



THE INDEPENDENT

By St Michael's Association Inc

Highlights

Christmas in July
Pyjama Day
AFL Grand Final
NDIS Reforms
Join the Association



FROM THE CEO

Mike Thomas

As we emerge from winter and start embracing the warmer weather and longer days of spring, it has also brought a welcome change of pace at St Michael's. There is more time being spent outdoors, more colour in the gardens and, as this edition shows, plenty of reasons for people to come together.

From participants living in our units and homes, those attending our day programs and those engaging with us for their community supports, we are seeing everyone making choices, trying new things and sharing the moments that make this community special.

In the previous edition, I said I was looking forward to our Christmas in July gathering. Well on 25 July, close to forty people filled the Merrington Centre for a roast dinner, dessert and a fashion parade that became the highlight of the night. The best part was seeing everyone linger over their meal and enjoy each other's company. Thank you to our Residential team for the planning, decorations and cooking, and to Declan and Oscar for lending a hand throughout the evening.

There has been warmth and generosity in other gatherings too. National Pyjama Day brought slippers, dressing gowns and plenty of laughter to the Newstead Day Program while drawing attention to children in foster care.

At East Devonport, Sam and Dylan braved the clippers for Daffodil Day, with participants enthusiastically helping them shave for a cause that matters to so many families.

More recently, our Cuppa Time for Dementia morning tea brought people together again in the Merrington Centre for cakes, conversation and greater awareness of dementia. Thank you to everyone who joined in or contributed.

Of course, there was also the AFL Grand Final Social Club that saw fans come together to watch the grand final, enjoy some footy snacks and share the afternoon with friends. As many know, I am not a follower of the AFL, I am a rugby union fan and life-long and long-suffering Queensland Reds supporter. However, having grown up in Queensland even I was happy seeing the Brisbane Lions win three grand finals in a row! Thanks also to the team for pulling the event together and providing a wonderful afternoon for all those that attended.

At Newstead, the fishing group has returned to Windermere, where Michael landed a fish within minutes and then safely released it. Participants have been preparing artwork for the Longford Show in October, planting spring seeds and using herbs and greens from the garden in their cooking program.

In East Devonport, sewing, cooking, Freedom Fridays and outings to Wynyard and Port Sorell have kept people connected and creative. And congratulations to Gerard on completing his 50th parkrun. That is fifty Saturday mornings of determination, supported by the people around him.

As I noted in the previous edition, change across the NDIS continues. The new legislation passed the Commonwealth Parliament in August and is set to affect most parts of the Scheme over time, including planning and the use of funding. The NDIA is testing its new planning approach before a gradual rollout from April 2027. We will keep listening to participants and families and share clear information as the detail becomes relevant to the supports they receive.

In the edition I have written a detailed piece about the NDIS reforms, the

timelines and the impacts we know about.

One immediate change concerns short-term accommodation, often called respite. Under the new 2026–27 NDIS pricing schedule, accommodation and disability support worker time are priced separately, rather than being combined in one daily rate. The NDIS has also clarified that costs such as food and activity tickets are now to be paid directly by the participant. We know and understand that respite is incredibly important for both participants and their families. Therefore, the St Michael's team will explain the costs and service arrangements clearly with each person before their stay and help them understand what their plan can fund.

The NDIS reforms and decisions of Government around service pricing and future management of support coordination services, saw the Board decide, based on a recommendation from the management team, that St Michael's will cease to offer support coordination services. This decision was not taken easily or lightly.

St Michael's ceased formally offering support coordination services from Friday, 2 October. I wish to thank the participants and families who have trusted us in this role, and the staff who have helped people navigate their plans and connect with supports. We worked with those affected to support an orderly handover to another provider of their choosing. All our other services continue, and our commitment to respectful, person-centred support remains strong.

There is still much to look forward to before 2026 comes to its end.

Our Annual General Meeting will be held in St Michael's Hall on Thursday 19 November. Registration will open at 5.30pm, with the meeting beginning at 6pm, and a light supper will follow. It is a chance to hear how the Association has performed, recognise the people behind this year's achievements and help shape what comes next through the election of Directors to the Board. Therefore, I warmly encourage members to mark this date down in their diary.

