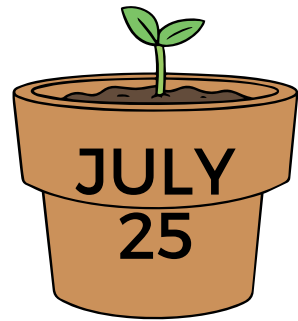


# Access4u Housing Newsletter



## Welcome to our 2025 July Newsletter!

Brrr! The weather has certainly become cooler in the most recent months. We are well and truly in winter. We hope you are managing to stay warm and are excited to read the latest edition of our Access4u Housing Newsletter. Grab a cup of hot chocolate or another beverage of your choice, and enjoy!

This newsletter includes information about:

- how to provide us with feedback
- our leadership team
- the benefits of a Day Options program
- activity: colour by numbers!
- an easy vegetarian nachos recipe

If you have any submissions for our next newsletter, please email us at [theaccess4u@gmail.com](mailto: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](mailto:info@access4u.org.au).

Kind regards,  
Cathy Miller, CEO of Access4u Housing

# Meet the Access4u Leadership Team

## Cathy Miller, CEO

Cathy is a highly skilled strategic and visionary with more than 32 years' experience in Human Services, health, mental health and the disability sector. She also has a degree in Human Resource Management. MBA, B.Bus (Human Resource Management & Industrial Relations), BHA, GAICD.

*A fun fact about me:* I enjoy being with my family and friends, be it at my son's sports, like baseball or football, or at the gym with my girlfriends or holidaying. I love anything competitive, including quiz nights -- as long as I win!



## Karyn McCue, Housing and Living Options Manager

I am a qualified social worker and I have a diploma in Narrative therapy and have been working in the Disability Sector for 15 years. For the past 10 years I have been working in the Supported Independent Living Space (Home and Living Options) which continues to be tremendously rewarding for me. I have the privilege of witnessing all of our participants developing their skills and maximizing their capacity at their own pace.

*Fun fact about me:* I am a mum with two kids. I absolutely love my kids and love going to the gym, which is great for my mental and physical health.



## Gai Dawe, Senior Disability Manager

I have been involved in the disability sector for over 35 years personally and 27 years professionally. Our son has multiple disabilities which has provided me with a great understanding of the complexities families face when of caring for a child with high needs.

*A fun fact about me:* I love travelling, the beach, coffee, bubbles and seeing my family.



# Meet the Access4u Leadership Team

## Joe Gannon, Senior Disability Services Manager

I started my career in community services in youth work and residential disability care with the government 32 years ago. After disappearing into the academic scene for a few years, I restarted my career in family therapy, health, and residential care. I then turned my attention towards management and sector leadership in the field of housing and homelessness, for 15 years. More recently I commenced in my role with Access4u.

*A fun fact about me:* My favourite thing to do is to read. I love fiction and nonfiction both equally and have an eclectic choice in authors, subjects, and genres.



## Sandy Harmer, Disability Services Manager

I have worked in disability since 2009, in sectors such as Disability Employment Services, Learner Support Case Management, SIL Team Leader, and as a Therapist Assistant. I am currently studying a Bachelor of Disability Developmental Education.

*A fun fact about me:* I used to work at a reptile farm, catch and milk venomous snakes, as well as handle 15 ft pythons (oh but I don't say 'crikey'), and I am terrified of huntsman spiders.



## Bri Price, Disability Services Manager

With 25 years of experience in healthcare, starting as a Carer and later as an Enrolled Nurse, I've had the opportunity to work across various areas, including acute hospital settings, aged, disability, and community care.

*Fun fact:* I love spending time with my family and friends. During my down time I love to be at the beach with my bulldog, Pumbaa, hunting for sea glass, reading and exploring our beautiful country. I also love to be in my workshop restoring furniture or creating art.



## Get Involved: Winter-Themed Colour by Numbers

Seeing as it has become VERY cold in recent months, we are looking to Winter as our inspiration for this newsletter activity!

Get rugged up and bring out your best coloured pencils, pens or crayons to do this one.

### Instructions:

1. Choose your chosen pen, pencil or crayon colours and colour the pictures in following the colour by numbers code.
2. Display at home!

If you would like to send us your creation, let your HALO Coordinator or another Access4u staff member know. We would love to feature your artworks in the next edition of our newsletter.



# 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.**



# Why You Should Consider Attending a Day Options Program!

Day Options programs are available to you under CORE supports or Capacity Building supports. We offer a Day Options program called Options4u.

Day Options provides a variety of benefits to those who attend. Learn about some of the benefits below...

