

CID easy to read eNews December 2021



Our big wins for 2021

These are some of the great things we did in 2021.

- We won the Justice Matters campaign!
- We had our first LGBTIQ+ peer meet up about employment
- We have new groups in the Northern Rivers and Sydney to work on supported decision making projects.
- Our Visibility podcast had more than 1200 listeners.
- Our videos had over 1 million views.



We look forward to more big things in 2022

[Watch our videos on Facebook](#)

<https://www.facebook.com/NSWCID/videos>

Our most read resources






This year we made lots of COVID resources.

Lots of people used them.

Some other resources people used this year were

- [Manage your money](#)
- [Inclusive Communications Tips](#)
- [Your Service Your Rights cards](#)
- [Health Fact Sheets](#)

Resources on abuse

 <p>Your service your rights cards What is the difference between good and discriminatory services? These cards can help.</p> <p>Read more</p>	 <p>What is a restrictive practice An easy-to-read information guide for people with intellectual disability.</p> <p>Read more</p>	 <p>What to do if you have been exploited What can you do if people try to get your personal information or money?</p> <p>Read more</p>
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[View all our resources.](#)

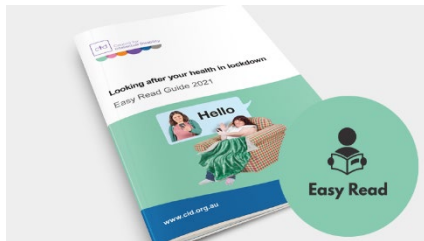
<http://cid.org.au/resources>



Our stories

Here are some of our most read stories of 2021

- [About the COVIDSafe App](#)
- [Looking after your health during COVID](#)
- [Look after your mental health during COVID](#)
- [Dating tips](#)
- [How to improve employment for people with intellectual disability](#)



[Read Our Stories.](#)

<http://cid.org.au/our-stories>



Our latest podcast episode: Lights! Camera! Advocacy!

In this episode we chat to Gerard O'Dwyer.

He is an actor, speaker and performer.

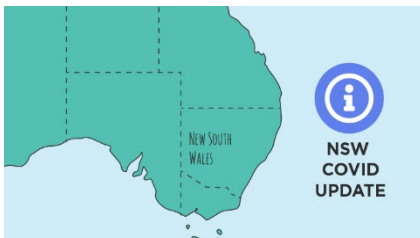
He has Down Syndrome.

He talks about working in films, TV and theatre.



[Listen to the episode now.](#)

<https://cid.org.au/our-stories/how-to-make-a-self-care-plan/>



The latest COVID rules in Easy Read

The COVID rules changed in NSW on 15 December.

In this Easy Read guide we explain what you can do in NSW.

We also recommend how you can stay safe.

[Read the guide.](#)

<https://cid.org.au/our-stories/what-you-can-do-from-15-december/>



Three new fact sheets about the COVID vaccine

In these Easy Read fact sheets we talk about

- Getting a booster dose of a COVID vaccine
- What the third dose of the COVID vaccine is
- The difference between the third dose and a booster dose.

[Read the guides.](#)

<https://cid.org.au/resource-category/health/>



Have a happy and safe break

The holiday season can be a great time with family and friends.

But it can be hard for some people too.

If you want to talk to somebody you can call

- Kids Helpline **1800 55 1800**
- Parent Line **1300 130 052**
- Lifeline **13 11 14**

- Domestic and family violence helpline **1800 737 732**

- QLife peer support service for LGBTI people **1800 184 527**

You can [listen to our Anchor meditation exercise](#).

This is an exercise to help you feel calm.



Royal Commission hearings in 2022

In 2022 the Disability Royal Commission will have public hearings on

- Justice
- NDIS and service providers
- Health and safety of women and girls
- Employment

[See the hearing dates at the Royal Commission's website](#).

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



Christmas and New Year for everyone.

Here is a list of Christmas lunches and things to do.

They are free.



These are for people who might be having a hard time or are alone at Christmas.

[See the list of Christmas Lunches and Activities 2021](#)

<https://www.ideas.org.au/blogs/christmas-community-events-lunches-2021>

Here is a list of accessible events around Australia for New Year's Eve.

These events are cheap or free.

These events are for everyone.

[See the list of New Year Accessible Events](#)

<https://www.ideas.org.au/blogs/new-year-accessible.html>





New Year's Eve in Sydney

There are accessible places to enjoy New Year's Eve in Sydney.

[Find out more on the City of Sydney's website.](#)

<https://city.sydney/nye-accessibility>



New Domestic Violence Easy Read resources by PWDA

PWDA has created 3 Easy Read resources and videos.

They give information on how to find domestic and family violence services.

They talk about how to deal with sexual assault and abuse.

The Easy Read resources are available on [PWDA's website.](#)

<https://pwd.org.au/our-work/projects/building-access/>





Got a question?

Call us on **1800 424 065**



See you next year!

Our email and phone lines close on Friday
24 December.

They open again on Tuesday 4 January.

Hope you have a happy and safe holiday.

We look forward to seeing you in 2022.

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