



Easy for Me

Issue 01

April 2020



Cook yummy
food!



Meet
our furry
friends!



Activities to do
at home



Get connected
with apps and
social media



Stay safe!
Stay home!



G'day

Welcome to this easy to read magazine with fun ideas for people who are staying at home. We're so glad you could join us.



Right now, almost everyone in Australia is helping to stop the spread of coronavirus by staying safe at home.



Thank you for staying at home and helping.



We know that being at home all the time can be:

- boring
- lonely.



We've come up with some ideas for:

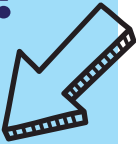
- staying busy
- keeping in touch with friends and family.



You might like to ask someone to help you use this magazine.

Enjoy!

What's in this magazine?



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Our team introduce their pets.



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How to get support if you need it.



Meet our furry friends!

Our pets are keeping us company while we're working from home. What are your pets up to? Why not send some pics of your furry friends to your human friends and family?



What's this scruffy little puppy been up to outside? Meet the adorable Baxter – he belongs to Ian, our Editorial Quality Manager.

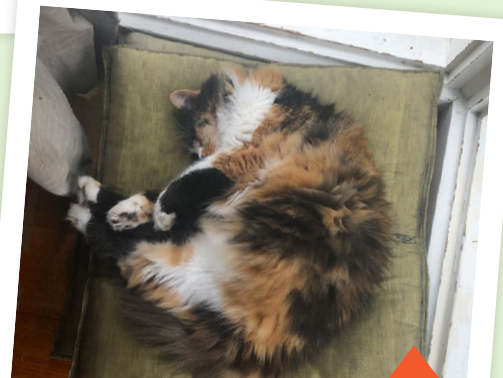


Meet Stuart – this gentleman usually comes into work with us but he's working from home too! He belongs to Therese, our Inclusive Communications Adviser.



This beautiful girl is Sadie – she's loving her trip to the beach. She belongs to Emily, our Managing Editor.

Sometimes a pup needs to chill out. This is Troy. He's a guide dog puppy in training and he lives with our Editor, Jen.



This is Tink. She spends most of the day sleeping like this! She belongs to our Directors, Lyndall and Anthony.



Cooking at home

The weather in some parts of Australia will soon be getting cold. It might be nice to make pumpkin soup and banana bread. You can ask someone to help you make these recipes if you like.

This recipe makes enough pumpkin soup for 4 serves

Pumpkin soup

Ingredients

- 1.3 kg of pumpkin (any type)
- 1 onion
- 2 cloves of garlic
- 3 cups (750 ml) of vegetable stock
- 1/2 cup (120 ml) of water
- 1 cup (250 ml) of cooking cream
- Salt and pepper

Steps

1. Cut the skin off the pumpkin. Take out the seeds.
2. Cut the rest of the pumpkin into cubes about 3 cm wide.
3. Peel the onion and cut it into slices.
4. Peel the garlic.
5. Put the pumpkin, onion, garlic, vegetable stock and water into a pot. The liquid won't cover the pumpkin fully.
6. Turn on the heat.
7. Bring the pot slowly to a boil with the lid off.
8. Turn the heat down and let the pot simmer.
9. Use a fork to test if the pieces of pumpkin are soft.
10. Turn the heat off and let the soup cool down. Blend the soup until it is smooth. You can use a stick blender or food processor.
11. When the soup is smooth, stir the cream in. Add salt and pepper when you serve the soup.



