



August 2023

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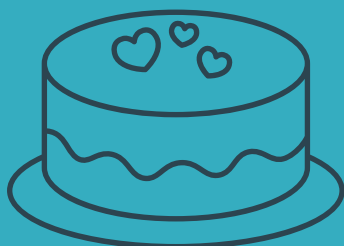
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Aisha is happy to have her cake and eat it too!

Head over to page 9 for the full recipe.

Welcome

Welcome to the August edition of Pebble.

The weeks are certainly flying by quickly as we say farewell to winter, there is the wonderful sense of new growth as we smell and see the first signs of Spring.

Like many of you, we have been incredibly busy during August, as SASI and IA teams begin forming new relationships, getting to know the ropes and working together to understand what people on their team's do so that we can make the short term and long term organisational decisions both in terms of where to assimilate and where to not assimilate is going well.

Excitingly kicking things off was an invite to join the Independence Australia 2023 Education Days NSW Road Trip to present an Introduction to Autism. The IAG team welcomed warmly Carly Cole (Support Coordination Manager) and Michelle Schepers (SLES Coordinator) in what was a terrific opportunity to showcase SASI. Our presentation was a combination of shared lived experience, knowledge of Autism and Neuro Diversity plus information on where and how to access support.



Wearing green onstage L-R: Carly Cole (Support Coordination Manager) and Michelle Schepers (SLES Coordinator)

Welcome

Over the next few weeks and months you will be receiving information in relation to the transitioning of some of the “back of house” services from SASI to IAG as part of the post-merger integration. As each stage rolls out, we will be keeping you informed and issuing communication as we move through integration plans. We are excited for this opportunity, as it also encourages a space to identify areas for improvements that could be made.

Lastly, today the Australian Government has today opened public consultations on the development of a new National Autism Strategy – Australia’s inaugural national strategy dedicated to improving life outcomes for Autistic people. For more information and to have your say visit: [Consultations open on National Autism Strategy](#)



On behalf on the wider SASI family, we appreciate and thank you for your continued support. Our teams and leadership group continue to provide exceptional services, I encourage to keep reaching out if you have any questions or queries, as always, feel to reach out to me directly.

Until next time, stay well.

Warmest regards,
Melissa

Find your Tribe

I have just stumbled across this app recently and think it's such a wonderful idea! We have forever been told that technology used in the right way can create amazing opportunities to connect, learn and thrive. Here it is in action.

Kaboose is an online platform for Neurodivergent and autistic people to create friendships, link in with a community and connect with peers with similar interests.

Don't we all want to make friends and find our place in a community?

So, if you're really into gardening connect with a gardening group.

If you enjoy chatting all things animals link in with the animal tribe. Or if Fortnite is your thing sign up to the Fortnite chat.

Kaboose was also created with the intention to support mental health outcomes as friendships and connection is of course so beneficial for our mental health.

ID validation is also required to sign up to ensure people are who they say they are to keep everyone in the online community safe.

If you're between the ages of 8 to 28 and identify as Neurodivergent download the Kaboose app and find your tribe!

We at SASI would love to hear what you think, send us an email at enquiries@sasi.org.au



The Safe & Social Autism App

DUKE of ED



SASI has teamed up with The Duke of Edinburgh's International Award.

The Award is a structured youth development program aimed at for anyone between the ages of 14-24 that want to learn more about themselves, be part of a community and develop a range of skills.

More than 130 countries are engaged with the Duke of Ed and over 8 million people have participated.

We believe The Duke of Ed really compliments the School Leaver Employment Support (SLES) at SASI, as the focus is on goal setting, finding your passion, increasing employment skills and developing confidence and resilience. Which are all areas that our SLES clients have been very bust focusing on this year.

There is also a list of employers that recognize the Duke of Ed Award on a resume increasing employment opportunities.

Jump on the Duke of Ed website and see what the participants have been getting up to. It's truly inspiring.

<https://dukeofed.com.au/>



Latest Adventures



From L-R: Melina Bath MP, David Blythman – Hub Practitioner, Martin Cameron MP & Michelle Rickards, Operations Manager – Lifestyle Services



On 7th August the team welcomed Melina Bath, Member for Eastern Victoria Region and Martin Cameron Member for Morwell to take a tour of the fantastic Newborough Hub. During this visit they were presented with their frogs as painted by talented team member and artist Henry Young.

