

PEBBLE

December 2020

Message from the CEO & Chair

Greetings everyone

With summer now in full swing, and our new 'Covid Normal' environment becoming the way we do things, we look forward to a new and prosperous year for everyone. I am sure I do not have to say that we are all glad to see the coming end to 2020 and look forward to 2021!

The inaugural virtual SASI Forum took place on Friday 4th December and, barring my technical challenges, it went off well! We received feedback that it would have been nice to see peoples faces, however in a webinar that is not possible, but we will look at different options in 2021 to accommodate this. Many congratulations to all the winners of our annual SASI staff awards, and also to everyone who was nominated for an award. It is very pleasing to have received so many nominations, it echos the feedback that our SASI staff do a wonderful job supporting our clients and their families – Great work everyone!

After providing services for the last sixteen years in Croydon, SASI has taken the opportunity afforded by this suspension to review the service. We took into consideration a number of critical factors, including NDIS funding, the physical limitations of the property, environmental impact, financial considerations, community needs and resources in the local area. SASI has made the decision to close this service permanently. No decision to remove services is made lightly and we sincerely regret the impact on our families, who will be given support to transition to alternative providers.

The property will be placed on the market in the New Year.

Seaford is undergoing a major refurbishment, whilst not in use, and we predict we will be open for business in early February 2021.

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 in the new year. On the proactive side, we will be opening a new co-located site in Mt Martha in January which will be used in the first instance for our Behaviour Support and Support Co-ordinator teams, and there are plans to provide some 'after school', and other client support services at the site.

SASI staff continue to ensure everyone's safety by implementing all the relevant guidelines for infection control, including mask wearing, 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.

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 to let us know. Meetings are held quarterly via Zoom, next one in February 2021, so there is no need to travel!

cont...



We hope that everyone is managing in these very challenging times and we wish everyone a peaceful and restful holiday period to spend with friends and family.

From our outgoing Chair...

As we head towards Christmas, it is a good reminder of how far we have come this year. Our Exec, staff, clients, families and carers have learnt more about infection control and outbreak management than we ever thought possible. We have all learnt to communicate online and to find new ways of being together. That we have got through this year without any infections and with such good mental health is a testament to everyone's extraordinary dedication and flexibility and I thank you.

This is my last note to you as Chair of SASI as I have recently resigned from the Board to manage a new role. The growth in SASI over the 6 years I have been on the Board has been extraordinary, we have strong financials, a strong Exec, an incredibly strong team and amazing clients. We have developed Goal Mastery, seen the development of Day Services into the much more responsive and client

focused Active Choices, we have implemented NDIS, and we are pioneering new models of care. I am sad to leave the SASI family but incredibly proud of everything we have done and achieved together. Boards should be about renewal, new ideas, new energies and different points of view. We now have two parents on the Board and a clinician as well as people with other extraordinary skills and experiences. Three members of the Board offered to step into the Chair role, a testament to their dedication, and I wish the new Chair Louise Georgeson and the remaining Board all the best for the future with this fabulous organisation.

Have a safe and Happy Christmas and a bright New Year.

Stay safe everyone and happy reading...

Cheers

Kath (CEO) & Vivienne (Chair)



Latest Adventures

Supported Independent Living Homes

Aspendale House

Savier went out in the community for a walk at Braeside Park. After his walk, he went to a restaurant and enjoyed his dinner. Savier was content while out in the community.



*Left & Right:
Savier*



Staff at Aspendale House were hanging out the washing when Savier decided he wanted to do it, so he helped out by carrying the basket.

