

PEBBLE

July 2021

Message from the CEO & Chair

Greetings everyone

It seems like deja-vu at the moment as here we are again?! Still we are very practised at these lockdown operations so we will proceed with fingers crossed that it will be a short time...

SASI will continue to provide supports to our clients and families and maintain all Government directives to ensure our staff, clients and families are safe.

Vaccination is our only way out of the pandemic, so I personally ask everyone to 'roll up your sleeves' to protect all of our community. I am keenly awaiting my second jab to ensure I can do what I can to protect myself and others.

SASI continues to focus on growth for this year and plans to offer more supports to more families in our community, restrictions permitting. We exist to promote 'Your life, your way, your choice' for all our current and prospective clients and families. Our aim is to be sustainable and innovative in providing supports for people with a disability in our community.

Exciting news this month is that two of our residents are preparing to assist SASI staff recruitment, asking prospective staff questions in the interview stage to ensure we recruit the right people for the right job. The two young men have also expressed interest in sitting on the SASI OH&S Committee, providing input from a client perspective. It is important to have a user voice when we are doing things which directly

impact our clients so we are really pleased with this initiative.

We continue to have increasing interest in our refreshed program options at the Seaford Hub which is exciting, also at our Gippsland sites. And, we have our first resident at the Cranbourne house, along with some repeat bookings for short term accommodation which is fabulous, enabling new people to experience their, often first, time away from the family home!

All SASI staff will 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

Cranbourne House

SASI has opened the Independent Living supports and services in Cranbourne area for residents above 18 years of age. Designed for shared living, this impressive, brand new property is located at 22 Hotham St, Cranbourne. The space features seven bedrooms, each with full ensuite, kitchenette, and large wardrobe.



This gem is in close proximity to local shops and restaurants, laundry facilities, medical centres, and public transport.

SASI also offers short term accommodation as well as permanent residency at this service.

Get in touch to find out more via email enquiries@sasi.org.au.



Dandenong House



Before the Victorian lockdown, Luke enjoyed regular visits to his local cafe with support staff Future, Jackie, and PBS manager Lisa.

Luke had a fabulous time at the cafe.

Left L-R: Jackie, Lisa, Luke, & Future

Frankston House

Peter and his housemates decided to celebrate Peter's birthday in the beautiful sunshine, enjoying a special Hungry Jacks lunch in the park. Everyone had lots of fun!



Above L-R: Peter, Amy, Emily, Danielle, & Riyah



Above: Chris

After the closure of his previous Coles workplace, staff have supported Chris to engage in work at the new (MUCH larger) store in Karingal shopping Centre.



Springvale House



Above: Jarrod

Jarrod from Springvale House regularly helps out by taking the washing out to the line.



Mischa had lots of fun using his iPad to watch AFL games.

Right: Mischa

Cheltenham House

Ben from Cheltenham House went for a visit to the animal farm and enjoyed feeding and petting alpacas.



Above: Ben

Aspendale House

Joe loves helping out and he enjoyed washing the car, ensuring it was nice and clean for the next use.

Below: Joe



Active Choices

Newborough



Randy, Brendan and Bradley spent some time with staff learning about the importance of maintaining the amazing lemon tree with some Citrus Feed.

The tree has recently been cut to give it new growth and giving the tree a little extra TLC is important.

Randy, Brendan and Bradley enjoy the outdoors and what better way to also enjoy the sun on a cold wintery day.



Top Left: Brad

Above L-R: Tom & Brendan

Left: Randy



Staff at Newborough Active Choices have hand raised some of our chickens, which allows our participants to pat and hold them.

The joy this brings is memorable and something that will continue at Newborough AC.



Above L-R: Mark & Gavin

Left: Brandon



Above L-R: Anita & Aaron

Left: Shanay & Brendan



Tech & Gamers Hub @ Moore Street

With the revamp of our Moe site to become the Technology Hub, we have been working towards creating an amazing, creative, and comfortable space for participants to enjoy.