Melina and Martin toured the site and engaged with staff and clients, and shared how impressed they were with what we are trying to achieve with our clients at Newborough Hub, which is an environment for Autistic people to engage in activities that develop and promote skills for life.

The Latrobe Express Newspaper, published the article documenting this visit and highlighted the importance of SASI's "George the Frog" as a symbol of transition for the Autistic Community.

If you would like to take a tour of SASI services in Gippsland, please contact us on 1300 577 305 or visit our website for further information www.sasi.org.au



Latest Adventures



Rahul enjoying the Movie

We are thrilled to announce that Seaford Hub has been buzzing with activity this month! Our customers have been actively participating in our programs and enjoying some truly extraordinary events like the Movie Friday and the Bowling Tournament, organised by our talented Program Leaders.

Across SASI this month we celebrated Book Lovers Day as part of Client Celebration Calendar, and it was an absolute blast seeing everyone bring their favourite book characters to life ... yes including the staff 😊

Don't miss out on any future dress-up events - keep an eye on our Client Celebration Calendar by [clicking here](#).



Standing L-R: Renae, Melissa, Penny, Sarah, Amanda, Liz
Seating L-R: Dieter, Zoe, Zlata, Georgia and Rex the Hunter

Latest Adventures

Richard is a shining example of being part of the family and contributing. Life can be busy, but Richard finds joy in taking leisurely walks through the beautiful bushland reserves, additionally, Richard actively seeks opportunities to develop skills and one thing Richard does love to do is assisting in washing the van...yes everyone does get a little wet.

Richard is dedicated to both his leisure and chores and demonstrates his commitment to making a positive impact to himself and the people he lives with.

We greatly appreciate Richard's efforts and encourage everyone to follow his inspiring lead. Keep up the fantastic work, Richard!



Above and right: Richard



Dwayne

We are delighted to share the heart-warming news about Dwayne's special wish coming true! With the support of our dedicated staff, his support coordinator, and financial administrator, we were able to make it happen.

Seeing Dwayne's joy and face light up when he went to pick up his very own iPad was truly priceless.

It is a testament to the power of teamwork and dedication in making dreams become reality. We extend our warmest congratulations and hope that this new addition brings joy and countless opportunities for Dwayne at home.

Recipe of the Month

FODMAP CHOCOLATE CAKE



FODMAP FRIENDLY

This is the cake featured on our front page and was made last week at Seaford Hub Hospitality ... and yes it was absolutely delicious!

This decadent chocolate cake was made swapping out flour and using almond meal instead.

INGREDIENTS

- Butter, coconut oil or cooking spray for pan
- $\frac{3}{4}$ cup dark chocolate chips
- 4 large eggs
- $\frac{2}{3}$ cup caster sugar
- pinch of salt
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ cup lightly packed almond meal
- Cocoa powder sugar, for dusting

DIRECTIONS

- Preheat the oven to 180. Grease the bottom and sides of a 9-inch springform pan. Line the bottom of the pan with a round of parchment paper and grease the paper.
- Melt the chocolate on the stovetop in a bowl set over a pot of simmering water or in a double boiler. Let cool for five minutes.
- In a stand mixer with the paddle attachment, combine the eggs and sugar. Beat on high until light

in colour and doubled in volume, about 2 to 3 minutes. Mix in the salt and vanilla. With the machine running on medium, slowly pour in the chocolate. Stop and scrape down the sides, then add the almond flour.

- Mix on low until just combined. Transfer the batter to the prepared pan. Bake for 20-22 minutes, or until the top looks dry and a toothpick inserted comes out with few damp crumbs (the toothpick shouldn't come out clean).
- Set the pan on a cooling rack and let cool 10 minutes—the cake will sink slightly and the top might crack as it cools. Run a sharp knife around the sides and remove the outer ring. Let the cake cool completely.
- Before serving, dust the cake with cocoa powder

David Program Leader Gamer and IT Hub



How long have you worked for SASI?

16 months

What does your role at SASI involve?

My role at SASI is to facilitate a safe and social setting for participants who love games and other fun activities.

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

I'd like to be DJ Jazzy Jeff because he is my favourite and gets to play in really cool locations.