If you are not yet a member, please consider joining us. Membership is just \$25 a year and is open to participants, families, staff, supporters and anyone who cares about St Michael's future. Members can vote at the AGM and may stand for election to the Board. To request an application, email ceo@stmichaels.asn.au. If you would like to vote at this year's meeting, please join before the AGM.

Before I leave you in peace to read the rest of the newsletter, it would be remiss of me not to foreshadow that our Participant and Family Christmas Party is coming. I hope you will join us as we celebrate the year with participants, families, staff, volunteers and friends. Please watch for the invitation and event details. After the joy of Christmas in July, I know our end-of-year gathering will be another lovely opportunity to reconnect.

As CEO I am reminded daily that the Association was built by people who showed up, and its continued growth is due to people continuing to show up and having confidence in us to deliver services and supports to them and their loved one. Whether this is through morning teas, fishing trips, attending meetings, gaining independence or simply celebrating with one another, thank you for the many ways you continue to make St Michael's a welcoming place to belong.

Mike.

NDIS REFORMS

What we know from the Government

The NDIS is undergoing significant changes, including reductions to some plan funding and new arrangements for planning and accessing supports. We understand these changes may cause concern for participants and their loved ones, particularly where services are needed to help people build independence, maintain friendships and stay connected with their community.

The Australian Government has released the long-awaited NDIS support determinations ahead of the 1 October changes, providing more clarity on how funding reductions will be applied, when funding may be restored via the high support needs variation pathway and specific supports excluded from the cuts.

What funding will be reduced?

The determination reduces funding for:

- Assistance with Social, Economic and Community Participation by **50%**.
- Improved Daily Living Skills by **10%**.

These reductions apply to the affected portions of those budgets, rather than the whole plan. Funding allocated to eligible excluded supports is protected.

When will Plans Change?

The reductions apply to new and reassessed plans from 1 October 2026, and renewed plans from 1 February 2027. Affected participants' plans will be updated by 30 September 2027.

Participants can continue using their existing plans and supports until their plan is reassessed or renewed. The NDIA says it will contact participants 60 days before a plan renewal, and some renewal dates will be brought forward.

Which supports are excluded?

Within community participation funding, the determination excludes specified:

- Employment supports.
- High intensity supports, including listed community access and group activities.
- Intensive and complex behaviour supports.

Within improved daily living skills funding, it excludes specified:

- Disability-related health supports.
- Customised and wearable technology.
- Hearing services.

The exclusions relate to listed support items and the funding allocated for them. Having complex needs does not automatically exempt a participant's entire community participation budget. Families should check with the NDIA which funding has been identified as excluded.

Other parts of plans are outside these reductions, including essential assistance with eating, dressing, toileting and medication, home and vehicle modifications, mobility equipment and Specialist Disability Accommodation.

What about people needing 24-hour support?

A separate plan variation pathway is available for eligible participants whose funding reduction leaves insufficient funding to safely maintain their 24-hour disability supports at the required support ratios.

Government guidance identifies two eligibility requirements: receiving 24-hour funded NDIS supports, and having a combined budget of at least \$215,030 before the reduction across Assistance with Daily Life, Home and Living, and Assistance with Social, Economic and Community Participation.

The participant or nominee must generally apply within 90 days of the reduction taking effect.

Additional funding is calculated to address the gap in safe 24-hour support. It can increase daily living or home and living funding but does not restore the reduced community participation or improved daily living skills budgets. Any increase cannot exceed the funding lost. Decisions under this pathway can be reviewed.

Key Reform Dates

- 1 December 2026:** claims must be made within 90 days of service delivery.
- 1 April 2027:** transition to the new planning framework begins.
- 1 July 2027:** expanded registration requirements begin for higher-risk providers.
- 1 October 2027:** an approved panel of plan managers begins.
- 1 January 2028:** new eligibility assessments begin, with existing participants progressively reassessed over three years.
- 1 July 2028:** a new directly funded support coordination and connection service begins.

