

# PEBBLE

October 2020

## Message from the CEO & Chair

Greetings everyone

Thankfully, we in the Melbourne Metro area saw significant easing of restrictions for which we are all extremely grateful. However, with the restrictions on physical distancing which remain, a return of Active Choices supports at our facilities in Croydon and Seaford is unlikely until January 2021, at the earliest. Fortunately, our services in the Gippsland region are continuing so we are able to provide supports to our families there, which is terrific.

The community sector have clear guidelines which we must abide by to safeguard all parties involved. SASI staff continue to ensure everyone's safety by implementing all the relevant guidelines for infection control including mask wearing, eye protection, physical distancing, hand washing/sanitiser, daily health checks, temperature checks, designated spaces for everyone and access and egress routes to and from each building occupied.

SASI, together with a number of other disability organisations, lodged a submission with the recent Disability Royal Commission hearing held to examine the effects of the pandemic on people with a disability. The Commissioner, in a recent opinion piece in The Age, <https://www.smh.com.au/national/covid-has-revealed-some-uncomfortable-truths-about-australia-and-people-with-disability-20200915-p55w00.html> commented that our sector and the people we work so hard to support have not been supported during COVID-19. There has

recently been more obvious support offered from a range of Government agencies, which should have been offered many months ago, however, the impact of COVID on our clients and all people with a disability is enormous.

The SASI Client Committee, comprising our SIL residents, which meets monthly, has been joined in the virtual world by the clients from Active Choices who held their own first meeting recently. It is fantastic to see our clients take up the opportunities this technology and way of communicating offers when we are unable to catch up face to face!

We hope everyone has had an opportunity to look at our new website [www.sasi.org.au](http://www.sasi.org.au) and 'new look' Pebble. Please let us know any feedback you might have.

We are still keen to expand our Parents & Carers Committee, so if any of our parents would like to come along as a guest to check it out, please email us at [enquiries@sasi.org.au](mailto:enquiries@sasi.org.au) to let us know. Meetings are held quarterly via Zoom so there is no need to travel!

We hope that everyone is managing as well as can be expected in these very challenging times.

Stay safe everyone and happy reading...

Cheers

**Kath (CEO) & Vivienne (Chair)**



# Latest Adventures

## Supported Independent Living Homes

### Langwarrin House

Residents of Langwarrin House have been spending time during the lockdown period going for walks, exercising, and going on drives.

After a long walk, Richard relaxes himself by building a tower and jumping on the trampoline.

Greg has enjoyed learning communication skills introduced to him by Active Choices staff.

Conor has been enjoying going on drives and taking walks outside.



*Below: Richard*



*Below: Conor*



*Below: Joseph & Richard*



*Above: Greg*

### Springvale House

Mischa and Ben loved making Turkish rolls for lunch at Springvale House.



*Left: Ben*

*Right: Mischa*



## Frank St House

Staff found an old hand push lawn mower and they knew Chris may well enjoy this activity, so they invited him to come outside to have a go using the mower. Chris put his gum boots and safety glasses on and was very keen to give it a go. He received some safety instructions and then off he went, very happy, and mowed all his lawns. Chris was so proud of his achievements and could not wait to tell everyone.

Chris made a comment “Oh sorry I missed a bit” and would go back and forwards in one spot, until staff directed him to move on to another area, telling Chris to look for the long grassy spots. Chris was so happy with his job and received plenty of praise for his hard work, hoping to get a bonus of money for his work, and he did. Chris was a very happy man.



*Above: Chris*

## Frankston House

Stephanie was out and about on a Coffee Club program with staff. She got herself coffee from McCafe and enjoyed it while out in the park! Smiles all around!



*Above: Stephanie*



*Above L-R: Peter & Amy*

Amy celebrated her 39th birthday recently with all the residents and staff members at Frankston House. Everyone sang Happy Birthday to Amy while she cut the cake and shared it with them.



## Cheltenham House



Matthew and Belinda went out to a reserve in Edithvale and had a nice walk.

*Left: Belinda*



*Above & Left: Matthew*



Matthew went to the beach and enjoyed a walk in the sun with his Dad.

## Aspendale House



Cameron went for a walk in the park. Later it turned from walking into jogging because of the rain that was dropping!

*Above: Cameron*

Peter was excited to receive mail from Central Bayside (his day service). He received some masks and a card and staff read the card out to him.



