

PEBBLE

August 2021

Message from the CEO & Chair

Greetings everyone

Focussing on the positives for August is the fact that my team, Melbourne Football Club, is on top of the AFL ladder after a stunning game on Saturday night! For all those non AFL fans, the team have not won a flag since 1964!! So it's a real big deal...



SASI continues providing support to our clients and their families, even as the whole state moves to restrictions... we are very practised at these lockdown operations and provide the support that all our clients need.

The SASI Execs are all now 'double-jabbed', like so many of our staff and clients. Vaccination is our only way out of this, so I personally ask everyone to 'roll up your sleeves' to protect all of our community.



This week sees the start of the Paralympics in Tokyo, so along with the footy we can tune in and watch an array of athletes strutting their stuff, so fabulous to see these athletes compete – go Aussies!

We continue to focus on growth for this year and plans to offer more supports to more families in our community, though getting from plan to actual is a challenge with restrictions.

Our aim is to be sustainable and innovative in providing supports for people with a disability in our community.

Our Parent and Carer Committee Chair, Gerard, stood down this month. We would like to thank him for his commitment to the Committee over the past couple of years. At this month's meeting, it was suggested to have a number of virtual forums (via Zoom) for families, based on specific topics, ie accommodation, NDIS planning etc. We are keen to hear from you about topics you would like to hear about in the next few months (email me suggestions on kath.ferry@sasi.org.au).

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

Stay safe everyone and roll up your sleeves...

Happy reading.

Cheers

Kath (CEO)

Dignity
Independent Choices Empowerment
Autism
SASI
Respect
Ability Valued ASD
Community

Cont...



Hi All

Hope everyone is doing well considering the circumstances and making the most of the sunshine that is finally starting to peep through. I just wanted to reiterate Kath's comment about wanting to hear from you. We are constantly striving to find new and innovative ways to support you and your families, and often the best insights and ideas in achieving this is by hearing from you!

We would love you to participate and join other members of our SASI family in our open online forums, to share ideas, have discussions, and just a general chat – it's important we stay as connected as possible, as we can't see many of you in person, so it would be great to stay in touch.

I also wanted to say a huge thank you to Gerard, who has been on our Board for many years, and as a busy father of three children and a SASI client for many years, his passion, knowledge, and input has been valued in so many ways.

Hope to "see" you at the forums soon.

Louise (Chair)



Latest Adventures

Supported & Independent Living Homes

Aspendale House

Residents of Aspendale House have been up to lots of great activities.



Every day Peter has a Zoom program which he thoroughly enjoys, which has lots of interactive activities. This week he had music and the Penguin Parade from Phillip Island!

Left: Peter



Cameron is becoming quite the cook. Here's the pasta he made for lunch, preparing the ingredients himself!

Below: Joe



Joe enjoyed watching the trains go by on his daily walk.

Cheltenham House

Belinda enjoyed making coffees for afternoon tea at Cheltenham House.



Above: Belinda



Springvale House



Malcolm and staff member Susan have set up these beautiful garden beds at Springvale House.

Left: Malcolm

Right: Jarrod

Jarrod enjoys helping cook for his housemates.



Frankston House

Lockdown is making it hard to be with our families, so instead at Frankston House they make sure to have dinner together as a family, enjoying each other's company!

Below L-R: Trevor, Peter, Amy, Riyah (staff) and Danielle



Who says lockdown has to be boring?! Danielle enjoys using her textas and pencils to colour in, in her new Frozen Colouring Book, and keeping warm!

Above: Danielle



Active Choices

Newborough



Another cooking class was held at Newborough Active Choices with these amazing chefs in the making.

Randy and Dwayne have been supported by staff to pick recipes, go shopping with their shopping lists, and come back to create some more amazing food. This week they made Pizza Scrolls from scratch and they were delicious!



Top Left: Randy

Above L-R: Randy & Dwayne

Left: Dwayne



Brendan loves animals and has enjoyed creating his own parrot that balances like it's pecking food.

Below L-R: Brendan & Henry



Above: Brendan



Randy and Dwayne picked a delicious Pumpkin Soup to cook for lunch.

Both Randy and Dwayne were so proud of their efforts that they shared with both staff and participants, to showcase what amazing chefs they are.

Above Left L-R: Randy & Dwayne



Client Services

Dear valued clients, families/carers and SASI teams

With the ongoing Covid-19 crisis, most of us are juggling with mental stress, anxiety, and Covid fatigue. Studies demonstrate that a positive attitude can impact both physical and mental health. To be positive, you have to use each day as a challenge to get away from negative affirmations and help others to stay positive. It might sound weird how to stay positive throughout a situation like this, but not impossible – our starting point is what does 2022 look like. Well we are certainly hoping for one where the word Covid feels like a lifetime away 😊 and our positive quote for this month is ➡



Through feedback received, we know there is a big request for what was 'In-Home Support', and a focus for one of our teams is to re-ignite what will now be 'Home to Community' supports, where clients can be supported from home to participate and engage in a variety of activities and build community skills for life. This will include a recruitment drive to ensure we have a team of qualified support people to provide consistent supports. We look forward to advising when this will be available.