Cheltenham House

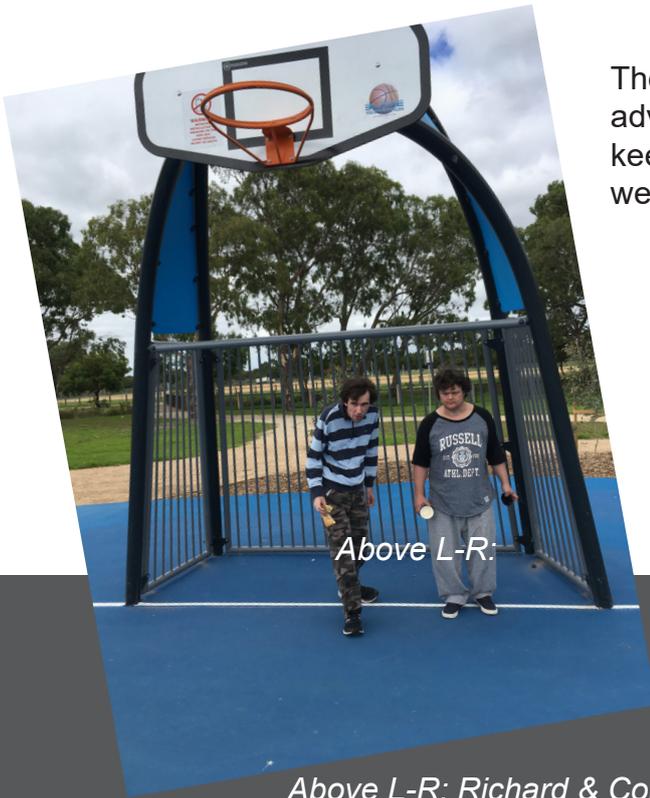
Belinda gave staff a hand with the big job of cleaning the windows at Cheltenham House and Ben enjoyed a physiotherapy session with his new therapist.



*Left: Belinda
Above: Ben with his physiotherapist*



Langwarrin House



Above L-R:

Above L-R: Richard & Conor
Below L-R: Angelos & Richard

The Team from Langwarrin House took advantage of the park after lockdown, keeping fit and trying to shed away some weight.

Greg shared a piece of a Langwarrin House mate's birthday cake with another house mate.



Above & Below: Greg



Angelos and Richard had a big long walk with staff and then decided to relax in the backyard. Richard enjoyed picking the tips of grass and Angelos sat on the comfortable bench.



On Melbourne Cup Day Greg practiced his cooking skills, cooking a variety of items for the Langwarrin House family.



Frankston House

Danielle went on a day outing with staff member Emily to Bayside Shopping Centre. She got her hair done in a hair salon after completing her purchases from Kmart. Danielle remained very active and thoroughly enjoyed the day out.

Below: Danielle



Dandenong House

Luke decided to do the lawns one morning before going out for a drive. He appeared to enjoy pushing the mower and cleaning up his backyard as staff watched him complete the task.



Above: Luke

Mordialloc House

James, I want to be a Pirate!
Call me Jack Sparrow!!



Left: James

Right: Megan



Megan spent a day being helpful and doing the bins at Mordialloc House.



Springvale House

Ben helped put away the Hello Fresh food at Springvale House.



Left: Ben

Right: Ben and Rachel

Below: Malcolm



Rachel and a colleague from HandzUp Therapy came to visit Springvale House and loved meeting Ben's bird.

Malcolm really enjoys the Christmas tree at Springvale House.



Leadership Team



Our Supported Independent Living Practice Leaders and Operations Manager are a helpful and fun team! There's always a place for some humour in our jobs.

Above L-R: Chirag S, Zlata, Johnson, Darya, Chirag P



Active Choices

Newborough

2020 has been like no other. We have achieved some great things this year despite the interruption of COVID.

The staff at SASI Gippsland Active Choices have continued to support many families and clients with one-to-one support, which has allowed for each client to achieve some amazing NDIS goals.

The time has been utilised to complete some maintenance of the property at Newborough and Moore St for some new and inventive programs for 2021.

Online programs were created in 2020 for all clients to continue engagement whilst being at home. As the online programs have been

a great success, this new style of interaction via 'Zoom' has continued.

Staff look forward to another year of growth for clients and SASI Newborough in 2021.

Hope you all have a very Merry Christmas and Safe and Happy New Year 😊



Did you know....

One quarter of your bones are in your feet!



Staff Feature

Priyaj Support Worker

What does your role at SASI involve?

I am a support worker at SASI. My role involves assisting clients to live the life they choose. I work at Cheltenham house, supporting five residents.

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

Mindfulness is the ability to know what's happening in our head at any given moment, without getting carried away by it. Imagine how incredibly useful this could be in our daily life.

When the mindfulness is developed as a quality it helps us recognise the mental state, whether it is negative, positive or neutral. When mindfulness is presenting the mind when the mind produces a negative emotion/feeling we have the ability to "let go" and even to direct our mind to a positive way.