Changes to Plan Reviews and Reassessments

Since 27 August 2026, tighter rules apply when asking for a plan reassessment before its scheduled date. Requests now can only come from the participant, their plan nominee or child representative, not your Support Coordinator and the requests must relate to a significant and ongoing change in their disability support needs, functional capacity, living arrangements, education, employment or informal supports.

The NDIA has 90 days to decide whether to reassess a plan. This is the timeframe for deciding whether a reassessment will occur, rather than completing the reassessment. Plan variations remain available for urgent or short-term changes.

From 1 February 2027, plan renewals will replace plan continuations. A participant's plan will either be reassessed or renewed with the same supports, subject to the funding reductions and applicable rules. Unspent funds from the previous plan will not carry over.

Participants can still challenge reviewable NDIA decisions, including decisions about eligibility and funded supports. An internal review must generally be requested within three months of receiving the decision. If the participant remains dissatisfied, they can seek an Administrative Review Tribunal review, generally within 28 days of the internal review decision. The mandatory funding reductions themselves are not reviewable through this process.

New Assessments: Understanding the Difference

From 1 April 2027, assessments for plan funding for participants will progressively move to a new planning framework through to 31 December 2030. A trained assessor will discuss daily life and support needs. The assessment report will inform the plan budget, and participants will receive the report explaining how their funding was determined. These support needs assessments are for planning; they do not decide eligibility for the NDIS. Details of the assessment process and rules are still being developed.

From 1 January 2028, assessments for NDIS eligibility will be done through a separate, standardised functional capacity assessment to examine how the disability affects everyday life and whether a person meets the new access criteria. New applicants will be assessed under the new arrangements, while existing participants will be progressively reassessed over three years. Assessment methods and thresholds are still being developed, and participants will receive information before their reassessment.

Preparing for your Next Plan

Check your plan dates, discuss your funding and services with your providers and plan manager, and keep records of your support needs. Seek assistance promptly if a reduction could leave you without safe support.

For information about your individual plan, contact the NDIA on 1800 800 110 or visit [ndis.gov.au](https://www.ndis.gov.au).

Information current at 30 September 2026.

CHRISTMAS IN JULY

A Festive Social Club Tradition

Christmas in July delivered exactly what it promised; a roast dinner, a fashion parade that stole the show, and a room full of smiles.

The Merrington Centre filled with festive cheer on 25 July as our residential community came together for the evening. Decorations went up, the backdrop set, and by the time dinner service kicked off the room was buzzing. Close to forty people sat down to a two-course roast with dessert, and nobody went short.

The fashion parade between the main meal and dessert turned out to be the highlight of the night. Everyone was happy to chat and enjoy the company while dessert made its way around. That's the part these nights are really about, and this one had it in spades.

A big thank you to our Residential team for pulling it all together, from the planning and the decorating through to the meal itself. Thanks also to Declan and Oscar, who pitched in wherever they were needed throughout the evening and made a real difference to how smoothly the night ran.

With all hands on deck the pack-up was done in no time. It's become one of our favourite nights on the calendar, and the feedback since has been about as good as it gets. Plenty more photos from the evening are on our Facebook page, and we'll be back again next July.



National Pyjama Day

Pyjama Day arrived at the Newstead Day Program for 2026, and the effort didn't disappoint. Staff and participants turned up in their favourite PJs, and there was no shortage of slippers, dressing gowns and fluffy socks around the place.

National Pyjama Day raises funds and awareness for children in foster care, and it's one of those days that's easy to get behind. All it really takes is staying in what you're already wearing.

It made for a relaxed and cheerful day around the centre, with plenty of laughs about who'd made the most effort. Sometimes the best days are the comfiest ones! A big shoutout to everyone for their amazing efforts.

LATEST NEWS

Dementia Morning Tea

The Merrington Centre filled up with cakes and conversation on Thursday 24 September for Cuppa Time for Dementia, our morning tea in support of dementia awareness.

Staff served up from the counter while participants worked their way through scones, cakes, savoury toast and fresh fruit, and the room stayed busy while everyone enjoyed the company.

