



# THE INDEPENDENT

By St Michael's Association Inc

## Highlights

EXPLORING AGFEST  
EASTER CELEBRATIONS  
DISABILITY EXPOS



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# FROM THE CEO

Mike Thomas

As the seasons turn and autumn settles in across Tasmania, this edition of *The Independent* offers a wonderful snapshot of what makes St Michael's such a strong and connected community. Across our homes, Day Programs, Respite Services, In-Home Supports and Training activities, the past few months have been full of moments that speak to the heart of who we are: people supporting people to live with confidence, connection and purpose.

Easter was a clear highlight. Across Launceston and Devonport, participants celebrated in ways both big and small — from egg hunts and colouring competitions to craft activities, family visits, shared meals and plenty of chocolate. These celebrations may seem simple on the surface, but they matter deeply. They create memories, strengthen relationships and give everyone a chance to be part of something warm, familiar and joyful. At St Michael's, these occasions remind us that community is built through everyday moments of belonging.

That same spirit has been evident across our programs. Our Newstead Day Program has been busy with cooking, gardening and creative activities, including homemade passata made from tomatoes and zucchini grown in the garden.

Our Devonport Day Program has been equally busy — with a full schedule including cooking, bowling and Freedom Fridays, topped off by an Easter egg hunt and visit to the Anvers Chocolate Factory, that gave participants a fascinating look at chocolate from bean to bunny.

In our supported accommodation homes, participants have been enjoying family visits, community outings, household routines, markets, cafés, sport, music and time with friends. These are the kinds of experiences that build independence, confidence and quality of life. They also reflect the skill and commitment of our staff, who continue to support people in ways that are practical, respectful and person-centred.

It has also been pleasing to see St Michael's out in the broader community.

Our attendance at the Disability Expo Australia events in Devonport and Launceston gave us the opportunity to speak with participants, families, carers and other providers about our services, including Day Programs, Supported Accommodation, Plan Management and employment opportunities. Events like these are important because they help people understand who we are, what we offer and how we continue to support Tasmanians living with disability.

One event I am especially looking forward to is Cracker Night 2026, which will be held on Saturday 30 May at our Newstead campus. The event will kick off from 6.30pm.

Last year's Cracker Night brought people together in the best possible way, with fireworks, food, hot drinks and plenty of good company.

This year, with support from Bright Star Fireworks Australia, we are planning another memorable evening for participants, families, friends and members of the wider community. Food and refreshments will be available for purchase, entry is by gold coin donation, and places are limited, so I encourage everyone to RSVP early by contacting [admin@stmichaels.asn.au](mailto:admin@stmichaels.asn.au) or phoning (03) 6331 7651.

We would love to see you at 22 Hoblers Bridge Road, Newstead, as we once again light up the night sky together.

At the same time as we celebrate these community milestones, we are also preparing for significant change across the disability sector.

The Australian Government has announced major reforms to the National Disability Insurance Scheme under the banner of "*Securing the NDIS for Future Generations*". These reforms are expected to reshape the scheme over coming years, with changes across eligibility, planning, pricing, registration, commissioning and payment systems. You can read more about these reforms, and what we know about them, in a special section within this edition.

For participants and families, one of the most important messages is that the NDIS is moving toward a stronger focus on functional capacity rather than diagnosis alone. Existing participants are expected to move through reassessment progressively from April 2027, while a new eligibility model for new entrants is expected from January 2028. Plan rollovers will also end, and there will be changes to social and community participation funding from October 2026.

Understandably, reforms of this scale can create uncertainty. At St Michael's, our role is to stay informed, prepare carefully and continue advocating for the needs of the people we support. We will keep participants, families and staff updated as more detail becomes available. While there will be challenges, our focus remains unchanged: delivering safe, high-quality supports, maintaining continuity wherever possible, and ensuring people remain at the centre of decisions that affect their lives.

Once again, a big "Thank You" to our participants, families, staff, volunteers, members, sponsors and supporters for continuing to make St Michael's the community it is. Whether you are joining us at Cracker Night, visiting one of our programs, supporting a loved one, or simply staying connected through this newsletter, you are part of the story of St Michael's — a story built on care, inclusion and belonging.

