



We have a new podcast called Visibility

Visibility is a podcast for people to share their stories.

Every month we will speak with a person with intellectual disability.

In our first series people with disability talk about relationships.

Go to www.cid.org.au/visibility-podcast/



Justice Matters

We all make mistakes.

Geoffrey Thomas first got into trouble as a young teenager.

The Justice Advocacy Service and Cognitive Impairment Diversion Programme helped Geoffrey.

We need funding for these programmes.

You can help!



Please watch and share Geoffrey's video and sign the petition.

Go to (insert weblink)

www.cid.org.au/justice-matters

Mental Health Resource



Mental health is about how you feel.

Feelings can change how you think and what you do.

When you feel good you can do everyday things.

When you do not feel good it gets hard to cope.

Looking after your mental health is important.



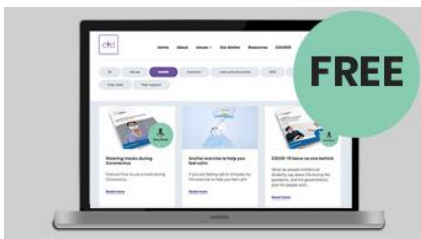
CID has resources about mental health.

Like easy read fact sheets.

And a video about how to relax.

There are also reports from our advocacy work.

We work to make mental health better for people with intellectual disability.



CID resources are for everyone.

These free resources are on our website.

To see them go to www.cid.org.au/mental-health-resources



There are other resources too.

3DN has made easy read sheets about mental health

The sheets tell you how to get help if you need it.

To see them go to <https://www.3dn.unsw.edu.au/projects/making-health-information-accessible-people-intellectual-disability>



Easy Read training

We are running easy read training.

It is about how to write things in easy read.

It is not about reading easy read.



The training is done on zoom.

It goes for 2 hours.

We will run easy read training every 2 months.

Anyone can join.

But doing the training costs money.

To find out more go to www.cid.org.au/easy-read-training



The Disability Royal Commission

The Disability Royal Commission is on now.

It is looking at how people with disability have been treated.

And when they have been treated badly.

The Commission is looking at violence and abuse.

Things like

- being hit or kicked.
- being threatened.
- being forced to do things you don't want to.



They want to know about times when these things have happened at home.

They want to know why it happens.

They want to know how it can be stopped.

If you want to tell them your story, you can.



Do you like to dance?

There is a dance workshop in Sydney.

It is for people with disability and people without disability.

It will be good for people who need no support

Or people who need a bit of support.

It will be in a place that is accessible and okay for people in wheelchairs.

It is on 20 March and 21 March from 10am – 1.30pm.

It is run by a group called Dirty Feet.

For more information go to

<https://www.dirtyfeet.com.au/the-right-foot-2021>

Or you can call Dirty Feet on 0433 385 125.



Got a question?

Call us on **1800 424 065**

This is an easy to read version of the Council for Intellectual Disability eNews. You can sign up for this eNews at www.cid.org.au/news