We have just had our amazing furniture delivered to assist with this friendly and inviting space.



Above L-R: Amanda & Dwayne



Above L-R: Jessica & Randy

Thank you to Warren at BFX Furniture for assisting with this creation!



Did you know....

There are more than 240 species of frog in Australia!



COVID-19 Update

Current Status

The Victorian Premier announced on 20 July 2021 that due to the current level of community transmission of coronavirus in Victoria, the current lockdown would be extended for at least another 7 days.

COVID-19 Resources

www.health.gov.au
www.dhhs.vic.gov.au
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	Coming Soon	Corporate Services
 Springvale	 Home to Community	 People & Culture Team
 Cranbourne	 Camps	 Finance Team

 Service Open  Coming Soon

***“A hug
is always
the right
size.”***

- Winnie The Pooh



Client Services

Dear clients, families and SASI teams

So just in a blink of an eye we are wading through lockdown 5.0 as COVID-19 continues to impact so many of us and our communities. The upside is that we hope that by having these restrictions in place for everyone to keep well and safe, that when we all meet again no one is missing.

All SASI Active Choices and centre-based services have COVID-19 Safe Plans in place to ensure the safety of clients, families, carers, and our teams. The following COVID-19 safety protocols will be in place across all services and face masks are to be worn unless an exception applies (anyone who is unable to wear a mask must provide an exemption letter from their GP).

- Access to personal protective equipment including gloves, masks, aprons, and sanitiser
- All travel in vehicles must have windows open to help circulate airflow
- COVID-safety audits of each site daily
- Crisis Plan in place in the event of an outbreak
- Daily site cleaning
- Face masks will be mandatory for all staff while inside SASI properties and in the community
- Frequently used surfaces cleaned at least twice a day
- On arrival, all persons entering SASI sites must clean their hands and repeat this frequently
- Room capacity signage based on Victorian Government requirements and limits to ensure 1.5m physical distancing
- Screening measures for all clients and staff on arrival to ensure they are well
- Strategies to minimise congestion during transitions and during lunch and break times
- Temperature checks prior to attendance and entry at drop off point
- Traffic Management Plans for client drop off and pick up
- Where buses are used during services, no more than 4 clients and 1 driver at any time, plus support staff

Please note that in accordance with the National Disability Insurance Agency, SASI will claim against the plans of all clients who are scheduled to attended programs of support. Supports delivered as part of a Program of Supports are not subject to the short notice cancellation rules.

Please contact Intake & Planning Team by calling 1300 577 305 or by emailing enquiries@sasi.org.au should you and/or your loved one wish to suspend any of your SASI services at this time, noting the two week cancellation period.

We appreciate that this is also a very tough time for many families, clients, and others in our networks, so please find below some useful links if you need to reach out. If you are in crisis, please call Lifeline on 13 11 14 or 000 for Emergency Services and support. Other important resources for assistance and support are:

- Beyond Blue offer 24/7 Coronavirus mental wellbeing support at 1800 512 348 and other mental health support
- Headspace - National Youth Mental Health Foundation
- For free, confidential Autism-specific information or support, the Amaze's Autism Connect Helpline (1300 308 699) is open 8am to 7pm on weekdays

Together, we will get through this, stay well, stay safe and stay positive.