# NDIS REFORMS

## What do these mean for participants and their families?

Many of you will have heard discussion about changes coming to the NDIS. I know that whenever the NDIS is in the news, it can create worry for participants, families, advocates and staff. For many people in our community, the NDIS is not just a government program. It is part of daily life. It helps people get the support they need at home, attend programs, take part in the community, build friendships, develop skills and live with dignity.

I want to provide a simple update on what we know so far, what may change, and what we are still waiting to understand.

The Australian Government has announced a major reform package for the NDIS, called “*Securing the NDIS for Future Generations*.”

The Government says these changes are about making the Scheme stronger, safer and more sustainable into the future. It wants to reduce fraud, improve quality, slow the growth in costs, and make clearer decisions about who the NDIS is for and what it should fund.

Those goals are important. Everyone wants the NDIS to be fair, safe and available for people who need it most. But at this stage, many of the practical details are still not clear. We have been given the broad direction, but we are still waiting for a full roadmap that explains exactly how these changes will work for participants, families and providers.

The scale of the reform is significant. The Government has stated its intention to limit total NDIS costs to around \$55 billion by 2030, with average annual Scheme growth targeted at 2% over the next four years. These figures show that the reforms are not small adjustments. They represent a major reshaping of how the NDIS will operate, how supports will be funded, and how providers will be expected to work.

One of the biggest changes being discussed is how people are eligible and funded for the NDIS. At the moment, diagnosis can play an important role in access decisions. Under the proposed changes, the focus will move more towards a person’s functional capacity. That means looking at how a disability affects someone’s everyday life — such as personal care, communication, mobility, decision-making, social participation and daily routines.

This may sound sensible, but it also raises understandable concerns. Many participants have supports in place that are carefully built around their needs. Families and advocates may worry about reassessments, changes to plans, or whether current supports will continue. We understand those concerns. Reassessment can feel unsettling, especially for people who rely on consistency and routine.

The Government has indicated that existing participants will move through reassessment progressively from 1 April 2027, while new eligibility arrangements for new entrants are expected from 1 January 2028. However, we still need clearer information about how assessments will be done, what evidence will be required, and how people will be supported through the process.

Planning and funding are also expected to change. The Government wants participant budgets to be more consistent and more closely linked to assessed support needs. Plan rollovers are expected to end, and a new framework planning model is expected from April 2027. There will also be tighter controls around how funding is used.

One of the most important areas for our community is social and community participation. The Government has confirmed that average participant spending in this area is expected to reduce from around \$31,000 to \$26,000 over time, with participant budgets expected to adjust progressively from 1 October 2026.

This is an area we will be watching very closely. At St Michael’s, we know that community participation is not a luxury. It is where people make friends, build confidence, try new things and feel included. A day program, a social outing, a cooking activity, a trip into the community, or time spent with familiar people can make a real difference to someone’s wellbeing. These supports help people belong.

Any changes to funding must recognise that connection and participation are central to a good life.

There are also changes coming for providers like St Michael’s. The Government is planning stronger registration requirements, especially for higher-risk supports such as personal care, daily living and supported accommodation. Mandatory registration for Supported Independent Living is expected from 1 July 2026, and the Government expects around 90% of Scheme payments to flow through registered providers.

A new digital payment system is also expected. Providers will need to be properly enrolled to receive payments, and there will be stronger evidence requirements attached to claims. These changes are designed to improve safety, quality and accountability. We support high standards. Participants and families should be able to trust that services are safe, well run and focused on people’s needs.

At the same time, increased regulation means providers will need to manage more administration, reporting and compliance.

For smaller and not-for-profit providers, this creates a very real challenge. Many organisations are already operating in a tight financial environment, and additional compliance requirements, changing payment systems, and uncertainty around future pricing will place further pressure on limited resources.

The financial uncertainty is one of the most difficult parts of the reform process. Providers need to plan their workforce, maintain homes and services, invest in systems, and support participants safely. When funding arrangements, pricing structures and future demand are unclear, this becomes much harder. Smaller community-based providers do not always have large reserves or corporate infrastructure to absorb sudden change. Not-for-profit organisations are especially focused on putting resources back into services, which means prolonged uncertainty can affect planning, staffing and long-term sustainability.

The Government is also looking at new ways of organising parts of the NDIS market. This includes possible commissioning or preferred provider arrangements in areas such as plan management, support coordination and home and living supports. In plain language, this could mean the Government has more say over which providers deliver certain services.

