

# PEBBLE



March 2023



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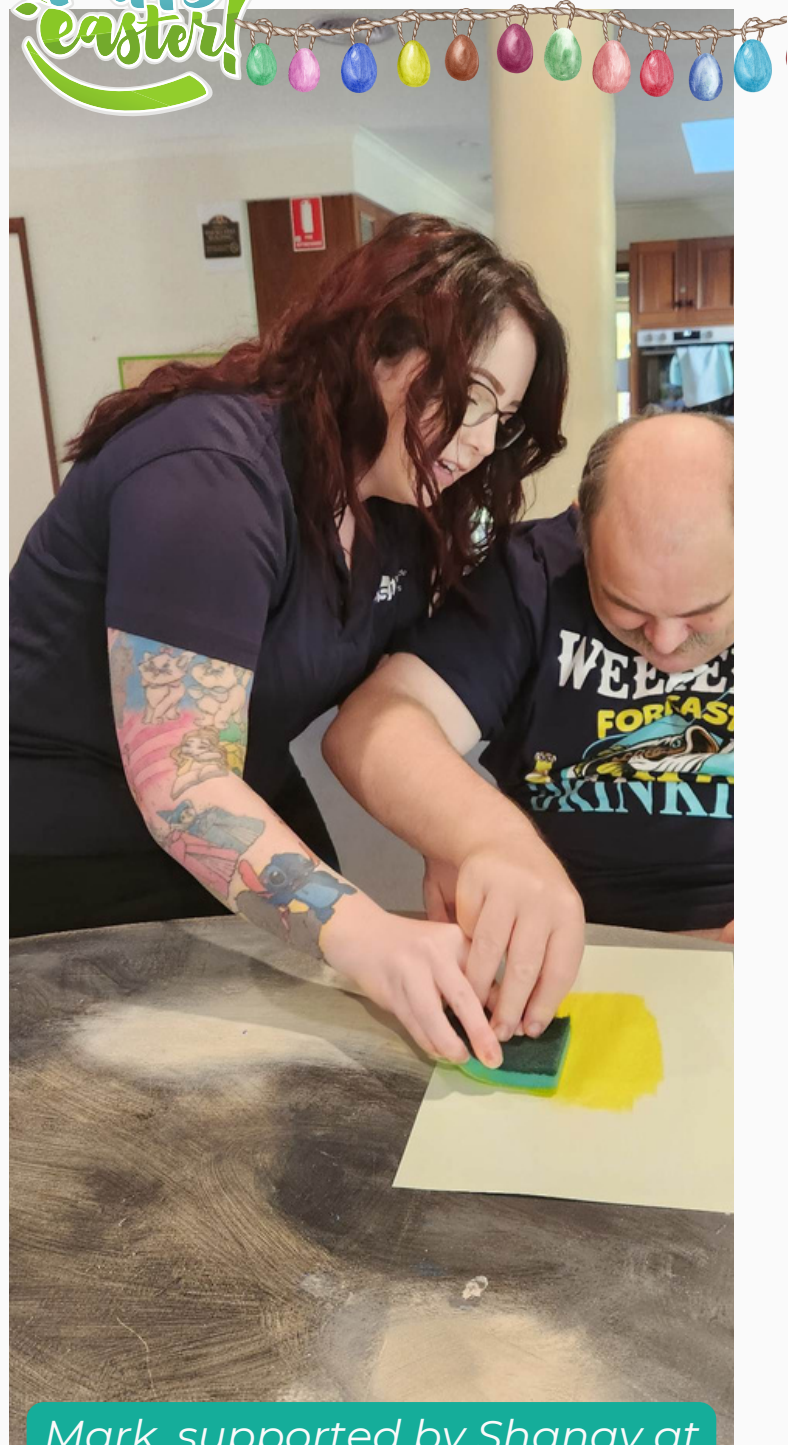
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*Mark, supported by Shanay at  
Newborough Art Hub*

# Message from the CEO and Chair

Greetings everyone!



Hurtling towards those chocolate eggs for Easter is where we are!  
wow! How is this year going so fast?!

As we embark on the Autism Understanding month of April, it is worthy to note that the United Nations recognises April 2nd as World Autism Awareness Day (WAAD) see [https://www.un.org/en/observances/autism-day-for-information ...](https://www.un.org/en/observances/autism-day-for-information-...) When was the first World Autism Awareness Day?



**World Autism Awareness Day was established on December 18, 2007 by the United Nations**

Our Board and Executive held their annual Strategic Planning Day on Sunday 26th March at our wonderful Seaford site. It was a valuable day where we reasserted our desire to maintain, enhance and broaden our range of services for autistic people and their families and carers. We also looked at how we might assist other organisations to better understand the needs of their autistic clients/service users using our recognised experience and expertise.

With the recent and foreshadowed changes to the NDIS funding models and tight budget situation, we recognised the need to also look at sustainability and ensuring our future revenue and expenditure balances out.

Discussions will continue and we look forward to taking on board your feedback so that SASI services remain relevant and viable moving forward.

