



Your life. Your way. Your choice.

PEBBLE

NEWS & FEATURES

MAY/JUNE EDITION

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Welcome

Welcome to the May/June Edition of Pebble!

As we embrace the cooler season, our team is buzzing with the preparations for our most anticipated annual event and participating in the Independence Australia Education Days. Our commitment to fostering understanding continues with the expansion of our Autism Workshops, featuring the "Celebrating Different Kinds of Minds" speaker series. The excitement is palpable for the Mornington Peninsula Disability Expo, where all vendor spots were claimed two months prior, and public interest surges daily. This collaborative endeavor unites service providers and organisations with the community for a day filled with fun, food, entertainment, and valuable networking. Ensure your participation in this vibrant gathering by securing your complimentary tickets at our events page.

In this edition, we're thrilled to present a personal narrative from Rahul, a member of our community, who's eager to share his journey and cultural heritage with our SASI family. Additionally, we'll introduce you to Jodie and catch up with the latest happenings in our Rec program.

Happy reading!

SASI Team

Mornington Peninsula **DISABILITY EXPO**

Linking Community

JUNE 22ND
10AM - 2PM

PENINSULA COMMUNITY THEATRE
91 Wilsons Rd, Mornington



Get your free ticket
www.sasi.org.au

Rahul's India Trip

The team at Seaford Hub Active Choices felt Rahul's absence during his 6-week trip to India. Rahul, a valued member known for his musical expertise and sense of humor, was dearly missed.

During his time in India, Rahul polished his Bollywood dancing and singing skills, and explored various Indian and Sri Lankan radio stations. He was eager to share his discoveries with the team upon his return.

Rahul also shared insights into his extended family's traditions and even taught the staff a few Bollywood dance moves.

We appreciate that Rahul shared his cultural experiences and lively trip updates with all of us from SASI!



Rahul

Special Feature

Rahul enjoyed quality time with his family, going on numerous trips to the revered Mother Ganga, also known as the Ganges River, a significant location in Hinduism. At night, vibrant light and fire festivals illuminate the river, while during the day, one can often spot beautiful offerings adrift on its waters. In Hindu culture, elephants, monkeys, and cows hold sacred status. The deity Ganesh, symbolizing prosperity, is depicted with an elephant head and four arms.



All pictures were taken by Rahul, published with his permission



Morewell Neighborhood House

As we are passionate about giving back to the community and believe in the power of volunteering and fostering community connections our Gippsland SLES team have been hard at work in the Moe Neighbourhood House garden this year.

We are thrilled to share a photo of Evan, one of our participants lending a hand to spread a massive pile of mulch kindly donated to the Neighborhood House.

Our team also had the privilege of joining forces with the People's Kitchen at Morwell Neighborhood house to cook up some heartwarming meals. Led by Brooke from the Neighborhood House we poured our passion into preparing delicious meatballs and pasta, offering support to those facing food insecurity. It was a truly fulfilling experience to see our efforts filling freezers and spreading joy to those in need. We'd like to give a special shoutout to Evan for his boundless enthusiasm and dedication to the cause.

To everyone involved, thank you for the opportunity to make a difference. Together, we cooked, we conquered, and we made a meaningful impact on the fight against food insecurity.



(L-R) Kyrilee and Evan



Evan

Independence Australia Education Days

For the last 20 years, Independence Australia have held popular Education Day events, fostering essential knowledge among healthcare professionals and sparking important conversations. This year SASI was invited to speak at the Tasmanian event on Celebrating Different Kinds of Minds at Launceston and Hobart. We were very well received

If your workplace, society, school or club would like to understand how to further embrace, support and understand the wonderful world of Autism and join us in celebrating different kinds of minds then please get in touch!

Please see all the dates that are coming up for this event on our "What's On" page



National Autism Strategy *The Draft National Strategy*

The Draft National Autism Strategy was released on the 2nd of April, 2024.

The draft Strategy is being developed to support life outcomes for all Autistic individuals across Australia. The key areas of improvement within the draft Strategy are access to a variety of services including education, employment and healthcare.

