# Easy for Me

### Issue 02

### May 2020

## G’day

We’re so excited to bring you another issue of “Easy for Me”.

We had such a good response when we launched our first issue, we thought we’d better hurry up and make another one.

Well, here it is! We hope you like it.

This month we’re focussing on sports and fitness as we all begin to think about ways we can start getting back out into the community.

The rules might be changing in your state or territory. Keep an eye on the news for updates.

Do stay well and stay safe!

And don’t forget – you can ask for help with anything in this magazine if you need it.

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## Put your bins out!

As you know, we’ve all been home a lot lately!

A few weeks ago, a lady named Danielle Askew was joking with a friend on Facebook. They talked about how the only time they were getting out of the house was to put the bins out. They decided to dress up for the outing!

Danielle dressed up as Elsa from the movie Frozen. She posted her picture on Facebook. Now she’s a world-wide sensation!

Over 1 million people have joined the ‘Bin Isolation Outing’ Facebook group.

People from all around Australia and the world are:

* dressing up to take their bins out
* sharing funny photos of their ‘bin isolation outing’.

You can join the fun on Facebook too if you want to.

Danielle Askew created the group.

This performer’s name is Possum Galore. She’s from Canberra. She dressed up as a cockroach to take the bins out.

Even animals are getting in on the action. This cat’s name is Billybob. He’s from Hervey Bay in Queensland.

This T-Rex put the bins out in Geelong, Victoria

## Cooking at home

These tasty recipes are easy to make! You can ask someone to help you if you like.

### Fried rice

This recipe makes enough fried rice to feed 4 people.

#### Ingredients

* 2 teaspoons of peanut oil
* 1 brown onion
* 2 cloves of garlic
* 2 cm of fresh ginger
* 300 g of chicken breast
* 1 small carrot
* 1 small red capsicum
* 4 cups of cooked rice
* 3/4 cup of frozen peas, thawed
* 1/4 cup of soy sauce
* 2 eggs
* 2 stalks of spring onion

#### Steps

To get started, you need to:

* cook the rice
* chop the chicken breast into small pieces
* thaw the peas so they are not frozen.

Peel the skin off the onion and garlic.

Cut the onion into small pieces.

Crush the garlic in a garlic crusher.

Grate the ginger. You can use the small side of a cheese grater.

Cut the carrot and capsicum into small pieces.

Heat up a wok or a large frying pan on the stove. You should turn the stove on to a medium heat.

Pour the peanut oil into the wok and heat it up a little. Add the onion, garlic and ginger. Stir them around until the onion is soft. The onion will change from white to light brown when it is soft.

Add the chicken. Stir it around until it is brown and cooked through.

Add the carrot and capsicum. Stir them around until the vegetables feel soft. You can check by poking the vegetables with your spoon.

Add the rice, peas and soy sauce. Stir them around until the rice heats up.

Break the eggs into a small bowl. Whisk them around with a fork until the yolks and whites are combined.

Tip the eggs into the wok. Stir the eggs through the rice. They will become a pale, yellow colour when they are cooked.

Add the spring onion just before you are ready to serve your fried rice.

### Apple Crumble

This recipe makes enough apple crumble to feed 4 people.

#### Ingredients

For the crumble topping:

* 75 g of oats
* 75 g of plain flour
* 100 g of butter
* 50 g of soft brown sugar
* a pinch of ground cinnamon

For the apple filling:

* 675 g of apples
* 25 g of caster sugar
* 3 tablespoons of orange juice

#### Steps

Before you start, heat your oven up to 180 degrees.

##### Crumble topping

Put the oats in a large mixing bowl. Sift the flour and cinnamon into the bowl.

Cut the butter into small cubes. Rub the butter into the flour in the bowl with your fingers until all the butter has been mixed in. You’ll need to wash your hands when you finish doing this.

Stir in the sugar.

##### Apple filling

Cut each apple in half carefully on a chopping board. Put each half flat side down on the chopping board. Cut them in half again.

