



July 2023

NEWS & FEATURES

Welcome

PAGE 2

Lifestyle & Community

PAGE 3-5

Support Services

PAGE 6

Work with us

PAGE 7

Latest Adventures

PAGE 8

Recipe of the Month

PAGE 9

Staff Feature

PAGE 10



Nothing like a winter Disco to warm up -

L-R :Ben, Malcolm and and Belinda

Welcome

Hi everyone and welcome to my first edition of Pebble.

Since we farewelled Kath Ferry on 30th June, it has been full steam ahead in my first few weeks since SASI's merger with Independence Australia Group (IAG or IA). As Operations Director, I have spent my time getting to know the IAG teams, engaging with local leads, and a few of our partners – I know that I have only scratched the surface and look forward to crossing paths with many more families, people and community contacts in the coming months.

Change can be difficult but this also a time of new opportunities and I will be working hard throughout the next couple of months to regroup and reset our strategic priorities to align with IA so we can continue to connect, support, and develop a thriving service delivery to the Autistic community - there is plenty happening and plenty to celebrate .Our teams and Leadership group continue to provide exceptional services, I encourage to keep reaching out to team members if you have any questions or queries, or feel to reach out to me directly by emailing melissa.violani@sasi.org.au

We have curated the best opportunities for you, including some upcoming events, keep an eye out for details.

On behalf on the wider SASI family, we appreciate and thank you for your continued support.

Stay warm, stay well.

Melissa



Lifestyle & Community

By Penny



July Updates

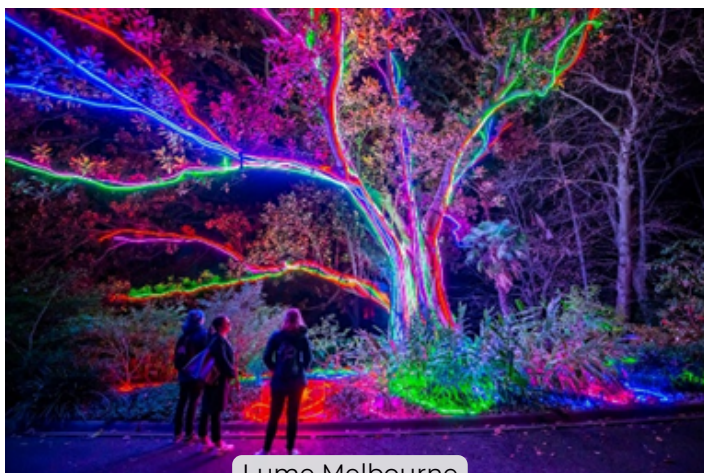
Hello SASI Family and Friends, My name is Penny, and I commenced as the Lifestyle and Community Support Manager at SASI in May. I have been working for SASI as a Support Coordinator since September 2021, however prior to this, I have coordinated and managed a number of Social and Recreational Programs for various not-for-profit organisations. I may have crossed paths with many of you over the years, including during my time as Recreation Manager at SASI from 2017-2019. I look forward to re-connecting with clients and families that I may have worked with in the past, as well as connecting with new clients and families.

This is my first article for our Pebble Newsletter, and I am excited to update you all on what has been happening in the Recreation space, as well as several new and exciting opportunities that are on the horizon! July has been a busy and exciting month for our Recreation Programs. The School Holiday Program, from the 26th – 7th of July, was action packed for clients of all ages, with activities for both under 18's and over 18's. From day trips to Phillip Island, Ten Pin Bowling and Arcade Games at General Public, Touring the MCG and Sports Museum, Movies at the Big Screen, Lightscape at the Royal Botanic Gardens, and who could forget, our special DISNEY ON ICE event at Rod Laver Arena – what a show!



L-R: Staff member Nik and Gregory at Crown Kingpin

Lifestyle & Community



Lume Melbourne

Our Saturday Recreation Activities continue to run every week! So far in July, clients have been to Melbourne Skydeck and Kingpin at Crown as well as Lume. This coming Saturday is our Karaoke and Disco event at Seaford Hub, which is sure to be an amazing day, and will include a facilitated disco by Monz Mic, as well as a yummy lunch! Upcoming Saturday Recreation Activities include Fantastic Beasts at Melbourne Museum, ACMI, Imaginator, Ten Pin Bowling and Laser Tag and African Drumming! We still have vacancies for many of these programs, so please contact us if you would like to attend.



