

# PEBBLE

June 2021

## Message from the CEO & Chair

Greetings everyone

We hope everyone is travelling along OK at the moment as we move out of restrictions. It is an uncertain time and it is vital that we all work together to support each other and be kind, every person manages things differently as we are all unique individuals!

SASI continues to follow all the Government directives and ensures that tracking is conducted everywhere, and staff continue using all infection control practices. The upside of the current situation is that the Covid vaccine 'roll-out' has ramped up. All of our SASI houses have received the appropriate initial vaccinations. Our residents and staff rolling up their sleeves to receive the 'jab' to assist in protecting everyone in our community.

Following the recent SASI Strategic Planning day we have added our Strategic Plan to the website, click on the link below to view our aims for the next three years...

[www.sasi.org.au/wp-content/uploads/2021/06/SASI-Strategic-Plan-2021-2024-Final.pdf](http://www.sasi.org.au/wp-content/uploads/2021/06/SASI-Strategic-Plan-2021-2024-Final.pdf)

As you can see, we are focussing on growth to offer more supports to more families in our community. We plan to continue offering staff professional development and career opportunities, expand our accommodation offerings and focus on offering the types of programs which clients and their families are requesting. The aim is to be a sustainable organisation which has an innovative view of the future for people with a disability in our community.

The SASI staff survey conducted in May

returned a 44% response rate with the top 3 strengths being good communication, fair treatment of staff and clients, teamwork, kindness and commitment and always ready to change and improve, and very client focussed. Things we need to look at fall into similar areas of staff and communication areas with suggestions of better opportunities for staff development, appreciating staff contributions, communicating about SASI's long term plans and having more streamlined systems and less paperwork. We have taken on the feedback and will certainly be looking at how we can continue to improve in the coming year, we thank all our staff who took the time to complete our survey which is an important indicator of our future direction. The parents and carers survey is currently out for response so we will report back next month.

Our Seaford hub is in operation with a small number of clients attending, in line with current Government regulations. There has been lots of interest from Support Co-ordinators and members of the community as the support offerings are innovative and exciting. We plan to welcome new clients support as soon as we are able. Our 'feathered residents' have received their new names and you can see the winning names in this edition of Pebble. With the shorter days and winter weather their production of eggs for the kitchen is reduced but there is still plenty to keep our budding chefs busy!

The Gippsland site was fortunate not to sustain any damage in the recent wind and flood events of last week – phew !! The local folks have returned to service and are enjoying the supports offered at both Newborough and the Gamers Hub at Moe.

Cont...



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

Stay warm, dry and safe.

Happy reading...

Cheers

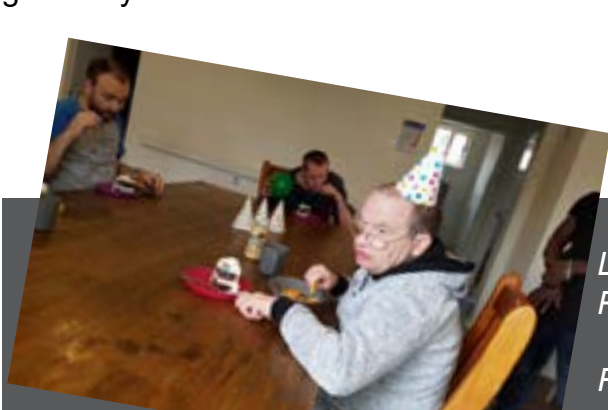
**Kath** (CEO) & **Louise** (Chair)

# Latest Adventures

## Supported Independent Living Homes

### Aspendale House

Todd and Savier celebrated their 50th birthdays at Aspendale House. Unfortunately, Covid restrictions meant guests couldn't be invited, but staff made a big fuss and Todd and Savier had a great day filled with lots of fun celebrations and cake.



