



October 2022

NEWS & FEATURES

Message from the CEO
and Chair

PAGE 2

Client & Operational
Services

PAGE 3 - 6

Latest Adventures

PAGE 7-10

Blog

PAGE 11

Recipe

PAGE 12

Staff Feature

PAGE 13



Message from the CEO and Chair

Hello everyone!

So nice to see a bit of sun, but horrendous to see all the floods up north, I do hope none of our SASI family have been affected....

SASI has its mid-term assessment against the NDIS Standards on 5/6 October and I am extremely pleased to announce that we received fabulous feedback from our staff, parents and carers and were recommended for certification for all the support groups we provide ! Congratulations to all staff involved with preparation for the assessment and the fabulous result.

We are very much looking forward to our Annual Art Show in November showcasing creatives with a disability which is re-emerging after the past couple of years.

Put the dates in your diaries!

We will have an exhibition of submitted artwork available for viewing and purchase at Cube 37, Frankston Arts Centre from 15th to 22nd November. Make a day of it and go along and vote for your favourite for the 'Peoples Choice' Award. All the awards will be announced on 17th November.

SASI is holding its Annual Staff Forum on Wednesday 2nd November at our Gippsland site. We are looking forward to seeing everyone, conducting some training and presenting our Annual Staff Awards – fingers crossed for a nice sunny day !

Our COVID Recovery Roadmap: Response, Recover and Thrive continues under the improving community health landscape

Stay dry and remember the sunscreen, as its getting more sunny!

Happy reading

Cheers,

Kath (CEO) & Angelia (Interim Chair)



Client Services & Operations Team



Hello everyone,

I am so pleased to share that we have seen a return to services in the last quarter and an increased demand for supports for Home to Community opportunities ... it really is starting to feel like COVID is behind us 😊

We have partnered with Balnarring Weekend Getaways to offer adults which has been successful and we have one more that will be held over 2nd to 4th December. In 2023 we are launching 15-17 "SASI Club" Getaways that we shall be promoting through the special and mainstream schools.

Saturday Centre Based Programs (11 to 14 / 15 to 17) have launched at our refurbished site in Seaford and offer a range of group activities and will run for the full day 9am to 4pm – autism qualified support workers will run these programs.

Play Groups & Support Services @ Mt Martha have been slow on the uptake – we are offering families & bubs sessions every 2nd Wednesday in a safe sensory space for children 5 & under play and for carers to enjoy a cuppa with an opportunity to chat & engage in social support. We are happy to provide assistance with navigating NDIS, offer times to collaborate with our internal Allied Health Professionals who can offer support to individuals who present with complex behaviours. These sessions remain free of charge until June 2023 : <https://www.sasi.org.au/playgroup/>



LET'S TALK ABOUT ...

Victoria Legislates ... Single use plastics ban with exemptions for disability

The Victorian Government has developed regulations to ban single-use plastics from sale or supply in Victoria from 1 February 2023 in an effort to reduce plastic pollution. The ban applies to single-use plastic drinking straws, cutlery, plates, drink stirrers and cotton bud sticks made from conventional, degradable, and compostable plastics. The ban also applies to food service items and drink containers made from expanded polystyrene.

The regulations include a number of exemptions, including:

- single-use plastic drinking straws for people who need them due to a disability or medical reason
- single-use cotton bud sticks for testing carried out for medical, scientific or other authorised purposes
- single-use plastic cutlery where required in correctional or mental health facilities to prevent physical harm or injury

People with disabilities and the people who support them (including support workers, service providers, family members or friends) will be able to purchase straws from retailers but will need to request these as they will not be accessible to the public without the assistance of a staff member.

There is no requirement for individuals to provide verification of disability or medical need when requesting straws.

SASI will prepare for the ban now by:

- determining if we still need to provide single-use items, and where use can be avoided or reduced
- ordering stock of any alternative items ahead of the ban starting, to avoid supply issues
- considering where we will source banned items for use by persons with exemptions

NDS has been consulted on this initiative previously and is interested in any feedback from members. Please contact Clare Hambly with any concerns: [submit enquiry/feedback](#)



WHAT'S NEWS:

Having A Say Conference 2023 : We're Still Standing

ABOUT Having a Say Conference

The Having a Say conference is the largest conference for people with disabilities within Australia where people can find their voice, to speak up, to be heard and to be respected. This is the conference where people listen to each other, not just to the speakers on stage. This is the conference where people respect each other's views and opinions, and celebrate their common cause. The aim of the conference is to empower people with a disability with the opportunity to 'have a say' about issues that affect their lives and to celebrate ability and achievement.

People enjoy coming to the conference for a range of reasons.

Some are keen advocates for people with disability and want to debate about issues, others find the whole environment empowering and some just want to have fun! Many people come to the conference to have a say, such as open microphone to present or perform. We often get comments on the Evaluation Forms saying things like "It was great I felt important because everyone listened to what I said".

