### Easy for Me masthead graphicIssue 01 – April 2020

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.

This is an alternative version of the magazine for people who use screen readers. If you would like the version with pictures, please use the PDF.

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!

## 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?

This page features photos of our pets.

Meet Stuart – this gentleman usually comes into work with us at the office but he’s working from home at the moment too! He belongs to Therese, our Inclusive Communications Adviser. Stuart is a small poodle who looks like he’s in a painting and wearing an old-fashioned suit.

What's this scruffy little puppy been up to outside? Meet the adorable Baxter – he belongs to Ian, our Editorial Quality Manager. Baxter is a small fluffy dog with black and white fur.

This beautiful girl is Sadie – she’s loving her trip to the beach. She belongs to Emily, our Managing Editor. Sadie is a big black and brown dog sitting on the beach. You can see city buildings in the background.

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. Troy is a large Labrador dog lying on the floor sleeping.

This is Tink. She spends most of the day sleeping like this! She belongs to our Directors, Lyndall and Anthony. Tink is a black, brown and white cat curled up on her side sleeping.

## Cooking at home

The weather in some parts of Australia will soon be getting cold. It might be nice to make a lovely, pumpkin soup.

You can ask someone to help you make these recipes if you like.

### Pumpkin soup

This recipe makes enough pumpkin soup for 4 serves.

#### Ingredients

* 1.3kg of pumpkin (any type)
* 1 onion
* 2 cloves of garlic
* 3 cups (750ml) of vegetable stock
* 1/2 cup (120ml) of water
* 1 cup (250ml) 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 soup is ready. It will be ready when the pieces of pumpkin are soft.
10. Turn the heat off and let the soup cool down when the pumpkin is really soft. Blend the soup until it is smooth. You can use a:
    * stick blender
    * food processor.
11. When the soup is smooth, stir the cream in. Add salt and pepper when you serve the soup.

### Banana bread

This recipe makes about 10 slices of 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.

### 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](http://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.

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](http://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](http://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](http://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](http://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 <https://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 on your phone or tablet. You can also download the app at <https://bit.ly/2XQWHRl>

### 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 find the app at [www.whatsapp.com](http://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 app at [www.abc.net.au/app](http://www.abc.net.au/app).

At the moment, some people can still have support people or family members visit them at home.

## 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.

You can go for a walk.

You can go for a run.

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 go for a bike ride if that’s right for you.

You can just put on some music and dance!

## 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](http://www.dss.gov.au/disabilityhelp)

## Please tell us what you think

This magazine was made by the Information Access Group. You can visit us online at [www.informationaccessgroup.com](http://www.informationaccessgroup.com).

You can share this magazine with your family and friends.

We’d love to know what you think of this magazine.

You can send us an email. [hello@informationaccessgroup.com](mailto:hello@informationaccessgroup.com)

Find us on social media:

* on Facebook at /infoaccessgroup
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