## Increased Independence

Day Options can help build important skills for day-to-day life, including communication and social skills, which are important for independence. Some sessions also specifically focus on building independence, such as Cooking Creations--where you'll shop for the ingredients required to make delicious meals.

## Building Friendships

Day Options sessions are attended by people from different backgrounds, with different abilities and interests. You'll meet people from all walks of life! You will have the opportunity to bond over fun tasks and shared interests.

## Routine and Structure

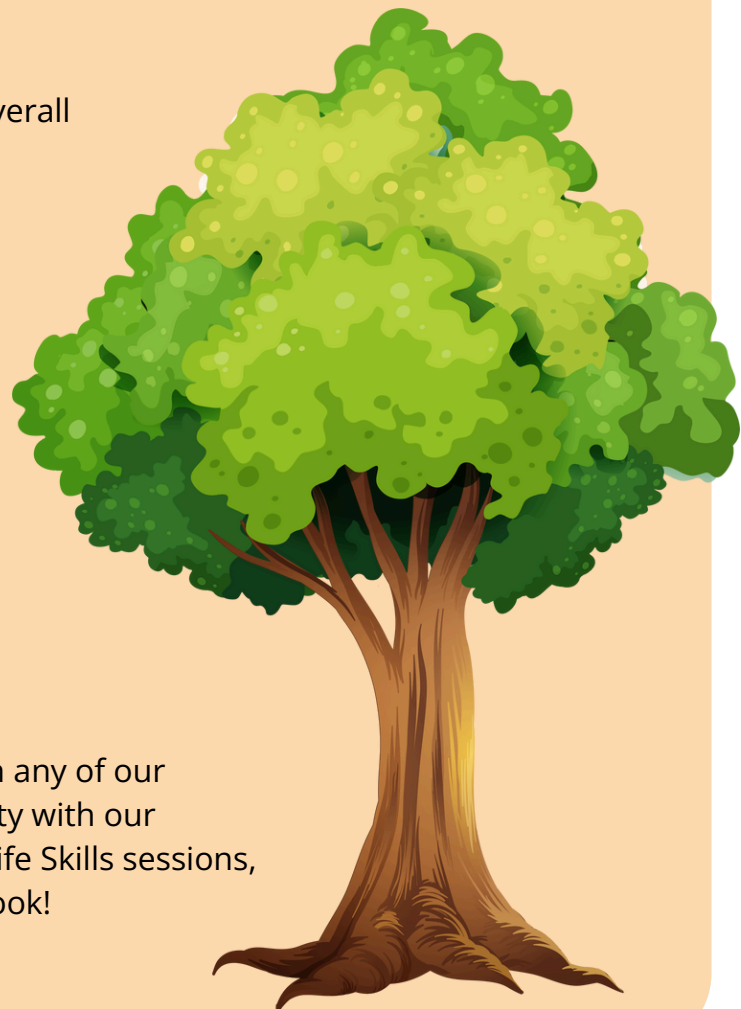
Routine and structure provide a sense of control, reduce stress and anxiety, and can improve your overall wellbeing. While our specific activities can change week to week, our program stays the same from Monday to Friday. We offer regular activities and outings with our sessions such as Day Excursion and Community Explorers.

## Community Participation

Our Outdoor Excursion is more focused on being outdoors and within nature, and our Community Explorers sessions provide you with the opportunity to explore local landmarks and community events.

## Learning Skills

There is always an opportunity to learn new skills in any of our Day Options sessions. Learn to unlock your creativity with our Art in Action classes. Learn important skills in our Life Skills sessions, such as financial literacy and budgeting. Learn to cook! Become a green thumb! Navigate computers! The opportunities are endless.



# Recipe: Easy Vegetarian Nachos!

## Ingredients

- 175g packet original corn chips
- 435g can refried beans
- 1 cup grated Perfect Italiano 4 cheese blend
- 1/2 cup thick and chunky salsa
- Light sour cream, to serve



## Guacamole

- 2 medium avocados, chopped
- 1 medium tomato, seeded, finely chopped
- 2 tsp lime juice
- 1 tbsp finely chopped fresh coriander leaves

## Method

**Step 1:** Preheat oven to 200°C/180°C fan-forced.

**Step 2:** Spread corn chips over a baking dish. Dollop beans over chips. Sprinkle with cheese. Bake for 15 minutes, or until cheese has melted

**Step 3:** Meanwhile, make Guacamole: Place avocado in a bowl. Mash with a fork until smooth. Stir in tomato, lime juice and coriander. Season with salt and pepper.

**Step 4:** Serve nachos topped with salsa, guacamole, sour cream and if you want to add a bit more zest - some coriander!

Enjoy!



## 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](https://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](mailto: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.