



September 2022

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Message from the CEO and Chair

Hello everyone!

Spring is upon us, lots of cloud, wind, rain, La Nina etc !! Quite the combination.

The end of the Footy season and the Finals are past, unfortunately my team is not going to repeat its success of 2021, and the GF turned out to be a very dull affair, unless you're a cats fan!

We have also witnessed a worldwide historic event with the death of Her Majesty Queen Elizabeth II, a 'once in a lifetime event' so September 2022 is quite unique. Our COVID Recovery Roadmap: Response, Recover and Thrive continues under the improving community health landscape, though both staff and clients continue to be affected by COVID 19.

We are about to undergo our 'Mid-Term Surveillance Audit' next week, which is a requirement for Registered Providers in the NDIS.

This audit is conducted by an External Auditor who assesses our compliance under the National Disability Insurance Scheme Quality & Safety Standards. The aim of the compliance is to ensure providers are ensuring the safety and security of all its clients under the requisite legislation and guidelines.

We are looking forward to our Annual Art Show in November, the first for three years, so if you have any artistic talent and would like to enter, check our www.sasi.org.au for information.

Stay warm and dry
Happy reading

Cheers,
Kath (CEO) & Angelia (Interim Chair)



Client Services & Operations Team



Hello everyone,

Did I blink and miss it? Appears the we are heading in to the last stretch of the year and yes I have already seen shelves filling up with Christmas joy 😊 It is terrific that we can now look forward with the worst of COVID-19 pandemic behind us and as the year begins to close out it really is a time to celebrate how adaptive and flexible we have all become in adjusting to new conditions.

With the warmer days coming our way, also a timely reminder to revisit the Slip, Slop, Slap, Seek and Slide campaign:

SunSmart and Cancer Council recommends that Victorians protect their skin in five ways when the UV is 3 and above:

- Slip on loose protective clothing that covers as much skin as possible.
- Slop on SPF30 (or higher), broad spectrum, water resistant sunscreen 20 minutes before going outdoors. Reapply every two hours.
- Slap on a broad-brim, bucket or legionnaire hat that shades the face, neck and ears.
- Seek shade wherever possible outside.
- Slide on close-fitting, wrap-around sunglasses that cover as much of the eye area as possible and meet the Australian Standard.

Learn how to protect yourself and your family this summer at sunsmart.com.au

LET'S TALK ABOUT ...

National Carers Week : 16 - 22 October

National Carers Week is coming up on and is a time to recognise and celebrate carers who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged – anyone at any time can become a carer.

National Carers Week is an opportunity to raise community awareness among all Australians about the diversity of carers and their caring roles and is an initiative of Carers Australia, funded by the Australian Government Department of Social Services, and coordinated with the assistance and participation of the National Carer Network.

Where can carers get support?

Carer Gateway provides information and advice on the supports available to carers across Australia, and has a great range of online resources to help promote carer wellbeing. To find out more, and to access online support services, head to <https://www.carergateway.gov.au/>

There are a number of in-person and online events taking place to celebrate and thank carers in our community which you can find here <https://carersweek.com.au/about/>



WHAT'S NEWS:

NEW : Victorian Disability Inclusion Bill (DRAFT)

The Department of Families, Fairness and Housing, is seeking feedback on the exposure draft of the Disability Inclusion Bill. The consultation period runs from 20 September and closes on 31 October 2022. Further information is available by visiting on <https://engage.vic.gov.au/> (please link) which includes:

- Overview paper
- Copy of the Disability Inclusion Bill
- Facts on how to make a submission
- Information on consultation activities

If you have any questions relating to the consultation process for the Victorian Disability Inclusion Bill, please email: disabilityactreview@dffh.vic.gov.au

Try Before you Ride : Public Transport Event

Kinetic, Yarra Trams, Metro Trains, VLine and Travellers Aid have partnered with the Department of Transport to deliver a Try Before You Ride accessibility event on Thursday 6th October.

Try Before You Ride is an event that helps people become more familiar with public transport. The event helps people of all abilities feel more confident when using the public transport system.

This includes people with a disability, parents with children and seniors

Build your confidence to travel on public transport at this free event.

Speak with public transport staff

Learn about accessibility features

Practice getting on and off our trains, trams, buses, and taxis.

<https://www.ptv.vic.gov.au/more/travelling-on-the-network/accessibility/try-before-you-ride/> is being organised by public transport operators at Southern Cross Station and a Southbank tram stop.

