

HOMEPLACE

NEWSLETTER

Summer 2026





Summer is over Autumn is here

We have had all kinds of weather over the last few months.

Some days were really, really hot.

Here are some easy tips to stay cool when it is very hot:



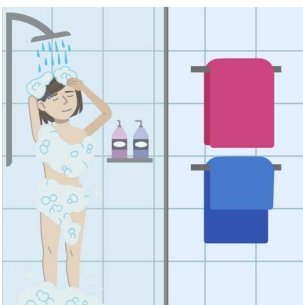
- Stay inside where it is cool or in the shade.



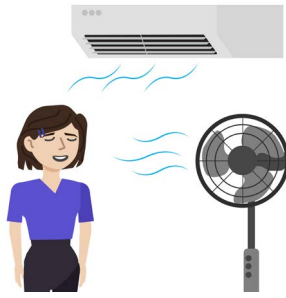
- Drink water often.



- Wear light, loose clothes.



- Have a cool shower.



- Use fans or air conditioning if you have them.



- Put a cold cloth on your neck.



- Do quiet activities so your body does not get too hot.

Why it is important to drink water

It has also been very dry this summer.

Drinking water is very important, especially when it is hot.

Here is why water helps your body:



- Water stops you from getting dehydrated. This is when you may feel weak, dizzy, or sick from not having enough water in your body.



- Your body needs water to keep your temperature safe.



- Water helps your brain stay focused.



- Water helps your heart and muscles work properly.



- Water helps you go to the toilet often.



- Try to drink water throughout the day, even if you do not feel thirsty.

What to do if the power goes out

At the end of February, we had lots of rain over one weekend.

We hope you stayed dry and safe.

Heavy rain or storms can sometimes make the power go out.

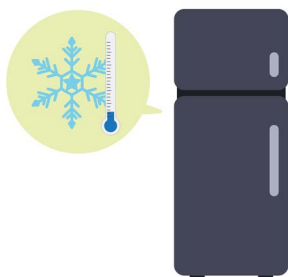
Here are tips to stay safe in a power outage (sometimes called a blackout):



- Keep a torch in a place where it is easy to find. Turn it on.



- Use your mobile phone only when you need to. This is so the battery lasts.



- Keep fridge and freezer doors closed to keep the cold in.



- If you need help, call your support person, family member, or HomePlace.



- If you rely on medical equipment that needs power, call 000 if it becomes unsafe.

If you feel unsure or worried, you can always ask for help.



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Do you want to go to the Leading Through Inclusion event in July 2026?



South Australian Council on **Intellectual** Disability
Leading Through Inclusion

The theme for 2026 is: Skills for Life!

Leading Through Inclusion gives people living with intellectual disability and their families or caregivers the chance to:



Be **seen**.



Be **heard**.



Be **understood**.

To find out more, speak to your HomePlace Senior Coordinator and go to the SACID website: [2026 Leading Through Inclusion Event – South Australian Council on Intellectual Disability | SACID](#)



Congratulations to Nick on celebrating 40 years of employment and for receiving a certificate for his hard work!

This is what Nick's work mornings have been like for the last 40 years:



1

Nick starting his workday with breakfast—the most important meal of the day!



2

Nick enjoying his early morning coffee.



3

Nick gets dressed for work.



4

Nick and Wally sit down for a chat before Nick heads off for the day.



5

Nick arriving at work—ready for a 9am start!

Participant Achievements and Experiences



Kobi

Kobi is happy to be back at work and also enjoying fun times at home.



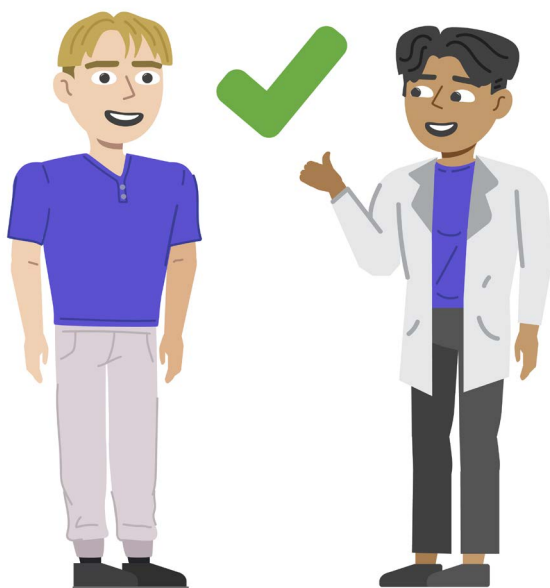
Craig and Tommy

Craig and Tommy's house needed fixing. With support from their HomePlace team, they made a complaint to their landlord. The landlord fixed the problems with their house quickly. Craig and Tommy are proud that their voices were heard.



Di and Nicky

Di and Nicky loved ordering and receiving new furniture for their brand new home.



Steve B

Steve has been getting SIL supports from HomePlace for a year. He went to see his GP for the first time in years. The doctor said Steve looks much healthier.



Ian

Ian is developing his new role as an interviewer. He is learning new ways to speak up for people living with intellectual disability. He is also busy working on 4 committees!



Kane

Kane won a bingo game—Congratulations, Kane!



Georgia

Georgia released a new song called 'Superwoman'. You can listen to it on Spotify.



Did you watch The Winter Paralympics?

The 2026 Winter Paralympics took place from 6–15 March in Milan and Cortina d’Ampezzo, Italy, with 665 athletes with disabilities competing. It is a major international event featuring winter sports on snow and ice. The Winter Paralympics:

- Celebrate strength and ability.
- Show what people with disability can do.
- Bring the world together.
- Make sports fair and fun for everyone.



The 6 Winter Parasports

1. Para Alpine Skiing

Athletes ski quickly down a snowy mountain. They turn around flags to stay on the course.

3. Para Biathlon

Athletes cross-country ski and then stop to shoot at targets.

5. Para Snowboarding

Teams play hockey on ice while sitting in specially made sleds with skates.

2. Para Ice Hockey

Teams play hockey on ice while sitting in specially made sleds with skates.

4. Para Cross-Country Skiing

Athletes ski long distances on flat or gently hilly snow.

6. Wheelchair Curling

Athletes slide heavy stones across ice toward a target.



Christmas Party 2025

We ended last year with a wonderful Christmas party at **Fuego by the Sea** in West Beach.

Everyone looked amazing and enjoyed the food, music, and time together.

A big thank you to **IPMB Insurance Brokers** for donating money so we could hold this special event.







HomePlace has 4 goals

These are the HomePlace Goals:



1. Capacity Building, Role Creation, and Community



2. Expanding the Breadth of the HomePlace Community



3. Improved Community Awareness



4. Thriving Over the Long-Term

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