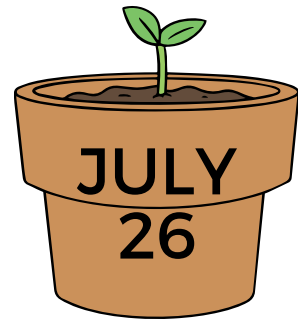


Access4u Housing Newsletter



Hello, July!

Hello! We hope you are keeping warm during the cold weather!

Thank you for reading our July 2026 newsletter.

This newsletter includes information about:

- our latest organisational updates
- how to keep safe in the cooler months
- a fun winter themed activity
- and a warm, cosy, delicious 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

Our Latest Updates

Our New Adelaide Hills Office!

Our Adelaide Hills office has moved! We are now located at **Units 1 & 2/37 Princes Hwy, Littlehampton SA 5251**. This new office will allow us to better serve you, with multiple rooms available for customer appointments.

Our office is open from 9am to 5pm, Monday to Friday (with the exception of public holidays).



Our New Website!

We have been working away for a new website for several months, and are excited to announce, it is now here!

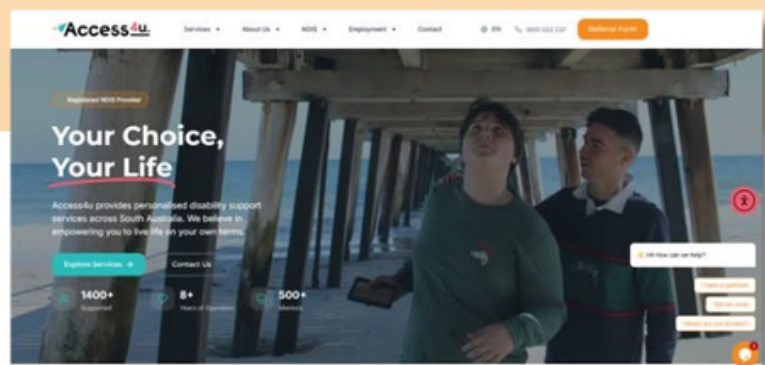
Why have we developed a new website?

Easier accessibility - our layout is more user-friendly, and we have implemented a new accessibility toggle

A more modern layout - our website is now easier to use across both desktop and mobile

Additional features - we now have a live chat feature which will be available from 8am to 4pm, Monday to Friday.

Visit Access4u.org.au!



Staying Safe & Healthy in Winter

Brr! The colder months are here!
We thought it would be a good opportunity to share our guide with you, to ensure we all stay health and happy in the cooler seasons.



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.

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.

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.

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.

Get enough sleep!

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



A Winter Themed Activity: Folded Penguin Decorations!

What You'll Need:

- 1 A4 black card / piece of paper
- 1 A4 yellow card / piece of paper
- 1 A4 white card / piece of paper
- 2x googly eye decorations



Instructions:

Step 1: Cut out the template for the penguin: use black card for the big circle and a white card for the small circle.



Step 2: Fold the sides of the black circle to make wings. Then fold the top down to make the head and glue it into place. Stick the white circle onto the black one to make the penguin's tummy.



Step 3: Make the beak and the feet with the yellow card, and stick them onto the penguin.

Step 4: Stick on the googly eyes.



Step 5. If you want to - attach a ribbon for hanging!

You're done!



From bakerross.co.uk

RECIPE RECIPE RECIPE RECIPE RECIPE

- 3 tablespoons of olive oil
- 1 small onion, diced
- 4 cloves of garlic, minced
- 2 tablespoons tomato paste
- 2 teaspoons dried basil
- 2 canned whole peeled tomatoes
- 2 cups chicken stock
- 1 tablespoon granulated sugar
- 1 teaspoon of salt
- ½ teaspoon black pepper
- ½ cup of heavy cream



Step 1. Heat the olive oil in a large stainless steel stockpot or enameled Dutch oven, over medium heat. Add the onions and cook, stirring occasionally, until they soften and begin to turn translucent (about 5 mins).

Step 2. Add the garlic and cook, stirring, for 1 minute. Add the tomato paste and dried basil and cook, stirring, for 2-3 minutes.

Step 3. Add tomatoes (and their juices), stock, sugar, salt, and pepper. Bring to a boil, then reduce heat to medium-low and simmer for 30 minutes, stirring occasionally. (If you'd like thicker soup, stir for a little longer.)

Step 4. Remove from heat. Using an immersion blender, puree the soup until smooth. Or let it cool slightly and then carefully transfer the soup to a regular blender and blend in batches.

Step 5. Stir or blend in the heavy cream. Taste. Serve warm!

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.



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 our policies and procedures website page 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.**