The draft Strategy not only includes outcomes areas, guiding principles, commitments and a vision. There are also specific action plans, an evaluation framework and a plan for the continued involvement of Autistic people within the strategy. So, this is where you come in! As an Autistic person and/or Autistic ally you have an opportunity to provide feedback on the draft strategy. This is incredibly important as a strategy designed to support the Autistic community MUST ensure their voices are at the forefront of this document.

The consultation period is open until the 31st of May 2024, 3pm. So, jump online at <https://engage.dss.gov.au/developing-the-national-autism-strategy/> and have your say.

Please reach out to SASI staff if you require any additional support providing feedback, have any questions or if you just want to have a friendly chat regarding the strategy. We are always here to help!

Education Day 2024

- Hobart** Wrest Point March 19
- Launceston** Country Club Casino March 21
- Perth** Pagoda Resort and Spa April 16
- Adelaide** The Pullman Adelaide April 18
- Melbourne South East** Hawthorn Arts Centre May 2
- Melbourne North West** Hyatt Essendon Fields May 9
- Geelong** Rydges Geelong May 23
- Bendigo** All Seasons Resort June 18
- Shepparton** Quality Hotel Parklake Shepparton June 20
- Brisbane** Brisbane Airport Conference Centre July 2
- Gold Coast** Novotel Surfers Paradise July 4
- Canberra** Novotel Canberra July 18
- Newcastle** NEX August 8
- Sydney** Rosehill Racecourse August 20
- Wollongong** Novotel Wollongong North Beach August 22



What's On

@ S A S I

May

- 01/05 12 – 3pm SASI will be at the Yarrabah Pathway Expo
- 02/05 SASI will be at the Independence Australia Education Day in Hawthorn
- 04/05 SASI will be at the Independence Australia Education Day in Essendon
- 10/05 10am–12pm Autism Connections Group – SASI Mt Martha Hub
- 12/05 **Mothers Day** 
- 14/05 4:30 SASI will be at Springvale SDS at their Pathways Expo
- 23/05 SASI will be at the Independence Australia Education Day in Geelong
- 24/05 10am–12pm Autism Connections Group – SASI Mt Martha Hub

June

- 07/06 10am–12pm Autism Connections Group – SASI Mt Martha Hub
- 10/06 King's Birthday Holiday – Active Choices sites closed
- 18/06 SASI will be at the Independence Australia Education Day in Bendigo
- 20/06 SASI will be at the Independence Australia Education Day in Shepparton
- 21/06 10am–12pm Autism Connections Group – SASI Mt Martha Hub
- 22/06 Mornington Peninsula Disability Expo
- 26/07 SASI will be at Baringa School in Moe

SASI in the Community

SASI visit to local Schools

SASI Staff (and some lovely clients) have been visiting our local Schools to engage and spread the word of all that we offer.

This is an opportunity to have conversations with parents, teachers, carers and other providers to exchange ideas and help people find the right service for their loved ones.

Different staff members visited Frankston SDS, Yarrabah SDS and will be at Springvale and Baringa School in Moe to showcase our programs and services and connect with the communities.



Low Sensory Swimming and Gym Hour at local Health Clubs

Current times (excluding school holidays):

Yawa Aquatic Centre
100 Besgrove St, Rosebud
Sunday, 5-6pm

Civic Reserve Recreation Centre
350 Dunns Rd, Mornington
Friday, 4-5pm

Pelican Park Recreation Centre
2 Marine Pde, Hastings
Monday to Friday, 1pm-2pm
Thursday & Saturday, 4pm-5pm

During Low Sensory Hour each week, the music is turned off, lights are dimmed (if possible), hand dryers are switched off, and screens are turned off at our local Health Clubs. This effort aims to enhance accessibility and inclusivity for all club members and guests.

