



SDA Newsletter



Jan 2024

Welcome to our newsletter...

Hello! Welcome to our first ever SDA newsletter.

This newsletter will up-to-date with information that is important, including upcoming events and activities, any changes to your services or to legislation.

We hope you enjoy this newsletter.

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 - Updated Tenancy Handbook

Access4u Housing welcomes you to your home and hopes you will feel secure and comfortable, as one of the most important things is contributing to the creation of a real home for you as our tenant.

This tenancy handbook has been developed to provide information about the housing services we provide, your responsibilities and rights as a Tenant and our obligations as your Landlord.

Access4u is a registered NDIS provider of Specialist Disability Accommodation providing housing in line with the SDA terms of business and module 5 of the NDIS Quality and Safeguarding Practice Standards.

You can read our Tenancy Handbook in hard copy, located in your home, or on the Access4u website at access4u.org.au/about/publications-policies-procedures.html.



Keeping Safe in the Heat: Our Guide

We are well and truly into Summer, and it's certainly hot! If you work with customers, please read the following guide carefully to make sure you both are being as sun safe as possible...

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



Customer Story - Nick at the Adelaide 500

We were sent this photo of our customer Nick, watching the supercars intently at the Adelaide 500 back in November!



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Recipe of the Month: Rice Paper Rolls - Serves 1-2

Ingredients

50g rice vermicelli noodles
1 carrot, peeled
1 avocado, peeled and destoned
1 cucumber
Rice paper wraps
300-500g chicken breast, shredded or sliced
sweet chilli sauce, to serve



Method

1. Put the noodles in a pan of water and bring to the boil, simmer for 3 mins, then cool under running water. Drain thoroughly.
2. Cut the carrot into matchsticks using a knife. Cut the avocado into strips and the cucumber into thin sticks. Soak 2 of the rice paper wraps in cold water for 1-2 mins until floppy.
3. Lift 1 sheet of rice paper out of the water, shake gently, then lay it carefully on a board. Place your desired amount of chicken in the centre. Add a strip of avocado, pile some noodles on top, then add a layer of carrot and cucumber. Fold the bottom half of the rice paper over, then fold the sides in and tightly roll it up. Repeat using the second wrapper and soak 2 more to make 2 more rolls.
4. Serve the rolls with the sweet chilli sauce for dipping, or another sauce of your choice!

Note: If you don't like any of the ingredients list them out, swap them out with a protein or veggie of your choice! Cold rolls can be made to suit anyone's tastebuds!

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.

