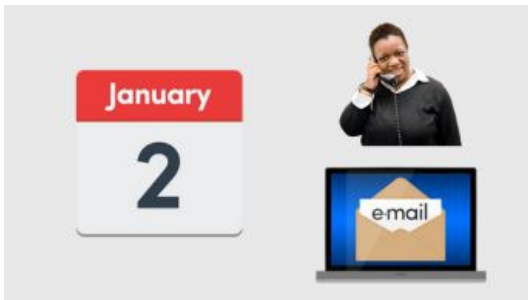


CID closed during the holidays

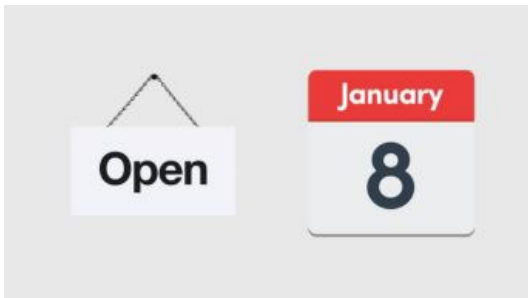


CID will be closed from 23 December 2023 to 1 January.



From Tuesday 2 January you can contact us

- On the phone at 1800 424 065
- By email at info@cid.org.au.



The CID office opens again from Monday 8 January.

Message from our Board Chairperson



Quang Nguyen is our new Board Chairperson.



This is his first time as Chairperson.



Quang says thanks to everyone for working hard this year at CID.



He hopes next year we will be really busy.

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He hopes that you have a happy New Year in 2024.

Summer safety guide



The Australian sun can be very hot.

It is important to protect your skin.



Australia has many beautiful beaches.

It is important to be careful when you swim.



In this Easy Read guide we share Summer safety tips.

Link: <https://cid.org.au/resource/summer-safety-easy-read-guide/>

Bushfire information guide



Bushfires happen during hot and dry weather.

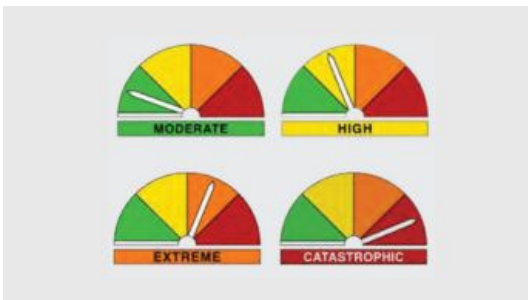


Our Bushfire Information Guide has information on

- What is a bushfire



- Where bushfires happen



- Fire ratings

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- Emergency fire alerts



Read the Bushfire Information Guide at the link.

Link: <https://cid.org.au/resource/bushfire-info-guide-nsw/>

How to cope in a heatwave



A heatwave is when the weather gets very hot.



Heatwaves can affect your health.



This guide has 3 tips to help you in a heatwave.

Link: <https://cid.org.au/resource/how-to-cope-in-a-heatwave/>

What to do if you get COVID



More people get together during the holidays.

This means more people might get COVID.



You should stay home if you are not feeling well.



If you are not feeling well you should do a **rapid antigen test**. We say **RAT** for short.

A **RAT** tells you if you have COVID.



There are two kinds of RATs. You can see how to use them in these videos.

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One kind of RAT is done from your nose.

Link: <https://cid.org.au/resource/how-to-do-a-rapid-antigen/>



The other kind of RAT is done with your spit.

Link: <https://cid.org.au/resource/how-to-do-a-saliva-rapid-antigen-test/>



If you test positive you should stay at home and away from other people.



When you start feeling better you can test again to see if you are negative.

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If you test negative you should test again in a day if you still feel unwell.

If you are sick make sure you get medical advice.

Check out our podcast



Check out our podcast over the holidays.

Our podcast is called **Visibility**.



Visibility is a podcast for people with intellectual disability to share their stories.



Our current series is Life My Way.

This series is about making decisions.



Listen on our website at the link.

Link: <https://cid.org.au/story-category/podcast/>

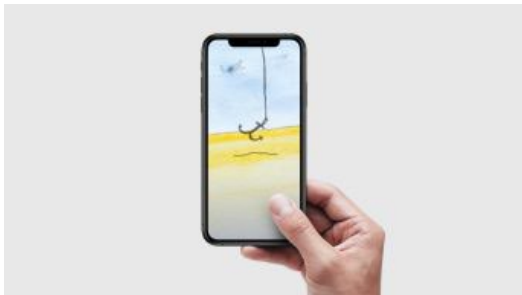
The Anchor



The Anchor is an exercise to help you feel calm.

It has been made with people with intellectual disability.

It is great for everyone to use.



You can download the Anchor exercise on your phone so it is always there when you need it.

Link: <https://cid.org.au/anchor/>

Have a happy and safe break



The holidays can be a wonderful time.



But it can be hard too.



Here are some phone numbers you can call if you need to talk to someone.



Call **Lifeline** on 13 11 14 if you are feeling sad and need to talk.

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Call **Kids Helpline** on 1800 55 1800 if you are a young person aged 5 to 25.



Call the **Parent Line** on 1300 130 052 if you are a parent or carer of a young person aged under 18.



Call **G'day Line** on 1300 920 552 if you are aged over 50.



Call **1800 RESPECT** on 1800 737 732 if a partner or family member is treating you badly.

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Call **QLife** on 1800 184 527 if you or someone you care about is LGBTIQ+.

It is open from 3pm to midnight.



Call **Witness to War** on 1800 845 198 if you are from a place where war is happening.

It is open from 10am to 7pm Sydney time.