

PEBBLE

May 2021

Message from the CEO & Chair

Greetings everyone

Due to the events in Victoria over the past few days we again find ourselves in a lockdown situation for a seven day period from 28th May. It is extremely disappointing, however, we have been here before and will get through it...

SASI will follow all the Government directives and ensure at all sites that tracking is conducted, along with staff using all infection control practices. Our administrative staff will return to working remotely. The vaccine 'roll-out' for the disability sector is ramping up, not before time, and a number of our houses are scheduled to receive the vaccination. Hurrah !! Our residents are leading the way, rolling up their sleeves to receive the 'jab' to assist in protecting our community.

May has been quite mild, and, until the 25th of the month 'Covid free', enabling our clients to get out and about in the community having a go at lots of exciting things, some of which many had not done for many years. We have seen successful first visits to a swimming pool for swimmers, who have enjoyed this for the first time in many years, clients excitedly travelling on trains, and new friendships being formed in our houses around collective TV viewing options.

The SASI staff survey was held this month, and we will be reviewing the results and taking on board everyone's feedback. The parents and

carers survey is currently out for response so we will report back next month.

Our Seaford Hub refurbishment is complete and accepting all those who wish to attend the exciting programs on offer. We even have some 'feathered residents' (check out the upcoming competition!) who are friendly and productive, producing eggs for the kitchen and its budding chefs to turn into all kinds of mouthwatering dishes. Our gamers area is popular with clients trying their hand at all kinds of games under the watchful eye of our 'expert' gamer Curtis. Unfortunately, due to restrictions in gatherings, our 'Biggest Morning Tea' at the Hub is delayed for a few weeks when we hope to proceed as planned.

The Tech & Gamers Hub in Moe is gaining great popularity and provides activity for six clients daily. The Moe young folk are very interested in joining the activities in the Hub in the future as it offers an exciting environment and something they cannot access locally.

Time for a warm fire and a good book with the wet and windy weather out there today! Stay warm and safe.

Happy reading...

Cheers

Kath (CEO) & **Louise** (Chair)



Latest Adventures

Supported Independent Living Homes

Langwarrin House

The staff at Langwarrin House pride themselves on ensuring the residents engage in healthy habits.

Everyone enjoyed homemade pizza and Conor worked it off on the trampoline!



Left: Angelos with Greg in background



Above: Conor



Above: Conor



Above: Greg



Below: Richard



Cheltenham House

Matthew went on a road trip with his Dad, Dean, and they had a lovely time.



Above: Matthew

Left L-R: Matthew & Dean

Active Choices

Seaford Hub



Malcolm is just one of our clients who has discovered how much fun can be had in the new gaming space at the Seaford Hub!

New people are signing up for the program every day and discovering the fun and benefit that gaming can have!



Did you know....

The longest paper plane flight was more than 60m!



Seaford Hub

The Seaford Hub would like to introduce the five new members of the hospitality kitchen garden hub! These lovely ladies are Hy-Line Brown laying hens, they are incredibly friendly, and love being cuddled and patted. They come from the lovely people at Talking Hens on the Mornington Peninsula, who picked these hens for us for their general nature and friendly personalities.

They have already laid quite a few eggs, which will be used in the hospitality program to make delicious dishes for the Fork to Fork Cafe, catering and cooking program. The beautiful hens will also be a great asset in our kitchen garden providing great fertiliser, insect control and even some weeding on the side, helping us grow beautiful produce and making the hospitality hub as sustainable as possible.

But we need your help!



We haven't given our lovely ladies names yet and hope some of our wonderful people will help to find the perfect names!

We need 5 names and have 5 gift cards to the soon to be opened Seaford Hub Cafe for best names!!!

You have until Tuesday 15 June 2021 to get your names in.

Send your names to Sarah at sarah.stringer@sasi.org.au and we'll announce the winners soon!



Tech & Gamers Hub @ Moore Street

What started as a vision to spruce up the Tech & Gamers Hub in Moe, ended up being an amazing mural!

Local Gippsland artist Shane Coulthard runs his own company 'Coul Creations' and he has worked alongside Hub Practitioner, Lisa and staff to create a Technology Mural to ensure the Hub has that amazing feel for 'Gaming'.



From this...



To this!



The results speak for themselves!

A huge thank you goes to Shane for creating such an amazing piece of artwork. It will be a piece of work enjoyed by many, for years to come.




Survey

We hope you are having a wonderful year so far! We certainly are – there's exciting times ahead for SASI and we would love for you to be a part of it.

We would love to hear your feedback, which will help improve our services. Please click on the buttons below to complete the two short surveys, or you can find them at <https://www.surveymonkey.com/r/RCXXBVT> and <https://www.surveymonkey.com/r/SYTTLWQ>.