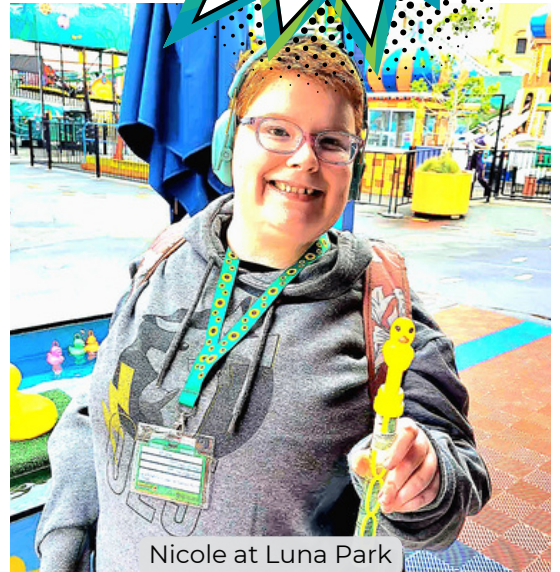
During this period, all members are kindly requested to show respect and support for everyone utilizing Low Sensory Hour as a safe environment to engage with the facilities.

Lifestyle and Community



What a couple of months we have had on our Lifestyle and Community Programs!

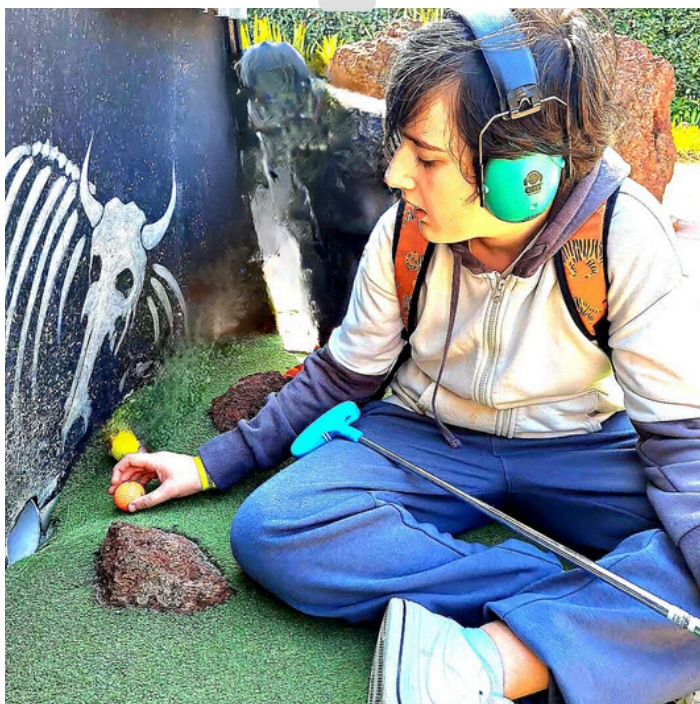
We kicked off February with the VALID Having a Say Conference, an event where our clients can truly “have a say” on the issues that affect them. The VALID Having a Say Conference is the largest conference for people with disabilities in Australia. Held in Geelong over two days, this year’s conference theme was “The Future is Ours”. Malcolm and Todd attended a mix of workshops, presentations, come and try sessions, and of course the Dinner Disco event. What a blast!



Nicole at Luna Park



Ali



Mitchell

The April School Holidays were action packed as usual! There was something happening every day, for everyone!

We stepped back in time to April 1912 at the Titanic Artefact Exhibition; experiencing the wonder and tragedy of the world’s most famous ocean-liner, Titanic.

Our Pop Culture lovers attended the Supanova Comic Con and Gaming event at Melbourne Showgrounds, where they were inspired by imaginary worlds emanating from comics, sci-fi, fantasy, anime, gaming and literature!

Some of our clients tried their hands (or should we say feet) at Ice-skating, and our thrill seekers did not come away disappointed from a day at Luna Park, whilst our Nature and Animal lovers enjoyed leisurely days of exploration at the Melbourne Zoo and Boneo Discovery Park.

Latest Adventures



(L-R)Future and Luke

Independent living means making choices and getting out and about with the support of SASI's capable and caring staff.

Helping Luke achieve his goals of community engagement is Future, one of our superstars support staff assisting on the check out after shopping for footwear.