*Left L-R: Cameron, Peter, & Todd*

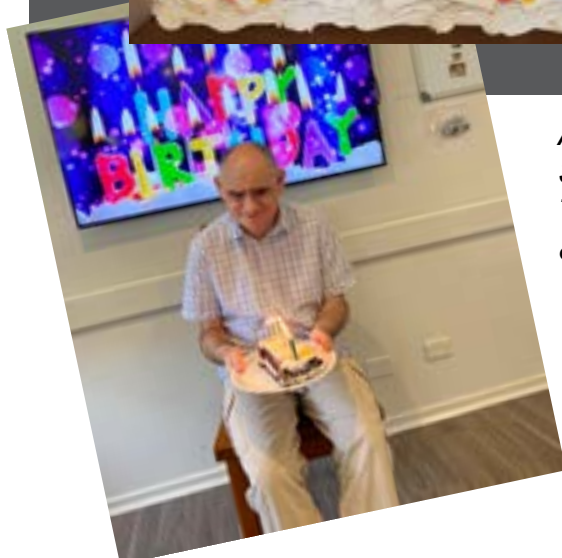
*Right: Savier*



*Above L-R: Savier, Joseph, Todd, Cameron, & Peter*

*Left: Savier*

*Right: Todd*

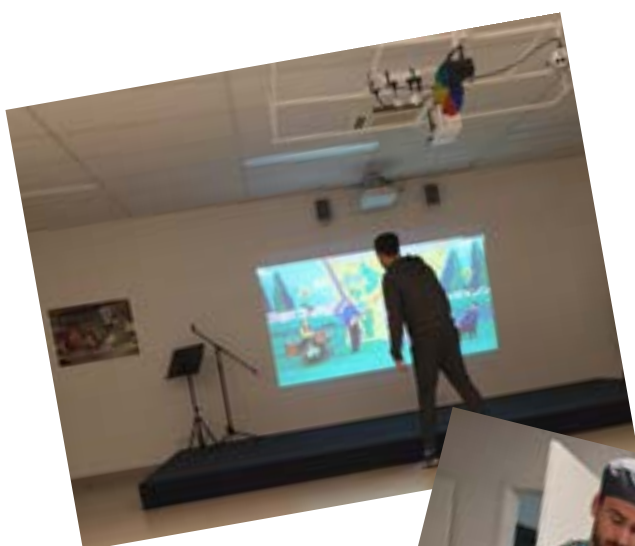






Joe has been using his community request cards which were implemented by Better Health Speech Pathologist, Kate. Aspendale staff have been supporting Joe and continue to teach him these new independence skills. Joe used his community request card for bowling which was a big success.

*Left: Joe*



Cameron has been transitioning to the Seaford Hub for the past few weeks, and the hospitality hub and music program are a big hit with him. He looks very professional in the kitchen and he works very well with the chef, Brent. Cameron also loves food, so he enjoys making something different every week!

*Above: Cameron*



Todd showed his Master-Chef skills on a Friday afternoon. He was assisted in making the batter and then Todd made pancakes for all his housemates. He flipped the pancakes in style and was very happy to see the end results.



*Above: Todd*

## Cheltenham House

Belinda turned 40 and she enjoyed celebrating by spending her day surrounded by family and friends.



*Left L-R Belinda & Kylie*



*Right L-R: Darya & Belinda*



*Left: Belinda*





## Frankston House



Amy, Peter, and Trevor love going for a drive along the beach enjoying the ocean views. They had their morning tea together at Mordialloc Park while enjoying the sunshine.

*Left L-R: Amy, Trevor, & Peter*

When staff asked Peter if he would like to go to the shop for his favourite drink he tapped his hand on his chin (this means 'yes'). Staff took him to the Aldi supermarket in Mornington and they took Peter to the soft drink section and encouraged him to pick the drink he likes. Peter picked a bottle of Sunlit, carried the drink to the counter to check out, and staff gave him money and he paid for the drink, and then carried the drink to the bus. Peter understood and followed staff's instructions well, was calm in the shop, was happy to share the drink with other clients, and he had a great outing.

*Right: Peter*



## Springvale House



Malcolm loves doing his physio exercises with Sonja.

*Left L-R: Sonja & Malcolm*



## Active Choices

### Newborough



Brendan and Bradley went out for an enjoyable hike with staff. They love collecting sticks and twigs and assisting staff with preparing a nice warm fire, especially on these wintery days in Gippsland.

