

# PEBBLE

September 2021

## Message from the CEO

Greetings everyone

Apologies for the non footy folks but continuing on the positive for September is the fact that my team, Melbourne Football Club, has won the Grand Final! Yay!...Fifty seven years between flags is a long time...



SASI continues providing support to our clients and their families, as we pilot the Covid roadmap....we are very practised at managing lockdowns and continue to provide the support all our clients need.

The roadmap was unveiled by the Victorian Premier so there are slow and steady plans for opening up the community now which is very pleasing...The roadmap outlines the community options for 'double jabbed' people to access, which will differ from those who are not vaccinated.

We at SASI take our responsibility for providing a safe workplace for our staff and all our clients and families extremely seriously and are making policy changes to vaccine requirements for both Influenza and Covid-19.



We hope all clients and staff will be fully vaccinated by the end of 2021. This will enable us to provide a safe environment for all our staff, vulnerable clients and their families and access to a range of community options.

The opportunities outlined in the roadmap for vaccinated people in the community include pubs, clubs and entertainment venues such as cinemas, theatres, and music events, as well as hairdressing, swimming pools, and gyms, so when Victoria reaches 70% and 80% 'double jabbed', our clients will be able to access all of these in the coming months if they wish.

SASI continues to focus on growth 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.

We will be launching the Annual SASI Staff Awards in the next week, so have a think about nominating someone; a colleague, worker or team who you feel has demonstrated excellent work supporting our clients during this very challenging year...stay tuned!

I am still waiting for suggestions for our upcoming on-line 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](mailto:kath.ferry@sasi.org.au)).

Stay safe everyone and roll up your sleeves...

Happy reading.

Cheers

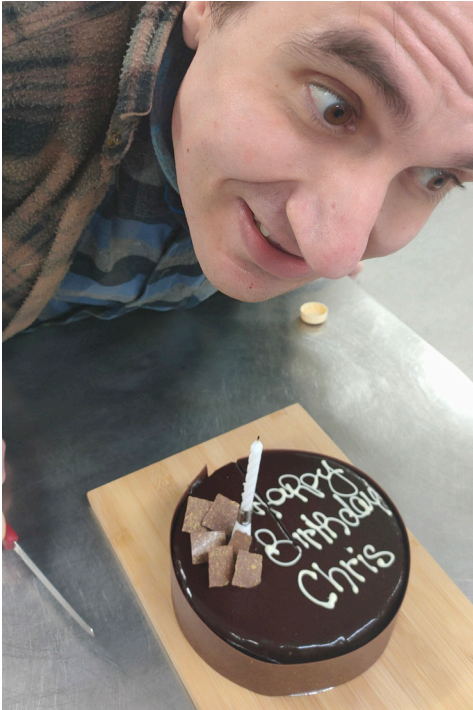
**Kath (CEO)**



# Latest Adventures

Supported & Independent Living Homes

## Frankston House



The local Cheesecake Shop remembered Chris' birthday and kindly gifted him with a cake to celebrate:)

*Left: Chris*



Steph was very excited to go out and show the neighbours her footy colours on her morning walk! Go saints!

*Right: Steph*



## Springvale House

Callum, Jarrod, and Malcolm baked a delicious lemon slice at Springvale House.



*Above L-R: Callum, Malcolm, & Jarrod*

The clients and staff at Frankston house celebrated RUOK Day with a great afternoon tea, comprising of soft drinks and RUOK cakes. Staff also spent extra time with the clients during RUOK Day to ensure they were all in good spirits, despite the current lockdown situation. A great time was had by all.

*Below L-R: Stephanie, Peter, & Amy*





## Mordialloc House

After getting delicious cupcakes from the team at Seaford Hub, Dieter and James enjoyed morning tea.



*Left L-R: Dieter & James*

*Right L-R: James & Cliff*



Later on James helped Cliff the Maintenance Officer make the sand pit for the Mordialloc House garden.