Participants of the Taskforce Program visited an All Abilities Playground in Newborough to observe its construction and count the number of screws and nails used. After understanding how it was built, they proceeded to test it out. Dwayne had a great time showcasing his earth-moving skills on the small digger, while Daniel explored the swings. Ajay had fun playing hide and seek with the staff. The group relished the opportunity to be outdoors, breathe fresh air, and stretch their legs.



Dwayne



Chris

On the left we can see Chris at the can recycling depot. Chris saved \$37 worth of cans. He is planning to put this money on his load and go card so he can buy his friend James a birthday present.



Recipe of the Month

CHICKEN NOODLE SOUP



INGREDIENTS

- 2 Large onions
- 6 Garlic Gloves
- 4 Carrots
- 2 potato
- 200grams pumpkin
- 6 Sticks Celery
- 2 Zucchini
- Shredded Chicken
- 3-4 Liters Stock
- Pepper and salt to taste
- Thyme
- Fresh Parsley to garnish

DIRECTIONS

1. Finely dice onion and garlic
2. Finely dice carrot, celery, potato, zucchini and pumpkin
3. Add some oil to a pan with garlic and onion and fry until fragrant (5ish mins)
4. Add diced veggies, thyme, salt and pepper mix and fry for 5 mins.
5. Add stock and bring to a boil then reduce heat to a simmer.
6. Add chicken 10 minutes before serving time.

Top with parsley and enjoy!

Jodie Executive Assistant



How long have you worked for SASI?

One year

What does your role at SASI involve?

I am lucky enough to work closely with all departments at SASI

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

I would like to be a doctor – saving lives and diagnosing mysterious illnesses

What do you have at the top of your bucket list?

I would like to visit Tuscany in Italy



Three words that best describe you?

Friendly, genuine and compassionate

What is your cultural background? What is the one thing from your ancestors' culture that you can share with us? (i.e. food, music, traditions)

My back ground is Australian but I was very happy to learn through ancestry DNA that I am 1% Italian



What is your guilty pleasure?

Baileys Irish Cream on ice - I love it so much that I name my son Bailey!

What's something you've done, but you'll never do again?

Jump out of a plane. Once is enough!

How do you spend your time outside of work?

I like to spend time in Moama with my beautiful family.



Seaford Hub Can Drive

What can I return?

Most aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, we recycle them too.



Check for the 10c mark

Look for the 10c mark on the drink container label. It is often located near the barcode.



Bring your eligible containers to Seaford Hub. We will take a trip to the nearest collection centre to raise funds for our programs!



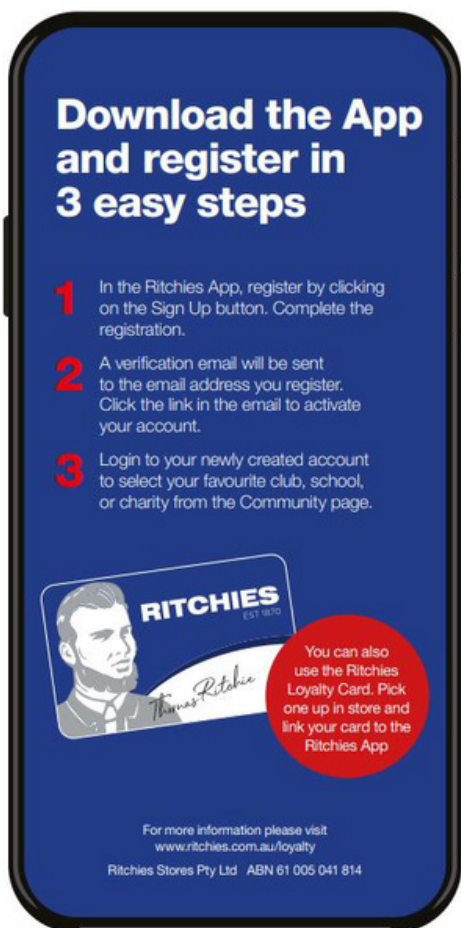
Did you know that you can support SASI while you shop?



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.