This recipe makes
about 10 slices of
banana bread

Banana bread

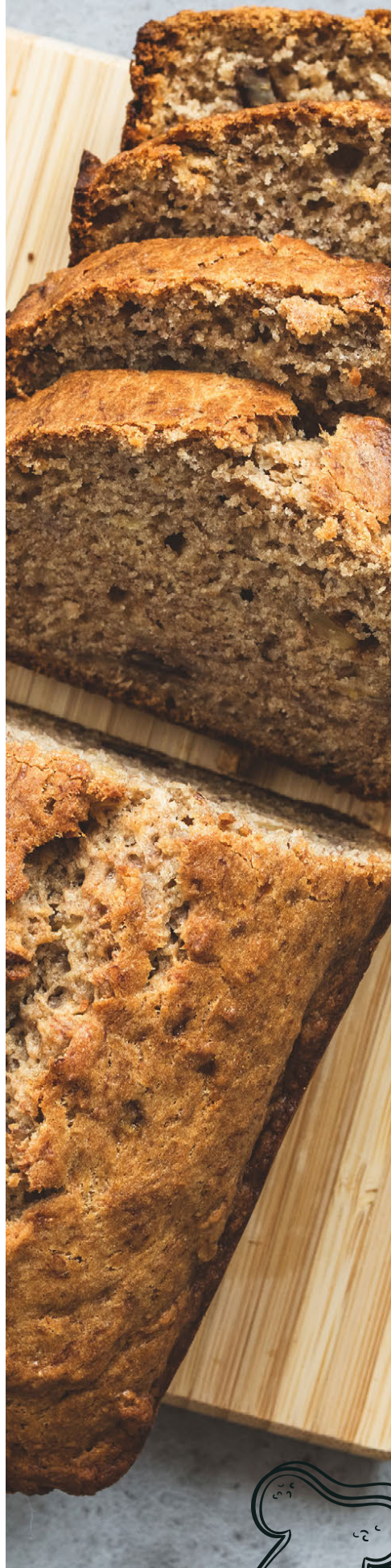
Ingredients

- 1.5 cups of self-raising flour
- 1 cup of white sugar
- 1 egg
- 50 g of butter
- 3 ripe bananas
- 1/4 cup (60 ml) of milk



Steps

1. Turn on your oven. It needs to get to 170 degrees.
2. Line a loaf tin with baking paper.
3. Peel the bananas and mash them in a bowl.
4. Melt the butter in a separate bowl. You can do this in the microwave for about 30 – 45 seconds.
5. Mix the butter and mashed bananas together.
6. Add the sugar and the egg and stir together.
7. Add the flour and stir until everything is mixed together really well.
8. Add the milk and stir until smooth.
9. Pour the mixture into the loaf tin. Put the tin in the hot oven. Be careful.
10. Cook the banana bread in the oven for about 1 hour.
11. Use a skewer to check if the banana bread is cooked. Poke the skewer into the middle of the banana bread and pull it out again. If the skewer comes out clean, the banana bread is cooked.
12. Take the banana bread out of the oven and let it cool. Cut it into slices and enjoy! You can put butter or honey on it if you like.





Staying connected



You can connect with friends and family online. Here's a summary of the best:

- programs you can find online
- apps for your phone and tablet.



Zoom



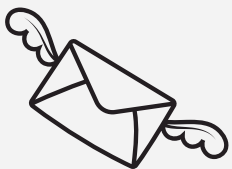
Lots of people are using Zoom at the moment. It's a good way to use video to talk to a few people at the same time.

1 person:



- sets up the meeting
- invites everyone else to join.

They might:



- send you a link to click on
- invite you using the Zoom app.

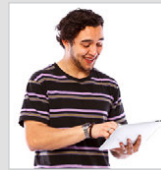
You don't need an account to use Zoom.



Facebook



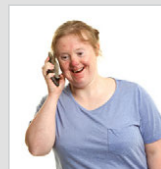
You can add people as friends on Facebook and share photos, videos and your thoughts.



You can like, share or comment on other people's posts.



You can sign up for a free Facebook account at www.facebook.com



You can also use Facebook Messenger for group chats and video calls.



Get this guide to staying safe online

Download an Easy Read guide from the Australian Federal Police

<https://bit.ly/3eCkLxk>





Instagram



Instagram only uses photos and videos. You can follow people on Instagram to see the photos and videos they post.



You can share your own photos and videos.

LIKE



You can like and comment on other people's photos and videos.



You can also send direct messages to your friends. Some people call these 'DMs'.



You can sign up for a free Instagram account at www.instagram.com/accounts/emailsignup/



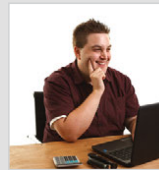
Twitter



You can follow people on Twitter to see their posts.



On Twitter, they are called 'tweets'.



You can like, retweet or comment on other people's tweets.



You can share your:

- thoughts in a tweet
- own photos or videos.



