

PEBBLE

Spring

NEWS & FEATURES

SEPT/OCT EDITION

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Troy is welcoming Spring at the
Seaford Hub Horticulture garden
read more on page

Welcome



Hello and Happy Spring, everyone!

Spring has arrived, bringing with it a few weeks of mild weather. As we dive into AFL Grand Final season, SASI is catching the footy fever with a Footy Day celebration, where everyone is encouraged to dress in their favourite team colours—stay tuned for pictures!

Our teams are busy preparing to support our clients in creating artwork for the annual SASI Art Show & Competition. This event has been a proud tradition since 2013, highlighting the talents of artists with disabilities and engaging the wider community. We're thrilled to collaborate with the Frankston Arts Centre, and the opening night is always a special moment, as our artists and their families enjoy the gallery experience.

The exhibition will run from November 20th to November 30th, coinciding with the Frankston Festival of Lights, making it a fantastic outing for the whole family. Entries will be accepted from October 14th to November 8th, with the Opening Night set for November 21st from 6-8pm. We look forward to seeing all our artists and art enthusiasts there—please remember to RSVP!

Nothing says spring school holidays like the Royal Melbourne Show, we have our visit booked, who would like to join us? Our Camps and Recreation program has planned a variety of fun activities—check out our attached calendars in the final pages of Pebble.

We'd like to take a moment to recognise the incredible efforts of our staff and community during the first three quarters of the year. SASI is committed to being an inclusive and diverse organisation, continually striving to provide excellent support and services.

In this issue, you'll meet Ben from Gippsland, discover an easy recipe, and catch up on our latest adventures.

Happy reading,



The SASI Team

Upcoming Event

SASI

Art Show & Competition

20-30 November
Cube 37 Frankston



Independence
AUSTRALIA

SAVE THE DATE:

**Exhibition runs from 20-30
November**

**Entries open on 14 October and
close on 08 November**

**Opening Night is on 21 November
6pm- 7pm**

***Go to our website to view the entry
rules and to RSVP***

Special Feature SLES @Moe Hub



Our School leaver Employment Supports (SLES) Moe group have been actively volunteering at Food Bank Victoria Warehouse, gaining invaluable work experience and knowledge. As Volunteer Warehouse Assistants, participants are learning essential skills such as safe manual handling practices, teamwork, and following workplace instructions.

They engage in various tasks including sorting and packing fresh produce, filling orders, and assisting in hamper preparation.

We are working on developing their workplace skills, understanding of OH&S and building confidence.



Ryan



Evan and Ryan

**Below: Our superstars even made it to the Food Bank
Newsletter - Food for Thought**



Ryan & Kyralee – Morwell

We currently have 9 volunteers working Monday to Friday. The volunteers are all locals and range in age with a few of them volunteering at a variety of different places including hospitals and schools in the local area. We have 3 students with disabilities and their carer on a Wednesday and their main task is to weigh and box produce which they really enjoy. They also love walking the sweeper around the Warehouse.

Currently the volunteers tasks are:

- Breaking down of orders Weighing and boxing bulk produce
- Assisting with Charity Collections
- Any handy person work required
- Covering Front Desk and Admin duties

Duties will adjust and grow over the coming months as we introduce more programs into the CFC including the Supermarket, Cooking Classes, Café and Social space. Last Friday of each month is also our volunteer lunch and information day.

SLES @Moe meet with SLES @Seaford at the Cat Cafe in Traralgon



The Seaford Hub SLES group piled in to the SASI bus and drove over one and a half hours to Moe to meet the Moe Hub SLES group! We looked around their hub in awe at the great artwork, the tech hub set up and the wonderful group of people that make Moe Hub such a nice space to be in.