Dementia touches a lot of families in our community, and a morning tea is a simple way to get people talking about it.

Thank you to everyone who came along, and to those who dropped a gold coin in on the way through. Amazing work by our team to put together such a fabulous and enjoyable spread.



AFL Grand Final - Social Club

Around 25 footy-loving participants and staff filled the Merrington Centre on Saturday 26 September to watch the Grand Final on the big screen, and there were plenty of footy colours and scarves!

Declan took charge of the barbecue and kept everyone well fed through the afternoon with sausages, burgers and onions. There were prizes on offer and some awesome goody bags for everyone who came along - a big thank you to Balls and Bumpers for the support of our event.

Thanks also to our Residential team, who put the whole event together and did a great job capturing the moments along the way. By the final siren there were a few very happy supporters in the room and a few others already thinking about next year, which is about right for such a tight and well-fought Grand Final.



LATEST NEWS

Safer movement around our Hoblers Bridge Road site

St Michael's is introducing a new Traffic Management Plan at our Hoblers Bridge Road site to improve traffic flow, make parking arrangements clearer and help keep everyone safe.

Our site is a busy community, with participants, tenants, families, staff, contractors and visitors coming and going each day. The new arrangements will make vehicle movements more predictable and support safer pedestrian access between buildings, car parks and shared spaces.

The main change will be the introduction of a **one-way traffic system**.

Once the plan is implemented, all vehicles will enter through the driveway near Merton House and leave through the driveway near Lyne House. The red arrows on the accompanying map show the direction vehicles will need to follow.



Dedicated parking spaces have already been established for vehicles dropping off and collecting participants attending our Day Program. These spaces help support a smoother arrival and departure process, particularly during busy periods. Some additional signage has already been installed as part of the preparations. Further signs will be erected, including additional speed limits, stop and Conditions of Use signs. Pedestrian crossings have already been installed at key locations to help people move safely around the site.

We ask everyone driving on site to follow the signs and one-way directions, observe posted speed limits, use designated parking areas and take particular care around pedestrians. Please allow a little extra time while becoming familiar with the new arrangements.

These improvements form part of our ongoing commitment to maintaining a safe, welcoming and accessible environment for the St Michael's community. Thank you for your patience and cooperation as we introduce these changes. By looking out for one another and following the new arrangements, we can all help make Hoblers Bridge Road safer for everyone.

Reinvesting in Transport for Our Community

In the past two months St Michael's has purchased another wheelchair-accessible vehicle and two new MG SUVs, marking the beginning of a fleet renewal plan that will rejuvenate our vehicles over the coming years.

These purchases have been made possible by reinvesting monies collected through our transport program. By directing these funds back into the service, we are strengthening the transport resources that help participants access programs, attend appointments and stay connected with their community.

Transport is an important part of everyday life at St Michael's. Whether travelling during a day program, enjoying a community outing or attending an appointment, access to suitable vehicles supports participants' choice, independence and involvement.

The additional wheelchair-accessible vehicle will increase our capacity to meet the needs of participants who require accessible transport. The two new MG SUVs will also support day-to-day travel across our services, providing a welcome addition to the fleet.

These purchases represent the first step in a longer-term commitment to progressively renew St Michael's vehicles. Over the coming years, our fleet renewal plan will guide the replacement of ageing vehicles, with a focus on safety, accessibility, reliability and the needs of the people we support.

A planned approach will help us manage this investment responsibly while continuing to provide dependable transport services. Thank you to everyone who uses and supports our transport program. Your contribution is helping us reinvest in practical improvements that benefit participants and strengthen our services for the future.



JOIN THE ASSOCIATION

HAVE YOUR SAY ON THE FUTURE OF ST MICHAEL'S

Annual General Meeting

St Michael's Annual General Meeting will be held on Thursday 19 November 2026 in the St Michael's Hall, and we'd love to see as many members as possible there on the night.

Doors open at 5.30pm for registration, with the meeting starting at 6pm. A light supper of sandwiches and sweets will be served afterwards, so there's time to stay on and catch up.