To register your interest in our any of our services, please visit www.sasi.org.au

Warmest regards,

Melissa + Client Services & Operations Teams



Latest Adventures

Footy Day

At SASI wide we celebrate monthly events and dress ups for a bit of fun and to raise money for Autism Awareness. Footy Day in September is one of the most popular of these events!!!



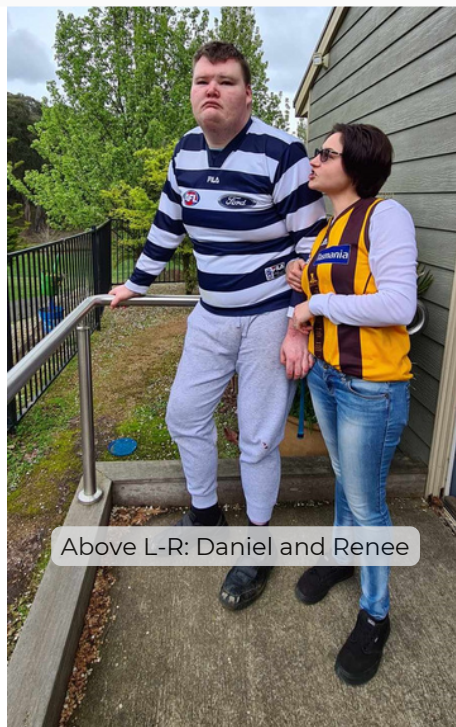
Standing L-R: Liz, Rex, Ellen, Maria, Penny, Malcolm, Brent, Melissa, Fabiana, David, Sarah H and Sarah S
Sitting L-R: Troy, James, Andy, Adam, Dieter and Zlata

Right L-R: Lisa, Kerri, Jen and Renee



We encourage diversity everyday and this is no different with Footy Dress Up day at Gippsland.

Whether you support AFL, NRL, Rugby Union or Soccer, we love to encourage everyone to wear their beloved colours with pride.



Above L-R: Daniel and Renee

@ SASI Newborough Hub



At our Newborough Hub we have this fantastic Sensory Space. As you can see Mark is having a ball high-fiving all the different colour hands - each produces a different sound and even a Wiggles tune!



Left and Above: Mark



Horticulture Hub @ Seaford

Another update on our Hub which is now becoming a sanctuary! Clients and Staff always find an excuse to be in this lovely room. The plants themselves give off a calming atmosphere but the added experience of touching soil, raw recycled materials and the newest experience which is planting pearls! These pearls are so much fun, clients are spending hours mixing colours and adding their own creative touch!



L-R: Troy and Rebecca

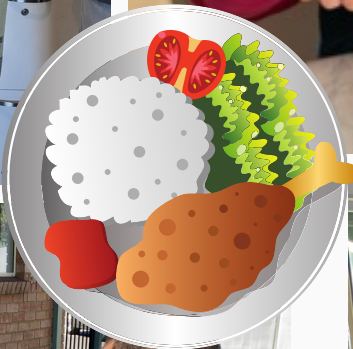


L-R: Rebecca and Troy



Latest Adventures

Another edition of Master Chef SASI, happening on all of our sites. This time we took things outdoors to enjoy the nice weather. Thankfully we have wonderful helpers for the clean up too!!