## Cheltenham House

Ben, Anastasia, Matthew, and Belinda from Cheltenham House went for an enjoyable, although windy, walk in the local park.



*Right L-R: Ben, Matthew, Anastasia, & Belinda*



**Did you know....**

A bee flaps its wings up to 200 times per second!





## Aspendale House



Peter's day service had a singalong, so Peter and Joe had a dance to the music video, thoroughly enjoying themselves.

*Left L-R: Roland, Peter, & Joe*

Todd was very excited about cooking lunch, and he enjoyed stirring the ingredients for the pasta bake.

*Right: Todd*



Cameron went for a walk in Braeside Park, completing the 12 kilometre walk on the nature trails. He enjoyed the nice sunny weather outside.

*Below: Cameron*



*Above: Joe*

On the first day of spring Joe was out on the trampoline for many hours loving the sunshine.





## Active Choices

### Seaford Hub

Rebecca and Malcolm's hard work is paying off in the garden and the Hospitality Program is reaping the rewards. The Seaford Hub is starting to get an abundance of leafy greens, snow peas, broccoli, cauliflower, and root vegetables, and the chickens are laying eggs daily. The greenhouse is full of seedlings ready for spring planting, and everyone is looking forward to sunnier days and spending more time in the garden.



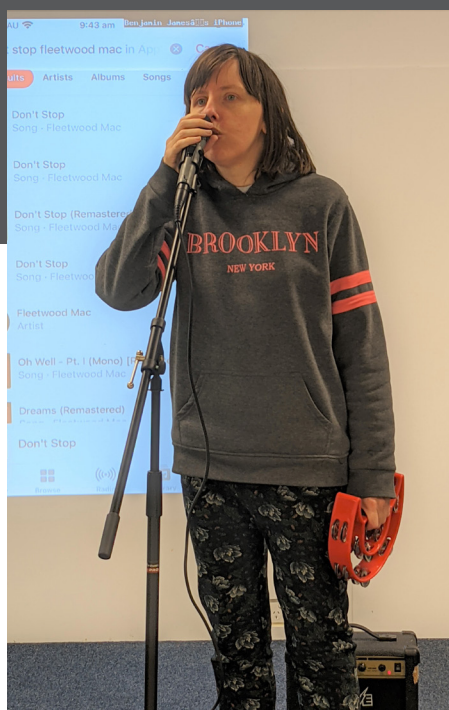
*Left: Malcolm*



*Right: Rebecca*

Aisha has been attending the Seaford Hub for three months now, predominately in the Hospitality Program but also spending some time in the Gaming Program. She has been learning the basics of cookery and barista skills. Aisha helps choose the weekly recipes and is keen to get involved in all aspects of the kitchen. She is learning to plate up and takes great pride in serving up quality dishes.

*Below: Rebecca*



*Above: Aisha*

Rebecca looks forward to her music and dance program. She likes to sing familiar songs, particularly ABBA tunes with 'Money, Money, Money' being her favourite. Rebecca has learnt some new dances and is working on drumming to the beat of the music.





## Newborough



RUOK Day was celebrated at Newborough Active Choices with custom made cupcakes and biscuits by the amazing participants and staff. Covid lockdown meant professionally made treats couldn't be purchased, but these treats were made with love, heart, and kindness. What more could you ask for and what better way to sit and relax while checking in on each other 😊



Jeremy and Mark spent some time engaging with each other and completing puzzles. It's always fun seeing participants chilling out and work together.

*Left L-R: Jeremy & Mark*

## Client Services

Dear valued clients, families/carers and SASI teams

And so I see that we have Christmas creeping into our shops, as I see the chocolate Santas finding their way into people's baskets – yes no doubt it will be here in a heartbeat and we, like so many, are doing everything that we can to ensure we reach the Covid milestones in hope to spend time with our families, friends, and loved ones during the festive time.