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

Singing in the Rain, because of fond memories of watching it with my Gran.

Three words that best describe you?

Nerdy, introvert and peculiar.

What is the one thing you cannot resist?

Spaghetti Bolognese

What do you do when you are not working?

Movies, music (playing and listening), keeping active and catching up with friends and family.

Why do you enjoy working at SASI?

I enjoy being able to spend each day with the lovely people that attend Seaford Hub.

Knowing that you are providing a comfortable environment for them to relax, have fun, be social and learn new skills is very fulfilling. I am also lucky to have such kind and supportive co-workers.

Plan Management - Zest Care Australia

Zest Care have been part of the IAG family since 1st July 2022, and we are proud to share that Zest Care offer Plan Management Services Australia wide.



What is Plan Management?

The NDIS allocates funding to people living with disabilities. If you are eligible, you will be given a 'Plan' for the funding you require.

A Plan Manager handles the financial and administrative aspects relating your Plan. They pay invoices to providers, provide you with statements, and answer any questions you may have about your funding or the money you have available.

What are the benefits?

Remembering to pay invoices on time can be stressful and complicated. Using a Plan Manager makes life easier, and makes a complex system more simple. This leads to less stress for you as a client because there is someone with experience and knowledge about the system working for you.

Using a Plan Manager will ensure your funds are allocated and billed correctly in accordance with the NDIS price guide. It also reduces the risk of running out of funds midway through the Plan period.

A Plan Manager will help to avoid this and make sure you get the most from your Plan, ensuring you receive the support and care you need:

- *You retain full control.*
- You retain full control while our skilled team works efficiently to manage your NDIS funding and pay your bills on time.

Zest Care Plan Managers look after the little things so you can focus on the important things in life.

Contact them on [1300 844 127](tel:1300844127)



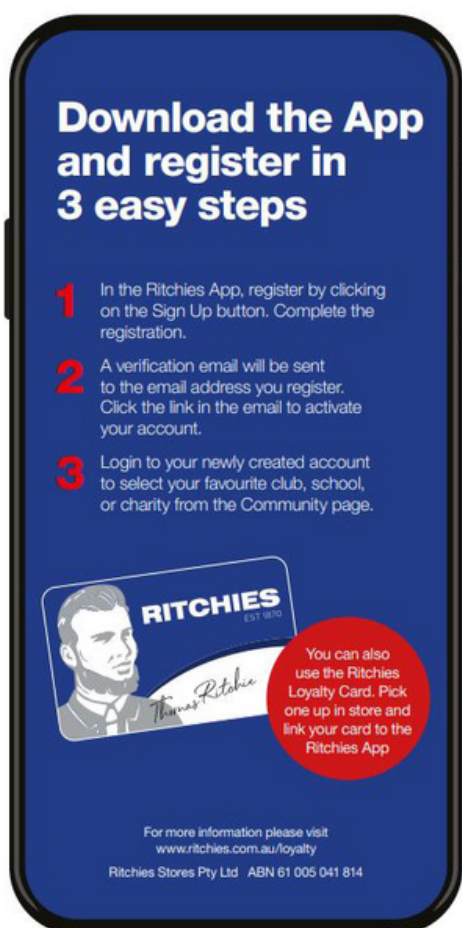
Did you know that you can support SASI while you shop?



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.





FREE

PARENT SUPPORT GROUP

Starting Friday *October 13th*
10am-12noon (fortnightly)

We want to welcome you to the SASI Parent Support Group, in collaboration with The Peninsula Friendship Group. Here, parents of autistic children can come together to share experiences, find answers and build meaningful connections. We understand the journey can be both challenging and rewarding, and we're here to support you every step of the way. We hope to see you there

750 Nepean Hwy Mt Martha

Visit us online [sasi.org.au](https://www.sasi.org.au)

Ph 1300 577 305

SCAN ME

EXPRESSION OF INTEREST



HOLIDAY PROGRAM SEPTEMBER



**School Holiday Program
September 2023**
18 +

**School Holiday Program
September 2023**
7-17 years

Mon 18th September - Saboteurs
@ District Docklands
10:00am-4:00pm
Cost: \$35

Fans of the hugely popular online game "Among Us" will revel in Saboteurs, an immersive, interactive space-themed game. Vote, eject, survive...