*Above: Peter*



Mordialloc House

Megan enjoyed playing basketball with staff in the back yard. She managed to score a couple of baskets.

James enjoys vacuuming the house and ensuring that it is spotlessly clean.



Above: Megan



Above: James



Above: Dieter and David



Above: Nicholas

Dieter and David had a great day out. They enjoyed the weather and having lunch in Patterson lakes.

Nicholas enjoyed bowling in the house. He managed to score three strikes! Well done Nic.



Did you know....

The first item sold on eBay was a broken laser pointer!



# Active Choices

## Newborough



Mark and Dwayne loved having a visit from Lola.

Lola comes to visit clients at Newborough every week for some cuddles and fun.

Left: Dwayne      Right: Mark

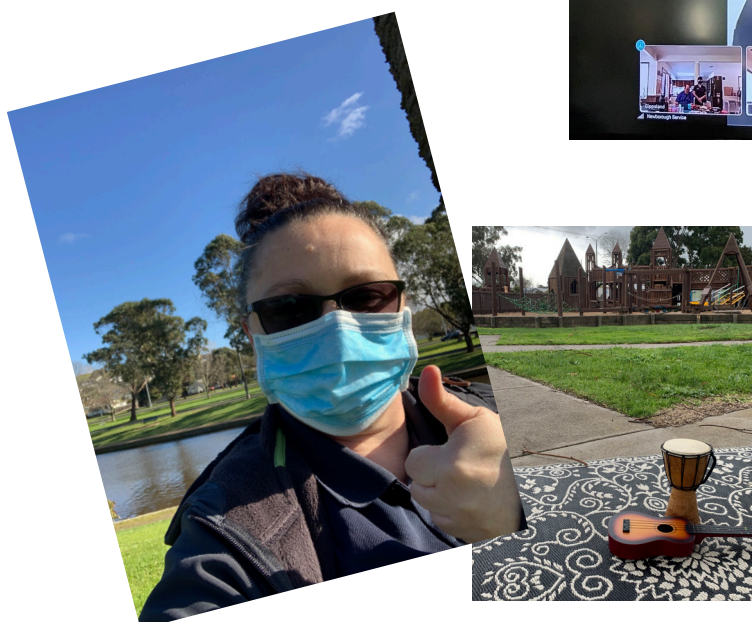


Above: Amanda

Staff Amanda and Kerri had lots of fun online with clients counting and spelling everyone's names using Auslan. Amanda was out and about on a lovely bush walk looking for animals and insects, and everyone was joining in and signing different animal's names.



Above: Kerri



Hugh and 'Roaming Leonie' enjoy surprising clients with their music program with Leonie being out and about at different locations around Gippsland.

Left: Leonie

Brendan loves being at Newborough, especially when it is time to bring out the big machines. Brendan really enjoys helping with the mowing of the lawns and being able to sit on the tractor and ride on mower.

*Right: Brendan*



## Seaford



We wish Michelle all the best as she embarks on a new chapter in her life. Michelle is the Practice Leader at our Active Choices Seaford site. She has been with SASI for two and a half years and will commence her maternity leave next week. She is very excited to be expecting her first baby and we look forward to meeting her new addition to her family.

*Left: Michelle*

‘However difficult life may seem, there is always something you can do and succeed at’

*Stephen Hawking*



# Client Services

We hope you are all doing ok during these challenging times. Like many, as a team we continue to manoeuvre through the COVID world and I wanted to assure you that we will also continue to support SASI clients in their own homes and through deliveries such as Zoom sessions or online programs.

The Victorian Government has announced Stage 4 COVID restrictions in Melbourne and Stage 3 COVID restrictions for regional Victoria. Updated information is available by visiting <https://www.coronavirus.vic.gov.au/coronavirus-covid-19-restrictions-roadmaps>

We acknowledge that these restrictions continue to present challenges for clients and families/carers. As we move into the third step, SASI will provide essential in-home supports for clients if they have parents or carers who are essential workers.

These supports may look different, if you can be supported in an alternative way (including

online or by using in-home supports) we ask that you please consider and/or continue with this for the duration of the lockdown period. If we all do our bit to limit contact over the next few weeks, we hope to be able to re-start programs in line with Victorian Government directions.

As you will be aware, COVID developments require a rapidly changing response, and we may need to make further changes in line with any updated government directions. If we are required to make any changes, we will be in contact with participants and families individually to discuss these changes.