The Government expects to reduce overall spending on intermediaries, including plan management and support coordination, by around 30%. A new plan management model is expected from October 2027, and a new support coordination function is expected from July 2028.

This may improve consistency in some areas, but it also raises important questions about choice and control. Participants and families should continue to have a voice in who supports them. Local relationships matter. Trust matters. Knowing the person, their family, their routines and their community matters. There is also a risk that smaller providers may find it harder to compete in a more formal

commissioning environment if systems favour scale over local connection, flexibility and history with participants.

At this point, the honest answer is that we do not yet have all the detail. The Budget has confirmed the scale of the reforms and the Government's intention to slow NDIS growth. It has also provided funding for new systems, assessments, fraud prevention, registration and implementation. But many of the real-world details will come later through legislation, rules and consultation. That means we are still in a period of waiting.

We are waiting to see how assessments will work. We are waiting to see how reassessments will affect existing participants. We are waiting to see what happens to social and community participation funding. We are waiting to see how provider registration, pricing and payment changes will operate. We are waiting to understand how smaller and not-for-profit providers will be supported to remain viable while meeting higher expectations.

While we wait, St Michael's will remain focused on what matters most: supporting people well.

To participants and families, please know that we are monitoring these reforms closely. We will continue to share information as it becomes clearer. To advocates, we value your role in helping people understand their rights, ask questions and be heard. To staff, thank you for continuing to provide calm, consistent and caring support during a period of uncertainty.

The NDIS may be changing, but our commitment has not changed.

St Michael's will continue to stand with participants, families and our community. We will keep listening, keep preparing and keep advocating for a Scheme that is fair, practical and centred on people's lives.

## FAMILY LIAISON MEETING - 28 MAY

The next Family Liaison meeting will be held on the evening of 28 May commencing at 6:30pm in the Merrington Centre at our Newstead site. Families, carers and interested members of the Association community are warmly invited to attend.

The meeting will provide an important opportunity to hear directly from senior staff on two current areas of interest.

First, staff will provide a briefing on the proposed NDIS reforms, including what is currently known, the likely areas of impact, and how the Association is monitoring developments on behalf of the participant and families it supports.

The meeting will also include an update on the Association's use of Artificial Intelligence. Senior staff will outline how AI is being used within the organisation, with a focus on responsible adoption, privacy, safety, and practical benefits for services and operations.

Tea, coffee and supper will be provided, allowing time for informal conversation before and after the formal briefing.

Senior staff will also be available on the evening to take questions, hear feedback, and respond to any concerns or complaints that families or carers may wish to raise.

We encourage families to attend and take part in this important discussion. Please RSVP to Brian Dunham ([bdunham@bigpond.net.au](mailto:bdunham@bigpond.net.au)) or Cheryl Scott ([ckscott13@hotmail.com](mailto:ckscott13@hotmail.com)).

# EASTER AT ST MICHAEL'S

Celebrating this special time of year with friends and family.

Easter is one of those occasions that brings out the best in our community, and this year was no exception. Across our Launceston and Devonport programs, participants embraced the season with creativity, good humour, and plenty of chocolate.

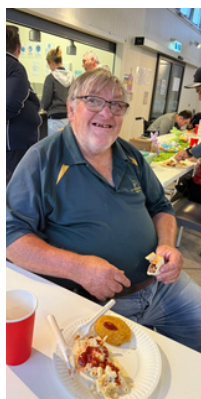
For many participants, Easter also means time away with family - a chance to head home, share a meal, and enjoy the kind of connection that matters most. It's always a highlight of the calendar, and this year was no different.

At our Devonport Day Program, the lead-up to Easter was full of themed arts and crafts - decorated eggs, colourful artwork, and creative group projects that gave everyone a chance to get involved and express themselves. The results were impressive, and the process just as enjoyable as the finished product.

In Launceston, participants took part in egg hunts both out in the community and at the Centre, an Easter colouring competition, and two days that featured more than a few festive outfits and pyjamas. It made for a cheerful and relaxed couple of days that captured exactly the right spirit of the season.

Our Social Club brought the celebrations to a close in fine style with bunny ears, an egg hunt, festive decorations, Easter cupcakes, and plenty of smiles. It was a warm afternoon of good company and sweet treats, pulled together beautifully by our residential crew.