*Left L-R: Brendan & Bradley*

*Right: Brendan*

*Below: Bradley*



Did you know....

The earth has more than 80,000 species of edible plants!





Dave and his amazing team have worked hard to give the beautiful gardens at Newborough some extra TLC. Their hard work has given the much loved garden areas a fresh feel and this has elevated the radiance of the natural setting. Thank you Dave and team for what you have accomplished!

*Below: Dave and his team*



## Seaford Hub



*Above: Bryan*

Bryan enjoyed his time in the Hospitality program. Friday afternoons are Cake and Coffee Club and Bryan did a fabulous job making cinnamon scrolls to share. The group then finished the week with some social time in the café space with cake and hot chocolates.

The Music program at the Seaford Hub recently purchased a Beamz Laser Machine. The four lasers on the laser controller trigger sounds and music. It can be activated by movement that mimics plucking a string, playing the keys of a piano, or many varied notes and sounds programmed in via the software. It works on eye to hand coordination, sensory processing, and visual memory and Troy thinks it's great fun!



*Right: Troy*



Lots of thoughtful names came up for our new feathered residents, but these are our lucky winners! We think they match our clucky ladies to a T!

1. **Henny Penny** - named by Malcolm after the character from his childhood stories.
2. **Nugget** - named by Bryan who has even made up a song about Nugget!
3. **Torchic** - named by Barry, after a character in one of his favourite video games Pokémon.



4. **Noodle** - named by staff member Riyah who must have been hungry when she was thinking of names!
5. **Eileen** - named by staff member Cliff because she leans her head to the side to see, as she's blind in one eye.

Thank you everyone for entering!

We look forward to seeing everyone at the Seaford Hub soon, the hens can't wait to meet you!







# COVID-19 Update

## Current Status

The Acting Victorian Premier announced on 23 June 2021 that restrictions would ease, with increases to the number of visitors allowed in homes and larger gatherings allowed outside, but masks must still be worn inside.

## COVID-19 Resources

[www.health.gov.au](http://www.health.gov.au)  
[www.dhhs.vic.gov.au](http://www.dhhs.vic.gov.au)  
[www.premier.vic.gov.au](http://www.premier.vic.gov.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	<b>Coming Soon</b>	<b>Corporate Services</b>
 Springvale	 Home to Community	 People & Culture Team
 Cranbourne	 Camps	 Finance Team

 Service Open  Coming Soon



*To plant a garden is to  
believe in tomorrow*



# Client Services

Dear clients, families and SASI teams

Hope that everyone is keeping well and, like many, we are extremely pleased that the lifting of restrictions continues. Whilst winter has arrived, how lucky are we to have these beautiful sunny winter days.

Another busy month and it's unbelievable to see that we are almost at the half year mark of 2021 which lines up with the NDIS Price Guide updates that appear each July. Should you have any questions relating to the new updates, please contact our team for assistance.

A big thank you to all our staff, clients and their families for being so flexible – something that we are all continuing to master well.

## ACTIVE CHOICES

- Gippsland Services
  - o Newborough – services are fully operational
  - o Moe - services are fully operational
    - SASI will be seeking feedback to create Weekend Programs (15 to 18) to commence next term and shall run on Saturdays from our site at Moore Street, Moe. These programs will be focused on Gamer + IT.
- Bayside Services
  - o Seaford Hub
    - SEAFORD HUB MORNING TEA ... is coming soon, keep an eye out for confirmation of the date in early August
    - Seaford Programs include:
      - Monday to Friday (18/O) - Hospitality, Gamer + IT, Performing Arts + Visual Arts, for further assistance or to visit the site and experience these engaging programs
      - Weekend Programs (18/U) - for 13 to 15 and 16 to 18 years will commence next term and shall run on Saturdays and Sundays and will be an evidence-based social skills intervention for motivated adolescents who are interested in learning ways to help them make and keep friends. During these face to face and interactive programs, adolescents will learn important social skills and are given the opportunity to practice these skills in session during socialisation activities.
  - o Mt Martha Hub
    - SASI will be seeking feedback to create new one-to-one and group support programs for early childhood, school-age children, and youth at our Mt Martha Hub. To express your interest or contact us, please email [enquiries@sasi.org.au](mailto:enquiries@sasi.org.au).
      - For Example... LEGO® CLUB - Groups offered for children aged 5-7 years and 8-11 years.
        - o A six-week group designed to help children on the spectrum develop their social skills. This group uses LEGO, alongside the expertise of an experienced allied health professional, to facilitate and build on your child's social skills within a structured small group. Children will work collaboratively in groups of three, following assigned roles to complete LEGO sets.
    - Also, in collaboration with families, we are seeking to understand how to assist families through challenges including navigating the NDIS, the feeling of isolation as an autistic parent, and the pressures of dealing with the COVID-19 pandemic, by offering monthly face to face sessions.