The AGM is where we look back on the year: how the Association has performed, the work of our staff, and the milestones worth marking. It's also when we welcome new voices onto our Board.

If you've ever thought about contributing your skills and experience to help guide St Michael's into its next chapter, this is where that starts.



BE PART OF THE SOLUTION

Membership of St Michael's Association Inc. costs \$25 a year, and it's open to anyone with an interest in the future of the organisation. Participants, families, staff, supporters and community members are all welcome.

Being a member gives you:

- Voting rights at Annual General Meetings
- A genuine say in the direction of the Association
- Eligibility to stand for election to the Board
- Our annual St Michael's desktop calendar

Our members help shape where the Association goes next, and the more voices in the room, the better those decisions are. Nearly sixty years on, St Michael's is still locally owned and locally run, and membership is part of how that stays true.

If you'd like to vote at this year's AGM, join before 19 November. To apply, email ceo@stmichaels.asn.au and a membership application will be sent to you.

Thinking about nominating for the Board? Keep an eye on our Facebook page, or email comms@stmichaels.asn.au to be notified when positions open.

Support our Community

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



LAUNCESTONLANES



DAY PROGRAM

Newstead

It's been another busy couple of months at the Newstead Day Program, and we're welcoming Spring with arms wide open.

With the nicer weather arriving, our Fishing Group is back up and running. On a recent trip to Windermere, Michael had a fish on the line within the first ten minutes. It was a little ripper and put up a bit of a fight. Everyone had a good look before it went safely back into the water, and Michael was chuffed with his catch.

Participants have also been getting creative ahead of the Longford Show in October. There's been plenty of painting, art and craft happening across the program, and we're now framing submissions and getting the paperwork sorted. We're looking forward to seeing everyone's work proudly on display.

A rainy day gave us the perfect excuse for a trip to the museum. The animal displays were a big hit, particularly the reptiles, beetles and all the interesting creatures preserved in jars. We stopped by the Planetarium for a look around too, and everyone had a turn posing with the astronaut prop, which created plenty of laughs.

Our Gardening Program is up and running for spring as well. Participants have planted flower seeds and are keenly watching for the first signs of germination. The garden is already earning its keep, with herbs, spinach and other greens making their way into our Kitchen Cooking Program.

We also hosted a Dementia Morning Tea at the Day Program recently, with participants, staff and members of the community bringing a plate and sharing a cuppa together.



BUILDING CAPACITY & NEW SKILLS

KITCHEN COOKING PROGRAM

Participants work together each week to prepare lunch for one another, with herbs and greens from our own garden going straight into the pot. Along the way they're building everyday living skills, making choices and enjoying the social side of sharing meals.

If you're looking for new or expanded Day Services, we've got room for new participants in our gardening, cooking, music and movement programs.

Simply call (03) 6331 7651, or email admin@stmichaels.asn.au to have a chat.



DAY PROGRAM

Devonport

It's been a full winter at East Devonport, with participants making the most of the colder months across a wide range of activities. Cooking, Reclink and our much-loved Freedom Fridays have been the standouts.

Sewing and creative work has also taken off. Participants have enjoyed making all sorts of things, including handmade stuffies to take home and proudly show their families.

We've been getting out and about too. A trip to Wynyard for lunch went down well, as did a return to one of everyone's favourite spots, Port Sorell, where we fired up the barbecue as the weather started to warm.

The level of engagement over the past couple of months has been something to see. Everyone's been getting involved, trying new things and making the most of what's on offer in the community, and there's plenty more planned as we head into spring and summer.



Shave for a Cure

Sam and Dylan braved the shave at East Devonport for Daffodil Day, and our participants were more than happy to lend a hand with the clippers.

It didn't take long. A few passes, plenty of laughing, and the job was done. Both of them took it in good humour from start to finish, which made for a great morning around the centre and a decent crowd watching on - see the video online.

Daffodil Day raises funds for cancer research and support services, and it's a cause that touches almost every family in one way or another. Putting your hair on the line for it is no small thing, and neither of them hesitated.

A big thank you to Sam and Dylan, and to everyone at East Devonport who got behind the day. The new look suits you both!