Enchanted Maze



The Weekend Getaway at Saltbush in Balnarring (14th-16th of July) was a hit for young and old! Two groups attended (one over 18, and one under 18). On Friday evening, clients made their own pizzas, before settling in for a Movie Night (and, don't forget the Popcorn)! On Saturday, under 18's got up close and personal with over 70 different Australian animal species at Moonlight Sanctuary, whilst our over 18's tested their navigation skills at the Enchanted Maze and Adventure Garden. Saturday Night, clients were off to see Spiderman Across the Spider-verse at the Big Screen in Rosebud, before returning to Saltbush for a comfortable and cosy night's sleep. After what was an action-packed weekend, clients were treated with a relaxing beach stroll on Sunday morning, prior to the weekend drawing to a close.

Lifestyle & Community

Our fortnightly Friday Night Movie and Dinner Club continues to run every second Friday evening. I know that clients are particularly looking forward to this week's movie, "Barbie"! I can't wait to hear all about it.

We have a number of exciting upcoming opportunities that I don't want you to miss! We have recently introduced mid-week and weekend getaways at our Newborough Cottage in Gippsland. These getaways are open to both clients in the Gippsland region, and the South East, with transport options available from Seaford. We have a number of dates and times available for these Getaways, which are open to all ages.



Bryan at the movies



We are also thrilled to announce that we have two Weekend Getaways to Phillip Island scheduled for September and October. Spaces are limited, so please contact me as soon as possible to book your spot and avoid disappointment!

Please also keep an eye out on your emails, as we will soon be distributing our Expression of Interest Form for the September School Holiday's, as well as all of the programs that we have running between October-December!

Lastly, please remember that we are always open to ideas. If there is an event or an activity that you would love to attend, please be sure to tell me about it so that I can make it happen for you! We want these programs to be designed by you, not for you!

We can't wait to see you at our next activity or event 😊

by Georgia

Neurodiversity

Neurodiversity has its foundation in The Social Model of Disability and it emerged in the 1990s. It focuses on the strengths of difference of diversity. While highlighting and celebrating the variation of how different people's brains interact and see the world. Neurodiversity accepts autism as a different way of functioning rather than a condition that needs to be fixed.



Neurodiversity is an umbrella term that encompasses autism, ADHD, dyslexia and dyspraxia among others. Social media has provided autistic people with a platform for autistic self-advocacy through the neurodiversity movement.

At SASI we use Neuro-affirming language. Here are some bellow examples or how language has evolved to ensure we are respectfully supporting everyone in our community. Because language is powerful.

How to talk about Autism	
Potentially Offensive	Autistic Preferred
Austism Spectrum Disorder (ASD)	Autism, Autistic
Person-first language (person with autism)	Identity-first language (autistic person)
Autism symptoms and impairments	Specific autistic experiences and characteristic
At risk of autims	May be autistic; increased likelihood of being autistic
Co-morbidity	Co-occurring
Functioning (eg.; high/low)	Specific support needs
Severity (eg.,mild/moderate/severe)	Specific support needs
Cure, treatment, intervention	Specific support or service
Restricted interests and obsessions	Specialised, focused, or intense interests
Normal person	Allistic or non-autistic

Work with Us

Staff Forum and Awards 2023

When you work for SASI you get to attend a big catch up once a year. You meet all the colleagues from different sites and you play games with teammates from all types of background - that is diversity at its best.

Diversity and inclusion were also the themes of the lovely speaker SASI organised for the day. Julie Fisher moved us all - there wasn't a dry eye in the room by the time she finished giving us a very personal account of her life as Darcy's mum.



Julie Fisher

Staff enjoyed an amazing array of food and refreshments which made the day even more special.

New and old friends getting together to do what we do best - support!



Tafa and Future



The winning team L-R: Jiwan, Mich, David, Suni, Sarah, Jim, Janifa and James



At the back: Francis Front L-R: Penny, Sarah and Georgia



Latest Adventures



Gail (Coles Staff) and Chris



Daniel (Coles Assistant Manager) and Chris

Chris volunteers at Coles. He enjoys giving back to the community through his work. He loves interacting with members of the public and staff. He makes a big impact through his actions.



Left: Amy, Right: Peter

SASI's staff are always encouraging the customers to be independent and have choice in what they do. Money handling and social skills are examples of what Amy practiced on this occasion.



Amy



Amy shopping

Recipe of the Month

COCONUT RICE PUDDING



INGREDIENTS

- 2 ½ to 3 cups non-dairy milk unsweetened and plain
- 1 cup canned coconut milk
- 1 cup uncooked white rice
- 3 tablespoons brown sugar or maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Pinch of salt

DIRECTIONS

1. In a pot or deep pan over medium-high heat, combine the uncooked rice, non-dairy milks, cinnamon, nutmeg, salt, vanilla extract, and sweetener. Stir occasionally to ensure the rice doesn't stick to the pot.
2. Bring to a boil, then reduce to a simmer for 15 to 25 minutes. The pudding is ready when the rice is soft and the mixture is creamy and thick.
3. Taste and add more sweetener or cinnamon as needed.
4. Let cool slightly. Transfer to bowls and serve with toppings your choice. Enjoy warm or cold.