Moore St Hub + Seaford Hub will be offering weekend social groups for teenagers (15 to 18) from next term and will be held at our centres and in the community where possible. This will be a great opportunity for connection with other people who share similar interests. You can join in on our fun activities in a safe environment and enjoy terrific adventures, or learn new skills, gain confidence, and build friendships.

We are also working on camps and recreation programs – oh how fun it will be to get out and about – yes we are so hoping to have this back in everyone's life and aim to create adventure, relaxation, fun, health and wellbeing opportunities through social and recreational activities across the region. We shall keep you informed as this develops.

Our Gippsland crew have come up with a fun idea to have monthly 'dress-up' days and yes we are going to roll this out as a Statewide activity for all SASI services + staff are most welcome to join in too.

August	September	October	November	December
Tuesday 31 st . Ugly Sweater/Shirt Day	Friday 24 th Foofy Day.	Monday 4 th Quirky Op Shop finds.	Tuesday 30 th . Movember /Crazy Hair.	Thursday 16 th Santa's Workshop.



RU 'OK' 9th September

It's not always easy to keep the conversation going when someone says they're not OK, but it could change a life – for further information visit www.ruok.org.au.

Before you can look out for others, you need to look out for yourself. And that's ok. If you're not in the right headspace, or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them.

To help you decide whether you're ready to start a meaningful conversation, ask yourself:



Be ready

- Are you in a good headspace?
- Are you willing to genuinely listen?
- Have you set aside the time you might need?



Be prepared

- Remember that you won't have all the answers (and that's OK).
- It can be difficult for people to talk about personal struggles and they might be emotional, embarrassed or upset.



Pick your moment

- Have you chosen somewhere relatively private where you'll both be comfortable to chat?
- When is a good time for them to have a meaningful chat?
- If they don't have time when you first approach them, arrange another time for the conversation.
- It might be more comfortable for the person to be side-by-side with you (e.g. walking together or sitting in the car) rather than face-to-face.

SLES @ Seaford Hub

SASI Pathways for the future will include School Leaver Employment Supports (SLES). Are you or someone you know about to finish school or have you just left school? Do you want to build your confidence and become 'job ready' for a part-time or volunteer position?

SLES is an NDIS support for young people with a disability and can help kick-start a career by building up your job skills, confidence, and independence, and it's available for up to two years after you finish school. Keep an eye out next month to register interest in our 'Come & Try' program.



SIL Families

SASI continues to provide essential services for our residents in Supported Independent Living homes and the safety and wellbeing of all remains our top priority; including the people we support, staff, carers, and families. We welcome the Government's National Covid-19 vaccine roll-out of prioritising essential workers and people with disability and we believe the vaccine is an important way to protect the health, safety, and wellbeing of all.

We will also continue to follow Covid-19 safe measures as we have done throughout the pandemic, including:

- regular hand washing
- maintaining physical distancing
- following strict cleaning, and
- infection control procedures.

Warmest Regards

Melissa & Client Services Team










Executive Manager Operational Services

COVID-19 Update

Current Status

The Victorian Premier announced on 21 August 2021 that due to the ongoing level of community transmission of coronavirus, the large number of mystery cases, and a surge of new cases and exposure sites outside of metropolitan Melbourne, that regional Victoria would enter lockdown, joining metropolitan Melbourne. Restrictions will be implemented until 2 September 2021.

Accommodation

-  Aspendale
-  Cheltenham
-  Dandenong
-  Frank St
-  Frankston
-  Langwarrin
-  Mordialloc
-  Springvale
-  Cranbourne


AC Hubs

-  Online Programs
-  Seaford
-  Newborough
-  Moe
-  Mount Martha



Client Services

-  Support Coordination
-  Positive Behaviour Support
-  Intake & Planning Team

Corporate Services

-  People & Culture Team
-  Finance Team

Coming Soon

-  Home to Community
-  Camps

 Service Open  Coming Soon

COVID-19 Resources

www.health.gov.au
www.dhhs.vic.gov.au
www.premier.vic.gov.au



Did you know....