Please stay safe at this time and know that we will continue to provide you with whatever support we can within government directions.

**Melissa**

Executive Manager Operational Services

## Team Update

We are thrilled to announce that our Support Coordination team is growing, with Tara, Rex, and Sarah onboard.

If you would like to learn more about how we can help you, please speak to your NDIS planner/ Local Area Coordinator or submit a [Book A Service](#) online.



**Melissa**

Executive Manager  
Operations



**Zlata**

Operations Manager



**Christine**

Operations Manager



**Lisa**

Positive Behaviour  
Manager



**Belinda**

Positive Behaviour  
Practitioner



**Rex**

Specialist Support  
Coordinator (HISC)



**Tara**

Support Coordinator



**Fiona**

Intake & Planning Officer



**Lauren**

Intake & Planning Officer



**Sarah**

Support Coordinator

## Parents, Carers, & Client Committee

We are seeking new people to join us on the Parents, Carers, & Clients Committee (PCCC).

The PCCC represents users of all support services offered by SASI, including Active Choices, Supported Independent Living, In Home Support, Recreation, and Respite Services.

The PCCC discussions revolve around the decisions and directions related to the quality of current and future services provided by SASI. Importantly, it enables the voices of parents, carers, and clients to be heard, providing constructive feedback, and having a direct impact on the services that will best support children and adults with autism and other complex disabilities.

This is particularly important as we move to a post-COVID world with the resumption of services, some new and some modified, to best provide what is needed for our loved ones.

Meetings are held once every three months on a Tuesday. We welcome anyone interested to join us at the next meeting on 10 November 2020 at 6.30pm via Zoom to see the valuable work this committee does.

RSVP: [ged.cath@gmail.com](mailto:ged.cath@gmail.com) or [melissa.violani@sasi.org.au](mailto:melissa.violani@sasi.org.au)



## Something to get excited about!

Yes roll-on 2021!

VALID will be running their Having A Say Conference from 15 to 17 June 2021, so make sure you pop it in your diary!

There will be lots of activities, performances, sessions, and opportunities to catch up online with old and new friends. We'll let you know more details in the new year!



**Having a Say Forever!**

## Having a Say Conference 2021

15<sup>th</sup> – 17<sup>th</sup> June 2021

*Theme: You're My Best Friend*





SASI Staff Awards celebrate and recognise excellence of teams and individuals that provide support, leadership, advocacy, service, and education.

**Who can nominate?** Absolutely everyone... Clients, Families, Carers, 3rd Party Providers, Support Staff, Members of the Public, Practice Leaders, and Managers.

**Who selects the winners?** The SASI Board and Executive team will choose the winners.

**What are the prizes?** The winners will be announced at the 2020 Staff Zoom Awards on Friday 4 December and each category winner shall receive a gift certificate to the value noted below.

#### **SASI Innovation & Impact Award - \$250**

This award recognises an outstanding individual as an emerging leader who has made a significant contribution to improving outcomes for people with a disability, by raising awareness and influencing others to shift community attitudes, and creating or transforming services

#### **SASI Excellence in Service & Support Delivery - \$500**

An employee and/or teams of employees in recognition of exemplary service achievements for working collaboratively championing the ONE SASI culture

#### **SASI COVID Champion Award - \$100**

Excellence in Advocacy & Promotion of Human Rights Award – assisting SASI clients to live the life they choose

So, thinking questions should include:






- Who would you like to nominate? (Full Staff Name, SIL/Active Choice/Client Services, Finance, or People & Culture)
- What has the team member done to go above and beyond? Please provide detailed examples of how the employee and/or team have gone above and beyond so we may understand why you are nominating them.
- How has this team member(s) actions gone above and beyond the normal requirements of their job?
- What impact did this team member(s) actions have on your family, location, client, staffing group, or ONE SASI as a whole?
- How well does the staff member(s) team consistently represent SASI's Vision, Mission, and Core Values?

Head over to [www.sasi.org.au/staff-awards](http://www.sasi.org.au/staff-awards) to make a nomination.

## Online Activities

During the restrictions in place due to the COVID-19 pandemic, we have a range of online activities on offer to keep us connected. Our activities are aimed at a range of different people with different skill levels and abilities and allow you to be active, engaged, have fun and even learn some new skills.