SASI Parent/Carer Survey

SASI Client Survey



If you see someone
without a smile, give
them one of yours.
- Dolly Parton



Client Services

Dear clients, families and SASI teams

How things can change so quickly. Once again, we are facing a new challenge as the pandemic continues to evolve and we have new COVID-19 restrictions in place until 4th June (Friday). With Victoria back to restrictions, we have responded quickly and are doing what we need to do to keep everyone safe.

SASI strongly encourage everyone to be vigilant and use the Health Declaration and QR Code when entering services, and make sure all visitors and contractors complete the sign in book so we have accurate records.

In response to this news, we have made the following changes to our services:

Supported Independent Living (SASI only)

- No visitors (ie 3rd party allied) and we are advising all parents/carers not to visit our homes to reduce the risk of infections
- Staff will utilise every resource available for you to maintain contact with your loved ones, including telephone, FaceTime or Zoom via iPads at all houses
- For further assistance please contact Zlata,

Operations Manager on 0434 391 512

Active Choices

- Gippsland Services – services at both Newborough and Moe will close for the duration of the lockdown or until Government restrictions are eased
- Seaford Hub – remains open for eligible clients who meet the Government criteria for reasons to leave home. Applicable reasons are:
 - o For authorised work or permitted education
 - o To provide care and for medical and compassionate reasons
- For further assistance please contact Christine, Operations Manager on 0402 524 073

We shall recommence COVID-19 updates on our website, so please keep an eye here for important information that may impact services.

Stay safe, stay well.

Warmest Regards

Melissa & Client Services Team

Executive Manager Operational Services

COVID-19 Update

Current Status









The Acting Victorian Premier announced on 27 May 2021 that the Melbourne region is going in to lock down for a seven day period.


How this effects us at SASI

No visitors to Supported Independent Living.

Newborough and Moe Active Choices are closed for the duration of the lockdown. Seaford Hub remains open for eligible clients.

Please watch for updates on our website at www.sasi.org.au.

Accommodation	AC Hubs	Client Services
 Aspendale	 Online Programs	 Support Coordination
 Cheltenham	 Seaford	 Positive Behaviour Support
 Dandenong	 Newborough	 Intake & Planning Team
 Frank St	 Moe	
 Frankston	 Mount Martha	
 Langwarrin		
 Mordialloc	Coming Soon	Corporate Services
 Springvale	 Home to Community	 People & Culture Team
	 Cranbourne SRS	 Finance Team
	 Camps	

 Service Open  Coming Soon  Service Closed

COVID-19 Resources

www.health.gov.au

www.dhhs.vic.gov.au

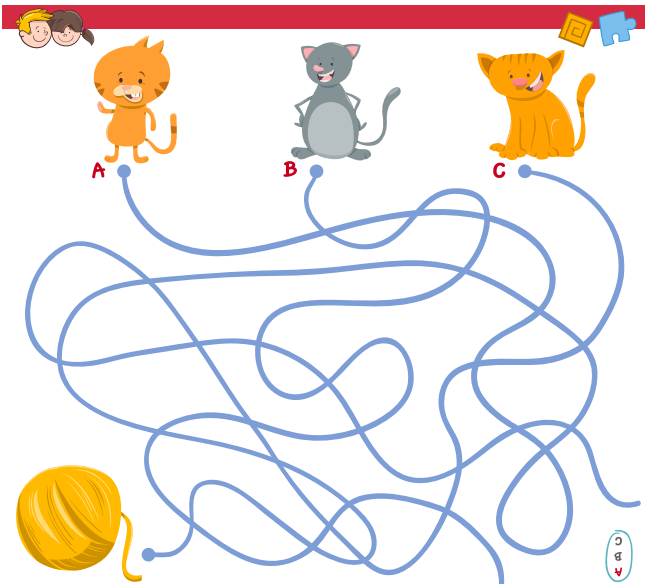
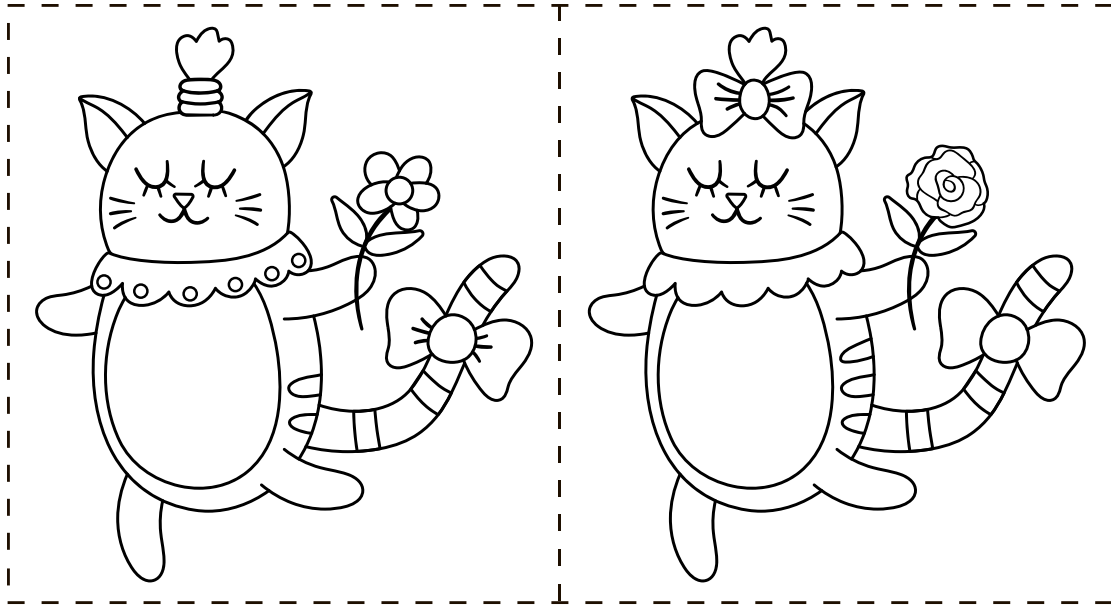
www.premier.vic.gov.au