There is always be a need for people to get together to share experiences and to celebrate achievements. The inaugural Having a Say Conference, held in Maryborough in 2000, was attended by 190 people and the enthusiasm generated each year has inspired the conference to grow. There are now over 1,000 participants from across Australia, and often from the international community, attending the conference each year.

Keep an eye out for further information and we SASI shall be organising group bookings to attend.



Having a Say Conference 2023

20th & 21st February 2023

Theme: *We're Still Standing!*

VOLUNTEERING at Having a Say

The Having a Say conference attracts hundreds of delegates from across Australia and overseas and we are looking for volunteers to support participants with different activities at the conference.

The conference is a place where people with disability can speak up and have their voice heard, be respected and empowered and it's a lot of fun!

What are the benefits of volunteering?

- See the achievements of people with disability
- Certificate of appreciation
- Letter of Reference
- Learn about inclusion
- Be inspired and have lots of fun
- Make new friends

If you are interested in becoming a volunteer at HaS then read our Volunteer Information Booklet which will be available soon and then fill out pages 7, 8 and 9 of this booklet and return it to havingasay@valid.org.au

Please note that all volunteers are required to have a current Police Certificate. If you already have a Police Certificate send a copy with your Volunteer application. It is also a requirement that all volunteers complete a Disability Worker Exclusion Scheme form.



Competitions Now Open

Red Faces Talent Show is back at HaS 2023

- only 20 people can Audition on Monday 20th February
- three performers will be chosen as the finalists and the final will be held during the Closing Ceremony Tues. 21st Feb. at 3.15pm – 4.15pm

[Download Red Faces Entry Form](#)

Halloween

At SASI wide we celebrate monthly events and dress ups for a bit of fun and to raise money for Autism Awareness. This month we had Halloween and we saw some spooky characters around all sites and services



@ SASI Newborough Hub



Left: Randy
Above: Jeremy

It's the smiles on SASI's clients faces that keeps us doing what we do.

We had a lovely BBQ lunch at SASI Gippsland where Randy assisted with making the salads and as you can see he was very happy with himself, and so he should be the food as always was delicious.

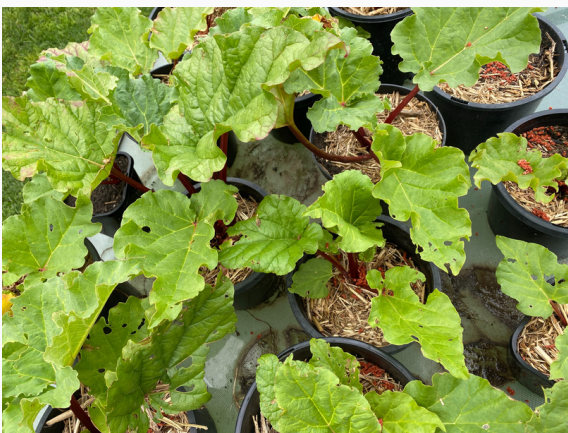
Our week can get hectic but you can never go past a moment like this to sit down with our participants, have a laugh, enjoy quality time together and just catch up.

With summer just around the corner, we are looking forward to more moments like this :)

Horticulture Hub @ Seaford

We sure have been busy at this hub! This amazing program has produced a lot of beautifully crafted succulent arrangements, Pink rock orchid kokedamas - handmade with love by Sue-Anne - and baby rhubarb plants from the SASI Seaford's best producing rhubarb crowns, planted by Malcolm and Andy.

We also had a donation of awesome fruit trees by Bunnings and a huge amount of Jade plants that will be potted and crafted into lovely arrangements.





The artwork entries are starting to arrive at Seaford and the excitement levels are high! Our Visual Arts Hub is busy with preparations. Liz has been shopping for recycled materials to use in framing and hanging. It's all coming together so beautifully, we can't hardly wait! The opening night will be a great chance for local artists, their parents and carers to view the exhibition and connect with other artists as well as gallery curators and competition judges.

We hope to see everyone attending!

In Memoriam



This month SASI said goodbye to one of our long standing and much loved residents at the Frankston House.

