

# PEBBLE

November 2020

## Message from the CEO & Chair

Greetings everyone

It looks like the sun is shining kindly on all Victorians as we head to the end of a very challenging year.

We have the SASI Forum to look forward to on Friday 4th December at 3pm. At this year's virtual forum we will present the Annual SASI Staff Awards and give a brief overview of SASI 2020 and the plans for SASI 2021, as well as giving you the opportunity to ask questions of our Board and Executive. Check out the link on our website.

We hope to 'see' you there.....

We are still extremely keen to expand our Parents & Carers Committee (so far we have not been inundated with expressions of interest!) 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, with the next one in February 2021, 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)**

As we have mentioned before, Active Choices supports will not return to our facilities in Croydon and Seaford until January 2021. Clients from these services continue to be supported by in home and other services. Active Choices in the Gippsland region continue and there are plans for a new hub in Moe which will offer some new supports to existing and new clients and their families.

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.

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Dignity  
Independent Choices Empowerment  
Autism  
SASI  
Ability Respect  
Valued ASD  
Community



# Latest Adventures

## Supported Independent Living Homes

### Aspendale House

Cameron visited his parents over the weekend for the first time in about five months and he was delighted to see them. While he was there, Cameron did some cooking and enjoyed his dinner with his parents.



*Left & Right:  
Cameron*



### Springvale House

Malcolm enjoyed a nice outing with his parents after many long weeks of lockdown!



*Malcolm with his mum (left) and dad (right)*



## Cheltenham House



*Above L-R: Belinda & Ben*

Cheltenham House residents Ben, Matthew, Anastasia, and Belinda all enjoyed a beautiful beach outing - just look at these views!



*Above L-R: Matthew, Belinda & Anastasia*



Belinda really enjoyed a little shopping trip at Salvos after long weeks of lockdown.

*Left: Belinda*



Did you know....

One million Earths could fit inside the Sun!



# Active Choices

## Newborough



Active Choices Newborough created a project to include every person who attends, from clients to staff, in creating an inclusiveness project of our beloved frogs.



Staff and clients worked hard to create approximately 50 frogs to place throughout the garden beds. There were many varieties of frogs that were created, from Superwoman to COVID masked frogs. Everyone really enjoyed this project and their amazing work is showcased when on site.



Dwayne has been working extremely hard over the past few weeks creating an amazing master piece to display in the main foyer of the Newborough site.

He has completed a puzzle, glued it onto a backing board, and built his own frame from scratch, with the assistance of staff. Dwayne is very proud to have completed this puzzle and frame and he's done a wonderful job brightening up the foyer!



*Above & Left:  
Dwayne*



We have recently had six new additions to our SASI Newborough family. Last week we had the surprise arrival of some adorable chicks of various colours. They are super cute and mummy chicken is doing well to ensure they grow up to be strong and healthy.



Newborough's talented staff member Henry has been using his artistic talents to create some beautiful art pieces of our clients.

The photo wall has been an ongoing project over the past few months to share the SASI family at Newborough.



# Events



## SASI FORUM 2020

AN ONLINE WEBINAR  
KEEPING YOU INFORMED

STAFF AWARDS  
HIGHLIGHTS OF SASI 2020  
PLANS FOR 2021

**December 4th  
@ 3pm**

FOR MORE INFORMATION VISIT [WWW.SASI.ORG.AU/EVENTS](http://WWW.SASI.ORG.AU/EVENTS)

## SASI ONLINE ART SHOW

**1 - 30 April 2021**

**Exhibition of autistic &  
disabled community artwork**

We're so excited to announce our Art Show is going online next April!

Entries will be invited early in the new year and due by 1 March 2021. If you're a budding artist, get your creativity flowing now and keep an eye out for more details!



[www.sasi.org.au/events](http://www.sasi.org.au/events)



# Staff Feature

## Fiona - Intake and Planning Officer

### What does your role at SASI involve?

My role as Intake and Planning Officer with SASI sees me as the first point of contact for many of SASI's new and existing Clients. I work with many of SASI's other teams to assist clients with their intake with SASI and with on-going services. I generate Service Agreements, Quotes, and other service related documents at the start of services access with SASI and as NDIS plans are renewed.

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

Time travel, to go back in time to see what the world was like when dinosaurs roamed the earth. I wouldn't change the past, as this would impact the future, just observe and wonder.

Think for the endless possibilities of going back 10 minutes to find the car keys, purse, office pen and any other item I've lost and misplaced, I am always forgetting where I put my things.

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



Climbing Mount Everest - to base camp at least. Mount Everest has always fascinated me. I have read many books on Everest and admire the determination and strength of Sir Edmund Hillary and Tensing Norgay in their journey to the top of Mount Everest.