Therefore, I call mindfulness a "super power".

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



To go play cricket in England. I played cricket in England for four sessions and I thoroughly enjoyed my time there. Coming to Australia as a full-time student, I did not have a chance to continue playing cricket due to my busy life-style. So, I would hope to go and play some cricket in England and catch up with my mates.

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

Maybe a koala. So, I can eat lots of eucalyptus leaves and sleep for 20hrs a day.

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

I collect Johnny Walker limited edition scotch whiskey (and drinks too). Started this a few years ago and am slowly increasing my collection. So, if you ever wish to give me a gift you know what to get me!



Above: Priyaj and wife Samu with their son Oviru

Why do you enjoy working at SASI?

I have been working for SASI almost 10 years and it has been a great journey for me. I have been supported by SASI throughout my career as a support worker and also with different stages of my personal life. I am also currently studying a management course through SASI to move my career forward.



EXCELLENCE IN SERVICE & SUPPORT DELIVERY

Aspendale House



★ WINNER ★



COVID CHAMPION



Priyaj Suraweera

★ WINNER ★



INNOVATION & IMPACT



Lisa Wellington

★ WINNER ★



SPECIAL MENTION



Henry "Indy" Young

FOR EXCELLENCE IN DESIGN & ARTWORK



End of Year Party



Head Office staff finished the year with a barbeque in the park. After everyone had eaten, Chirag produced a cricket set and challenged us to a match. Chirag P and Chirag S selected their teams and it was game on.

Post-match review from the Captain of Melbourne Star (Chirag S) ☺

The weather was cloudy and wind was coming from the North, which was perfect for swing bowling.

Chirag S won the toss and elected to bat as planned. The opening partnership was good for Star. David was hitting a couple of boundaries from the start.



Lisa also chipped in very well. Then a young star Lauren H came in; she was very quick between the wickets. Then our Man of the Match Lisa came in and hit four boundaries in one over off Leanne M ☺ making the perfect score for Star of 45 runs in 6 overs.

There was also some aggressive fielding (Tanzy's superfast throws and Melissa's saving a boundary with her right foot ☺) and good catches from the Melbourne Renegades.



Renegades did not have a good start, however Nikki came in and was quick between the wickets. Some of the runs were illegal, however the umpire (Renegade's captain) counted them all 😊 Tanzy performed like a 20-20 batsman. The match was neck and neck and Lachie came in and scored a couple of quick runs. Star batsmen Zlata and Chris were quick and Lauren was very energetic in the field. There was also a healthy sledging between the Star Captain and Tanzy!!

Finally, eight runs were required in one over - Renegades made 6 runs so Melbourne Star won by ONE run ...Yeah! 😊



Awards:

Man of the Match:

Emerging Player of the Match:

Quick Running Between the Wickets:

Best Fielding:

Best Fast Bowling:

Quick On the Field:

Unbiased Umpire:

Lisa I for making 20 runs in 10 balls

Lauren H

Nikki

Melissa (using her right foot at mid-wicket)

Tanzy

Zlata L

Chirag S



Client Services

Dear clients, families and SASI teams

When we began 2020 we could not have imagined how big or how many changes we would encounter from the intensity of the devastating bushfire season and how the impact of the COVID-19 pandemic and subsequent lockdown overshadowed everything, and how all of our lives were transformed, but what did not change was the passion and dedication of our very valued team members 😊 They have worked so hard with every changing demand that came their way.

We saw clients, who often face enormous hurdles, separated from the support of their day services and mentors facing new challenges and when not able to meet in person SASI teams worked tirelessly to bring mentoring on-line and clients patiently and resiliently adapted to meeting over video call, voice call or through sending messages. Special thanks for the extra efforts to those who have supported our new 'Zoom' client committees – well done.

Now, as we come to the end of the year, we are more thankful than ever for the motivation, commitment and unbelievable resilience we have seen in our clients, families and our wider teams across all services, and many of our team members will be working hard throughout Christmas and New Year for the people we support. It is the continued passion and commitment that they bring to meeting the needs of our clients, day-in and day-out, which is inspiring.