Peel the apple pieces with a vegetable peeler. Cut out the middle of the apple and the seeds carefully. You should always cut the apple away from you.

Cut the apple into small pieces.

Put the apple pieces into a different mixing bowl. Pour the caster sugar into the bowl and mix until the apple pieces are covered in sugar.

Pour the apple pieces into a baking dish. Slowly pour the orange juice over the apples.

##### Apple crumble

Spoon the crumble topping over the apple filling. Spread it out evenly with the back of a spoon.

Put the baking dish into the hot oven. Be careful.

Cook the apple crumble for about 35 minutes.

You will know your apple crumble is cooked if:

* the crumble on top is golden brown
* the apple pieces are soft. You can check by poking a knife into a piece of apple to test how it feels.

Let the apple crumble cool down a little bit before you serve it. You can serve it with cream or ice cream.

## We’re missing our sport!

In some parts of the country, sport is finally starting up again.

The good news is that footy is back! AFL training has started already. The full competition will start again on 11 June.

But many places, like indoor pools and gyms, are still closed.

Here are some websites where you can check out what’s happening with your favourite sports.

#### AFL

[www.afl.com.au](http://www.afl.com.au)

National Rugby League
[www.nrl.com](http://www.nrl.com/)

Cricket  [www.cricket.com.au](http://www.cricket.com.au/)

Tennis  [www.tennis.com.au](http://www.tennis.com.au/)

Soccer   [www.ffa.com.au](http://www.ffa.com.au/)

Basketball
[www.nbl.com.au](http://www.nbl.com.au)

#### Netball

[www.netball.com.au](http://www.netball.com.au/)

#### Cycling

[www.cycling.org.au](http://www.cycling.org.au/)

#### Swimming

[www.swimming.org.au](http://www.swimming.org.au/)

#### Are you missing your favourite sport?

You could send us an email and tell us what you’re missing and what you’ve been doing to stay involved with your club or team. Or maybe you’ve been exercising, practising or working out at home.

Send us a picture or tell us what you’ve been doing in less than 50 words.

We’ll send you a $20 gift voucher from Kmart if we publish your story.

You need to send it to us by Monday 8 June.

Please send an email to hello@informationaccessgroup.com. Don’t forget to tell us your name and address.

## Staying connected

### Have a party from home!

#### Netflix Party

You can use Netflix Party to watch a movie on Netflix with your friends. Everyone in your group watches the same movie at the same time. You can send messages to everyone in your group.

Netflix Party only works:

* in Google Chrome
* on a laptop or computer.

You can install Netflix Party on your computer at [www.netflixparty.com](http://www.netflixparty.com)

You need a Netflix account to join a Netflix Party.

#### Facebook Watch Party

You can use Facebook Watch Party to watch videos with your friends on Facebook.

You can invite people to watch videos at the same time, and you can send messages to your group.

You need a Facebook account to join a Facebook Watch Party.

#### Zoom

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

You can invite your friends to have a party on Zoom. You can all talk and catch up. You could even play a party game together!

You don’t need an account to use Zoom.

## What are you watching at home?

Most cinemas around the world are still closed.

This means that many of the movies that might have been shown in the cinema are now available to watch on a streaming service on your TV at home.

A streaming service might include something like:

* Apple TV
* Google Play
* Microsoft (via the X-box)
* Netflix
* You Tube

Here are 4 great movies released in the cinema that you can watch at home right now.

You have to pay money when you use a streaming service. These movies are new releases, so they may be more expensive than other movies on the service.

### Emma

A historical romance based on the book by Jane Austen.

Rating: PG

Streaming on Apple TV, Google Play and YouTube.

### The Peanut Butter Falcon

Zak, a person with Down syndrome, runs away from home to become a professional wrestler.

Rating: M

Streaming on Apple TV, Google Play, Microsoft and YouTube.

### Sonic the Hedgehog

Video game character Sonic the Hedgehog comes to life in this action animation.

Rating: PG

Streaming on Apple TV, Google Play, Microsoft and YouTube.