Evan

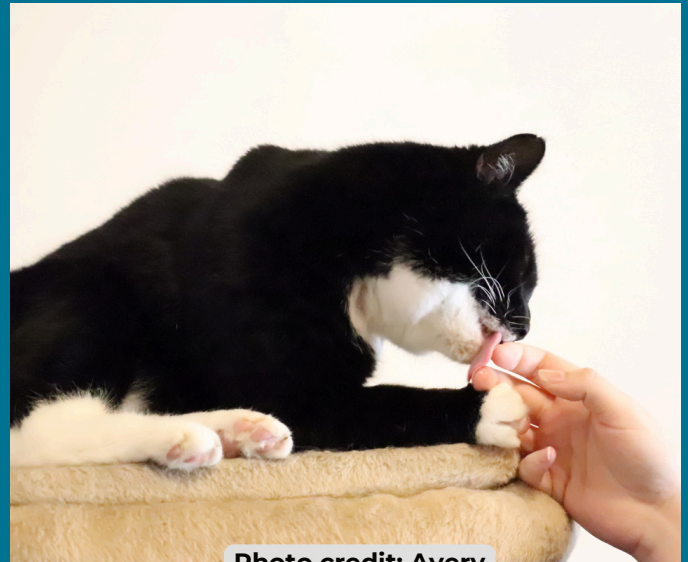


Photo credit: Avery



Jesse



Photo credit: Avery



Moe SLES's favourite activity is to visit and support a local Cat Café where the cats are rescued and rehomed. A small entrance fee is paid in support of this cute charity. Seaford SLES were happy to join them in a pat and a cup of coffee to help raise funds. A long drive back on the bus made better with fast food, music playing and chatter plus a few little naps by the passengers. We look forward to Moe Hub SLES visiting us at Seaford Hub one day soon.



Ryan



Photo credit: Avery



Onyx



Standing L-R: Jake, Ellie, Eric, Evan, Onyx
Below: Jesse (laying down), Kyrlee, Mich, Ryan, Hayden and Isaac

What's On

@ S A S I

September

- 12/09 R U OK? Day with a morning tea Conversation Bingo at Seaford Hub
- 26/09 Footy Day at all sites and services – come dressed in your team's colours!
- 27/09 Grand Final day – Active Choices will be closed



October

- 06/10 World Cerebral Palsy Day
- 10/10 World Mental Health Day
- 14/10 Entries open for SASI ART SHOW & COMPETITION – closing on 08/11
- 18 – 19/10 SASI will be at Melbourne Disability Connection Expo at the Melbourne Exhibition Centre

Latest Adventures in the Garden

Seaford Hub Horticulture Program



Lifestyle and Community

Term 3 kicked off in July with our Holiday Programs, where clients of all ages had so much fun participating in the variety of activities on offer; from immersing themselves in nature at the Peninsula Hot Springs, revisiting childhood favourites at Disney on Ice, getting up close and personal with the pre-historic reptile King at TREX 3D at IMAX, and perfecting their Ice skating skills at O'Brien Icehouse!

Camps & Rec



Rahul and Alannah



L-R: Alannah, Rahul, Malcolm and Todd



Lifestyle and Community

Ballarat Getaway

There was barely a moment to spare, as in late July, Jenna, Jade, Todd, Bryan, Freddie, Ben and Trevor set off on a weekend adventure, with a two night stay at Big 4 Holiday Park in Ballarat. The wet weather didn't dampen anyone's spirits, as the group discovered the history and legacy of gold in Australia at Sovereign Hill, including an enthralling night time sound and light spectacular "AURA", which proved to be a real hit with clients and staff alike!

Camps & Rec



Bryan



Jenna



Jade

Exciting times ahead! Our [September Holiday Programs](#) begin on the 23rd of September, ensuring non-stop fun. We have ramped up our Term 4 programs, so don't miss out on exploring the variety of programs available on the SASI website to join in the excitement.

Recipe of the Month

LEMONADE SCONES AND STRAWBERRY JAM



SCONES

Ingredients

- 2 ½ Cups Self Raising Flour
- ¾ Cup cream
- ¾ cup lemonade
- ¼ cup Milk of choice

Steps

1. Preheat oven to 180 Degrees.
2. Place Flour, Cream and Lemonade in a bowl and mix together. Do not over mix.
3. Place dough onto a floured surface and mold in to a rectangular shape.
4. Using a circle cookie cutter cut out the scones.
5. Place on a tray touching each scones.
Repeat until there is no dough left.
6. Using a pastry brush brush a thin layer of milk on the scones. This will brown them
7. Bake for about 15 minutes or until golden brown

STRAWBERRY JAM

Ingredients

- 2 tablespoon lemon juice
- 150 grams of sugar
- 500 grams strawberries, hulled and coarsely chopped

Steps

1. In a heavy bottom saucepan, mix strawberries, sugar, and lemon juice.
2. Stir over med-low heat until the sugar is dissolved.
3. Increase heat to med-high and bring mixture to a rolling boil.
4. Stir frequently, mashing the strawberries as you stir, and continue to boil until the jam is thickened and bubbles completely cover the surface of the jam. (This process takes about 10 to 15 minutes. Time can vary based on your pot, the ripeness of the strawberries, heat, your stove,

Ben Hub Practitioner Gippsland

What does your role at SASI involve?