Easter at St Michael's is always a reminder of what this community does best - finding reasons to come together, celebrate, and enjoy the simple pleasures of being around people who know and care about each other.



## SOCIAL & COMMUNITY PARTICIPATION

### SOCIAL CLUB EVENTS

Our Social Club continues to bring staff and participants together for shared celebrations and good company. Next up, Christmas in July.

# LATEST NEWS

## Agfest 2026 - A Day Out with Respite

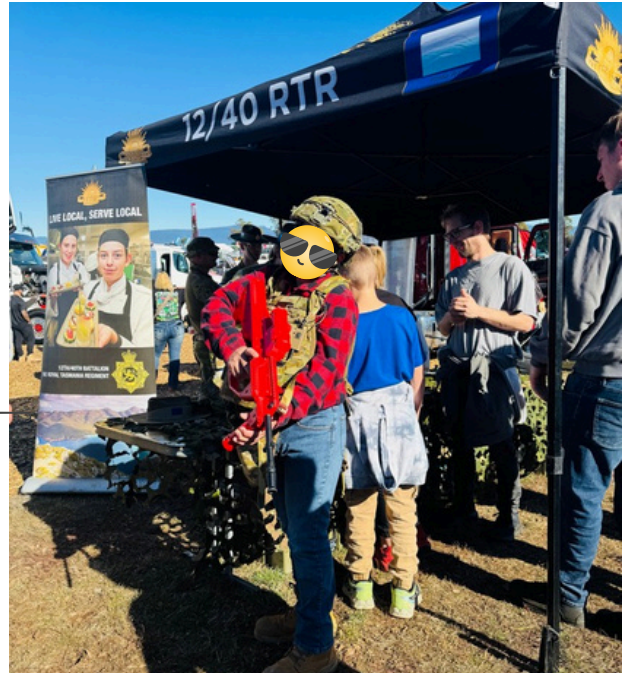
Agfest is one of those Tasmanian events that delivers every time - and this year's trip with our Respite team was no exception.

A group of participants from Lyne House made the short journey out to Quercus Park in Carrick on a stunning autumn day. With over 600 exhibitors spread across the grounds, there was no shortage of things to see, do, and get involved in.

Highlights of the day included getting behind the wheel of some impressive farm machinery - always a favourite with our Respite participants - exploring the sandpit display models, and spending time at the Army Reserve stand.

Paul and Michael attended on the Friday with the Newstead Day Program, and approached the day in different ways. Paul was determined to cover as much ground as possible, taking in every display and animal on the grounds, while Michael had a clear strategy: find every stall giving away stickers and merchandise!

Agfest has become a firm fixture on the St Michael's calendar, and it's easy to see why. Thanks to our teams for their planning and support.



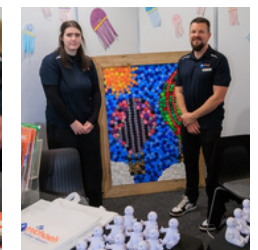
## Disability Expos Tasmania

St Michael's was proud to have a stand at the annual Disability Expo Australia events in both Devonport and Launceston recently - and what a response we received.

The expos bring together participants, families, carers and service providers in one place, and for us it was a genuine opportunity to get out into the community, have real conversations, and share what St Michael's is all about.

From Day Programs and Supported Accommodation through to our Plan Management service and employment opportunities with St Michaels, there was plenty to talk about - and plenty of interest from the people who came through.

A particular highlight was the community response on the day. A big thank you to the staff who represented St Michael's so well at both events, and to our participants and programs who came to visit. You made us proud!



## New Parking Arrangements at Hoblers Bridge Road

Recent visitors to our Hoblers Bridge Road site will have noted some new parking signs and areas. These new parking arrangements form an important part of the preparatory work for a broader traffic management plan for the site.

These changes are a necessary step in improving how vehicles move through the area and, most importantly, in strengthening pedestrian safety for participants, staff, families, contractors and visitors.

Ongoing discussions with the Family Liaison Committee have reinforced the need to ensure that as the site continues to grow and develop, that parking and traffic arrangements remain clear, practical and safe for everyone who uses the site.

Additional signage will be rolled out shortly to support the new arrangements. This will include additional speed signage, conditions of use signage and other traffic signs. These signs will help reinforce safe driving behaviours and clarify expectations for all drivers while on site.