SUPPORTED ACCOMMODATION

The warmer weather has the residential crew out and about again, making the most of what's on around them.

There's been plenty happening. Rock climbing, swimming, bowling, laser tag, basketball, gym sessions and art, along with shopping trips, café visits and time outdoors. Each of these gives participants a chance to work towards their own goals, build confidence, pick up new skills and spend time doing the things they enjoy.

At home, the focus has stayed on everyday living skills, with residents getting involved in cooking, meal preparation, laundry, cleaning and keeping their own spaces organised.



Jacob turned 34 over the past couple of months, and marked the occasion with a visit to see his Mum, a few presents, and a meal at one of his favourite spots, Bento.

It's also been a period of change. His days are now based on a community-based model of support, and Jacob has taken it in his stride. Settling into a new environment and a different way of doing things is no small adjustment, and he's handled it well.

Weekends are for exploring. With support from his support worker, Jacob has been getting out to new places and trying activities that suit his interests, making his own choices along the way and building confidence with each one.

It's been a good stretch, with Jacob's independence and his connection to the community both growing steadily through it.

It's been a good few months for Aron at Smith House, with a couple of real highlights alongside the familiar routines that make up his week.

The standout was a visit from his brother, Hayden. Aron loved the chance to catch up and spend some proper time together, and family visits like this one always mean a lot to him.

Aron has kept up his day program and his regular community and social activities, which give him time with others and keep him connected to what's going on around him. He also attended the St Michael's Social Club AFL Grand Final event, which made for another good afternoon out with the group.

At home, Aron continues to take part in his everyday routines with support, staying involved and making his own choices in his own space.





Gary and Paul have kept busy over the past few months, with a good mix of familiar routines, family time and trips out into the community.

Both have been getting out and about, with recent outings taking in Cataract Gorge and the museum, along with a few meals out and other trips around town. A change of scenery and a bit of company never goes astray.

At home, the two of them stay involved in the household routines, helping with cooking, meal preparation and cleaning with support, and keeping their everyday living skills ticking along.



Nicholas, Stephen and Andrew have kept a full calendar over the past few months -

Church remains an important part of life for all three, and they've been getting along to weekend services as usual. Nicholas has also been taking longer walks and making his own calls about how he'd like to spend his weekends, which lately has meant trips to the movies and a go at the arcade games.

All three continue to attend their day programs, which keep the week ticking along and give them time with others.



Community outings are still a fixture. There have been trips to Seaport, meals out, and the fortnightly dinners at the casino. In August they celebrated Robyn's birthday at the Newstead Hotel, and in September they got along to the St Michael's AFL Grand Final event for an afternoon of football and good company.

There were some other exciting events which the gentlemen looked forward to attending, including a Crossroads outing to Deloraine in October. The Deloraine trip included lunch and a visit to the Little Theatre to watch the circus show Dream Job.



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.





Sarah moved houses in September, and she's settled in well since. New routines, new housemates and a new support team is a lot to take on at once, and she's taken it all in her stride.

Sarah has been building confidence around the house, and has worked out the washing machine and dryer on her own. She's been clear that she's happy to get on with things herself and will ask for a hand when she wants one, which is exactly how it should work.

Outside the house, she's kept up her swimming and hydrotherapy, working through her exercises at her own pace. She's also been out walking, bowling and doing the things she chooses, organising her own transport and making her own calls about how the day goes.

At home she's finding her feet socially too, spending time in the shared spaces, getting to know everyone, and taking time on her own when she wants it.

Alice has been keeping busy both at home and out and about. She's joined walking groups, music and dancing, and puzzles, and has been getting along to morning teas and other outings where she can catch up with people. At home she enjoys helping prepare meals and snacks, listening to music, watching television and having a good chat, and her love of football is never far from the conversation.

Lisa has had a busy stretch as well, with walking, trips to local parks and plenty of time outdoors. She's also enjoyed swimming and outings around the local area, along with some quality time catching up with family.