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)

## Autism at work virtual summit

Some SASI staff and clients participated in the Autism@Work Summit this month run by the Autism CRC.

There were some incredible speakers who are championing Autism@Work Programs within a range of organisations, including The Department of Education and The Australian Federal Police.

The summit is striving for equity in the workplace for all neurodivergent people. Supporting workplaces to ensure they are providing a work culture that celebrates diversity to ensure people feel valued at work.

## **Autism@Work Virtual Summit** **Building Capability** **22-23** **2023** **MARCH**

Many of the Autism@Work Programs completed surveys and focus groups with neurodivergent people in the workplace. To gain personal insights, opinions and views about the barriers they may face. To ensure their voice is at the forefront of everything they do.

The Autism CRC have also launched a Self-Advocacy@Work website that supports autistic people within the employment area. This is a resource that has been created by the autistic community for the autistic community.

If you missed the summit and want to participate. Jump onto the Autism CRC website and you will be able to access the recordings.

We would love to hear what you thought of the Autism@Work Summit!

# Latest Adventures



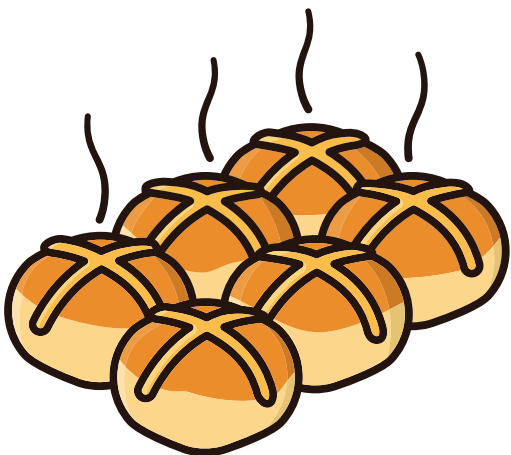
SASI's SLES kitchen was a warm and inviting place this week as we got our hands dirty making some delicious hot cross buns! As part of their Hospitality Skills module they are learning to bake these Easter favorite treats!



Left: Tane learning how to make Hot Cross Buns



Above: Eric using his hospitality skills to bake Hot Cross Buns



# Latest Adventures

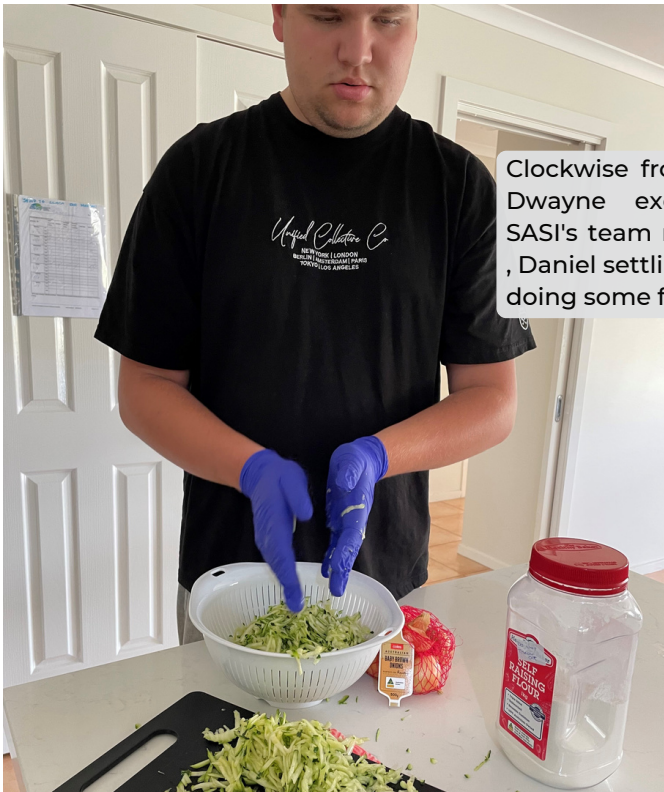


Left: AJ and SASI team member Alan  
Above: Dwayne, AJ and Daniel out for a quick meal

Our SIL in Traralgon residents are settling in very well. They are enjoying spending time with each other, working on their fitness, helping with the chores and stopping for a quick bite on an outing.



Clockwise from top right :  
Dwayne exercising with SASI's team member Mads , Daniel settling in and AJ doing some food prepping



# Latest Adventures



Left and Right: Malcolm



Malcolm went to Inverloch with his family for a little holiday. He had a very special time.



Cameron taking the bike for a spin

It took a lot of convincing, but we got Joe on the bike, then he didn't want to get off. He rode all around aspendale, he had a great time.