All members of the community are asked to observe the new parking arrangements, drive slowly and carefully, and remain alert to pedestrians at all times. We appreciate everyone's patience and cooperation as these improvements are introduced.

These changes are an important investment in the safety and functionality of the Hoblers Bridge Road site, and they will help ensure the area remains safe, accessible and well organised for the whole community.



## DECK REPLACEMENT PROJECT COMPLETED

Another milestone has been reached at St Michael's with the completion of the deck replacement project. Through this project a total of 20 decks and 15 ramps were replaced (including the side ramp of St Michael's Hall) and the construction of an additional ramp. This project marks an important milestone in our ongoing commitment to providing safe, accessible and well-maintained facilities for participants, staff and visitors.

As part of the project, Ecodeck was used across the site to improve safety and durability while also helping to reduce long-term maintenance costs. This material provides a strong, practical and low-maintenance solution, ensuring that access areas remain reliable and fit for purpose well into the future.

The project enabled all decks, steps and ramps to be carefully assessed, repaired and, where required, rebuilt to meet current building codes and standards. This work has significantly improved access to units and has helped ensure that our facilities continue to support the needs of everyone who uses them.

A special thanks goes to our Assets Team for their commitment, coordination and persistence throughout the project. Their work has been essential in delivering a successful outcome and ensuring the improvements were completed to the highest standard.

With safe access now guaranteed to all units, attention will turn to the next major stage of site improvement: the unit refurbishment project. This long-term program will see all units systematically refurbished across the site over the next decade. Together, these projects reflect a clear and sustained investment in the quality, safety and future of our facilities. Most importantly, they help ensure that participants and staff can continue to enjoy safe, comfortable and accessible spaces for many years to come.

# CRACKER NIGHT 2026 PLANNED IN NEWSTEAD



## Cracker Night is back, and it's going to be a big one!

Last year's Cracker Night brought the St Michael's community together for a spectacular evening in Newstead - fireworks lighting up the winter sky, warm food and hot chocolate from our Newstead Day Program team, and a crowd that made the most of every moment despite the chill in the air. It was a night that reminded us exactly what community looks like.

This year, we're doing it all again, and with good reason to think it'll be even better!

We're proud to announce that Cracker Night 2026 is happening on Saturday 30 May at our Newstead campus, with gates opening from 6.30pm. This year we're supported by Bright Star Fireworks Australia to deliver a display worthy of the occasion.

Bright Star are one of Australia's most experienced fireworks companies, and we're delighted to have them on board to help us light up the Newstead night sky.

As always, the evening is open to everyone - participants, families, friends, and anyone from the broader community who wants to be part of it. Food and refreshments will be available for purchase on the night, thanks to the help and planning of our Day Program and In-Home support teams. Entry is by gold coin donation.

Places are limited, so please RSVP early to secure your spot: [admin@stmichaels.asn.au](mailto:admin@stmichaels.asn.au) or phone (03) 6331 7651.

**Saturday 30 May. Gates open 6.30pm. 22 Hoblers Bridge Road, Newstead.** We'd love to see you there.



Entry by gold coin donation.  
RSVP to:  
[admin@stmichaels.asn.au](mailto:admin@stmichaels.asn.au),  
or ph (03) 6331 7651

Food & refreshments available  
to purchase.

Supported by



# CRACKER NIGHT 2026

Saturday 30 May from 6.30pm

# DAY PROGRAM

Newstead



The past few months at our Newstead Day Program have been full of creativity, good food, and a few memorable moments worth sharing.

Following our Launceston Cup celebrations we published last issue, Easter brought its own celebrations. Participants took part in egg hunts both in the community and at the centre, an Easter colouring competition, and plenty of festive outfits and pyjamas that made for a cheerful couple of days.

Our Wednesday and Friday cooking programs have been a real highlight of the season. Participants choose their own recipes, shop for ingredients, and work together in the kitchen - building confidence and independence in a way that carries well beyond the program. Recent sessions have produced some impressive results, with the group taking on more complex recipes and supporting each other through every step of the process.

A particular favourite has been the homemade passata, made from tomatoes and zucchini grown right here in our own garden. From tending the plants through to picking, preparing and cooking, it's been a genuinely rewarding experience, and the results have been delicious.



