

## CID easy to read eNews February 2022



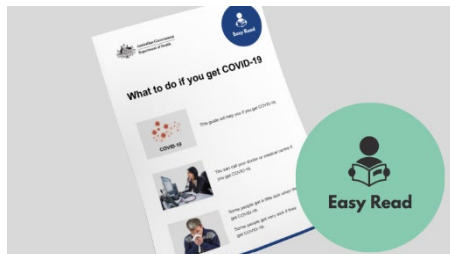
### How to do a rapid antigen test (RAT) from your nose

A **Rapid Antigen Test** is also called a RAT.

A RAT will tell you if you have COVID-19

This video and guide tells you how to do a  
RAT from your nose.

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



### What to do if you get COVID-19

Find out what to do if you get COVID-19.

[Read the Easy Read guide on our website.](#)



## Help us launch the National Roadmap campaign

We need political parties to work on better health for people with intellectual disability.

Ask your friends and families to sign a postcard to politicians so we can End Deadly Disability Discrimination now!

[Fill in this form so we can send you postcards.](#)



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

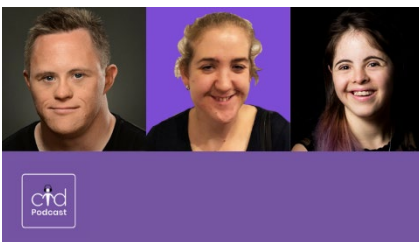
You can attend our training for people with intellectual disability called More Than Just a Job for Me.

It can help you think about the kind of work you would like.

You can also learn to speak up.

To find out more

- email [info@cid.org.au](mailto:info@cid.org.au)
- call 1800 424 065
- [visit our website.](#)



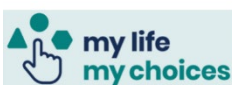
## Arts and Culture podcast series

Listen to our interviews with people with intellectual disability working in the arts.

We talk to

- Gerard O'Dwyer is an actor
- Lauren Kerjan is an artist
- Jianna Georgiou is a dancer.

[Listen to their stories on our podcast Visibility.](#)



What is co-design? And what does it mean to me?

Ricky is a Project Worker at CID.

He is part of a co-design team with My Life My Choices.

In this article Ricky tells us why co-design is important.

[Read the article on our website.](#)

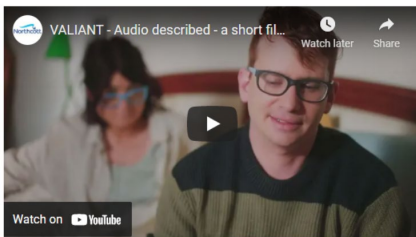


VALIANT is a short film about relationships

VALIANT is a film made by 12 people with disability.

It has stories about

- healthy relationships
- consent
- sexuality.



There is also an [Education Guide](#).

It can help you to talk about some of the issues from the film.

[Watch VALIANT on Northcott's website.](#)



## Chef Antonio's Recipes for Revolution

This is a film about a restaurant in Italy.

All the staff are young people with Down Syndrome.

The film is showing in Sydney on 9 March 2022.

[Book tickets on the cinema's website.](#)

[Watch the trailer on YouTube.](#)



## The Photovoice Contribution Project

The Photovoice Contribution Project is a photo project run by the University of NSW.

To be part of the project you need to be a person with intellectual disability.

You need to be over 18 years old.

You will learn to take photos.

You would get to take photos in your community.

Your photos will then be in an exhibition in a gallery.



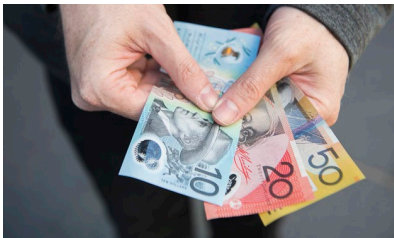


People who are part of the project will get gift cards for attending 2 workshops.



You will also get free camera.

To find out more email Dr. Samuel Arnold at [samuel.arnold@unsw.edu.au](mailto:samuel.arnold@unsw.edu.au) or call **9385 0620**.



The Australian Disability and Indigenous Peoples' Education Fund is open for applications

The fund gives grants to people with disability to help pay for education costs.

[Find out more on this website.](#)



NDIS participants can use plan funds to claim for rapid antigen tests (RAT)

This is for people with an NDIS plan.

You can use the money from your plan to pay for RATS for you and your support workers.

Talk to your service provider or support coordinator for more information.



A short film about people with intellectual disability and criminal justice

*[They Will Use] My First Name* is a documentary that uses virtual reality

The film is about the experience of people with intellectual disability in criminal justice.

You can [watch the video and listen to other stories on the VALID website](#).



Got a question?

Call us on **1800 424 065**

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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)