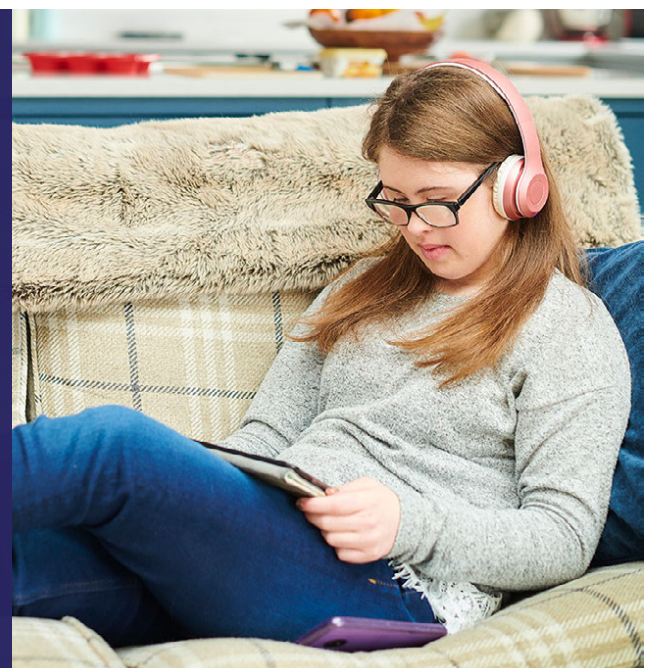
You can sign up for a free Twitter account at www.twitter.com/explore

Social media top tips



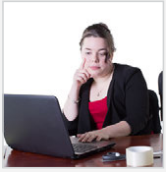
When you use social media:

- you shouldn't give information about yourself to people you don't know
- it's a good idea to only connect with people you know in real life
- you shouldn't be mean to other people online. If you see someone else being mean, you should report them.





Tumblr



You use Tumblr to make a blog.

You can put anything you want on it – photos, videos, stories – anything.



You can follow blogs that share things you like. You can reblog, like and comment on other blog posts.



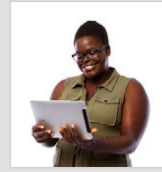
There are blogs about TV shows, movies, animals and heaps more!



You can sign up for a free Tumblr account at www.tumblr.com



YouTube



People upload videos on YouTube for other people to watch.



You can:

- watch funny videos
- watch music videos and movie trailers
- learn new things
- make your own videos to upload.

You need a YouTube account to upload videos. But you don't need a YouTube account to watch videos.



You can visit YouTube at www.youtube.com.au

What about writing a letter or card?

Touchnote is an app that uses your own photos to make custom post cards. You can find it at touchnote.com/us/

It may seem like an old-fashioned way to stay in touch but it's always nice to receive a letter in the post. You might like to get creative – you could design and make some cards for your friends or family.

You can also:

- print designs you find on the internet
- draw or paint on paper that you have at home.





Coronavirus Australia app

You can use the Coronavirus Australia app to:



- stay up-to-date
- find new information from the Australian Government



- read tips about the best way to stay safe.



You can download the app at <https://bit.ly/34P1T9S>



WhatsApp



You use Whatsapp to:



- send messages
- call other people.



Whatsapp uses internet data instead of your phone plan.



You use other people's phone numbers to contact them.

You need to sign up for a Whatsapp account with your mobile phone number.



You can find the app at www.whatsapp.com



ABC News app



You can use the ABC app to keep up-to-date on the latest news.