All sessions are held at 11am, for between 30 minutes and one hour. Head to our website for more details and book through our online booking system by selecting [Service Booking](#).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>MUSIC &amp; DRAMA</u></b> With Leonie & Hugh from Gippsland  <i>"To promote and encourage interaction, communication and socialisation through music"</i>	<b><u>COMMUNICATION NUMERACY/SKILLS</u></b> With Kerrie & Amanda from Gippsland  <i>"Enhance your knowledge of Key Word Sign and recognise emotions through visual representations &amp; story telling. A place to express your feelings and emotions freely"</i>	<b><u>ARTS &amp; CRAFT</u></b> With Susan from Croydon  <i>"Follow verbal and visual directions, using fine motor skills by manipulating materials and objects. Develop and enhance your creativity through art and craft"</i>	<b><u>FUN &amp; GAMES</u></b> With Brooke from Seaford  <i>"Enjoy a variety of games, whilst enjoying each other's company and most of all having fun"</i>	<b><u>MUSIC SESSION</u></b> With Lachlan from Croydon  <i>"Interact with others through singing, playing basic instruments and movement"</i>

## COVID-19 Update

### Current Status

On 26 October 2020 the Premier of Victoria announced that, due to the great efforts of our community, we are moving out of lockdown in Melbourne and into the third step of Stage 4 towards re-opening.

### How this effects us at SASI

With the current restrictions on physical distancing in place, we unfortunately continue to have the Active Choices facilities closed at Seaford and Croydon, and they are unlikely to return until at least January 2021.

Fortunately our services remain open in Gippsland so our support services continue there.








### COVID-19 Resources

Department of Health  
[www.health.gov.au](http://www.health.gov.au)








Department of Health & Human Services  
[www.dhhs.vic.gov.au](http://www.dhhs.vic.gov.au)

Premier of Victoria  
[www.premier.vic.gov.au](http://www.premier.vic.gov.au)

#### Accommodation

-  Aspendale
-  Cheltenham
-  Dandenong
-  Frank St
-  Frankston
-  Langwarrin
-  Mordialloc
-  Springvale


#### Active Choices

-  Online Programs
-  Gippsland
-  Baxter
-  Croydon
-  Seaford
-  Camps
-  In Home Support

#### Client Services

-  Support Coordination
-  Positive Behaviour Support
-  Intake & Planning Team

#### Corporate Services

-  People & Culture Team
-  Finance Team

 Service Open  Service Restricted  Service Closed

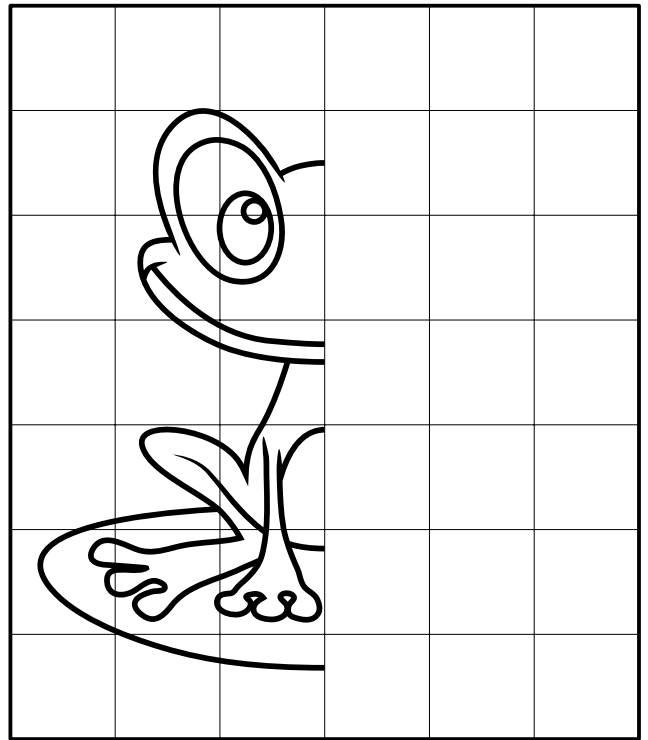


# Kids Zone



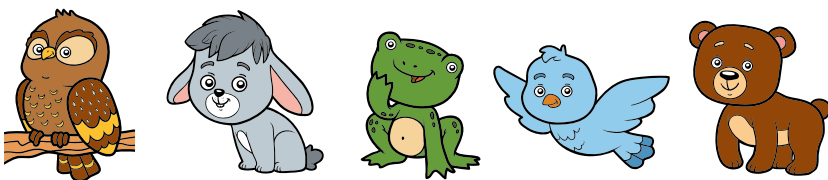
## Complete the picture

Use the picture below to copy and draw into the grid



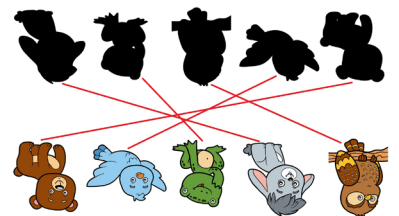
## Find the correct shadow

Can you work out who each shadow belongs to?



