



Access4u Housing Newsletter



October
2024

Welcome to our October 2024 newsletter...

Hello! Thank you for reading our October 2024 newsletter.

This newsletter includes information about our recent Thailand trip, accessible walking trails across SA, and a yummy greek salad recipe!

If you have any questions about this document, please contact us. You can talk to Cathy Miller, CEO, on: 0411 476 830 or email info@access4u.org.au.



Latest News - Access4u Visits Thailand!

A few members of our leadership team recently went on a trip to Thailand last week to present a 3-day workshop!

This was a fantastic opportunity to showcase our knowledge to help support the local government, practitioners, and others in the sector to make positive change!



Blog - Accessible Walking Trails Across SA

Thanks to *Alltrails.com*, we have put together a list of accessible walking trails across South Australia.

These tracks include:

Torrens Linear Track Loop, Adelaide Park Lands

Patawalonga River Walk, Adelaide

Sturt River Linear Park Trail, Marion

Coast Park Path, Moana

Happy Valley Woodland Loop, Happy Valley

Little Quarry Loop, Anstey Hill Recreation Park

Shamus Liptrot Cycling Trail, Balaklava

To learn more, visit our website
access4u.org.au/about/news.



Customer Story - Celebrating One Year!

We recently celebrated our customers' Sarah, Rachael, and Gemma living in their Mount Barker property for one year!

We invited along staff, family and friends to the property to celebrate. Everyone was encouraged to bring a plate, and together they enjoyed the festivities, which included speeches, cake and a delicious BBQ dinner.

We are proud of Sarah, Rachael and Gemma for reaching this fantastic milestone - they are great friends and enjoy each other's company!



Greek Style Pasta Salad - Serves 4

Ingredients

200g pasta of your favourite shape
3 tbsp extra virgin olive oil
1 tbsp red wine vinegar
1 tsp dried oregano
16-20 cherry tomatoes
75g olives, pitted (you can use green or black)
½ small cucumber
1 red onion
100g feta cheese



Method

Step 1. Fill a medium saucepan with hot water from the tap until it's three-quarters full. Season the water with a pinch of salt, then turn the heat to medium-high – the water should start to boil after a minute or so. Slowly tip the pasta into the boiling water.

Step 2. While the pasta cooks, measure 3 tbsp extra virgin olive oil, 1 tbsp red wine vinegar and 1 tsp dried oregano into a mixing bowl. Season with some salt and black pepper, and mix well – this will make a dressing for the pasta.

Step 3. Place a large colander or sieve in the sink. When the pasta is cooked, turn off the heat and, using two hands, carefully carry the saucepan over to the sink and tip the pasta into the colander to drain away the hot water. Leave to cool for a few minutes in the colander, then tip the pasta into the mixing bowl with the dressing. Mix together until the pasta is coated in the dressing.

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Greek Style Pasta Salad - Serves 4

Step 4. Cut the cherry tomatoes in half. Slice the pitted olives in the same way, then tip all the tomatoes and olives into the pasta.

Step 5. Cut up the cucumber and red onion into small pieces. Tip into the pasta when done.

Step 6. Crumble the feta cheese into small pieces over the bowl, then gently mix everything together until well combined.

Eat straight away, or chill for up to a day before eating.



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Know Your Rights - Read our Tenant Handbook

Know your rights and responsibilities, and keep up to date with everything you need to know about your Access4u Housing arrangements with our Tenant Handbook.

You can read our Tenant Handbook by scanning the QR code below with your phone or by visiting <https://access4u.org.au/about/publications-policies-procedures.html> and clicking "Access4u Housing Tenant Handbook."

If you have any questions about the Tenant Handbook, please contact Cathy Miller. Or, call our office on 1800 022 237 or email info@access4u.org.au.

