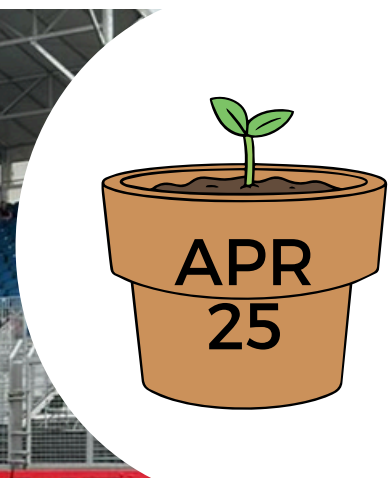
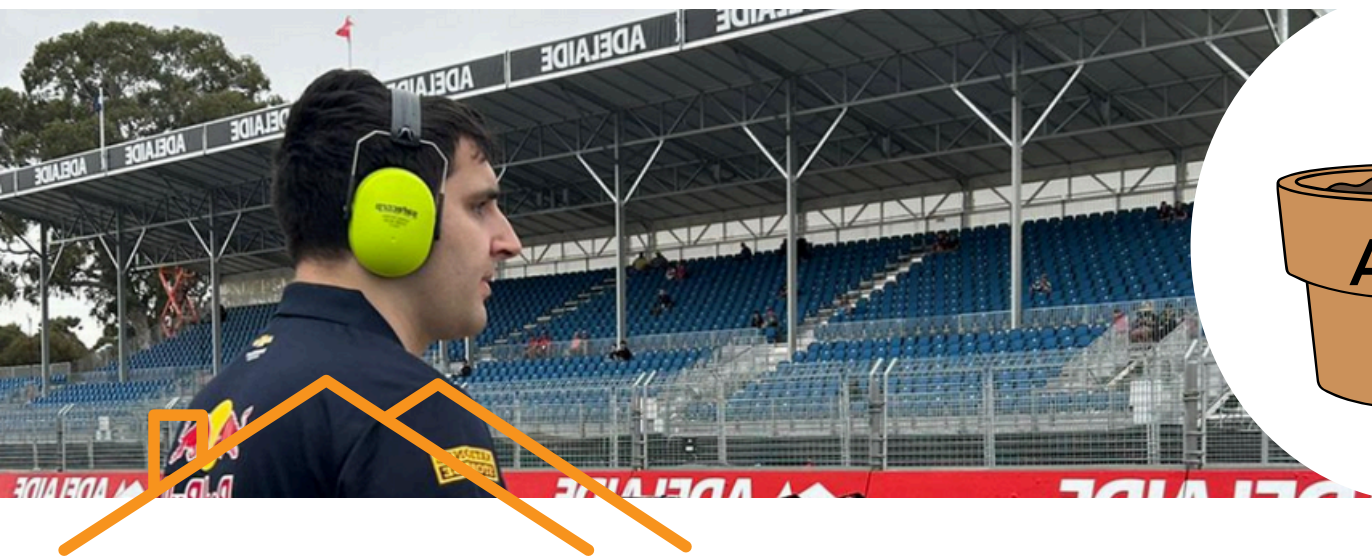


Access4u Housing Newsletter



Welcome to our 2025 April Newsletter!

Hello! The weather is finally starting to get cooler after a hot and dry Summer season and Easter is nearly here, which is exciting. We hope you're able to spend the long weekend with family and friends and can make try out our latest recipe!

This newsletter includes information about:

- keeping safe during the cooler seasons
- accessible spots across Adelaide and SA
- activity: Easter spot the difference
- your tenant handbook
- an egg-tastic brownie recipe!

If you have any submissions for our next newsletter, please email us at theaccess4u@gmail.com. We would love to hear from you!

If you have any questions about this document or want to provide Access4u Housing with feedback, please contact us.

You can talk to Cathy Miller, CEO, on: 0411 476 830 or email info@access4u.org.au.

Kind regards,
Cathy Miller, CEO of Access4u Housing

Get Involved: Easter Spot the Difference

Can you spot the difference?

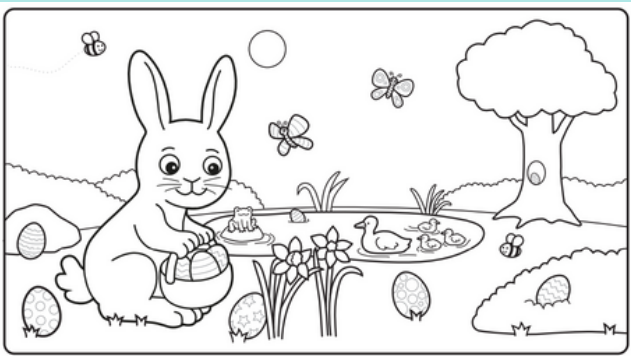
If you are receiving this newsletter in hard copy, you'll find a "spot the difference" - see if you can spot the 10 differences between the two pictures. Circle them, then feel free to colour in the images!

We would love for you to use your creative skills to complete the activity and then send it back to us so we can feature your creation in our next newsletter!