On behalf of the Client Services team, I take this opportunity to thank everyone in the SASI Community for your support during 2020 and wish you a very safe New Year and I trust that everyone will have time to enjoy their community, culture, customs and those special moments with their families and friends.

We look forward to 2021 being a happy, healthy and engaging one for all.

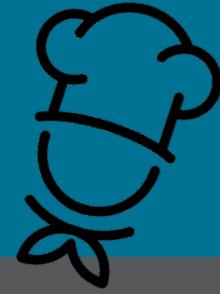
Stay safe, stay well.

Melissa

Executive Manager Operational Services



Foodie corner



Here's a naughty treat perfect for end of year celebrations!

Tim Tam Balls are so yummy it's hard to stop at one!

Tim Tam Balls

Serves 4

Ingredients

- 1 Packet Tim Tam biscuits
- 395g Can Condensed Milk
- 1 Cup Desicated Coconut or Grated Chocolate

Directions

1. Crush Tim Tams in a blender
2. Fold in condensed milk
3. Roll mixture into balls
4. Cover balls in coconut or grated chocolate
5. Refrigerate until firm

Enjoy!



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

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!



Finding 'me time'

by SASI Guest Parent Blogger

As a parent it's important to find time for yourself amid the hustle and bustle of everyday life. For parents with children with special needs, finding 'me time' is far more difficult.

Between school drop off and pick up, appointments with specialists throughout the week, plus the mental strain that raising an autistic child puts on you, when do you ever have time for yourself? At the end of the day all you want to do is sleep, giving you very little energy for anything else. Your days literally turn into sleep, eat and repeat!

As difficult as it is to take time out for yourself, it is extremely important. You are important. You are the one that keeps the family functioning. You need to take time out to reassess things, rejuvenate and revive yourself so you can continue to tackle the challenges that life throws at you.

One thing that I've found really helpful recently is practicing yoga. It's something that I've always wanted to do, but I never got around to doing it. That is, until lockdown in Victoria forced us to stop all the running around and we found ourselves trying new things from the comfort of our own homes.

[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



Fun Zone



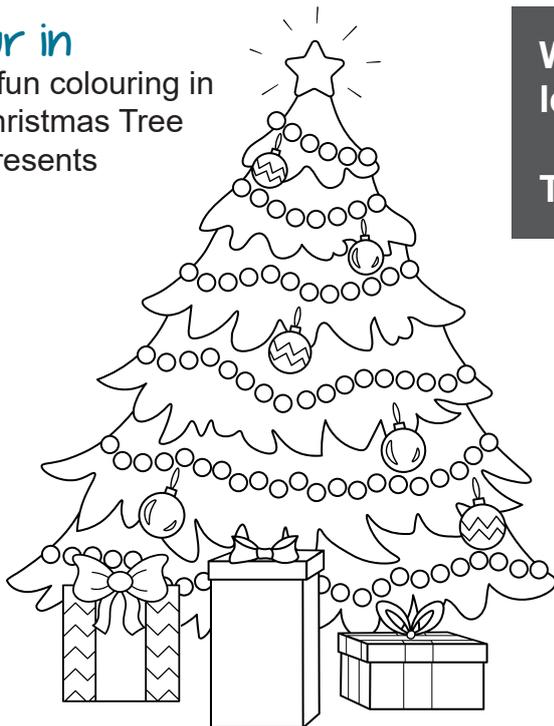
Spot the difference

What differences can you find with Santa? See below for the answers.



Colour in

Have fun colouring in the Christmas Tree and presents



What do Santa's little helpers learn in school?

The elf-abet!



Spot the Difference Answer

Events

SASI ONLINE ART SHOW

1 - 30 April 2021

**Exhibition of autistic &
disabled community artwork**

More details coming soon!



COVID-19 Update

Current Status

We are fortunate to be seeing eased restrictions, letting Victorians get back to doing the things they love, while also protecting everything we've worked so hard to achieve this year.

How this effects us at SASI

We unfortunately continue to have the Active Choices facilities closed at Seaford, and they are expected to return in early February 2021.

Fortunately our services remain open in the Gippsland region, 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

Department of Health & Human Services
www.dhhs.vic.gov.au

Premier of Victoria
www.premier.vic.gov.au



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Want to share your ideas?

Email us at enquiries@sasi.org.au



Your life. Your way. Your choice.

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