I'm the Hub practitioner of Gippsland, I have started at SASI 7 years ago as a placement student that needed 120 hours to complete Cert IV in Disability.

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

I would to be Bill Shorten that way I can fix the NDIS and everyone would get what there entitled to.

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

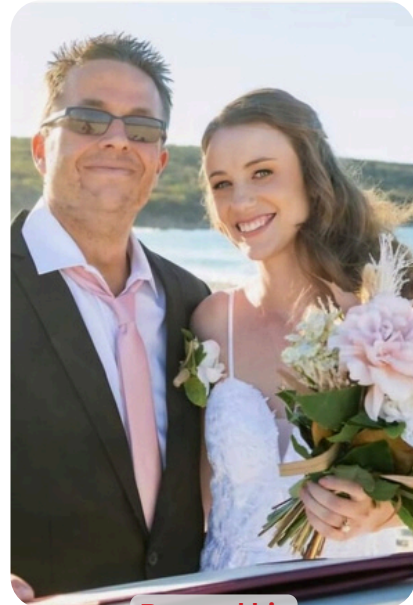
To go to Norway and see the Northern lights with my beautiful wife.

**What is your cultural background?
What is the one thing from your ancestors' culture that you can share with us?**

My great grand parents are German and Jewish on mums' side and English on my Dads side.

What is your guilty pleasure?

Jelly beans once I have one I can't stop.



Ben and his
bride Carissa

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

Cross the Nullarbor.



Its was a fantastic trip but next time we would fly.

How do you spend your time outside of work?

We would go for rides on the Harley. Go for weekend trips or spend time in the garden.



October to December Social Scene - please view our complete calendar OVER 18yrs

SEPT/OCT HOLIDAY ACTIVITIES

**MON
23/09**

**CHALLENGE ROOMS &
BOWLING @ HIJINX HOTEL**



BEINGS @ ACMI

**TUE
24/09**

**WED
25/09**

**TREETOP ADVENTURE,
BELGRAVE**



**GO KARTING @ POWERPLAY &
LUNCH @ SOUTHLAND**



**THU
26/09**

**MON
30/09**

**A MAZE N' THINGS,
PHILLIP ISLAND**

ROYAL MELBOURNE SHOW



**TUE
01/10**

**WED
02/10**

SWIMMING @ GESAC

**TRANSFORMERS ONE @ THE
MOVIES & LUNCH**

**THU
03/10**

**FRI
04/10**

SMASH SPLASH OAKLEIGH



SOCIAL SATURDAYS!

**SAT
12/10**

**X-GOLF MORNINGTON &
LUNCH**

ABILITY FEST!



**SAT
19/10**

**SAT
26/10**

**ENCHANTED MAZE &
ADVENTURE GARDEN**



BATTLEKART MELBOURNE



**SAT
02/11**

**SAT
09/11**

**ROCKY CREEK STRAWBERRY
FARM & EXPLORING FLINDERS**



DREAMSKAPE @ DOCKLANDS

**SAT
16/11**

**SAT
23/11**

LEONARDO DA VINCI @ THE LUME

**FRANKSTON FESTIVAL OF
LIGHTS**



**SAT
30/11**

**SAT
07/12**

**OZ COMIC CON, CHRISTMAS
EDITION**



**END OF YEAR PARTY -
CHRISTMAS LUNCH @ SEAFORD
HUB!**

**SAT
14/12**

FRIYAY NIGHT SOCIAL CLUB!

**FRI
04/10**

**SAMMONS TEPPANYAKI
& KARAOKE**

DINNER & MOVIES

**FRI
18/10**

**FRI
01/11**

**HAUNTINGLY
HALLOWEEN DINNER &
SHOW AT FRANKSTON
ARTS CENTRE**

**BINGO @ CARRUM
DOWNS**

**FRI
15/11**

**FRI
29/11**

DINNER & MOVIES

**A VERY BIG BAND
CHRISTMAS AT
FRANKSTON ARTS
CENTRE**

**THU
19/12**

WEEKEND GETAWAYS!