You can find the ABC News app at www.abc.net.au/app

At the moment, some people can still have support people visit them at home

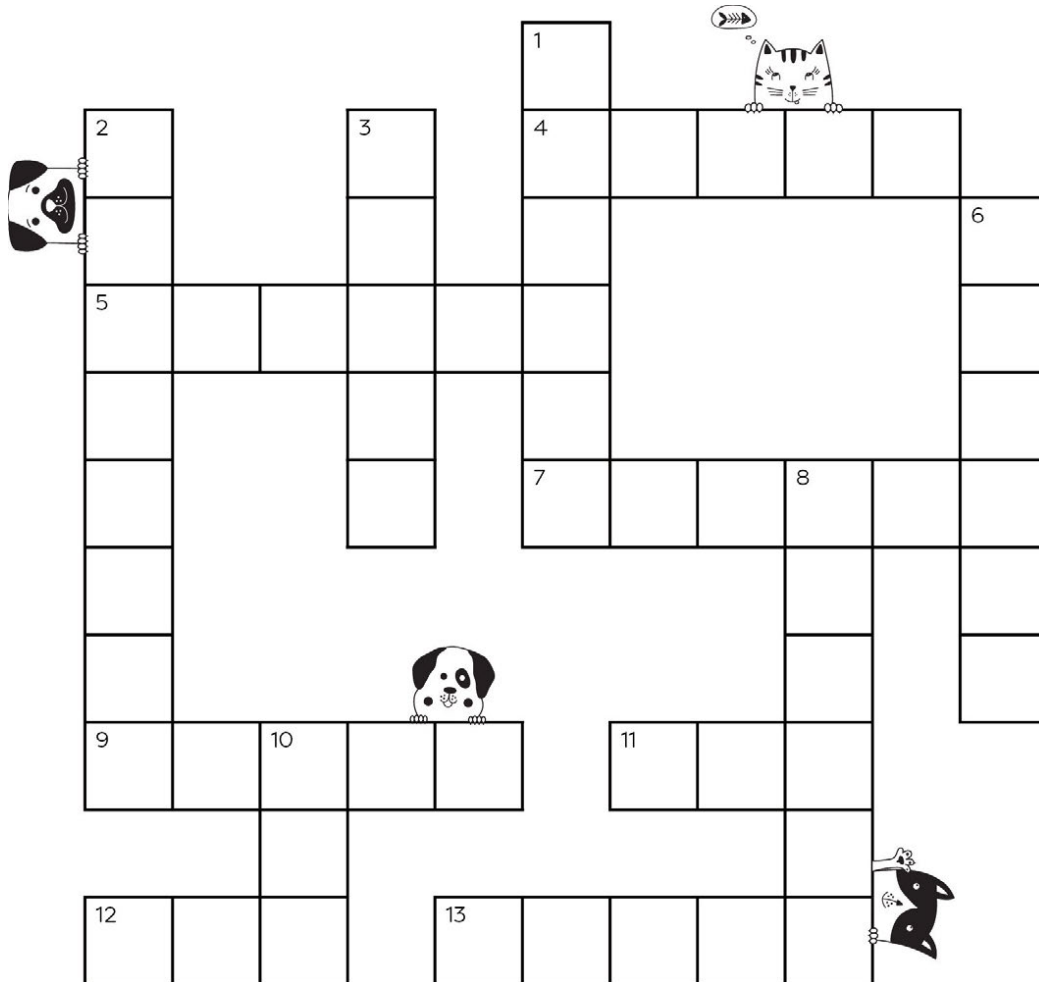




Puzzles and games

Our favourite pets

See if you can complete the crossword using the clues below!



➡ Across

4. I'm just a little dog. **__ ppy.**
5. My name sounds like 'wizard'. **l _ z _ r _ .**
7. You can see me at Easter. **r _ bb _ t.**
9. I run fast in the Melbourne Cup. **h _ r _ e.**
11. I love walks and pats! **d _ _ .**
12. Milk is my favourite drink. **__ _ t.**
13. I love cheese. **m _ _ _ e.**

↓ Down

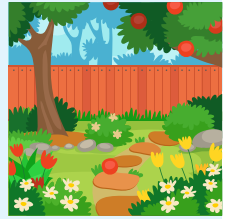
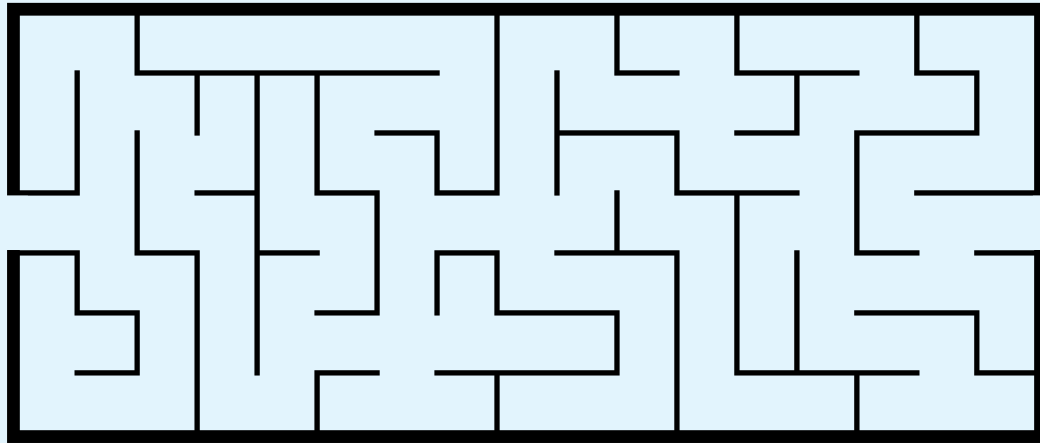
1. I have 8 hairy legs. **s _ i _ e _ .**
2. I live in a bowl. **__ _ _ _ fish.**
3. I don't have any legs! **sn _ _ e.**
6. My name sounds like 'mitten'. **k _ t _ e _ .**
8. I'm a pet bird. **b _ dgie.**
10. Lots of people don't like me. **r _ t.**



A-Mazing!

