PEBBLE

sasi statewide autistic services

February 2023

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James at the Disco at 'Having a Say Conference' accompanied by a Conference volunteer

Message from the CEO and Chair

Greetings everyone!
It's hard to believe we are almost into March – where did the summer go, or should say, was it ever here?!

Our School Leaver Employment Support (SLES) program has commenced with some very enthusiastic clients at Seaford, alongside our partnership with Vinnies in Rosebud and our Hospitality program at Seaford Hub is also going 'great guns' with all kinds of tasty food being prepared by our willing hospitality clients! The smells as you pass the kitchen are heavenly.....

SASI was honoured to present at the 'Having a Say' Conference in Geelong, in partnership with Enliven, a local community organisation.
It was a fabulous experience for our staff and some of SASI's clients and a great opportunity to showcase the work SASI does in conjunction with Enliven, our Community Partner for the day.

Left: Malcolm helping Georgia with the presentation
Above right : Malcolm "Having a Say"

This month we farewelled our Finance guru, Nikki, who we thank for her contribution to SASI, and we thank David who has accepted the Finance Manager role to ensure SASI conducts all things financial as we should.
Our COVID Recovery Roadmap: Response, Recover and Thrive continues as we navigate our way into this new year and we look forward to further expanding our activities and services for all our clients, new and old.

Happy reading
Cheers,

Kath (CEO) & Rob (Chair)

Adaptive Fashion

EVERYHUMAN is 'Australia's one stop shop for adaptive clothing'. Meaning they have spent the time finding a variety of clothing options to meet a variety of needs so you don't have to. The founder Matt Skerritt created EVERYHUMAN in 2019. Matt saw that the current adaptive clothing on offer was often daggy and lacked any real flare.
We believe fashion is for everyone. Fashion is an incredibly powerful tool that can help us feel confident in our own skin. We hope our clothes allow you to express your personality and style so you can take control of your narrative". They have sensory friendly clothing. Meaning yep you guessed it...no more itchy tags!

Another incredible feature of EVERYHUMAN is that you can purchase one shoe. Not two...just a single shoe. No more having to purchase a pair when you don't require the other one. Such a simple idea. How has no one thought of this before? It also takes the annoyance out of buying two sets of shoes when needing a larger size on one foot to fit over your AFO. Gamechanger!

They are also an NDIS provider so you can fill out your NDIS details right on their website when placing an order. How streamlined is that?!
EVERYHUMAN has also been kind enough to offer a discount code for our SASI community.

SASIxEH10 - this code is valid for one use only and will expire the 30th of April.
So, jump on their website and have a look for yourself.
www.everyhuman.com.au

Happy shopping!

Support Services

L-R: Eric, SLES Coordinator Mish, Hospitality Program Leader Ellie, Tane and Team Member Darci.

Our School Leaver Employment Support (SLES) group put their Hospitality skills to test. Not only they have been cooking and delivering meals for the Vinnies Kitchen program they have also started helping serving the meals too!
This is a great partnership between SASI and Vinnies Kitchen that will benefit all involved. The volunteers appreciate the help and the clients practice their skills all while feeding the community - win win win!

VINNIES KITCHEN

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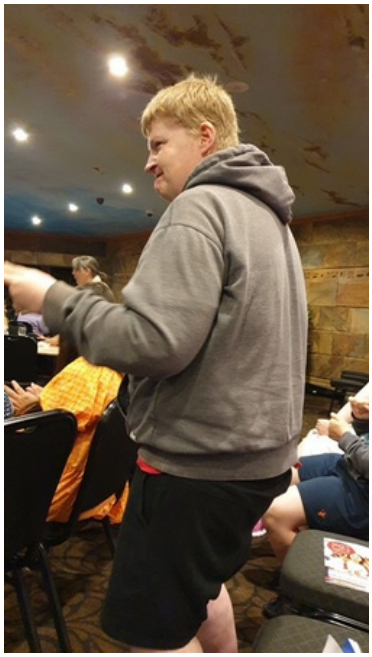
L-R: Top left Eric, helping the volunteers at Vinnies Kitchen, above right Tane using some of his Hospitality skills.