Robyn and Vickie have had another busy couple of months at Wise House, with plenty of weekends out, a lot of cooking, and a fair bit of work keeping the place running. Robyn has been out and about, with regular trips to Seaport for a walk and a café stop, and shopping runs to Coles where she picks out the groceries herself.

The standout was a night out at Hog's Breath Café, where Robyn went the chicken parmi and chips, followed by a trip to the cinema to see Moana. A good feed and a good film is hard to beat.

At home she's been busy with the laundry, bringing the washing in off the line, folding clothes and keeping the shared areas tidy. She's also been lending a hand in the kitchen, helping put home-cooked meals together with support.

Cooking has been the highlight for Vickie. She's been bringing recipes and ideas home from her cooking program and putting them straight to work in the Wise House kitchen, turning out some good meals for herself along the way.

Family time matters to Vickie, and she's had plenty of it lately, catching up with her Mum and her sisters. She's also been out in the community for events, local outings and group activities, and keeps busy through her programs with cooking, craft, games and relaxation.

Around the house, Vickie pitches in with the laundry, the cleaning and whatever else keeps things ticking along. She takes real pride in it.



RESPITE

Lyne House

It's been another busy stretch at Lyne House, with community outings, plenty of cooking and no shortage of time to relax between it all. The Evandale Market was the big one, with Katie-Lee, Alistair and Chloe all heading along to browse the stalls. Katie-Lee had a good look through the hair accessories, Chloe picked out a few things of her own and checked in with family before buying, and Alistair enjoyed the walk around with the group.

Katie-Lee also spent time listening to music and having quiet time in her room, but then got stuck into the cooking, putting together noodles and a few other dinners. She's continued to build her independence with her personal care, and is clear about what she wants and how she'd like to spend her time.

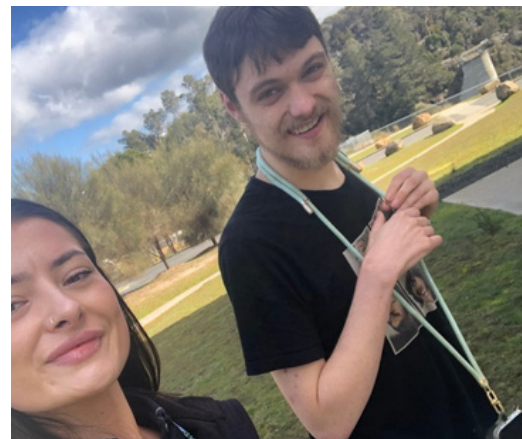
Alistair settled into a familiar routine of television, crosswords and conversation, resting when he needed to and going at his own pace. He prepared his own drinks, managed his shower independently and lent a hand with small jobs around the house.

Chloe spent a good deal of her stay being creative, painting and colouring and proudly showing off her artwork. She was keen in the kitchen too, helping prepare rice and peeling and cutting vegetables with support, and has kept building her independence around snacks, personal care and her evening routine.

Aiden had a cracking day out, taking in the Legana Market and the Junction Arts Festival, where he chatted with stall holders and stayed for the music. He followed it up with lunch and the playground at Riverbend Park, then a go on the digger at Heritage Forest. Back at Lyne House he was into the games, the PlayStation and a round of Nerf guns, and helped out with making his bed and packing away.

Ethan took his stay at his own pace, with quiet time and music in his room between outings. He got out for a drive to Prospect Shopping Centre, a trip to the airport to watch the planes, and a wander around the shops at Legana with lunch, and has enjoyed sharing meals and a chat along the way.

With the weather warming up, we are looking forward to some springtime outings, including the Wynyard Tulip Festival later this month. If you'd like to join us, or find out more about a Respite stay, you can contact us via the details below.



TULIP FESTIVAL 2026

Table Cape, Saturday 10 October
(Departing Launceston)

RSVP to Respite office:
respite@stmichaels.asn.au,
or ph (03) 6331 7651

Full information and costs
available - book now.

IN-HOME SUPPORT

IN THE COMMUNITY: PARKRUN UPDATE

Since our previous issue, Gerard has hit a serious milestone, completing his 50th parkrun! He's been focused on his health and fitness for a while, and between swimming, gym sessions and the weekly 5km course, that consistency is paying off. Fifty Saturday mornings, rain or shine.