Here are the instructions:

1. Circle the differences then colour in the images
2. Write your name on the back of the page
3. Send your creation back to us at 242 Glen Osmond Road, Fullarton, or pass it onto an Access4u team member!

Make sure that we have your colouring-in sheet end of May to be featured!



Staying Safe & Healthy in Autumn/Winter!

1) Regularly wash your hands.

You can reduce the risk of getting sick by washing your hands. Wash hands before and after visiting public spaces, before eating, after using the bathroom and before touching your face.

2) Wipe down frequently touched surfaces.

Frequently touched surfaces include doorknobs, counters, tables, light switches, mobile phones, keyboards and any other shared spaces. Wipe these surfaces down with disinfecting wipes.

3) Cover your coughs and sneezes.

When coughing or sneezing, use a tissue to cover your nose and mouth. Then, dispose of the tissue. If you don't have a tissue, cough or sneeze into your elbow.

4) Keep healthy habits and stay active.

Eating foods such as fruits and vegetables can help keep your immune system strong. It is also important to keep hydrated in winter, so ensure you drink plenty of water too!

Being active for 30 minutes every day can help you feel more energetic and keep you feeling healthy.

A good night's sleep is also essential for your health and wellbeing!

Accessible Activities in Adelaide

Adelaide Centre, Thebarton

Thebarton Aquatic Centre is a family-friendly and fun for all swimming centre located in Torrensville. They have a wide range of programs for all ages including a learn to swim program and school holiday fun.



Beerenberg Farm

Beerenberg has a range of experiences available, from high teas, to pie making, to their most popular activity: strawberry picking.

This activity is generally open from November to April but please note strawberry picking is weather dependent. Always check their website before attending!

Cleland Wildlife Park

Hold a koala or feed the kangaroos! Just 20 minutes away from the city, this is a great facilities for all ages and abilities to enjoy.



Escape Rooms

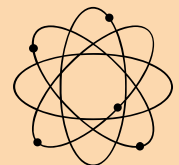
The aim of Escape Rooms is to solve a series of puzzles and follow clues to escape a room under a certain time! There are several locations across Adelaide and most say they're accessible, but we recommend calling ahead of time to see if specific access needs can be accommodated to.

Inflatable World

Inflatable World venues are home to the biggest indoor inflatable playgrounds in Australia, and are all inclusive venues where everyone can have fun. They also provide autism friendly visits.

MOD.

MOD. is a free science experience like no other. Interact, learn and be inspired!



National Motor Museum

The National Motor Museum is an impressive collection of vehicles and a great display of history, nestled in the Adelaide Hills.



South Australian Museum

The museum is home to the world's largest Aboriginal cultural material, with touch screens and interactive elements. It offers a range of accessible programs.

Woodhouse Activity Centre

Explore the outdoors and make memories!



Recipe: Mini Egg Brownies

Ingredients

185g butter
185g dark chocolate
3 large eggs
275 caster sugar
85g plain flour
40g cocoa powder
5 creme eggs
150 mini eggs



Method

Step 1: Put the butter and the chocolate in a medium-sized heatproof bowl and set over a pan of simmering water, stirring occasionally until melted. Alternatively, microwave at 30 sec intervals until melted. Leave the melted chocolate mixture to cool to room temperature.

Step 2: Heat oven to 180C/160C fan forced. Grease a 20cm square tin with butter and line with 2 long strips of folded baking paper or foil – one running top to bottom, the other left to right then line the base with a piece of baking paper. The strips will help you lift it out later.

Step 3: Break the eggs into a large bowl and tip in the caster sugar. With an electric mixer on maximum speed, whisk the eggs and sugar for around 5-8 mins or until they look thick and creamy and have doubled in size.

Step 4: Pour the cooled chocolate mixture over the egg mixture, then gently fold together.

Step 5: Sieve the flour and cocoa into the wet ingredients then continue to fold the mixture gently with a spatula just until everything is fully combined, try not to over-mix.

Recipe: Mini Egg Brownies

Step 6: Pour the mixture into the prepared tin and carefully level the mixture with the spatula. Put in the middle of the oven and bake for 20 minutes.

Step 7: Meanwhile, cut the Creme Eggs in half and set aside then place the mini chocolate eggs into a pestle and mortar. Crush a few of the Mini Eggs but leave some whole. After 20 mins take the brownie out of the oven and press in the Creme Eggs, cut side up. Scatter over half of the Mini Eggs too then put it back in the oven for a further 5 mins.

Step 8: Once baked, top with the remaining Mini Eggs, leave to cool completely then place in the fridge for about 1hr to firm up. Lift it out of the tin using the strips of baking paper and cut into squares to serve.



From BBC Good Food

Know Your Rights: 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 access4u.org.au/about/publications-policies-procedures 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 | email info@access4u.org.au.



Access4u acknowledges the Traditional Owners and Custodians of the Lands on which we live and work, and their connection to Land and Sea.
We pay our respects to Elders past and present.