## WELLBEING & ACTIVE LIVING

### FROM GARDEN TO PLATE

Participants at our Newstead Day Program have been putting the garden to good use this season. Fresh tomatoes and zucchini have made it all the way from the garden bed to the kitchen, with the group producing their own homemade passata — a satisfying result from start to finish.



# DAY PROGRAM

## Devonport

April was a busy month at the St Michael's Day Program in Devonport, with a full weekly schedule keeping everyone active and engaged.

The regular program ran across the week - baking on Mondays, bowling on Tuesdays, cooking on Wednesdays, ReLink on Thursdays, and the ever-popular Freedom Fridays to round out the week.

Alongside the weekly routine, participants took on a number of arts and crafts projects, including creating the colourful new Day Program welcome board that now greets everyone at the door.

Out in the garden, the tomato plants have been putting on a show - and participants who tried them confirmed they taste just as good as they look.

The highlight of the month was an Easter egg hunt at the Anvers Chocolate Factory. As well as enjoying some well-earned chocolate treats, participants got a genuine insight into how cocoa is grown and made into chocolate - which turned out to be just as interesting as the eating part.



## SOCIAL & COMMUNITY PARTICIPATION

### ANVERS CHOCOLATE FACTORY

There's something genuinely special about seeing where your food comes from. This month participants visited the Anvers Chocolate Factory in Latrobe - a working factory with a full display of its operations, from cocoa bean to finished chocolate. Understanding the origins of everyday things we enjoy is a small but meaningful way to connect with the world around us.



# SUPPORTED ACCOMMODATION

## ASSISTANCE WITH DAILY LIVING

### HOUSEHOLD CHORES

Participants continue to be involved in daily routines, encouraged by support staff with household tasks to the best of their abilities.



Recently we welcomed a new housemate. Hayden enjoys keeping active and maintains a busy routine, attending TAFE two days a week and taking part in both cricket and football training. He is also preparing to trial for the Paralympic team, with aspirations of competing in rock climbing and long jump. He has settled in well, building good relationships with both residents and staff.

Hayden and his housemates have also found a shared passion in NERF activities. They set up plastic water bottles as targets and hold friendly shooting competitions, often roping in staff to join in. It's become a favourite part of the week - full of laughter and good-natured rivalry.



Nicholas, Stephen and Andrew have been enjoying a good mix of community outings and time together at home.

A highlight was a relaxed afternoon at Hotel Silo, a great chance to connect with familiar faces in a different setting. The group also attended the annual Truck Run supporting the Royal Flying Doctor Service, enjoying the convoy and being part of a community event that draws a crowd every year.

Stephen had a particularly warm moment, visiting Robyn with flowers and chocolates for a meaningful afternoon together.

Aron had a visit to the Evandale Market, where he enjoyed exploring the surroundings and taking in the local atmosphere, as well as shopping trips that included choosing his own clothing - something he engaged with enthusiasm.

The highlight was a visit from his foster parents. It was a special afternoon - relaxed, warm, and clearly meaningful for everyone involved. Aron also joined the Easter Social Club day and made the most of the activities on offer.





Paul and Gary have both had family visits, community outings and steady routines since this Autumn.

Easter was a highlight for both, with time spent with their families - visits that are always a valued part of their week. At home, both have been actively involved in everyday tasks including meal preparation and household routines.

Paul has been enjoying regular shopping trips to Coles, engaging well and taking an active part in the process. Gary has similarly been keeping up with community outings and the familiar routines that suit him best.

A favourite for Alice, Lisa and Kylie has been their fortnightly dinner outings to the Country Club; something they genuinely look forward to and that has become a shared tradition in the house.

Kylie has settled in well, finding her rhythm with the routines and connections she's building. She and Alice have developed a shared love of word searches, and Bondi Rescue has become essential viewing.

Lisa has been keeping busy both at home and out in the community — parks, cafés, markets, swimming and music sessions have all featured. She loves being outdoors, picking flowers on walks and listening to her favourite music. At home she enjoys helping with small household tasks and relaxed time with staff and housemates. Easter also brought some welcome family time.



# Support our Community

## MAKE A DONATION TO ST MICHAEL'S

St Michael's has been part of northern Tasmania since 1966. Every donation goes directly back into the community we serve.

Donations of \$2 or more are tax deductible.