Covid aside, our teams are working on what 2022 will look like for SASI clients and we are on the move, ready to get out and about as we reignite our Home to Community services. In addition to these services, we shall also be delivering Recreation + Adventure and YES we are working on Camps and opportunities to getaway – something we have all missed so much. Families will require funding under the NDIS Short Term Accommodation category and Improved Daily Living Skills to access camps. If you need assistance in understanding if this funding is available to you, please contact us.

Warmest Regards

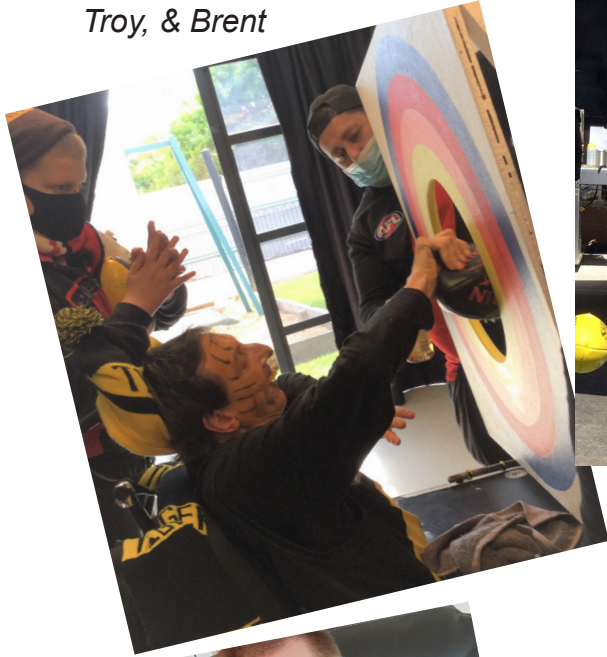
**Melissa & Client Services Team**  
Executive Manager Operational Services



# SASI Footy Day



Below L-R: Malcolm, Troy, & Brent



Left: Bryan

Below L-R: John & Steph



Lockdown didn't stop people across SASI services getting into the AFL grand final spirit! When it comes to footy, 'every heart beats true' 😊