Fun
Zone



Spot 5 differences & color

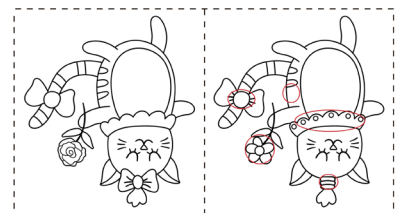
See the answer below



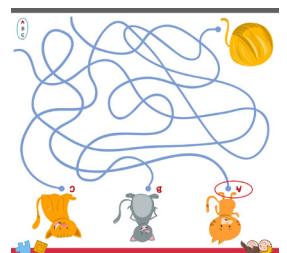
Cat Maze

Which cat has the ball of wool?

See the answer below.



Spot The Difference Answer



Cat Maze Answer

Why did Mickey Mouse go to space?

To find Pluto!



Staff Feature

Tom Disability Support Worker

What does your role at SASI involve?

Support for participants, staff, and families and general maintenance.

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

Mental strength to take the weight off the shoulders of people who need it the most.

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

Travel the world.

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

Wolf so I could lead the pack.

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

I do stress a lot and I don't like to show that it affects me as I have been brought up to be strong.

Why do you enjoy working at SASI?

I love to enrich participants lives, ease pressure of families, and watch them grow.



Above L-R: Tom, Krystal (daughter), Reagan (daughter), Stace (wife), Jemma (daughter), & Tomas (son)



Foodie corner



Looking for a way to warm up?

As it starts to get cold heading in to winter, warm yourself up with a glass of yummy hot chocolate!

Hot Chocolate

Serves 4

Ingredients

- 4 cups milk
- 200g dark chocolate
- 2 tablespoons cocoa
- 2 tablespoons sugar
- Whipped cream (to serve)



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

Directions

1. Heat milk and sugar in a saucepan over medium heat until sugar dissolves and mixture comes to a gentle simmer
 2. Remove saucepan from heat
 3. Chop chocolate, reserving some for garnish
 4. Stir chopped chocolate and cocoa into milk until melted and smooth
 5. Pour mixture into glasses
 6. Top with whipped cream and reserved chocolate
- 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!



Girls on the spectrum

by SASI Guest Parent Blogger

If you have a daughter who has been diagnosed with autism you probably struggled to obtain a diagnosis. The reason for this is because, on average, boys are four times more likely to obtain an autism diagnosis than girls. That is not to say that boys are four times more likely to have autism, it's just that autism in females can often go unrecognised and therefore undiagnosed. Autism in girls presents slightly differently than in boys. Girls often have the ability to mask or camouflage their symptoms, which can mean that they may never get diagnosed, or may not receive a diagnosis until adulthood.

In my opinion, I think the diagnostic criteria needs to be different for girls. If it were different, then it is likely that more girls would obtain an autism diagnosis which would be helpful when seeking support, and having a better understanding and awareness about why they may feel different to other girls.

[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

P: 13 Sir Laurence Drive

Seaford VIC 3198

T: 1300 577 305

E: enquiries@sasi.org.au

W: www.sasi.org.au

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**