BSB: 017 042 Account: 002 398 139 Payable to: St Michaels Association Inc. Or make a donation in person at our Newstead office during normal hours.

*Thank you for being part of our community.*





Alice has shown real courage following surgery to remove her gallbladder. She stayed positive throughout her hospital stay and, true to form, particularly enjoyed the meals once she was back on solids.

After some recovery time with family, she returned home, took a few quiet days to rest, and has since gradually returned to her usual day program activities.



Robyn has been a regular out in the community — her favourite spot being the Café Next Door, which gets a visit most days.

She's also been growing her confidence in the kitchen, cooking meals from scratch with staff support, and has recently taken up walking as a regular part of her week.

The highlight of the period has been her relationship with Stephen, which continues to go well. They celebrated Valentine's Day together and have kept up regular visits to each other's homes - something that clearly means a great deal to both of them.

Vickie has been balancing her time between home and her mum's, particularly over the holiday period and long weekends. Family time that's always a valued part of her routine.

She's been consistent with her day programs and enjoys spending weekend time with Robyn, with the two having built a genuine friendship as housemates.



# CAPACITY BUILDING: SUPPORT FOR EMPLOYMENT

Celebrating our residents who have reached significant employment milestones - a reminder that with the right support, ongoing meaningful work and real achievement are very much within reach.



Mathew has some exciting news to share. He has recently started a new role at Café Next Door, where he's been getting stuck into the world of hospitality - table service, coffee preparation, and looking after customers from the moment they walk in.

Staff at the café have noted his friendly approach and willingness to give everything a go, and Mathew himself says he's really enjoying being part of a team. Each week he's building confidence in the role and finding his feet in a workplace that suits him well.

Looking ahead, Mathew is hoping to commence a formal hospitality certificate to build on what he's already learning on the job. It's a great next step, and one he's working toward with real enthusiasm.

Sarah has just reached a remarkable milestone - 12 years of employment with Self Help in Youngtown, and she's showing no signs of slowing down.

Over that time Sarah has turned her hand to a wide range of roles within the organisation, working in the kitchen, laundering and ironing clothing for the shop, pricing garments, and serving customers in sales. It's a genuine breadth of experience built up steadily over more than a decade.

What Sarah values most, though, is the connections she's made along the way. Strong friendships have formed through the work itself and through the social activities the team share outside of hours such as bowling, meals out, and the occasional karaoke session.

Twelve years is something to be proud of. Well done, Sarah!!



Patrick has been with Woolworths as a delivery driver since June 2023 - a permanent part-time role he works across five days a week.

His run covers a wide stretch of northern Tasmania, from Deloraine through to Scottsdale, delivering groceries directly to customers' homes. Patrick takes real pride in his work; reliable, on time, and well known among customers for a friendly greeting at the door.

Balancing a busy work schedule with daily life isn't always straightforward, but Patrick manages it well and has built a solid reputation in the role.

Looking ahead, he's keen to take things further, currently exploring pathways to train on larger trucks, with that goal firmly in his sights. If you spot a Woolworths delivery van out on the road, it might just be Patrick. Give him a wave.



Jacob loves a celebration, and Easter did not disappoint.

Good Friday started with a trip to a local café for a traditional fish and chips lunch - a relaxed outing with his staff and a chance to enjoy some time out in the community.

Saturday brought something even better: time with his mum, a special gift, and a good catch-up together. Family visits are always a highlight for Jacob, and this one was no exception.

Then on Easter Sunday, Jacob woke to find the Easter Bunny had paid a visit overnight; gifts and chocolate waiting to be discovered. It's safe to say the weekend delivered on every front.

Moments like these sit at the heart of what community access support is designed to make possible. Whether it's a café lunch, a family visit, or simply waking up to a surprise on a Sunday morning, Jacob's Easter is a good example of supporting real experiences, real connections, and real enjoyment of life.



## 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](mailto:ceo@stmichaels.asn.au) and a Membership Application will be sent to you.

*Support our Community*

### 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](mailto:comms@stmichaels.asn.au)



# RESPITE

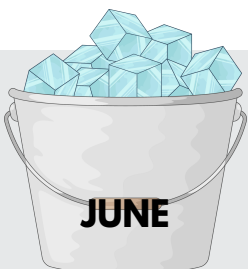
## Lyne House

Participants at Lyne House have been keeping busy with a great mix of activities over the past season.