Above: Peter



Above L-R: Dieter, Troy, & Malcolm



Above: Zlata



Left L-R: Steph, Riyah, Danielle, & Emily





*Below: Jaclyn*



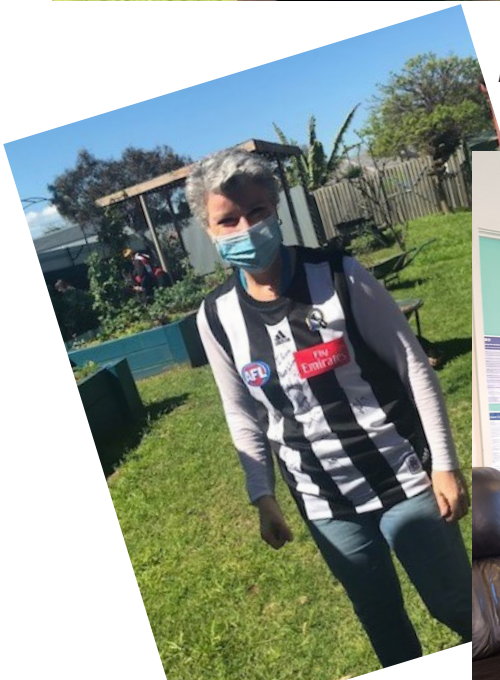
*Left L-R: Riyah, John, & Emily*



*Below: Matthew*



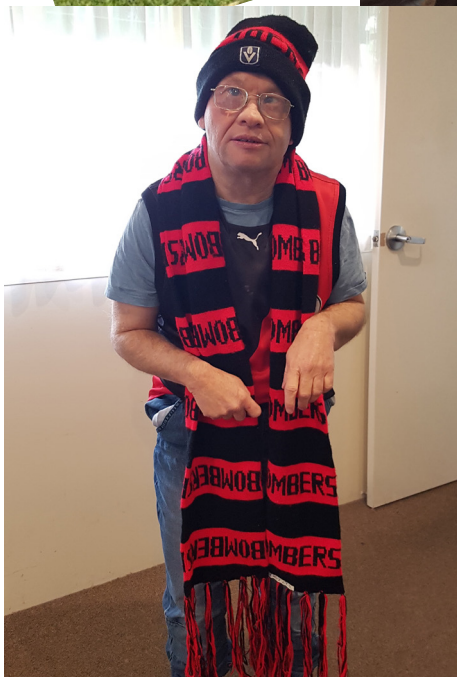
*Left: Liz*



*Above: Savio*

*Right: Kath*

*Below: Christine*



*Above: Todd*








# COVID-19 Update

## Current Status

The Victorian Premier announced the Covid Roadmap on 19 September 2022.

It is a slow and steady plan to open up the community at different stages over the next few months. The final phase of the Roadmap will be updated in a few weeks, as more details are developed as part of the National Plan.


### 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](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)

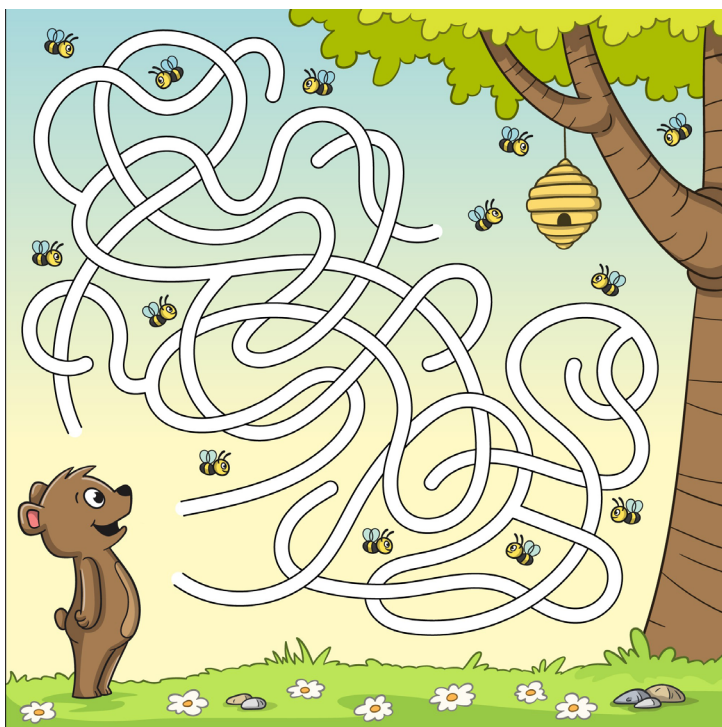
Spring: a lovely  
reminder of how  
beautiful change  
can truly be

Unknown





# Fun Zone

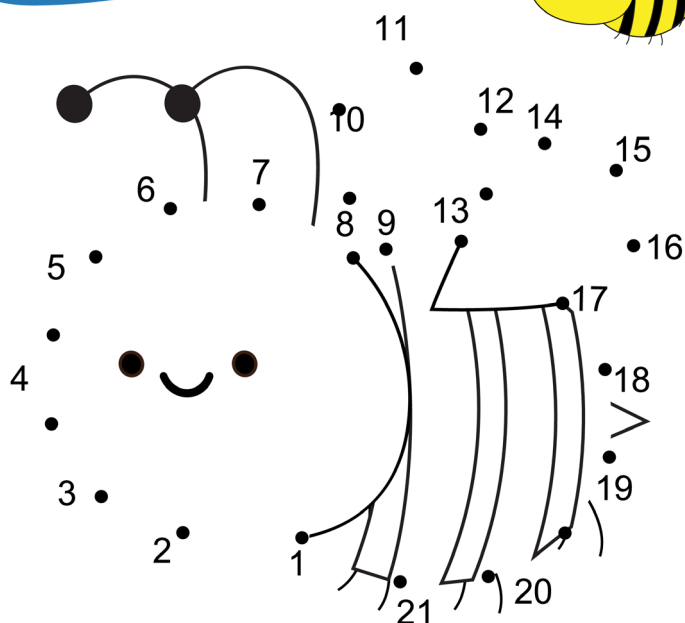


Can you help the bear get to the honey?



