

My Health Cards



CID has made cards to help you talk about your health.

They are called **My Health Cards**.

Link: <https://cid.org.au/resource/my-health-cards/>



The My Health Cards can help you and your health workers talk about your health.



They can also help you talk about your health with your family and supporters.



You can use the cards to help you get ready for health appointments.

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Order the cards for free on our website.

Link: <https://cid.org.au/mhc-order/>



You can also download the cards to

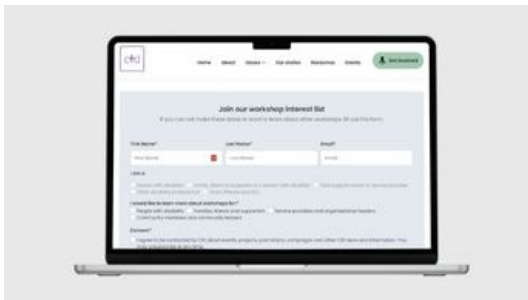
- print out yourself
- use on a device like a phone or tablet.

Link: <https://cid.org.au/wp-content/uploads/2023/12/Health-My-Health-Cards.pdf>

Supported Decision Making Workshops



CID has more workshops about supported decision making.



You can sign up for more information about workshops on our website.

Link: <https://cid.org.au/issues/my-rights-matter/my-rights-matter-workshops/#interest>



We have a new supported decision making workshop you can go to with your support people.



You can join with your

- family member

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- friend



- paid support worker.

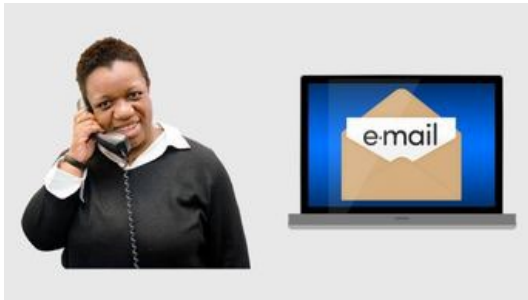


In the workshop we will work through making a real life decision together.



At the end of the workshop everyone will know how to better support you with your own decisions.

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If you and your support people would like us to do this workshop for you

- Email sdm@cid.org.au
- Call 1800 424 065.

CID at Mardi Gras



Mardi Gras happens in Sydney every year.



It is a time to celebrate LGBTIQ+ people.



The words in LGBTIQ+ stand for

- **Lesbian**
Lesbian means women who like other women



- **Gay**
Gay means men who like other men

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- **Bisexual**
Bisexual means people who like both men and women.



- **Transgender**
Transgender means people who feel different from the gender they were born in.



- **Intersex**
Intersex means people who have bodies that are not what we expect for males or females



- **Queer**
Queer means people who are not straight or who feel different from the gender they were born in.

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- **Asexual**

Asexual means people who do not feel they want to do sexy things with anyone.



- +

+ means any other way people might feel about their gender or sexuality.



CID is partnering with [People with Disability Australia](#) for Mardi Gras.

We will say PWDA for short.



We will be at Fair Day with PWDA.

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Fair Day is at Victoria Park on Sunday 18 February.



You can find out more about Fair Day at the link.

Link: <https://www.mardigras.org.au/event/fair-day/>



PWDA has some spots for LGBTQIA+ CID members to march in the Mardi Gras Parade.

Let us know if you would like to join.



The parade is on Saturday 2 March on Oxford Street.

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You can find out more about the parade at the link.

Link:

<https://www.mardigras.org.au/event/parade/>



If you are interested email dina@cid.org.au.

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Events



These events are coming up in February.



Advocacy Group

Who it is for: Members of the CID Advocacy Group

When: Thursday 8 February

Where: Online or in person

Cost: Free

Link: <https://cid.org.au/board-groups/>



Learn 2 Lead

Who it is for: Members of CID

When: Thursday 8 February

Where: Online or in person

Cost: Free

Link: <https://cid.org.au/board-groups/>

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Supported Decision Making Workshop

Who it is for: People with intellectual disability

When: Monday 19 February and 26 February, 10am to 12pm and Monday 4 March, 10am to 11.30am

Where: Online

Cost: Free

Sign up for updates at the link.

Link: <https://cid.org.au/issues/my-rights-matter/my-rights-matter-workshops/#interest>



More than Just a Job for Me - Sydney

Who it is for: People with intellectual disability

When: Wednesday 28 February and 6 March, 10am to 3pm

Where: Tote Building, 100 Joynton Ave,
Zetland

Cost: Free

Link: <https://cid.org.au/event/mtjj-for-me-feb-mar/>

Having a Say Conference



Having a Say Conference 2024

5th & 6th February 2024

Theme: *The Future is Ours!*

Having a Say Conference from VALID will be on 5 and 6 February 2024.



The theme is The Future is Ours.



It is a big conference for people with intellectual disability.



It will happen

- Online
- In person at Deakin University in Geelong

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You can find out more about the conference and register at this link.

Link: <https://valid.org.au/valid-events/having-a-say-conference/>

DREAM Employment Network



The DREAM Employment Network is for young people aged 15 to 25 with disability.

Link: <https://cyda.org.au/youth-hub/dream-employment-network/>



It helps people with disability find a good job.



It helps companies hire and work with people with disability.



Members can come to free online networking events and workshops.

Randwick City Football Club Purple Hearts



Purple Hearts is a soccer program for people with disability.

Link: <https://purplehearts.rcfc.org.au/>



The Juniors team is for people aged 7 to 13.

It is free.

Link: https://cid.org.au/wp-content/uploads/2024/01/Junior-Purple-Hearts_editable_low-res.pdf



The Seniors team is for people aged 14 and older.

It is free.

Link: https://cid.org.au/wp-content/uploads/2024/01/Purple-Hearts_editable_low-res.pdf



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The Mixed-ability team is for people aged 15 and older.

It is for people who want to compete with other teams.

It costs \$175 for the season.

Link: https://cid.org.au/wp-content/uploads/2024/01/Players-wanted_aa9_2023.pdf

Health information study



Researchers from 3DN and UNSW's School of Education are doing a research study.



They want to know the best way for people with intellectual disability get to health information.



They are looking for people with intellectual disability to take part.

Link: <https://www.3dn.unsw.edu.au/improving-people-intellectual-disabilitys-understanding-health-information>

Dental health study



Researchers from University of Melbourne, University of Queensland and University of Newcastle are doing a research study.

Link: <https://cid.org.au/wp-content/uploads/2024/01/UniMelb-UQ-recruitment-v1-16052023.pdf>



They want to know how to help people with intellectual disability have healthy teeth and gums.



For more information

- email zanab.malik@uon.edu.au
- call 0431 431 787.