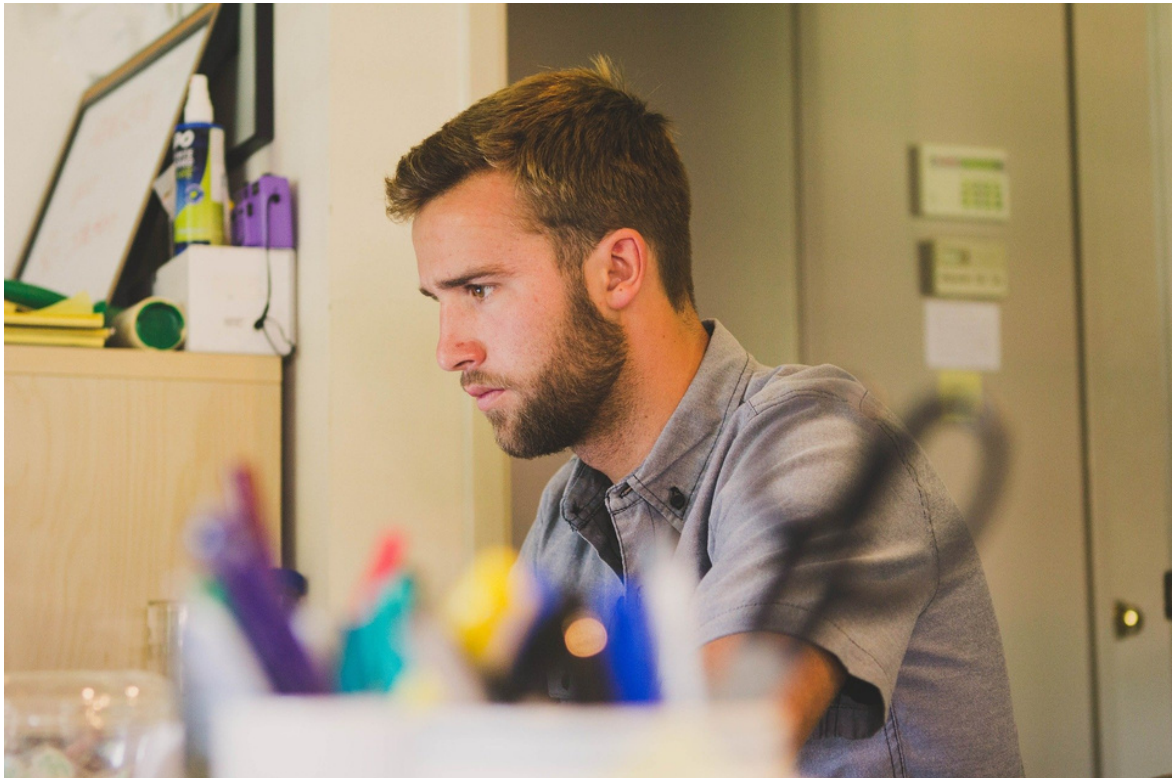
Danielle was the life and soul of the house, she was an enthusiastic singer of a certain musical, namely Grease, and knew all the words of all the songs! She was also a keen Sydney Swans supporter, going to the games with her family wearing her red and white scarf!

She will be sadly missed by all who knew her, her smile would light up the room and she has left us way too soon.....our thoughts go out to her family and friends.

Top jobs for people with autism

People with autism are more than capable of finding employment and holding down a job in a wide variety of vocations. However, there are some occupations that someone with an autistic brain will be better suited to than others. Here are some of the top jobs that tend to suit someone with autism and why....

[Read More](#)



Vegetable Fritters

by Chefs Aisha and Ellie



INGREDIENTS

- 2 cups shredded zucchini
- 2 cups shredded carrots
- ½ sweetcorn
- ½ cup peas
- 2 cloves garlic, minced
- 1 cup plain flour
- ½ cup milk
- 1 teaspoon salt
- 2 large eggs, lightly beaten
- 2 Tablespoons olive oil

DIRECTIONS

In a large mixing bowl, add the eggs, milk, salt and flour and stir until combined.

Add the vegetables and mix until all the vegetables are covered in the mixture.

Heat the olive oil in a frying pan on a medium heat and large spoonful's of the vegetable mix to the pan. Cook on each side for 3-4 minutes or until golden brown. Serve with coleslaw, mayo and sweet chilli sauce.

Karen Support Worker



Karen

How long have you worked for SASI?

24 Years!!

What does your role at SASI involve?

I am a Disability Support Worker, part of SASI's Mordialloc SIL team, supporting and providing opportunities to clients re their personal growth/skill development/community inclusion and participation and quality of life.

If given a chance, who would you like to be for a day?

My 22 month old granddaughter – to be able to see the world through the eyes of innocence, without the complications of the world.

What TV Show/Movie is your guilty pleasure (yes, time to admit you love it)?

Favourite tv show: Mom
Favourite Movie: P.S. I love you (anything with Gerard Butler acting in it)

Three words that best describe you?

-Client - focused
-Common- sense
-Forward – thinker/planner (and, yep, I can't count 😊)

What is the one thing you cannot resist?

Making 'bad choices' re diet, particularly on road trips

What do you do when you are not working?

Time with family, Football (Kangaroos supporter and proud of it – my family laugh cause I watch the game to the end – sometimes slightly frustrated), Heading to Queensland, Reading, Sudoku, House sitting, Fellowship group, Mowing the lawn, Live music/theatre/movies, Basketball (not playing, spectating).

Why do you enjoy working at SASI?

The opportunity to get to know members of the team (clients and staff), I'm in, at any given time – such a dynamic and diverse group of personalities. In my time at SASI I have worked in many different roles, at different sites and have experienced many different scenarios but at the end of the day the focus is always the clients I work with, and the team that I am part of.

Contact Details

P: 13 Sir Laurence Dr, Seaford, VIC 3198

T: 1300 577 305

E: enquiries@sasi.org.au

W: www.sasi.org.au

Want to share your ideas?

Email us on:

enquiries@sasi.org.au



Supporting children, teenagers, adults with
autism and other complex disabilities