Our In-Home Support participants have been busy this season, working towards their goals through everyday routines, community access and a few milestones worth marking.

Hannah has been building confidence through church, and has been enjoying craft out in the sun. She's also staying involved in cooking and household tasks with support from her team.

Jesse has been making the most of his community outings, with café visits, shopping and wrestling events on the list, and he brings plenty of conversation and enthusiasm to every shift.

Geoffrey has been getting out for walks, cafés and local outings, and has been getting stuck into meal preparation and household tasks with support, while Vanessa continues to enjoy getting out for shopping and catching up with her staff. She's also been working on her daily routines, including meal preparation, laundry and household tasks with support and prompting.

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 or call (03) 6331 7651.



MEET OUR TEAM

Cyndy Goodier, *Support Worker*

Introduction: I'm a caring and reliable Disability Support Worker who enjoys building meaningful connections with participants and supporting them to live as independently as possible. I have experience working in SIL settings and supporting people with a range of disabilities and individual needs. I take a person-centred approach and believe in treating everyone with patience, dignity and respect.

Unique Qualities: I'm calm, patient and approachable, and I take the time to understand each person as an individual. I have experience supporting people with complex disabilities and behaviours of concern, as well as providing personal care, medication assistance and support with community participation. I'm also trained in insulin administration and respiratory support.

Qualifications & Experience:

Certificate III in Individual Support

Medication Endorsement, First Aid & CPR

Insulin Administration and Respiratory Support Trained

Experience working as a Disability Support Worker in SIL and supporting people with complex disabilities, behaviours of concern, personal care and daily living needs.

More than 10 years' experience working within aged care services, with a strong focus on maintaining safe, clean and hygienic environments

Interests & Hobbies: I enjoy keeping active, doing craft, meeting and getting to know people from all different backgrounds, spending time with family and making the most of everyday life.



Pop Quiz

- Favourite food: A good home-cooked meal
- Favourite drink: Bubble Tea
- Favourite sport: I enjoy keeping active and going for walks.
- Favourite travel or holiday destination: I love a good road trip, especially when it involves family, sunshine, and exploring new places.
- Favourite Book: The Boy, the Mole, the Fox and the Horse - I love its simple but meaningful messages about life and connection.
- Favourite movie: Enjoy True Stories
- Fun fact about you: I have green eyes and think of myself as unique, only making up 2% of the world's population.

Jarrold Riley, *Support Worker*

Introduction: I've worked in the industry for 10 years, starting in aged care before transitioning over to disability. I believe in building connections by being patient, listening and talking to people to get to know them.

Unique Qualities: I'm an energetic and supportive person, and I've supported a wide variety of participants.

Qualifications & Experience: Certificate IV in Community Services, qualified chef, qualified security officer.

Interests & Hobbies: I like spending time with my family and friends. My interests are travelling, going to the gym and volunteering with the Australian Army Cadets.



Pop Quiz

- Favourite Food: Cheesecake
- Favourite Drink: Lemonade
- Favourite Sport: AFL
- Favourite Travel/Holiday Destination: Thailand
- Favourite Movie: All action movies
- Describe yourself in one sentence: Honest, funny and outgoing.
- Fun Fact About You: I've been part of the Australian Army Cadets for the last 15 years.

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.

ST MICHAEL'S SERVICES



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 Newstead and Devonport Campuses.

Independent Living Units - The 53 Independent Living Units in Newstead and 16 in Devonport 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 are specific criteria that are required to be eligible for this service.

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 - 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.

St Michaels Training (RTO 60067)

St Michaels Training provides accredited training for Tasmanians with a disability and individuals working in the disability & aged care 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

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.

Individualised Living Options - Supports are designed around what the participant's individual needs are, their preferences and when they want them delivered. This enables choice about where they live and how they are supported. Paid supports may include personal care, assistance with household tasks and developing skills to live as independently as possible. NDIS funding covers the support arrangement, it does not cover rent, utility costs or everyday living expenses.

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.



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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