Mon 25th September - Moonlit Sanctuary
10:00am-4:00pm
Cost: \$26

Get up-close and personal with iconic kangaroos and wallabies as you hand-feed them and have the chance to cuddle adorable koalas and take part in captivating encounters with a variety of colourful birds, mesmerizing reptiles, playful dingoes, and other fascinating creatures.



Tues 19th September - Bowling & Arcade Games @ General Public
10:00am-4:00pm
Cost: \$20 + spending money for Arcade Games

At General Public, there really is something for everyone under the one stylish roof! Groovy beats, sleek ten pin bowling lanes, & the best digital arcade games in Melbourne. Come and join us for an action packed day of fun!



Tues 26th September - Royal Melbourne Show
10:00am-4:00pm
Cost: TBC

Be entertained with a huge range of all-inclusive, interactive, and fun activities and attractions. From farm animals, culinary delights, or the thrills and excitement of carnival rides for all ages; this day will be guaranteed fun!



Wed 20th September - Metal Art World
10:00am-4:00pm
Cost: \$30

Metal Art World features an impressive display of over 200 metal sculptures ranging from metal tankard mugs to larger-than-life dinosaurs and superhero sculptures. These stunning works were handmade with recycled metal parts from pressure gauges to used car engines. Come along and be amazed!



Wed 27th September- Challenge Rooms @ Hijinx Hotel, Chadstone
10:00am-4:00pm
Cost: \$25

Hijinx Hotel is made up of multiple sets of 5 challenge rooms, each designed for between 2 and 6 players to work together to complete challenges and score points on the leaderboard. The challenge rooms are magical, immersive, and a WHOLE lot of FUN!



Thurs 21st September - Movies
10:00am-4:00pm
Cost: \$20

Have your popcorn at the ready, as you settle in, put your feet up and enjoy one of the latest blockbusters on the big screen!



Thurs 28th September - Arthurs Seat Eagle & Seawinds
10:00am-4:00pm
Cost: \$28

Step inside an aerial gondola and be taken on a journey of flight to the highest point of the Mornington Peninsula. As you soar, take in the abundant views across Port Phillip Bay, towards the Melbourne city skyline and beyond.



Friday 22nd September - The Enchanted Maze
10:00am-4:00pm
Cost: \$40

From epic Tube Slides to Tree Surfing courses, giant brainteaser puzzles, Canopy Walk, Sky Scramble and more, there is a new adventure at every turn! Come and join us as we discover the fun and adventure at the Enchanted Maze and Adventure Garden.



Fri 29th September - No Activity
AFL Grand Final Public Holiday

Monday 18th of September - THE LUME, Melbourne
9:30am-3:30pm
Cost: Approx. \$30

Come along and immerse yourself at THE LUME Melbourne as you view the world's finest art at a truly jaw-dropping scale. An expansive 3,000 square metre, four-storey high space, THE LUME Melbourne provides a fine art experience like no other!



Wednesday 20th of September - Melbourne Zoo
9:30am-3:30pm
Cost: Free for under 15's, \$34.50 for over 15's

From bush, rainforest, to African Savannah, let's take a walk on the wild side, as we have a day of exploration at the Melbourne Zoo!



Friday 22nd of September - Winnie the Pooh (Special Event)
11:30am-4:30pm
Cost: \$66

The Broadway and West End sensation has arrived in Australia! See Disney's iconic Winnie the Pooh, Christopher Robin and their best friends Piglet, Eeyore, Kanga, Roo, Rabbit and Owl (oh...and don't forget Tigger too!) in a beautifully crafted musical stage adaptation. Please note, the cut off for expressions of interest for this activity will be strictly applied due to needing to pre-purchase tickets ahead of time.



Monday 25th of September - Movies @ V-Junior
9:30am-3:30pm
Cost: Approx. \$20

Unlike any other cinema, V Junior has been designed for kids by kids with modified seating, lighting, and fun activities before and at intermission. So have your popcorn at the ready, for the ultimate cinema experience that combines movies and play - it's a win-win!



Wednesday 27th of September - Scienceworks
9:30am-3:30pm
Cost: \$10

How does it work? Why does it do that? How is our world changing? Join us on an expedition to understand the mysteries of the universe and our everyday lives. Scienceworks is bursting with things to challenge curious minds of all ages.