With the ability of time travel, I could go back and accomplish the full climb as a younger me.

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

A Mountain Goat - Goats are known for their resilience and determination, so much so that they can climb the highest of mountains without falling off. Aside from their great climbing skills, they are playful and will eat anything and everything.

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

This year I have learned to drive a bulldozer on the farm, well as a matter of fact 2 bulldozers, a Fiat and an International. I enjoy spending time on the farm, walking with the cattle and taking in all the fresh air. When I am not at work I can be found sitting in the quiet of the farm watching the clouds roll by and the eagles circle above.



*Above: Fiona on a bulldozer with friend Mavis in the background*

### Why do you enjoy working at SASI?

I enjoy the diversity of the work and the flexible working hours. I enjoy working alongside passionate professionals who go above and beyond to provide quality services. I enjoy working with like-minded people who strive to make a difference.

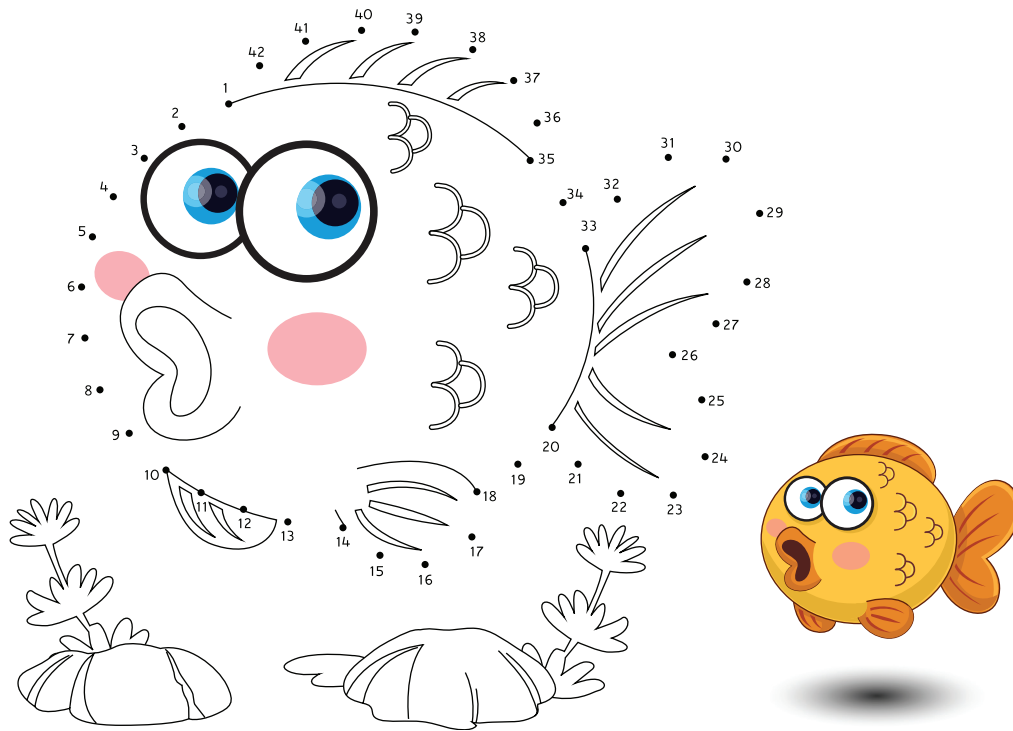


# Fun Zone



## Join the dots

What do you find when you join the dots? Have fun colouring in your masterpiece!



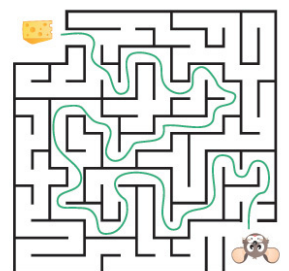
## Mouse Maze

Can you help the mouse through the maze to the piece of cheese? The answer can be found below.



What has hands but can't clap?

A clock!



Mouse Maze Answer

# Client Services

Like many, we are extremely pleased that the lifting of restrictions continues and advise that 3rd party Allied Health professionals, our Support Coordinators, and Behavioural Support Practitioners have now re-commenced face to face client and family meetings.

Below is an update on where each of our services are currently at:

## ACTIVE CHOICE UPDATE

### SASI Hub @ Mount Martha

- New site is currently being established and shall offer community-based supports 8am to 4pm Monday to Friday, plus a range of services for 18 years and over commencing in early 2021.
- This space will also offer meeting opportunities with our Behavioural Support & Support Coordination team members.