What do you call a boomerang that doesn't come back?

A STICK!



Shadow Answer



# Staff Feature

## Chirag - SIL Practice Leader

### What does your role at SASI involve?

As one of the SASI Supported Independent Living (SIL) Practice Leaders, my role involves overseeing and managing two amazing SASI services - Aspendale and Dandenong. I also work with various SASI teams and various stakeholders, including families and external agencies such as NDIS, and external day centres, to achieve the best possible outcomes for our residents.

### If you could have a super power, what would it be?

Time Traveller!! I would love to travel to a different era of time to see how we evolved and how far we will go with current humongous technology revolutions. And off course, get some lotto numbers, as I would know the winning numbers with the time travel!!

### What do you have at the top of your bucket list?



Riding a motorcycle on Himalayan Roads, one of the world's most adventurous journeys.

### If you were an animal, what would you be and why?

An Elephant for Sure!! Because an elephant is the wisest and most dignified of creatures. They are also hard working and incredibly loyal to

other members of the herd. Also, they are very social animals and love to spend time with their family and friends.

### What is the one thing no one knows about you (until now!)?

I am passionate about numbers and maths. I love the methods and teaching shown in Vedic Maths. It is a collection of techniques to solve mathematical arithmetic in an easy and fast way.



Above: Chirag

### Why do you enjoy working at SASI?

I enjoy working with SASI because both the vision and mission of SASI are client focused. I evolved with SASI and learned a lot through my transition from casual agency worker, to permanent worker, to SIL Practice leader. It's a privilege to work with management where the CEO of the company actually knows residents by their name.



# Foodie corner



Who doesn't love pizza?

Mini pizzas are always a great hit and you can use any toppings you like!

## Muffin Pizzas

Makes 4

### Ingredients

- 2 English muffins halved
- 1/2 cup tomato paste
- 2 cups grated pizza cheese
- 4 slices chopped ham

\*Add any toppings you like

### Directions

1. Lightly toast halved muffins
2. Place muffins on an oven tray, cut side up
3. Spread muffins with tomato paste
4. Top each muffin with ham and sprinkle with cheese
5. Cook for 15 minutes in oven at 200°C or until cheese has melted and is slightly browned



*Image & recipe courtesy of bestrecipes.com.au*

Enjoy!

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Have you got a recipe you'd like to share? Email it to us, along with a photo of your masterpiece, and you may see it in Pebble!



## What's the fascination with anime anyway?

by SASI Guest Parent Blogger

Anime has a huge following in our household, so much so that my son's bedroom walls are covered with images of anime characters, figurines and other anime paraphernalia decorate his room. His computer screen explodes with images of anime characters as does his social media feed and his sketch pad.

So, what is all they hype about? What is anime? And, why do autistic teens seem to be so fascinated by it?

I did a bit of digging to find out more to help myself and our readers understand why our children seem to be drawn to these animated creations.

First of all, a definition of what anime is. Basically, it's hand-drawn computer animation originating from Japan. It has a particular style to it, generally portraying characters with large emotive eyes.

[Read more](#)

The rest of this article can be found on the [Blog page](#) of our website, along with many other interesting articles written from the perspective of a parent of a child with autism.



Image courtesy of pixabay.com





Your life. Your way. Your choice.

**Supporting children, teenagers, and adults with autism and other complex disabilities**

## Our Services

- Active Choice
- Accommodation
- Residential Respite
- In Home Support
- SASI Club and Camps
- Support Services Coordination

## Contact Details

Level 1, 54-58 Wells Street  
PO Box 11271  
Frankston VIC 3199

**Want to share your ideas?**

Email us at [enquiries@sasi.org.au](mailto:enquiries@sasi.org.au)

T: 03 9773 6044  
E: [enquiries@sasi.org.au](mailto:enquiries@sasi.org.au)  
W: [www.sasi.org.au](http://www.sasi.org.au)

