

## Supported Decision Making Conversation Cards



Do you want to talk about making more of your own decisions?



The Supported Decision Making Conversation Cards can help you talk about what you want to do in your life.



Use these cards to talk with your supporters about decisions.



The cards will help you make decisions and have fun doing it.

## Supported decision making grants



CID's My Rights Matter team has a **grant** program.

The grants are for projects to get more people interested in **supported decision making**.



A grant is money to do a project.



Supported decision making is when someone helps you make more of your own decisions.



We wrote an article in Easy Read about the grants.

Link: [My Rights Matter announces grants](#)

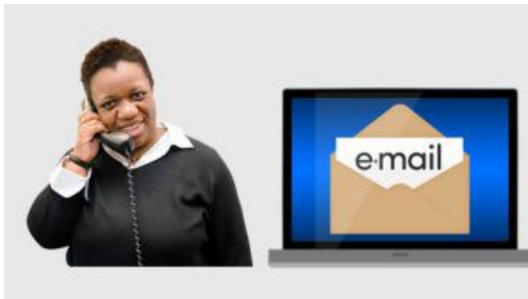
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You need to send your grant application by  
Wednesday, 31 May at 11.59pm.

You can get the application form at the link.

Link: [My Rights Matter grants](#)



For more information contact CID's My Rights  
Matter team

- email [sdm@cid.org.au](mailto:sdm@cid.org.au)
- call 1800 424 065

## Sparkles, strength and speaking up



Our latest podcast is about Leigh.



Leigh does a lot of things like



- speaking up for people with disability



- working to help the environment

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- lifting weights



- doing drag as a straight drag queen



Listen to our podcast about Leigh at the link below.

Link: [Sparkles, Strength and Speaking Up](https://cid.org.au/podcast)

## Good news on health in the federal budget



The Treasurer Jim Chalmers released the 2023-2024 federal budget on 9 May.



He announced some things in the budget that will make it easier to go to the GP for free.



You can read more about these changes on our website.

This article is not in Easy Read so you might want to read it with a supporter.

Link: [Good news on health in the federal budget](#)

# Supported decision making workshops



We are having supported decision making workshops in May and June.



These workshops will help people learn more about supported decision making.



Workshops are for

- people with intellectual disability
- friends, family and peers



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- professional organisations



Follow the link to learn more and register for upcoming workshops.

Link: [Supported decision making workshops](#)



## Supported decision making peer mentor group

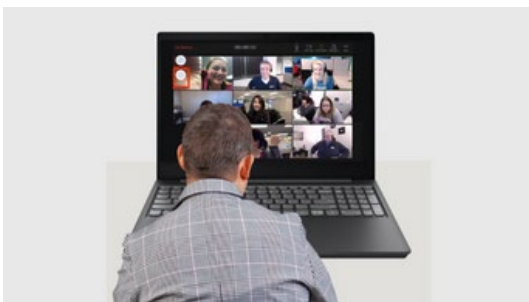


Do you want to talk about decisions with **peers** with disability?

Peers are people who have some of the same experiences as you.



Join the supported decision making peer mentor group.



We meet online.



We meet once a month. Our next group is on Wednesday 7 June from 10am to 11am.

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We will talk about decisions around getting a job.



We will do a fun activity using conversation cards to talk about decisions.



Sign up for the supported decision making peer mentor group at the link.

Link: [Supported decision making peer mentor group](#)

### Join Learn 2 Lead

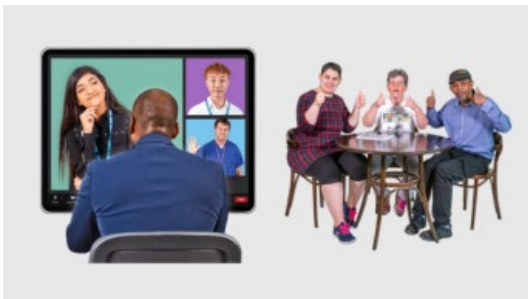


Learn 2 Lead is a great group to make friends and grow with each other.



Learn 2 Lead meets once a month to

- share ideas
- learn about leadership
- learn about working together



You can come to meetings online and in person.



You need to be a CID member to join.

You can become a member at the link.

It is free to be a member if you are a person with intellectual disability.

Link: [Become a CID member](#)

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If you want to know more contact CID

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

## A new book written by a CID member



Sidharth Chandran is one of our members.

He wrote a book called An Unspoken Story.



You can learn more about the book at the link.

Link: [An Unspoken Story](#)

### Contribute stories to Our Site



Women With Disabilities Australia is looking for people to contribute to Our Site.



This is a site with real stories. They are written by people with disability who are

- women
- girls
- feminine-identifying people
- non-binary people



They pay \$100 for posts.



Find out more at their website. They have Easy Read information available.

Link: [Submit to Our Site](#)

## Cumberland cost of living study



Western Sydney University researchers are looking for people to interview who live in the Cumberland area.

They want to find out how it is to live on a low income.



Participants will get a \$50 gift voucher.



If you want to participate

- text [0431 252 917](tel:0431252917)
- sign up for the study at the link.

Link: [Sign up for the study](#)

## Preventative health care study



The University of New South Wales is doing research to improve **preventive health care** for people with intellectual disability.



Preventive health care is things that support people to stay healthy and get better quickly when they are sick or hurt.



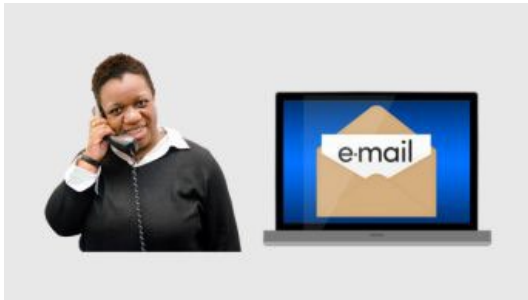
Participants will get a \$50 gift card.



Download the study flyer at the link to learn more.

Link: [Preventative health care study flyer \(PDF\)](#)

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To sign up or get more information contact Jess Wardon

- call [\(02\) 9348 0903](tel:(02)93480903)
- email [jessica.ward1@unsw.edu.au](mailto:jessica.ward1@unsw.edu.au)

## Inner West Council Inclusion Festival



Inner West Council is having an Inclusion Festival in December.



They are looking for performers who

- have a disability
- live in the Inner West Council area



You can sign up at the link. Expressions of interest are open until 30 September.

Link: [Apply to perform at Inner West Council Inclusion Festival](#)