**WARBURTON
WANDERERS!**

Drop off/Pick up:

SASI Seaford Hub, 4:30pm Friday-
12pm Sunday

**FRI
25/10-
SUN
27/10**

**FRI
06/12-
SUN
08/12**

**GREAT OCEAN
ROAD ESCAPE @
ANGLESEA**

Drop off/Pick up:

SASI Seaford Hub, 4:30pm Friday-
12pm Sunday

October to December Social Scene - please view our complete calendar UNDER 18s

SEPT/OCT SCHOOL HOLIDAY PROGRAM

**ENCHANTED MAZE &
ADVENTURE GARDEN**



**MON
23/09**

**TUE
24/09** **HIGH ROPES & MINI GOLF @
SOCIAL FAIR**



SWIMMING @ GESAC

**WED
25/09**

**THURS
26/09** **KIDS WEEK @ TESSELAAR
TULIP FESTIVAL**



BEINGS @ ACMI

**MON
30/09**

**TUE
01/10** **CIRCUS THE SHOW @ THE
ATHENEUM THEATRE**



ROYAL MELBOURNE SHOW

**WED
02/10**

**THURS
03/10** **PAINT A POT & PIZZA**

A MAZE N' THINGS PHILLIP ISLAND

**FRI
04/10**

SOCIAL SATURDAYS!

**SAT
19/10**

BATTLEKART MELBOURNE



DREAMSKAPE DOCKLANDS

**SAT
02/11**

**SAT
16/11**

**AIR PLAYGROUND EXHIBITION
@ SCIENCEWORKS**

**FRANKSTON FESTIVAL
OF LIGHTS**



**SAT
30/11**

**SAT
14/12**

**MERRY MELBOURNE - MYER
CHRISTMAS WINDOWS & FED
SQUARE**

WEEKEND GETAWAYS

**FRI
08/11-
SUN
10/11**

INVERLOCH BIG 4 GETAWAY!

Drop off/Pick up:
SASI Seaford Hub, 4:30pm Friday-12pm Sunday

Activities could include:
Onsite heated indoor pool and water
playground, onsite jumping pillow and
playground, coastal walks and markets.



BIG4
HOLIDAY PARKS





ABILITY fest 2024

**JOIN US AT THE MOST ANTICIPATED ALL
INCLUSIVE EVENT OF THE YEAR!**

OCTOBER 19 | BIRRARUNG MARR

11AM-10PM

TRANSPORT FROM SEAFORD

TICKETS \$60

**FOR FURTHER INFORMATION CONTACT
US ON: LIFESTYLE@SASI.ORG.AU**



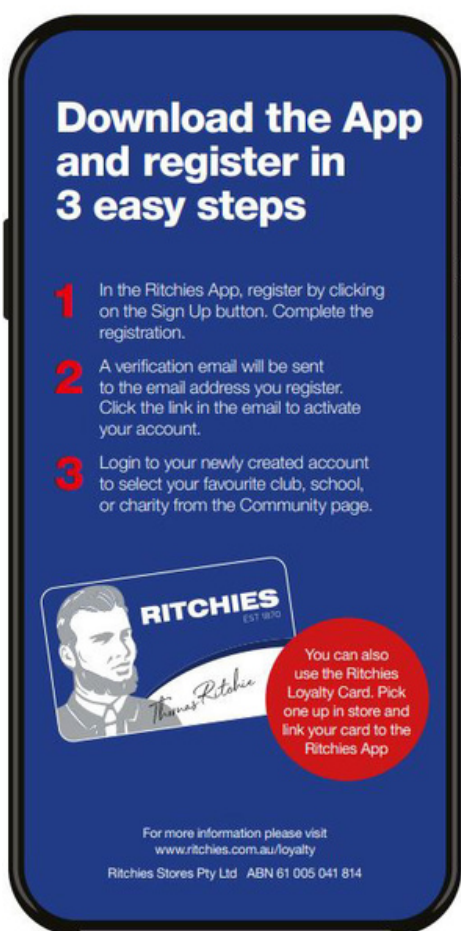
Did you know that you can support SASI while you shop?



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.