In-house craft sessions have been a popular regular activity, giving everyone a chance to get creative and try something new.

Out in the community, participants have enjoyed a round at the golfing range, visits to local attractions including the latest exhibits at QVMAG, and browsing the community markets - a relaxed and social way to spend time out and about. Of course the visit to Agfest proving to be another great hit.

Our shared outings continue to provide great opportunities for connection and independence, while in-house programs keep things active and engaging closer to home.



**08** Big Freeze for MND  
Newstead Day Program



Coming Soon...

**JULY**



**25** Christmas in July  
Social Club

Lyne / Merton

**AUGUST**



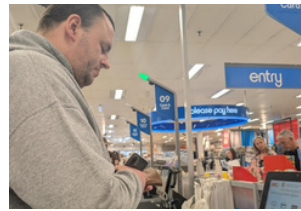
**07** Jeans for Genes Day

# IN-HOME SUPPORT

## IN THE COMMUNITY

Our In-Home Support participants have been making the most of what's on their doorstep. Connor has been out trying his hand at X-Golf, Geoffrey treated himself to a well-earned Macca's run, and Glenn has been keeping on top of his shopping.

These moments are the kind of consistent, everyday experiences that build confidence, familiarity, and genuine connection to the community. Getting out, doing familiar things, and being supported to live life on your own terms.



There's something particularly satisfying about cooking with the season, and our In-Home Support participants have been doing exactly that this autumn.

From harvesting fresh carrots straight from the garden, through to recipe lists and shopping, prepping ingredients, cooking the meal, and cleaning up afterwards - the full cycle of a good home-cooked meal has been playing out across our in-home programs in recent weeks.

It's practical, it's purposeful, and it builds real life skills along the way. Knowing how to plan, shop for, and prepare a meal from scratch is exactly the kind of independence that makes a genuine difference to the everyday lives of the people we support in the comfort of their homes.

# Support our Community

## LEAVE A LASTING GIFT

A bequest to St Michael's is one of the most meaningful ways to support Tasmanians living with disability - long into the future.

By remembering St Michael's in your will, you become part of more than 50 years of community care, and help ensure that care continues for generations to come.

To find out more, please contact us in confidence via [info@stmichaels.asn.au](mailto:info@stmichaels.asn.au) or call (03) 6331 7651.



# MEET OUR TEAM



**Name:** Tim McBain

**Role:** Support Worker

**Introduction:** I have driven for Uber for approximately 7 years. I build connections by listening without judgement and by putting myself in the shoes of others.

**Unique Qualities:** Although I only have 2 months of actual support worker experience, I have many years of supporting my nan at home.

**Qualifications & Experience:** I am new to the industry but I am hopeful that my experience in retail, officiating support and supporting my nan will see me pick up the relevant skills quickly.

**Interests & Hobbies:** I love umpiring football, spending time with my dog, going to the gym and watching many different sports.



## Pop Quiz

- Favourite food: Mexican
- Favourite drink: Pepsi Max
- Favourite sport: Basketball
- Favourite travel or holiday destination: USA
- Favourite movie: The Cable Guy
- Describe yourself in one sentence: Kind, empathetic and honest, non judgemental
- Fun fact about you: I can hold my breath under water for a long time

## 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](mailto:peopleandculture@stmichaels.asn.au).



**Name:** Bishal Tamrakar

**Role:** Support Worker

**Introduction:** Living in Tasmania since 2021. I have a strong background working in the hospitality industry which has enabled me to develop connections with people and feeling people welcome and belong to a group. I highly prioritise inclusive culture and genuine/active listening to provide the best support possible.

**Unique Qualities:** Experience supporting quadriplegic clients. Experience supporting people with mild-severe intellectual disabilities in a younger age group and help promote most community engagement. Worked with clients with varying levels of dysphagia.

**Qualifications & Experience:** Certificate III in Individual Support. 1.5 years.

**Interests & Hobbies:** I enjoy cooking and sports.



## Pop Quiz

- Favourite food: Dumplings
- Favourite sport: Soccer
- Favourite travel or holiday destination: Nepal
- Describe yourself in one sentence: I am someone who believes in making genuine connections and enjoys spending time with family.

# 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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obligation-free chat  
on 03 6388 9224



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



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