before heading out for a lovely birthday dinner at Cataract on Paterson with some of her favourite people.

It was a day filled with laughter, connection and celebration — truly a day to remember for Jo.



A SPECIAL CELEBRATION



IN THE COMMUNITY

SUMMER DAY TRIP

Tony and Damiano were recently supported on a trip from Launceston to Bridport and the Lavender Farm, enjoying a change of scenery and the chance to explore new places together. Both enjoy travelling and getting out and about, and the day provided a relaxed opportunity to take in the coast and surrounding areas.

Tony and Damiano have been friends for many years, and In Home support continues to provide a supportive environment where strong relationships and connections can grow. Outings like this encourage independence and choice, while also creating meaningful shared experiences that strengthen long-standing friendships.

A big thank you to Brett for supporting Tony and Damiano to enjoy a great day out in the north east community!



SUMMER EVENTS GALLERY

From Christmas celebrations, to Australia Day, the latest exhibitions and community events, our participants have sure been building social connections over December and January! Were you or a loved-one spotted out having fun?



VACCINATION CLINIC - EXPRESSIONS OF INTEREST

St Michael's is once again planning to conduct a FREE flu (influenza) vaccination clinic at our Newstead site participants, staff, and their families. The exact date and time will be confirmed once we have received sufficient expressions of interest.

St Michael's is accepting registrations up until midday Friday, 27 March 2026 from those eligible and wishing to receive the free Flu shot. To register to receive your free Flu Shot and/or COVID Booster, please contact Waqas Fayyaz via email at wagas.fayyaz@stmichaels.asn.au.

MEET OUR TEAM



Name: Tayla Curren

Role: Support Worker

Introduction: New to support work. However, I'm keen to learn all the tips and tricks and meet new people and participants.

Unique Qualities: Again new to the support work, but I'm a mum to a 2-year-old so have learnt how to stay calm and be patient in tough situations.

Qualifications & Experience: No qualifications but very eager to get some certificates and do my best at learning as much as I can.

Interests & Hobbies: I have a husband and daughter, we spend most of our weekends at the speedway where my husband races.



Pop Quiz

- Favourite food: Pasta
- Favourite drink: Pepsi Max
- Favourite sport: Football
- Favourite travel/holiday destination: Gold Coast, QLD
- Favourite movie: Days of Thunder
- Describe yourself in one sentence: Shy at first but very happy-go-lucky when warmed up.
- Fun fact about you: I used to race speedway — I started when I was 12.

INTERESTED IN A ROLE WITH ST MICHAEL'S?

We're always keen to hear from people who are passionate about supporting others and building skills and capacity through active support. View current opportunities on Seek, or email your resume and cover letter to peopleandculture@stmichaels.asn.au.



Name: Darren Kettle

Role: Support Worker

Introduction: My background is as a boiler operator. Having never worked in the support sector before, I am looking forward to the challenges of a new start.

Unique Qualities: My father had the lower part of his leg removed and then required care after that. A lot of this was done by me.

Qualifications & Experience: I was looking after my father in my time away from work for about four years. I am now doing my course to become qualified in Disability Support.

Interests & Hobbies: I like to bike ride and watch local footy. Also spending time with my friends and family is very important to me.



Pop Quiz

- Favourite food: Pizza
- Favourite drink: Coffee milk
- Favourite sport: Football (Geelong)
- Favourite travel/holiday destination: Cruising on a ship
- Favourite book: Anything by David and Leigh Edgings
- Favourite movie: The Shawshank Redemption
- Describe yourself in one sentence: Family and friends are everything
- Fun fact about you: I was a volunteer in the fire brigade for 16 years

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 7 nights per week. This is a short term respite program which provides 24 hour support.

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.

Plan Management - Plan Management involves helping participants manage the funding in their NDIS plans by undertaking tasks like processing invoices, keeping track of budgets, and ensuring providers are paid on time. Plan management offers greater flexibility and control over service providers, without the burden of financial paperwork.

Independent Living Units - The 53 Independent Living Units in Newstead and 16 in Devonport are currently fully occupied with 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
- 11076NAT Diploma of Leadership in Disability Services

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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to be a part of my
clients' financial
journeys."
-Andrew Ledingham



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