## **22 HOTHAM ST, CRANBOURNE – VACANCIES**

The site is located at Hotham Street, Cranbourne ensuring convenient access to primary commercial services, including a major supermarket, restaurants, pharmacy, and medical clinic with easy access to public transport.

Secure a place in this brand new spacious 7-bedroom home located in a quiet and family friendly residential area. There are some vacancies currently at this property, ready for new residents to add their own furnishings and belongings. Each room features a full en-suite, kitchenette and built in robes. Property is in close proximity to local shops, laundry facilities, medical centres and public transport.

What this property offers:

- We assist our clients with daily life tasks and develop skills for independent living
- We provide night support (sleepover model)
- SASI can provide the day support or you can bring your own support during the day to assist you in daily outings or community access
- Support will be tailored to helping you to achieve the goals as per your NDIS plan
- We match our team of workers to each individual to build long lasting relationships and trust
- We provide access into the community accessing community events
- Implement community and social participations as part of individual's NDIS plan and create environment to learn and develop new skills

We are looking for expressions of interest from applicants who are interested in sharing with others whilst being supported to live independently. For further information please contact Chirag at [Chirag.Shah@sasi.org.au](mailto:Chirag.Shah@sasi.org.au) 0413 314 154 or jump on to Housing Hub [www.housinghub.org.au/property-details/2339](http://www.housinghub.org.au/property-details/2339).

## **SURVEY**

Our recent Parent/Carer survey received very little response this time and we do love to receive your feedback so that we can continue to find opportunities for improvement of our services. If you missed out this time, please feel free to contact me directly for a confidential conversation 0422 606 059 or feel free to drop me an email [melissa.violani@sasil.org.au](mailto:melissa.violani@sasil.org.au) and look out for the next survey in August.

To access all SASI services, or for further information, please visit our website [www.sasi.org.au](http://www.sasi.org.au).

Stay safe, stay well + stay warm.

Warmest Regards

**Melissa & Client Services Team**

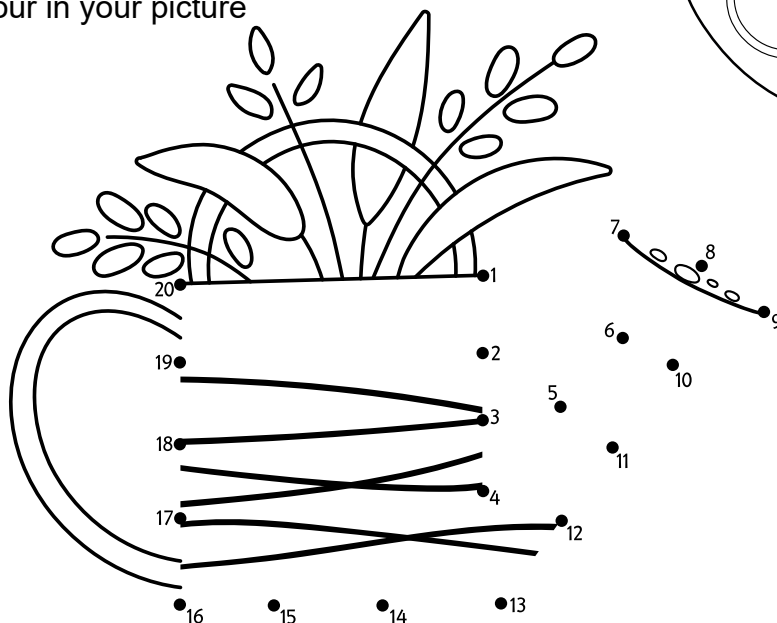
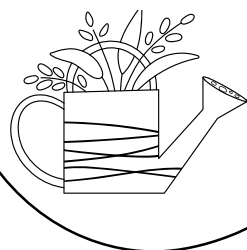
Executive Manager Operational Services