### Birds of Prey

This movie is part of the DC Extended Universe. It’s action-packed and stars Margot Robbie as the character Harley Quinn.

Rating: MA15+

Streaming on Apple TV, Google Play, Microsoft and YouTube.

## Staying active

It’s important to keep fit while we’re staying safe at home. You can do these easy exercises anywhere. You can use equipment or not. It depends what you have at home.

Make sure you feel safe and comfortable while you do these exercises. Don’t do anything that might hurt your body. Stop if you feel any pain, dizziness or tingling, no matter how small. Ask for help if you need it.

**Estimated workout time:** 20 minutes

**Speed of movement:** Do each exercise slowly

**Best weight to use:** Start with a light weight or no weight at all

**How to get stronger:** Increase the weights as you get fitter

**How often to do the exercises:** 2 to 3 times a week

**Equipment you can use:**

* A pair of dumbbells or cans of food
* Mat
* Water bottle
* Music
* Watch, clock or phone to time each movement.

If you don’t have any dumbbells, you can use baked beans or other canned food!

**Complete all 8 exercises and have a drink of water. Then repeat each of the exercises 1 more time.**

**Tip:** Focus on breathing as you do each exercise

This workout is brought to you by Fit to play – health and fitness coaching for people with disability.

Email Bernadette McGrady via bern@fit2play.com.au or phone 0408 020 054

#### 1. Sit and reach

 Sit on a chair with your hands near your shoulders

* Place your feet and knees apart
* Stand up and reach for the ceiling
* Sit back down
* Repeat this movement for 1 minute

#### 2. Standing arm curls

 Stand with your feet apart, holding a weight in each hand

* Bend your elbows and move your hands to your shoulders
* Straighten your arms
* Repeat this movement for 1 minute

#### 3. Standing arm lifts

* Stand with your feet apart, holding a weight in each hand
* Lift your arms out to the side, keeping them straight
* Slowly lower your arms to the side of your body
* Repeat this movement for 1 minute

#### 4. Lying bottom lifts

* Lie on your back with your knees bent and your feet apart
* Lift your bottom off the ground
* Hold and count to 2
* Slowly lower bottom to ground
* Repeat this movement for 1 minute

#### 5. Lying crunch

* Lie on your back with your knees bent and your feet apart. You can move your feet close to your bottom or further away – wherever you feel most comfortable.
* Place your hands on top of your legs
* Tighten your stomach
* Slide your hands up to your knees
* Slowly lower your head back to the floor
* Repeat this movement for 1 minute

#### 6. Lying arm and leg lifts

 Lie on your stomach with your arms and legs out straight

* Lift the opposite arm and leg off the ground at the same time
* Hold and count to 2
* Slowly lower that arm and leg
* Lift the other arm and leg off the ground
* Hold and count to 2
* Slowly lower that arm and leg
* Repeat these movements for 1 minute
* Swap sides each time

#### 7. Push-ups on knees

* Kneel with your hands on the ground below your shoulders, keeping your arms straight
* Bend your elbows back as you gently lower your body
* Keep your head and back in a straight line
* Straighten your arms to lift body up
* Repeat this movement for 1 minute

#### 8. Standing knee lifts

* Stand with your feet apart and your hands on your hips
* Lift your left knee up
* Then place your foot down
* Lift your right knee up
* Then place your foot down
* Repeat these movements for 1 minute

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## 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)

## Want to be part of this magazine?

Next month we’re focussing on arts and crafts.

**If you’d like to share an art, craft, colouring, or creative piece that you’ve been working on, we’d love to hear from you.**

Send us a picture or tell us what you’ve been doing in less than 50 words.

We’ll send you a $20 gift voucher from Kmart if we publish your work.

You need to send it to us by Monday 8 June.

Please send an email to hello@informationaccessgroup.com. Don’t forget to tell us your name and address.

We love hearing from you. Please send us your feedback or visit our website at [www.informationaccessgroup.com](http://www.informationaccessgroup.com)

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Published by the Information Access Group in May 2020.

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