### SASI Hub @ Seaford

- Seaford site remains closed in 2020 and will be relaunched in early 2021 with new 'capacity building supports' offered which will enable clients to build their independent living skills and participate more fully in their local community. Programs will include performing arts, visual therapy programs, training, variety of computer, IT, gaming, and virtual programs plus a hospitality hub and the opportunity to participate in volunteer programs with new partnerships.
- SASI will also create personalised, interactive programs which provides a series of goals and resources up to age 22, under the School Leaver Employment Services (SLES), to assist young adults getting ready for employment so that they can work through the roadmap at their own pace and choose the support levels.

### Croydon

- Will remain suspended until further notice. We are reviewing the support services which can be offered from this site in a 'COVID normal' environment and undertake an evaluation of performance and linkage in the region.

### Gippsland Services:

### SASI Hub @ Newborough

- Active Choice Services have resumed for clients that live with their families.
- In 2021, these services will be expanded to 8am to 4pm Monday to Friday.

### SASI Hub @ Moe

- Will be transformed into a SASI Hub @ Moe and shall include a variety of computer, IT, gaming, and virtual programs.

## IN-HOME SUPPORT UPDATE

We are passionate about providing high-quality support that is individualised. As such, in-home services will resume in February 2021 for clients over the age of 18.

## SIL RESIDENTS ATTENDING EXTERNAL DAY SERVICES

SASI has been updated that a small number of external day services are offering supports at a 1:1 ratio, with strict measures in place to be able to adhere to current DHHS guidelines.

Given the disruption to programs our residents have had all year, and the uncertainty of what a turn to day services will look like, SASI will continue supporting your loved ones previously attending external day services from home until January when a further review will be undertaken.

All options will be undertaken in consultation with families in the new year when we hopefully have a more 'COVID normal' environment.

## CAMPS & RECREATION

We appreciate that these services are highly regarded and well attended; please note the following important dates:

- 18 & under – services suspended and will be reviewed in July 2021
- 18 & over – services currently under review with an update planned for end of January 2021

We continue to comply with all government guidelines as they evolve. 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 clients and families individually to discuss these changes.

For assistance with service updates, please contact a member of the Client Services Team. Thank you for your understanding and flexibility in these challenging times.

**Melissa**

Executive Manager Operational Services

# COVID-19 Update

## Current Status

On 22 November 2020 the Premier of Victoria announced more restrictions were being lifted as we return to COVID normal.





More details about what a COVID safe summer will look like are due to be released soon.

## How this effects us at SASI








We unfortunately continue to have the Active Choices facilities closed at Seaford and Croydon, and they will return in January 2021.

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

### 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

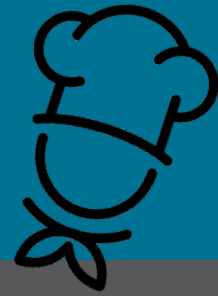
## COVID-19 Resources

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)

# Foodie corner



Looking for a healthy cooked lunch or light dinner option?

This yummy frittata is always a big hit and it can be served with a salad.

## Roast Pumpkin and Zucchini Frittata

Serves 4

### Ingredients

- 1 tablespoon olive oil
- 500g diced zucchini
- 500g diced pumpkin
- 1 finely sliced garlic clove
- 1 tablespoon chopped sage
- 8 eggs
- 1/3 cup milk
- 2 tablespoons chopped basil



*Image & recipe courtesy of  
[www.womensweeklyfood.com.au](http://www.womensweeklyfood.com.au)*

### Directions

1. Preheat oven to 180°C. Pour oil into a baking dish and heat in oven 2-3 minutes.
2. Add zucchini, pumpkin, and garlic to the dish and toss to coat with oil. Season to taste. Sprinkle with sage and bake for 20-25 minutes until vegetables are tender.
3. Whisk eggs and milk together in a bowl. Season to taste.
4. Lightly oil a 20cm x 22cm baking dish. Arrange vegetables in dish and sprinkle with basil. Pour egg mixture over the vegetables.
5. Bake for 25 minutes. Cover with foil and bake for a further 10-15 minutes until set. Cut into wedges and serve.

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!



## Education for people with disability

by SASI Guest Parent Blogger

We're all entitled to receive an education. Yet, for children on the spectrum, it seems to be a constant struggle due to the lack of understanding throughout our education system in regards to how to teach children with disability.

The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability recently spent a week reviewing barriers to accessing a safe, quality and inclusive school education.

Many of the stories that were provided as evidence to the hearing resonated with me. There were stories of schools 'gatekeeping enrolments', something I remember vividly when I was looking at primary schools for my son who at the time did not have a diagnosis. I remember visiting a school and all was well until I mentioned that my child was experiencing some issues with socialisation and we were currently accessing him for autism. As soon as that was mentioned, we were all but turned away from the school, with the Principal telling us about zoning issues, which I knew straight away meant that he didn't want a child like mine in his school!

[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



# Contact Details

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**Want to share your ideas?**

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



*Your life. Your way. Your choice.*

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