Can you find your way from the lounge room to the back garden?

Use a pen or pencil to draw a line through the maze.



Word search fun for keeping busy at home

Can you find the words? They might be written across or down.

J D D A S U M A Q G D N N D Z
 R U N N I N G I U N A O J O H
 M O V I E S I T L I N I O Z U
 P U Z Z L E S Y N P C S C P J
 G A R D E N I N G E I I H S T
 E X E R C I S E T E N V A T A
 T R A S E N C R O L G E T E L
 Q C W K F T O P U S E L T N K
 J H V Y Q Z H I O F I E I R I
 S O C I A L M E D I A T N E N
 C O O K I N G S C A M X G T G
 W A L K I N G A E U G Y D N J
 G N I D A E R G S M B S I I L
 L Z L O W O L I U Z A I F S W
 S Y W A F V C M G D J G W C S

ART

DANCING

GARDENING

MUSIC

RUNNING

TALKING

CHATTING

EXERCISE

INTERNET

PUZZLES

SLEEPING

TELEVISION

COOKING

GAMES

MOVIES

READING

SOCIAL MEDIA

WALKING

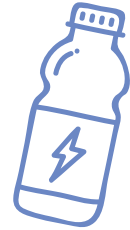




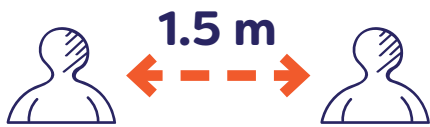
Staying active

It's important to stay healthy while we're staying safe at home.
We need to make sure we're:

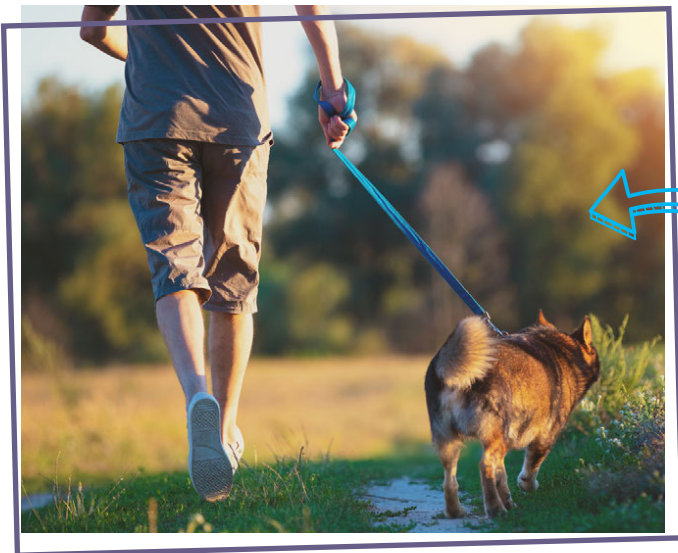
- getting some exercise
- moving our bodies as much as we can.



If you do go out, please stay:



- in your local area
- 1.5 metres away from other people.



You can go for a walk.



You can go for a run.





You can go for a bike ride if that's right for you.

You can do exercises at home. You can find heaps of yoga and workout videos online. You could search on YouTube. Some yoga studios and gyms are offering classes online now too.



You can just put on some music and dance!



Getting creative!

Can you colour in this beautiful cat?



Find more colouring options online:

- www.supercoloring.com
- www.colormandala.com



Do you need information about coronavirus?

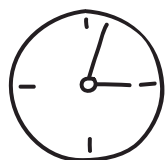


If you have questions about coronavirus or need support, there is help for you.



Contact the Disability Information Helpline on **1800 643 787**.

It's available:



- Monday to Friday 8am to 8pm (AEST)
- Saturday and Sunday 9am to 7pm (AEST).

It's not available on national public holidays.



You can find out more at www.dss.gov.au/disabilityhelp

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