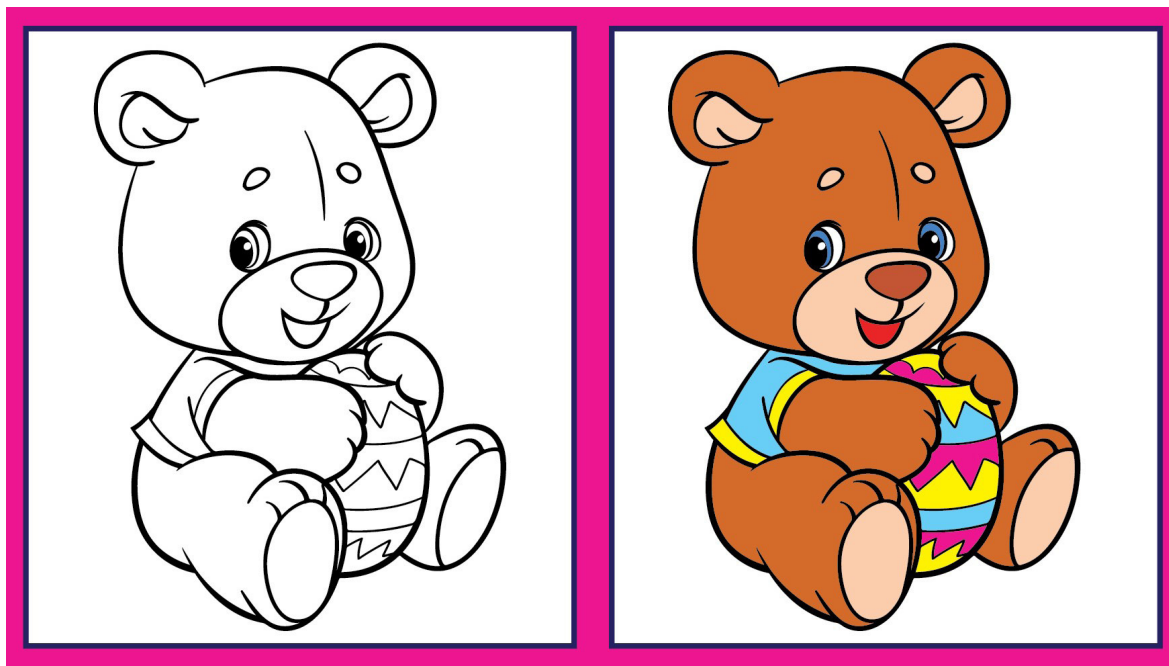
There are more Lego Minifigures than there are people on Earth!



Fun Zone



Have fun colouring in the Teddy Bear



Can you work out which path the Teddy Bear needs to follow to get to school?

What kind of umbrella does a Teddy Bear carry in the rain?



A wet one!



Maze Answer



Staff Feature

Johnson SIL Practice Leader

What does your role at SASI involve?

Oversee the end to end SIL process ensuring consistent and accurate practices are developed, maintained and delivered with high quality accommodation and support services to people on the autism spectrum and/or with complex disabilities.

Coach and mentor your teams promoting the rights, safety and wellbeing of clients working within the legislative frameworks and funded service agreements.

Effectively measure and report on client outcomes that responds to personal goals, aspirations and supports that meets the choices and needs of the clients in line with NDIS goals.

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

Teleporting. It would be great to finish work and be home in a flash. Or wake up and be at work in a flash. I mean, who likes traffic?!

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

BUCKET LIST



To have dinner with Barack Obama. Whether I'll achieve this, am hoping so. Dreams are valid. And to have the borders reopen once more.

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

A sheep/lamb. It can be sacrificed and bear no grudges.

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

I was born on the slopes of Mt Kenya. I used to run to school which was more than 30 kms away.

Why do you enjoy working at SASI?

SASI has a beautiful working culture, flexibility and an amazing team that I am honoured to call my colleagues. On top of that, SASI has a great management team that is supportive of its staff.



Above L-R: Johnson, Greg, & Angelos





Eggs with a difference!

Adding avocado puts a yummy spin on traditional scrambled eggs.

Avocado Scrambled Eggs

Serves 4

Ingredients

- 2 Avocados
- 8 Eggs
- 1/2 Cup Milk
- Olive Oil
- Salt and Pepper
- 4 slices of bread



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

Directions

1. Slice avocados into chunks
 2. Crack eggs into a bowl and beat with milk, adding salt and pepper to season
 3. Cook toast
 4. Heat frying pan on medium heat with a splash (or spray) of olive oil
 5. Add the egg mixture to the frying pan and stir until starting to set
 6. Stir through avocado and spread on to toast
- 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!



Friendship on the spectrum

by SASI Guest Parent Blogger

Finding friends when you're on the spectrum can be a massive challenge for some. While most people with autism want to and are able to make friends, their friendships can look somewhat different to those of neurotypical children.

Social interaction is certainly challenging for those on the spectrum, but that doesn't mean they don't want friends, they just don't always know how to go about forming friendships and maintaining them.

People with autism may only have a few close friends, some of those friends will most likely be on the spectrum themselves, whilst others may not be. These friendships may be fleeting and may suffer due to conflicts and misunderstandings as they don't understand social cues. However, others will form close bonds that can last a lifetime.

Research shows that autistic children seem to be lonelier, and with loneliness comes concerns of depression and anxiety. In addition, the lack of social connectedness can have an effect on physical health. This is not only true for people on the spectrum, but also for all humans who lack social connections.

[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



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**