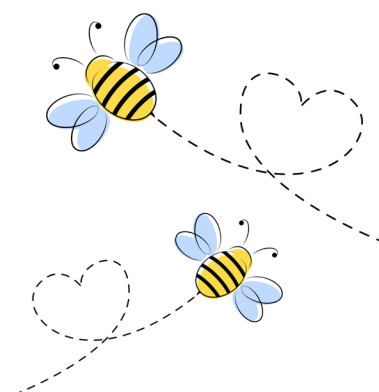
Maze Answer

Connect the dots



What do bees brush their hair with?

A honey comb!





# Staff Feature

## Lisa Hub Practitioner

*What does your role at SASI involve?*

As a Hub Practitioner my role consists of overseeing the day to day supports and services for Active Choices at Newborough and Moe, as well as respite supports in the Cottage at Newborough.

My role is to support participants and families to reach every individual's NDIS goals and support them with building life skills and new and exciting experiences.

I also support and mentor staff to meet their training goals and support them with implementing new ideas and programs.

I work with an amazing team at Gippsland who have taught me just as much as I have taught them. Maintaining this busy role is manageable when you have the right supports around you.

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

My super power would be mind reading, so I

can understand and communicate with anyone to minimise their frustration.

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

I would love to travel to see 'Aurora Borealis' otherwise known as The Northern Lights, it's such a beautiful site.

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

I would be a panther. They are black, sleek, and fast.

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

My dream job was to be a chef, I completed my Hospitality qualifications many years ago and now enjoy cooking for my family and friends for special occasions. The largest amount of people I have catered for is 500+ for a fundraising event.

*Why do you enjoy working at SASI?*

I have always enjoyed helping people, guiding them through their individual hurdles and watching them grow and accomplish individual achievements. Working at SASI allows me to do this. Watching both participants and staff grow is a reward in itself.

SASI has been an Organisation of growth for me in both my professional and personal life and I have enjoyed every aspect of it.



Above L-R: Cayden (daughter), Shae (daughter), & Lisa





Here's another old time favourite!

Spoil yourself with these yummy Honey Crackles for a special treat.

## Honey Crackles

Makes 12

### Ingredients

- 4 1/2 cups Cornflakes
- 120g butter, chopped
- 1 1/2 tablespoon honey
- 1/3 cup sugar

### Directions

1. Preheat oven to 180°C
  2. Line a muffin tray with 12 paper cases
  3. Place butter, honey, and sugar in a saucepan over low-medium heat, stirring until butter has melted and mixture is smooth
  4. Add mixture to Cornflakes in a heatproof bowl
  5. Mix well and spoon evenly into the paper cases
  6. Cook for 10 minutes or until golden in colour
- Enjoy!



*Image & recipe courtesy of taste.com.au*

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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!





## Tips for successful trips to the hairdresser

by SASI Guest Parent Blogger

If you have a child with autism, it's most likely they don't like visiting places like the hairdresser or the dentist. In fact, they probably detest it and would rather eat brussel sprouts than sit in a chair and have someone cut their hair.

At some point though you will have to take your child to the hairdresser, unless of course you decide to do it yourself.

Here are some tips and tricks that can help you and your child to have a successful visit to the hairdresser that will hopefully set you up for future visits.

### 1. Do your research

Find a hairdresser who specialises in haircuts for people with autism. You may have to ask some questions online and get recommendations from Facebook groups, but with any luck you will find someone local to you who can provide the unique service you're after.

[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

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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**

