

## CID easy to read eNews July 2021



### Take care of your mental health during lockdown

Many people are finding isolation and lockdowns hard.

This can affect your mental health.

In this video Leigh gives tips to help you take care of your mental health.

Find out more and watch the video on our blog

<https://cid.org.au/our-stories/look-after-your-mental-health-during-coronavirus/>



### Stay home video series

Leigh, Ella, Ben, Jack and Alex talk about how they stay happy and active during the COVID lockdown.

[Find more resources about COVID on our website](https://cid.org.au/covid-19/)

<https://cid.org.au/covid-19/>

[Watch videos on our website](#)

<https://cid.org.au/covid-19/#stayhomevideos>



## Latest COVID updates

The NSW Government has rules you must follow.

Here is an Easy Read guide about the latest rules from the Government.

[Read more on our blog](#)

<https://cid.org.au/our-stories/nsw-government-coronavirus-covid-19-rules/>

We update the guide when the rules change.



## When we need to wear face masks

Here is Easy Read information about when you need to wear face masks.

[Read now on our website](#)

<https://cid.org.au/our-stories/when-we-need-to-wear-face-masks-nsw/>



## How we do advocacy at CID

At CID we advocate for a better world for people with intellectual disability.

We have been doing it for over 60 years.

In this article, we talk about how we do it.

[Read article on our website](#)

<https://cid.org.au/our-stories/heres-how-we-do-advocacy-at-cid/>



## Some of our projects are now online

While we have COVID restrictions we will be running our projects online.

### **My Right to Decide**

My Right to Decide gives people with intellectual disability living in group homes and other supported accommodation the skills to speak up and make decisions.

For more information email [info@cid.org.au](mailto:info@cid.org.au) or phone **1800 424 065**.

## [More Than Just A Job](#)

More Than Just a Job offers training programs for

- People with intellectual disability
- Staff
- Businesses



## [More Than Just a Job For Me](#)

Are you a person with intellectual disability looking for meaningful work?

CID is here to help you get the skills and confidence to find the job you deserve!

More Than Just a Job For Me is a free training to help you

- build confidence
- explore all your options
- make meaningful career choices.

[Find out more about More Than Just a Job For Me on our website](#)

<https://cid.org.au/event/more-than-just-a-job/>

You can also email [info@cid.org.au](mailto:info@cid.org.au) or call **1800 424 065**.



## Visibility podcast

Podcasts are great to listen to in lockdown.

In our Visibility podcast people with intellectual disability share their stories.

We talk about

- relationships
- family
- LGBTIQ+ community
- and more.

[Listen to the podcast on our website](https://cid.org.au/our-stories/visibility-podcast/)

<https://cid.org.au/our-stories/visibility-podcast/>

LGBTIQ+ People, Mental Health and the NDIS webinar



This webinar is part of the [Reimagine.today](#) program.

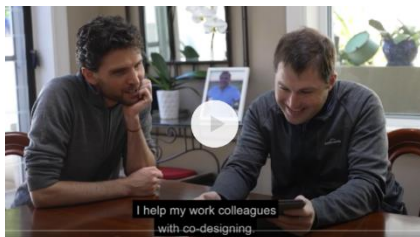
They will discuss Mental health in LGBTIQ+ communities.



This is a free webinar.

[Find out more and register using the below link](#)

<https://bit.ly/2W2pPpO>



Open employment videos from Inclusion Australia

What is so good about open employment?

Ben, Justen, Tara and Fiona talk about what they do for work and what it means to them.

They work in open employment.



Open employment is where people with and without disability work together in regular jobs.

You can find out more about working in open employment at

- [Everyone Can Work website](https://www.everyonecanwork.org.au/)  
<https://www.everyonecanwork.org.au/>
- [Inclusion Australia's YouTube channel](https://www.youtube.com/channel/UC8QE35BBofvFzwn9B9nAkyg)  
<https://www.youtube.com/channel/UC8QE35BBofvFzwn9B9nAkyg>



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](http://www.cid.org.au/news)