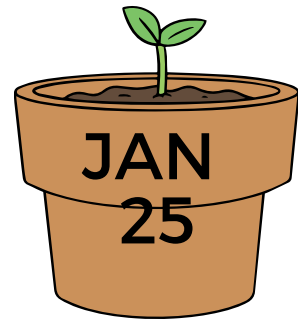


Access4u Housing Newsletter



Welcome to our first newsletter of 2025!

Hello! We hope you had a relaxing and happy festive season. Welcome to 2025!

Thank you for reading our January 2025 newsletter.

This newsletter includes information about:

- a colouring-in activity
- how you can provide feedback
- how to stay safe in the summer
- your tenant handbook
- a Thai green curry 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: Access4u Colouring-In Activity!



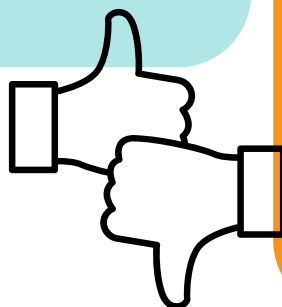
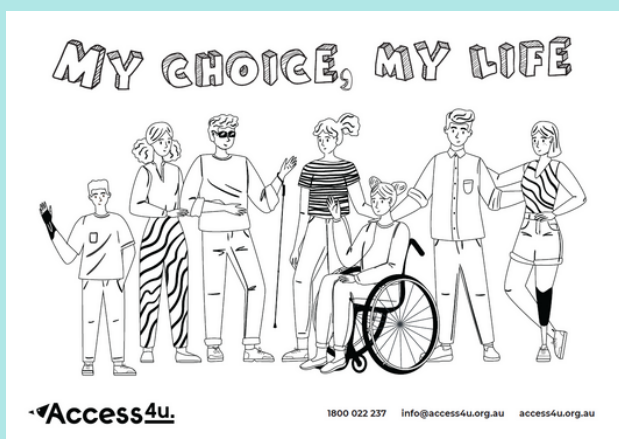
If you are receiving this newsletter in hard copy, you'll find an A4 colouring in sheet of the below image.

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. Colour-in the A4 sheet in your envelope
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 by March be featured!



We Want YOUR Feedback!

Did you know you can submit a complaint, provide a compliment or offer a suggestion to help us improve our services at any time?

There are 5 ways to make a complaint about Access4u Housing:

1. Phone the office to make a complaint at 1800 022 237.
2. Complete a Tenant's Complaint and Feedback Form (available at our office reception areas).
3. Inform Access4u staff member and/or supervisor.
4. Contact our CEO (cathy.miller@access4u.org.au).
5. Contact the NDIS (1800 035 544).

All submissions can be made anonymously. We will aim to resolve all complaints within 14 days.



Staying Safe In Summer

1. Check the weather forecast so you know when the weather will be hot.
2. Drink lots of water and fluids.
3. Use a fan or air-conditioner (set to 'cool').
4. Cool down with a shower or bath.
5. Avoid going outside when it is very hot.
6. If you go outside, make sure you wear loose-fitting, light-coloured clothing.
7. Wear a hat and sunscreen (SPF30+). Re-apply sunscreen every 2 hours.
8. Keep curtains, blinds and windows closed during the day to keep your home cool.
9. Open windows at night to let cool air in (if it is safe).
10. Check on family and friends.
11. If you feel unwell, please seek medication attention.
12. When organising activities, make sure they are indoors and sun safe.



Staying Protected Against Scams



It is important to know how to spot internet or phone scams. Some red flags include being contacted out of the blue, you have been asked to share your personal details to someone you don't know, or you have been asked to click on an unfamiliar link.

Here are some of our top tips to stay protected:

1. Do not click on anything that is unfamiliar to you.
2. If you think something is not right, hang up the phone immediately.
3. Do not give you card details to anyone over the phone or via email/the internet.
4. Be suspicious of anyone asking you your personal information.
5. If in doubt, ask a trusted friend, family member, Access4u team member, or anyone else in your support network to help.

Thai Green Chicken Curry - Serves 4

Ingredients

- 1 1/2 cups (300g) SunRice Long Grain Jasmine Rice
- 2 tbsp Oil
- 1 brown onion, cut into thin wedges
- 1/2 x 210g jar Valcom Authentic Thai Green Curry Paste
- 400ml coconut milk
- 300ml chicken stock
- 450g Coles RSPCA Approved Chicken Breast Fillets, cut into 1cm-thick strips
- 1 green capsicum, seeded, thinly sliced
- 100g snow peas, trimmed (optional)
- 1/2 bunch coriander, leaves picked
- 1 tbsp fish sauce
- 1 tbsp brown sugar
- 1 cup (65g) bean sprouts (optional)
- 2 limes, cut into wedges



Method

Step 1. Cook the rice following the packet instructions.

Step 2. Meanwhile, heat the oil in a large frying pan over medium-high heat. Add the onion and cook, stirring, for 2 mins or until onion softens. Add the curry paste. Cook, stirring, for 2 mins until fragrant.

Step 3. Add the coconut milk and stock. Bring to a simmer. Add the chicken, capsicum and snow peas, if desired, and cook for 2-3 mins until chicken is cooked through. Chop half the coriander leaves and add to the curry. Stir in the fish sauce, sugar and half the bean sprouts, if desired. Squeeze over half the lime wedges. Taste and add more fish sauce, sugar and lime juice, if desired.

Step 4. Top the curry with remaining bean sprouts and coriander leaves. Serve with the rice and lime wedges.

From Taste.com.au

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.**