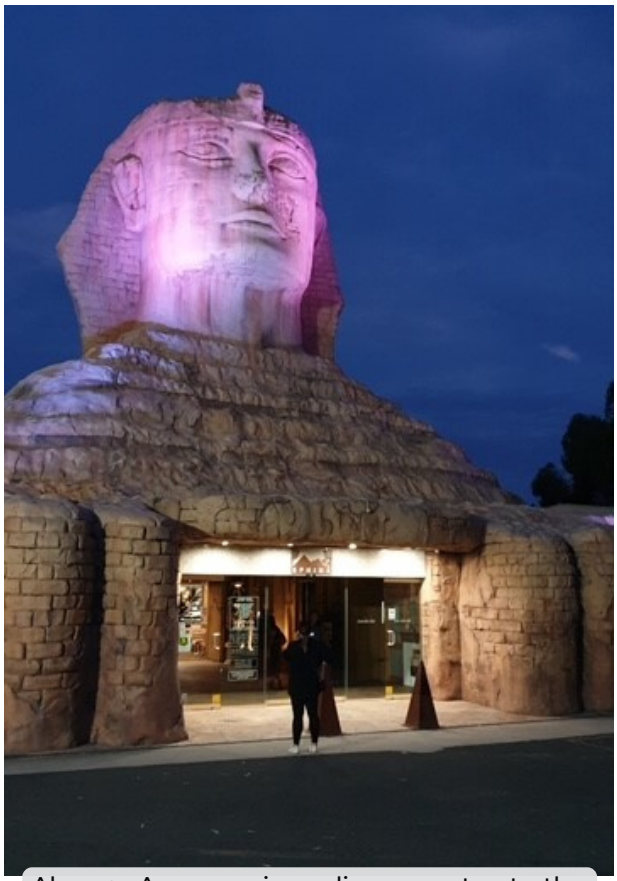
Latest Adventures

SASI were lucky enough to be able to take a group to the 2 day Having a Say Conference in Geelong. We had 3 clients and 2 staff enjoy the conference and all it had to offer.

The Having a Say Conference helps people to 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.



Top left: Malcolm enjoying a boogie at the Red Faces Audition
Right: James showing his badge making skills



Above: An amazing dinner out at the "Sphinx" restaurant

The group enjoyed guest speakers, meeting and talking to different people, as well as different activities that were offered over the 2 days, including a dinner and disco.

A great time was had by all and we can't wait to head back again next year!

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Having a Say Forever!

Having a Say Conference 2023

20th & 21st February 2023

Theme: *We're Still Here!*

Latest Adventures

Seaford Hub

Late Summer at Seaford Hub brings many outdoor activities! One of the new activities is the Archery and the Friday crew loved it!

Right and far right: Ben trying archery and looking very proud o his score

Clockwise from top left: Rebecca and Melanie busy harvesting and sorting. Malcolm showing off his bounty.

The garden at Seaford is flourishing, and produce dripping off the plants.
Malcolm loves joining the horticulture program; his favourite activity is harvesting the produce. Lately, it's been Tromboncino Zucchini, capsicum, peppers, round and long zucchini, tomatoes, cucumbers, beans, peas and berries.

Rebecca and Melanie harvest more tomatoes that appear overnight and then snack on some as a reward for all their hard work.
Summer is also a time to harvest seeds. We have been saving the seeds from the Dill, chives, capsicum, peppers, and tomatoes to plant again in another season.

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Latest Adventures

Nicholas played cricket on Sunday He was very good at batting. He scored several points for his team Moorabbin. Well done Nic!

Nick batting

Supported Independent Living - focus on Independent, below we have a few examples of how SASI supports independence with everyday tasks like shopping, cooking and leisure activities

Left: Joseph enjoying his puzzle

Above: Richard engaging in a cooking program
Right: Luke is handing his own card for a purchase

Recipe of the Month

After receiving a very generous donation of farm fresh broccoli, (32 kilos!) our Hospitality clients and I have had to come up with new and interesting ways of using broccoli. Here is an easy and tasty recipe, perfect for packed lunches.

Pesto & Broccoli Tortellini

by Chefs Ellie and Aisha

INGREDIENTS

- 1 large broccoli, cut into florets
- 250g fresh tortellini of your choice
- 3 tbsp pesto
- 2 tbsp toasted pine nuts
- 1 tbsp balsamic vinegar
- 250gm cherry tomatoes, halved

DIRECTIONS

- Bring a large pan of water to the boil.
- Add the broccoli, cook for 2 mins, then add the tortellini and cook for 2 mins, or according to pack instructions.
- Drain everything, gently rinse under cold water until cool, then tip into a bowl.
- Toss with the pesto, pine nuts and balsamic vinegar.
- Add the tomatoes, pack into containers and chill.
- Let the salad get to room temperature during the morning to get the most flavour from the tomatoes and pesto.

Parent Blog - Raw & Real

The silent sibling
3 tips to connect with the young carer of your family

Young carers provide support to parents, siblings, grandparents or other family members who live with a disability. Often they put their own needs last due to the significant amount of support the person living with a disability needs. Young carers face social isolation, poor health/hygiene and difficulties living as a 'normal teenager' transitioning into adulthood.

For many families, the focus is often on the child with the diagnosis who requires a significant amount of support. While it may not be intentional the siblings are often forgotten. They learn to take the back seat, that is all that they know.....right?!

