

CID easy to read eNews August 2021



Easy Read COVID updates

This is an Easy Read guide about the latest COVID rules.

We update the guide when the rules change.

[Check the Easy Read guide](#) when you want to know what the rules are.

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



Leonie's tips for online presentations

A lot of people are working from home during lockdown.

Meetings and presentations are done online.

Leonie has tips so you can feel confident about online meetings.

[Read more and watch the video on our website](#)

<https://cid.org.au/our-stories/my-tips-for-online-presentations/>



Supporting people in group homes with a COVID outbreak

This is a guide for staff in group homes that are locked down because of a COVID outbreak.

[Read more on our website](#)

<https://cid.org.au/resource/supporting-people-in-group-homes-with-a-covid-outbreak/>



What is happening in my home

This is a guide for people living in group homes that are locked down because of a COVID outbreak.

[Read more on our website](#)

<https://cid.org.au/resource/what-is-happening-in-my-home/>



A special podcast episode to support you during COVID

Our anchor exercise can help you feel calm.

You can use it if you feel stressed or worried.

[Listen now on our website](#)

<https://cid.org.au/our-stories/our-anchor-exercise-can-help-you-feel-calm/>



Justen's experience giving evidence to the Disability Royal Commission

Justen is a member of the Advocacy Team at CID.

He talks about his experience giving evidence to the Disability Royal Commission.

[Read now on our website.](#)

<https://cid.org.au/our-stories/justens-experience-giving-evidence-to-the-disability-royal-commission/>



More Than Just A Job goes to Broken Hill

Our More Than Just a Job team went to Broken Hill in June.

They did a workshop about jobs for students at Broken Hill Public School.

[Read the full story.](#)

<https://cid.org.au/our-stories/more-than-just-a-job-goes-to-broken-hill/>



My Right to Decide for families

Does a family member live in supported accommodation?



Do you want to learn about their rights and supported decision making?



Come and join My Right to Decide!

This is free training for families.



If you are interested in attending

- email Steph at stephanie@cid.org.au
- call 1800 424 065.

[Find out more on our website](https://cid.org.au/event/my-right-to-decide-supported-decision-making/)

<https://cid.org.au/event/my-right-to-decide-supported-decision-making/>



National Redress Scheme

The Redress Scheme is for adults who were sexually abused as a child in an institution.

An institution is an organisation like



- a school
- a detention centre
- a church



Contact PWDA for more information on 1800 422 015 or pwd@pwd.org.au.

More information is on [PWDA's website](#)

It includes an [Easy Read guide about Redress](#)

<https://pwd.org.au/wp-content/uploads/2020/05/PWDA-Easy-Read-4pp-Redress-Support-Service.pdf>



How to be fit and healthy

Special Olympics have created a guide about health and fitness.

[Download the guide on the Special Olympics' website](#)

https://specialolympics.com.au/images/soaweb/files/Fit-5-Guide_low.pdf



The Disability Royal Commission public hearings

The Disability Royal Commission is holding 3 public hearings in September.



A public hearing is when the Disability Royal Commission listens to people's stories.



For upcoming dates check out [The Disability Royal Commission's website](https://disability.royalcommission.gov.au/about-royal-commission/our-schedule).

<https://disability.royalcommission.gov.au/about-royal-commission/our-schedule>



Are you a woman with disability?

PWDA wants to know about your experiences during COVID.

They want to know how COVID affects your mental health.



If you want to tell your story contact Frances Farrant at francesF@pwd.org.au



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