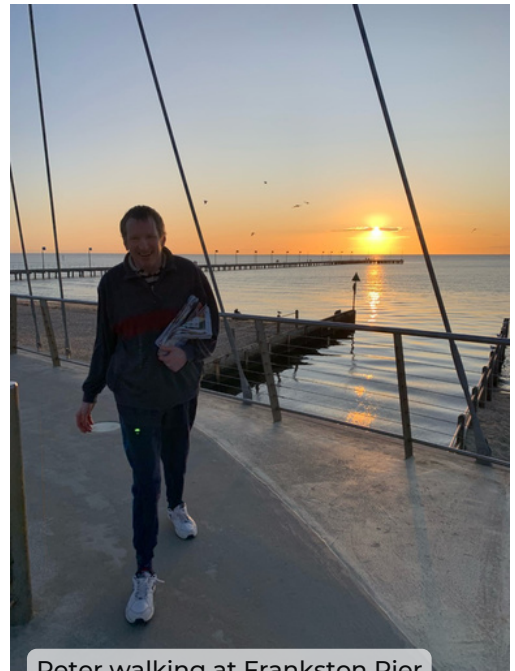


Latest Adventures

Out and About



Above: Belinda smiles at Cranbourne Botanical Garden



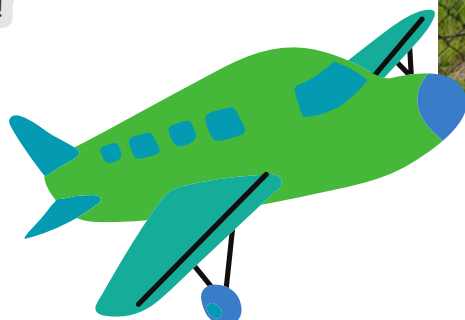
Peter walking at Frankston Pier



Malcolm and Bryan reunited at the Weekend Getaway in Balnarring, they had a lovely time!



Matthew loves planes and whenever he can he goes to Tyabb Airport to look at them!



Adapting parenting for your children at their ages and stages

Have you ever heard anyone say: 'Parenting is a breeze!'"? If you have, they're either lying or they are yet to face any major issues with their children, however, the time for this will come.

Each child is different, and that can affect how you parent them throughout their life.

We all have different ways of parenting, and often this is based around the way we were parented. We learn so much from our own parents, that when it comes to parenting your own children there will be some things you'd like to do differently, and other things you will find yourself doing the same.

[Read More](#)



Fragrant Vegetable Curry

by Chefs Aisha and Ellie



INGREDIENTS

- 2 onions
- 5 cloves garlic
- 2 Tbsp fresh ginger
- 1 Tbsp curry powder
- 1 Tbsp Turmeric
- 1 Tbsp Garam Masala
- 1 Tbsp Ground Coriander
- 1 Tbsp Cardamom
- 1 Tbsp salt
- ¼ cup water
- 2 Tbps vegetable oil
- 500gm pumpkin
- 500gm potatoes
- 1 eggplant
- 2 tins coconut milk
- 1 tin chickpeas
- 1 cup vegetable stock
- Fresh Coriander for garnish

DIRECTIONS

In a food processor, add roughly chopped onions, ginger, garlic, all spices and water. Process until a paste is formed. Heat vegetable oil in a large saucepan and add the processed paste for about 5 minutes or until fragrant. Add the coconut milk, stock and chopped vegetables and simmer on a medium heat for 30 minutes. Once the vegetables are cooked add the chickpeas to the curry.

Shanay Support Worker

How long have you worked for SASI?

5 Years

What does your role at SASI involve?

I assist in supporting the clients at our Gippsland active choice service.

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

Not entirely sure. It's taken me 30 years to figure myself out, I couldn't decide on being another person for just one day. If it was possible I'd love to be a character in one of my favourite shows though.

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

I have no guilty pleasure, I like what I like lol but my favourite show is Supernatural



Shanay with her daughter Harmony

Three words that best describe you?

Determined, responsible and hard working

What is the one thing you cannot resist?

Food. It pretty much makes or breaks my moods for the day.

What do you do when you are not working?

Going to the gym, gaming on my PS5 and watching horror movies with my daughter.

Why do you enjoy working at SASI?

I love working with a variety of the Gippsland team and making a difference in our clients lives. Building a rapport with the clients is extremely rewarding.

SASI Art Show & Competition 17-23 Nov @Frankston Arts Centre

On Thursday 17th November 2022
a creative exhibition of contemporary art will be showcased
in the City of Frankston by Statewide Autistic Services (SASI) to celebrate the outstanding art work
of people with autism and other disabilities.

The exhibition will be displayed from
Thursday 17th to Wednesday 23rd November inclusive.

Opening night event will be held on Thursday 17th November at Cube 37, Frankston to announce
this year's winners.

Entry for the artworks can be made until the 6th Nov and delivered to SASI @ Seaford Hub.

Please head over to www.sasi.org.au/art-show-2022 for more
info and entry details.

AWARDS & PRIZES

\$250.00 Gift Card to the winner of
The Alfred Murfey Award
In honour of Alfred Murfey, one of the Founders of SASI

\$100.00 Gift Card to each winner of
The People's Choice Award
Selected by the wider community
&
The Packer's Prize Award
Selected by the Gallery

If you would like further information please contact SASI on:

T- 1300 577 305

E - enquiries@sasi.org.au

W- www.sasi.org.au

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Want to share your ideas?

Email us on:

enquiries@sasi.org.au



statewide
autistic
services

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