My goal for years has been to have a holiday with my youngest child who is a young carer. He cares for his older sibling who has autism. I wanted to give him some respite from his usual ground hog day routine. So In January this year we set off to Cairns, our first holiday..... just us! How exciting!!
BUT the reality of the silent sibling hit me very quickly...

Whilst I was ready for cocktails by the pool, snorkelling the Great Barrier Reef and some scenic treks, Mr 15 was withdrawn, depressed and sick of his life as a young carer.
Not one of the above activities impressed him. The only interaction I was getting from him was short yes/no answers. Upon our arrival he made plans to sit in the 'stupid hotel' room for 5 days! By the way our stupid hotel was a 5 star hotel with two pools, a gym, breakfast daily, room service, Foxtel....
You get my drift, in my opinion it was far from stupid.

So I tried my luck and changed the itinerary to high adrenaline activities....
After all this holiday was about him enjoying himself and coming out of his shell..... having a break!

Day 1.....we set out on a jet boat! 40 minutes of going high speeds, spinning 360's, racing around the river. He was soon laughing, singing to the music accompanied by me screaming with fear, my dress up around my neck flapping in the wind! Not my idea of a relaxing holiday but it broke the ice!!!

Day 2.....we hired a car, this is where he got talking! I find the car a great opportunity for teenagers to open up.
I called it a road trip from the 90s, we took a step back in time, ditched google maps and found ourselves a good old fashioned map from the tourist centre!
Overall feedback, he loved not following the blue dot on google maps, no technology just good old fashioned adventures! We swam in waterfalls, slid down rocks and visited a dairy in the middle of nowhere with the most amazing milkshakes.....!! ✅

Next up..... tree swinging! This swing goes 120km per hour in 3.5 seconds. Eeeek!
But here's the deal breaker - he wants me to join him swinging from treetops at 120km per hour. I was not prepared to be swinging at high speeds from treetops, I was prepared to take photos and wave from the side line.
So here goes....I tuck my dress into my knickers and start swinging at crazy speeds laughing with my teenager! Handy tip, pack comfy clothes, dresses are not ideal for jet boats and tree swinging!

If that doesn't get your heart rate going and make you feel like you're 21 again, I don't know what will! Our holiday ended up being fabulous and filled with wild adventures and lots of laughing!!

Here's my 3 tips on how to connect with the young carer of the family;

- Have them join a team sport or club, where they go independently, it helps them find their identity and build friendships.
- Drive them to school or their sport, just you two! Car chats can be a space where they open up. For families of many children, make one day of the week a trip that is just you and them. One on one.
- Have a yearly getaway together. A night or weekend away. Have them choose the activity and make it about them. Oh and don't book stupid hotels 😉

You don't have to go to Cairns to connect with your young carer, check out local activities and young carer support groups.

We connected with young carers support network through Carers Gateway a few years ago. Carers Gateway provides support for not only carers but young carers (under 25 years old). Young carers has helped my son remain engaged in school, join a team sport and most importantly provided a mentor to speak with that, understands what life is like living with family members with a disability.

Www.carersvictoria.org.au

SASI Parent Blogger

Work with Us

We currently have positions available for Support Workers both in Gippsland and Seaford area.

To join our Support Worker team, what you'll need is:

- Must have an NDIS Check, Working with Children Check or be willing to obtain
- Certificate IV Disability (you can gain this whilst working with us) or significant lived experience working with people with Autism or people with complex behaviours
- Current First Aid and CPR
- Flu vaccination
- Evidence of work eligibility

Benefits of working with us:

- On the job training and development
- Work in a tight knit and collaborative team
- Competitive Pay with Salary packaging available

If you are ready to start your new career with SASI or know of anyone who you think would be suitable – visit our website https://www.sasi.org.au/current-opportunities/ to begin your journey or contact us on Human.Resources@sasi.org.au

Staff Feature

David
Hub Practitioner
Newborough

David and his wife Annette

How long have you worked for SASI?

5 Months

What does your role at SASI involve?

Ensuring that all our clients and families are supported in their needs and involving staff in all programs and letting them have input into how the various programs are run so that they have some ownership them

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

In a position to make a difference. This could take longer than a day!

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

Outback Truckers and Caravanning shows

Three words that best describe you?

Approachable
Visionary
Collaborative

What is the one thing you cannot resist?

Chocolate.
A Good Red wine.

What do you do when you are not working?

Spending time in my Hothouse, gardening and caravanning and having fun with our Grandkids.

Why do you enjoy working at SASI?

I think I have missed my calling as I have really enjoyed my short time working with a great bunch of people who are happy to come on the journey with me.

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Want to share your ideas?
Email us on:
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sasi statewide autistic services

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

Gippsland Hubs
Moe & Newborough