Sharna Positive Behaviour Support Practitioner



Sharna

How long have you worked for SASI?

14 Years

What does your role at SASI involve?

My role involves meeting with customers and their support network to understand why behaviours of concern occur. I use a person-centred, evidence-based approach that supports the customers dignity and seeks to improve their relationships and quality of life. I develop individualised strategies that are responsive to the customers needs. I focus on the customers strengths and work to identify and address any possible barriers.

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

I'd like to see the world through my children's eyes. They remind me to live less in my head and to be more in tune with my senses (sight, sound, smell, taste and touch).

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

My favourite tv show of all time is Six Feet Under. A little morbid, but also funny, shocking and beautifully written.

The last movie that I loved so much I had to re-watch it, was Dune. The music, the visuals, the story, tick!

Three words that best describe you?

Insightful, pragmatic and considerate.

What is the one thing you cannot resist?

Podcasts – I love losing myself in someone else's story. No Filter, Where Should We Begin, and We Can Do Hard Things are all personal favourites.

What do you do when you are not working?

Spending time outside with my husband and two little girls. Being out in nature and fresh air is good for the soul.

Why do you enjoy working at SASI?

The flexibility and the work, life, balance that it allows me to have. The people are also very dedicated.

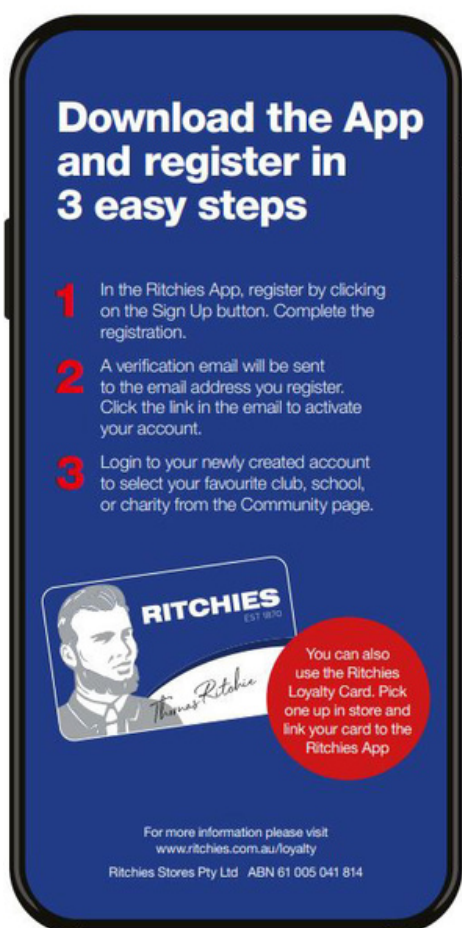
Did you know that you can support SASI while you shop?



Support your local community

Donate to SASI through your weekly shop

Ritchies has been running its successful Community Benefit program since 1993. Over many years it has proven to be the easiest, simplest method to support your favourite club, school or charity.



How do I donate to SASI?

STEP 1

Download the Richies App, register by clicking on the Sign Up button. Complete the registration.

STEP 2

Click the link in your email to verify and activate your account.

STEP 3

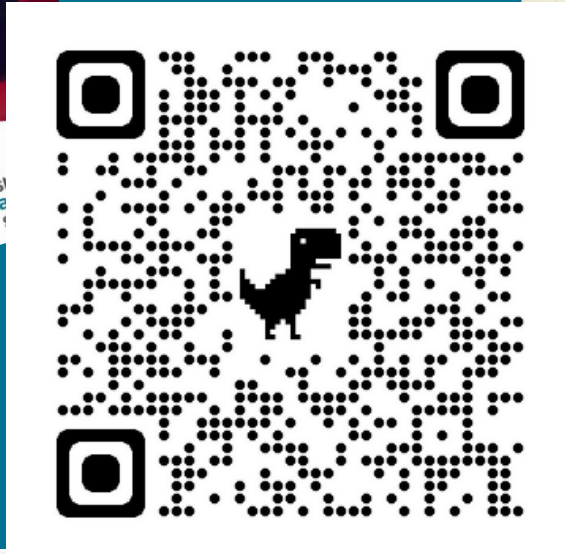
Nominate SASI as your favourite charity from the Community page.

Thank you so much for your support.



SCAN ME

EXPRESSION OF INTEREST
FOR SASI'S CAMPS &
RECREATION PROGRAMS



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Want to share your ideas?
Email us on: enquiries@sasi.org.au



Supporting the autistic community and people with
other complex disabilities



LET'S GO
ADVENTURE

SASI Camps & Rec
Click to book

NEW
DATES
NEW
LOCATIONS