Joe riding around the neighborhood



Left: Todd made a friend while on an outing



Right: Joe enjoying some spa time after some water sensory play at the pool

# Recipe of the Month

## Hot Cross Buns

by the SLES crew



### INGREDIENTS

- 3 teaspoons instant yeast
- ½ cup sugar
- 1 ½ cups warm milk
- 4 ¼ cups plain flour
- 2 teaspoons cinnamon
- 2 teaspoons nutmeg
- 2 teaspoons ground ginger
- ½ teaspoon salt
- 2 cups dried fruit
- 50gm melted butter
- 1 egg

#### Crosses

- ¼ Cup of Water
- 5 TBS

#### Glaze

- ¼ cup of orange juice
- ¼ cup sugar

### DIRECTIONS

- Line a tray with baking paper and preheat oven to 180
- Place flour, yeast, sugar, spices and salt in a large mixing bowl and mix.
- Add melted butter, warm milk, egg & dried fruit
- Knead the dough for about 10 minutes or until the dough becomes smooth and elastic
- Leave the dough in the bowl, covered with cling film, and leave in a warm place to rest for at least 60 or until the dough has doubled in size
- Place dough on a flour dusted work surface. Cut into 12 equal portions and roll into balls.
- Place in the baking tray, cover and let then rise for 30 minutes
- Make the paste for crosses and use a piping bag (or a sandwich bag with the end cut off) to pipe the crosses onto the buns
- Bake for 30-35 minutes or until golden
- Whilst the buns are baking make the glaze. Add both ingredients into a small saucepan and bring to a boil. Allow to simmer for 5 minutes the let it cool.
- Once the buns are out of the oven, brush with glaze and enjoy!



## #nofilter

Living with someone who has autism can bring so many different emotions! One of the emotions that can be challenging is the awkward situations around - no filter. Social situations are challenging for people on the spectrum, they say what they think, and its not always accepted in a positive way.

My son has Autism and he also has a massive heart, he is caring, loving and certainly doesn't mean to come across the wrong way. I have no doubt the special person in your life is the same.

Trying new foods!

Trying new foods has been a goal for many years. This day we were trying Thai takeaway! We headed out to order some takeaway from the local Thai restaurant, walked through the door and he says quite loudly "What the hell? Smells like human waste in here!!" Everyone turned and stared at us, we didn't even make it to the counter. We didn't try any new foods that day, but we walked into a new restaurant and that is a BIG win



Coffee dates with friends!!

My friend was visiting for the weekend, it was Sunday morning and we were heading to a cafe for a coffee! Mr 17 would only go to one particular cafe and always ordered the same thing, a vanilla milkshake.

We were ready to leave, we put the cat in the car, (yes the cat comes to cafes with us!) Mr 17 gets into the front seat, my girlfriend in the back. I start the engine and begin reversin. Mr 17 says "what on earth smells like cat p\$!? in here!" My friend says "sorry that's my perfume." He wound down his window, put his nose out the window and we drive 20 minutes to the cafe whilst he smelt the fresh air out the window. Oh and she's still a beautiful friend to us all, bless her! We decided not to give the feedback to Chanel perfume and we still enjoy a laugh over the comment.

Some tips that I have found helpful can be found at [www.thespectrum.org.au](http://www.thespectrum.org.au)

A Speech Therapist or Pathologist is the lead professional in the assessment of an individual's understanding and use of language, and can provide information about you or your child's level of language development. They can also provide support planning for intervention, and advice of which strategies can be best used to support the development of communication skills.

SASI Parent Blogger



# Work with Us

Do you know any Support Coordinators or Recovery Coaches who are looking for their next opportunity?

We have a number of opportunities available for Support Coordinators and Recovery Coaches

These roles are responsible for providing individualised support to clients of the National Disability Insurance Scheme (NDIS).

You will work with the clients to implement the supports within the persons plan for the purpose of building capacity, managing the impact of their disability and improving their health, well-being and participation within the community.

The successful candidate will be highly resourceful, confident to work autonomously and jump in as a team-player, be comfortable working in a fast-paced environment, sometimes under pressure, while remaining flexible, proactive, and efficient. They must exercise good judgment in a variety of situations, with the ability to maintain a realistic balance among multiple priorities and meet the following:

- A minimum five years working in disability services or a similar environment with demonstrated experience in complex disability support
- Relevant tertiary qualification in; Disability, Individual Support, Community Services, or substantial demonstrated experience
- Comprehensive knowledge of human rights-based approaches and person-centred principles and approaches, including positive behaviour support and active support

[Click to view our latest opportunities](#)



## Yvonne Support Worker

How long have you worked for SASI?

1 year and 7 months

What does your role at SASI involve?

My role involves supporting our clients in a person-centred approach according to each one's individual needs. This involves in the programs that they participate in and may be interested in and also offering support services that are flexible and offer genuine choice and control.

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

James Bond.

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

Until recently that would have been Yellowstone and its two spin offs 1883 and 1923.



Three words that best describe you?

Patient, joyful and tenacious.



Yvonne

What is the one thing you cannot resist?

Icecream.



What do you do when you are not working?

Travelling and doing crazy activities. The craziest thing I've ever done is parasailing and to think I am acrophobic.

Why do you enjoy working at SASI?

Great work environment and team.

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statewide  
autistic  
services

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



*Celebrating World Autism  
Understanding Month*