Warmest Regards

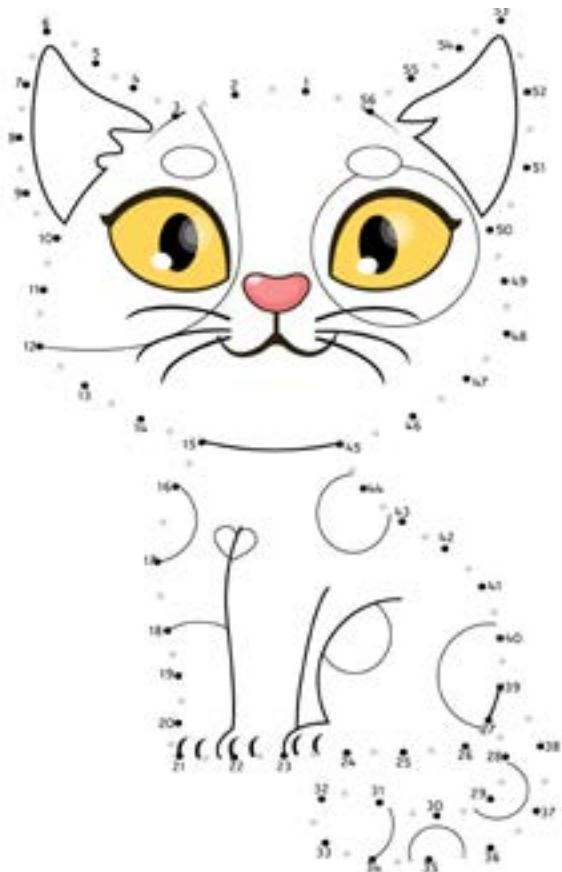
Melissa & Client Services Team
Executive Manager Operational Services

Fun Zone



Can you spot the 6 differences?

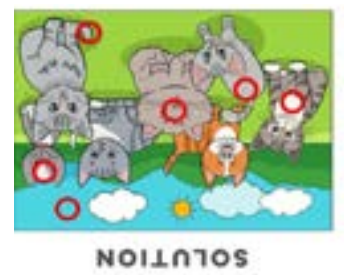
See the answers below for the differences with the cats.



Can you join the dots?

What time does a duck wake up?

At the quack of dawn!



Spot The Difference Answers

Staff Feature

Coral Disability Support Worker

What does your role at SASI involve?

Helping 5 clients with their day to day living, including meals, doctors, work and assisting them to do as much as they can independently.

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

Mind reading, so I know what others are really thinking about, not just guessing.

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

Travel lots and lots, especially to Greece and the UK.

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

A dog, they're awesome, friendly, loyal and great companions.

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

I have 4 awesome grandchildren, named Evie, Ari, Oliver and Levi. I love tapestry and I have been with my husband for almost 37 years.

Why do you enjoy working at SASI?

I love being needed and I love to help people. I have been a carer since I was 15 years old. SASI has been an amazing place to work, I really like the clients and staff and our standards.



Above L-R: Xavier & Coral





Chocolate decadence!

We all deserve a little bit of a treat, especially during lockdown!

Dark Chocolate Brownies

Serves 4

Ingredients

- 180g Butter
- 75g cocoa
- 1 1/2 cups sugar
- 4 drops vanilla extract
- 4 eggs
- 100g plain flour
- 3/4 teaspoon baking powder
- 100g dark chocolate
- 1 cup walnuts



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

Directions

1. Preheat oven to 160°C (140°C fan-forced).
 2. Line a 20cm x 30cm tin with baking paper.
 3. Mix butter and cocoa in a large bowl, then add sugar, vanilla and eggs. Mix in remaining ingredients.
 4. Pour into prepared tin and bake for 30-40 minutes until firm but still moist. Allow to cool completely in tin before cutting into squares.
- 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!



Autism Soup Bowl

by SASI Guest Parent Blogger

Have you ever noticed that it is rare for someone with autism to have just that one diagnosis? People who are on the autism spectrum will often have other diagnosis such as ADHD or dyslexia, or something else. This makes being on the spectrum so much more complicated than just being on the spectrum.

I like to call this mixture of diagnosis the 'soup bowl', with so many complexities all mixed in together, you're sometimes not quite sure what you're going to get.

Having a child with such complex diagnosis makes it difficult for parents, teachers and other family members to know exactly what they're dealing with at any given time, and how best to support the child.

I should know, I have one of these 'soup bowl' kids, and let me tell you, life is no picnic in my household.

[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



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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**