# Fun Zone

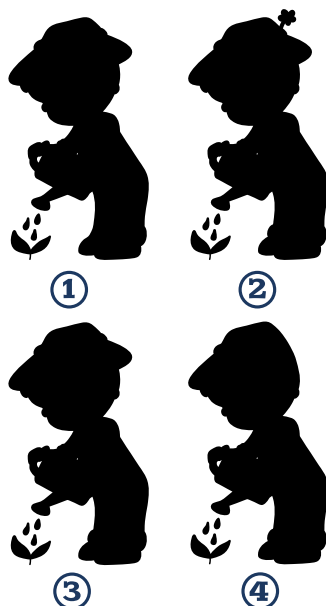


## Connect the Dots

and then colour in your picture



## Shadow Matching Game



Can you match the gardener's shadow?

See below for the answer



What kind of bean never grows in a garden?

A jelly bean!



Shadow Matching Answer: 3



# Staff Feature

## Chirag Practice Leader

*What does your role at SASI involve?*

As a practice leader, my role comprises overseeing day to day operations at two SIL facilities within SASI – Frankston and Frank St. The primary focus is on creating environment that enables clients to be expressive, independent and empowered.

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

Being a cricket nerd, I wish to have super powers that allow me to win all the cricket games at my will, including the ones I am watching on TV.

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

Travelling is everyone's favourite thing to do here. I am not much different and would love to travel with my family to explore different cuisines, cultures and traditions around the globe.

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

I would definitely be a peacock. They are colourful, vibrant and graceful! They are one of a kind with beautiful blue-green plumage and spotted tail feathers, which open into an elaborate fan.

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

I am a voracious reader! If you give me interesting books, I can forget the world. While growing

up, I used to be the kid who loved the libraries and used to spend most of leisure times reading different books on various topics. I quite love reading spiritual literatures now a days!

*Why do you enjoy working at SASI?*

Working at SASI is like staying among friends and families. Everyone at SASI is supportive, accommodative, and resourceful. I feel privileged to be in a role where I could work with amazing staff members to make a true difference in client's lives. It's been a wonderful and fulfilling journey for me.



*Above: Chirag*





## Soup's up!

There's nothing better than a bowl of hot soup with crusty bread during winter.

## Leek and Potato Soup

Serves 4

### Ingredients

- 45 grams butter cut in small pieces
- 4 chopped leeks
- 350 grams diced potatoes
- 1 litre chicken stock
- Crusty bread



*Image & recipe courtesy of  
[www.4ingredients.com.au](http://www.4ingredients.com.au)*

### Directions

1. In a saucepan, melt half the butter over a low heat
  2. Add leeks and stir while cooking, for about 5 minutes until softened
  3. Add potatoes and cook for 3 minutes
  4. Increase heat and pour in the stock and bring to the boil
  5. Simmer and cook until the leeks and potatoes are tender, 35 to 40 minutes
  6. Remove saucepan from the heat and stir in remaining butter
  7. Season with salt and pepper and serve with your favourite crusty bread
- Enjoy!
- 

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!





# Blog

## For the love of animals

by SASI Guest Parent Blogger

There's a little farm in Balnarring on the Mornington Peninsula where an inspirational lady named Michelle, and her donkeys are doing amazing things as they find hidden talents in the many people who come to visit.

Michelle has trained her miniature donkeys since they were babies and they now form a large part of the Animal Assisted Activities that are run on the farm.

People come to the farm from all walks of life. They participate in various programs that are offered. Michelle and the donkeys work with them to help with the treatment of mental health issues such as:

- depression and anxiety
- behaviour management / self esteem
- autism spectrum disorders
- stress management / anger management
- social skills development
- emotion recognition and regulation

[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 Nicola Symons



# 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**

